

**AiR - ATMAN IN RAVI**

**FROM  
YOGA  
TO  
MOKSHA**

By  
**AiR**  
Atman in Ravi



*Discover the path...  
that will take you to your Destination*



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# FROM YOGA TO MOKSHA

By

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

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# About The Author

AiR - *Atman* in Ravi



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

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

AiR 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 destitute homes known as AiR Humanitarian Homes spread across Bengaluru, that today, care for over 600 homeless and needy people.

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 the Divine, doing His Divine Will.

AiR has founded the AiR Institute of Realization to reach out to the global community of seekers. As a Happiness Ambassador, AiR teaches people the Happiness Secret that reveals the way to Eternal Peace, Love and Bliss.

Based on his Realizations, AiR has authored over 80 books, composed and sung about 1450 *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.

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# Preface



Everybody talks of Yoga. But how many understand what Yoga truly is? Yoga is that state of Divine Union which leads one to Eternal Peace and Everlasting Happiness. Instead, people think that Yoga is just some physical exercise or *Asana* and some breathing techniques or *Pranayama*. They don't realize that Yoga is a state of being, which liberates one from all suffering on earth and from the cycle of death and rebirth.

Everybody wants to be happy but we do not discover the true meaning of happiness. We think success is happiness and so we run behind success, trying to achieve name and fame. Ultimately, we may get pleasure, which is momentary happiness but we do not achieve the state of Eternal Bliss. Very few people take an exit from the highway of achievement and reach the state of Spiritual Awakening, known as Enlightenment. It is in this state of Realization of the Truth that one experiences the true ecstasy of joy. Some people call it *Nirvana* and some others call it *Moksha* or Salvation. The terms are different but they all mean the same.

This world is full of suffering. We experience the triple suffering, the pain of the body, the misery of the mind and the agony of the ego and this robs our happiness. Only he, who overcomes ignorance and Realizes the Truth, reaches a state of Illumination and Realization, which leads to Liberation from all the suffering and sorrow of this world.

What then, is the way to Eternal Bliss? How can one attain *Moksha* or *Nirvana*? The way is Yoga. For one to live a life of Everlasting Happiness, one must live like a *Yogi*. But how does one reach that state of Yoga, living like a *Yogi*, all the time? In this book, we will discover the way to *Moksha* through Yoga. We will realize that when we are in Yoga, we will experience a Divine union that elevates us to being a manifestation of the Divine. We will open our real eyes and realize that I am not 'I', rather, I am a Spark Of Unique Life, I am the Soul. This Realization will help us achieve our goal - To be liberated in the moment of death and attain *Moksha*, our ultimate destination.

Life has a purpose but not many of us discover the purpose of life. We just live and die and when something goes wrong, we cry. Sometimes, we look at the sky and we ask, 'Why?' believing in the lie that God lives in the sky. When we start our journey from Yoga to *Moksha*, we will discover the Power of the Divine within and go on that inner voyage to discover the ultimate purpose of our life.

After writing over 75 books on the subject of life, happiness, purpose and peace, I realized that people do not understand concepts like Yoga and *Moksha*, which are essential to achieving our life purpose. This book will open the door and reveal a lot more.



***If we want Moksha, Yoga is the Way.  
Let's discover what True Yoga is and not listen to what people Say!***



# Introduction



In today's world, if we want to drive in an unknown country, it's not so difficult. We can fix a GPS in our vehicle and find our way. But even after thousands of years, we are unable to find the way to the destination of our life. We do not know who we truly are and we do not know why we are here. We all want to be happy but we experience misery and pain, again and again. We live, we die and then, we are reborn, and this goes on and on. We hear many terms like *Moksha*, *Mukti*, *Nirvana* and *Yoga* but we don't understand the truth behind life. While we use a GPS, we don't follow life's GPS - a Guru's Powerful Signal and so, we lose our way on the highway called life.

Those who are blessed to have a Guru, an Enlightened Master, discover that the purpose of life is not just achievement. It is Enlightenment. The way to true happiness is not just pleasure, but Eternal Peace that leads to Everlasting Happiness. They discover that the ultimate goal is *Moksha*, just as they realize that the way to *Moksha* is through *Yoga*.

In this book, we will understand the true meaning of *Yoga*, just as we will discover what *Moksha* truly is. Then, we will embark on an inner voyage, a journey of self-discovery and reach that state of Self-Realization.

On that inner voyage, we will discover answers to two important questions -

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

Anybody can start this journey to *Moksha* but only a true *Yogi* will reach the destination. Who is a true *Yogi*? How does he remain in Yoga? What are the various states of Yoga? This book will reveal it all but then, it's up to us. We can choose either Yoga or *Bhoga*. We can either live our life and reach the conclusion or continue to live in the illusion with confusion.

This world is a *Leela*, a drama or a show. We are mere actors who come and go. Unfortunately, we just follow the herd. We don't fly like a bird. We let people tie our wings with strings and we cry because we believe in many a lie. This book contains the recipe to achieve the purpose of life. If we follow our mind, we will remain blind but if we are sincere seekers, we will attain *Mukti* or freedom. We will learn that magic, which defies all logic and experience a state of Spiritual Awakening. Step-by-step this book will guide us, through Yoga, to the destination *Moksha*.

Everybody must die. But what is the reality? What happens after death? Where do we go? Will we go to a distant heaven or hell? Either we can just believe what people tell or we can follow this book and change our life's outlook.



***To go from Yoga to Moksha, we must Transcend Karma.  
We must attain Mukti or Freedom, while we do our Dharma.***

Chapter

# 1

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## WHAT IS YOGA?

---

The whole world is talking of Yoga. Is it some magical exercise of the body? Is it stretching our arms and legs in a mystical manner that will unite the body and mind? No. There are Yoga studios all over the world, teaching physical exercises as Yoga. These are *Asanas* – Yoga *Asanas*, a very preliminary step to reach the state of Yoga.

Yoga actually comes from the word '*Yuj*', which means, 'union'. It is a union between the Soul and the Supreme. Yoga is a state of being, a state of bliss and peace and a state of Divine Consciousness. When one is in this state of Yoga, one is away from all the trials and tribulations of life. Yoga liberates us from all misery and sorrow. It creates Consciousness in today and now, and stops us from jumping into yesterday and tomorrow. Unfortunately, the term 'Yoga' has been misunderstood, misinterpreted and misused.

People think that Yoga is just *Asana* and *Pranayama*, a set of body postures and breathing exercises but with just these, one cannot attain the state of Yoga. These may help us to prepare the body and mind to start the journey of Yoga but by themselves, they do not constitute what is known as, 'Yoga'.

## What Is Yoga?

*Pranayama* is a set of breathing techniques. We are taught to breathe in and breath out and by doing so, we are able to control our mind from wandering. No doubt, it works! But our attention is more on the breathing. The moment we stop doing the breathing techniques, the mind swarms us with thoughts and the peace that we enjoyed during the breathing exercise, disappears!

A Saint named *Patanjali* is famous for his theory and practice of Yoga. According to him, there are 8 Limbs of Yoga. It starts with *Yama* or restraint. *Yama* are moral restraints or self-discipline. Then comes *Niyama*, which consists of observing and following certain ethics and duties. *Patanjali* then, spoke about *Asana* and *Pranayama*, physical postures and breathing techniques. These 4 limbs are considered the preliminary limbs that prepare us for Yoga. We then, get into *Pratyahara*. This is a process of withdrawing the senses, just like a tortoise withdraws into its shell. We move to the 6<sup>th</sup> limb called *Dharana* or focused concentration. It is engaging in a thought that leads us into a state of meditation, known as *Dhyana*. It is only after these 7 steps that one enjoys *Samadhi*, a state of Eternal Bliss in Truth Consciousness. To *Patanjali*, this ultimate state of *Samadhi* was Yoga. In this state of Yoga, one is detached from the material world and connected to the Divine. Unfortunately, people have taken only 2 of *Patanjali*'s 8 steps and called it Yoga, which in reality, is not!

Then, what is Yoga, to a common man? He is fooled into believing that it is a union of the body, mind and Soul. How can it be? The body, mind and Soul are already united and that is what creates a composite human being. The seekers of the truth go deeper, understand the true meaning of Yoga and then, try

to be in a state of Consciousness, so as to Realize the Truth. Living in Truth Consciousness, they try to achieve the ultimate goal of *Moksha, Nirvana, Liberation* or Salvation. Without being in a state of Yoga or being united with the Divine, one is lost in this material world and cannot contemplate the Divine. It is Yoga that takes us from Self-Realization to God-Realization.

We all use mobile phones and know how they work. Without a SIM card, a mobile cannot connect to the network. When we activate the SIM, it connects to the satellite and we see the symbol on our screen. This shows that we are connected. Then, we need to switch on the data in order to let information flow through the internet. Otherwise, we would be connected but not be able to communicate with the web world. Yoga is similar to this. It is the connection of our individual Soul Consciousness to the Supreme Consciousness. When there is a connection, one is in Yoga, one is united with the Divine. It is when we are connected to the Divine in this state of Yoga that we can communicate with the Supreme. However, if the connection snaps, there can be no union. We can start roaming because of the thoughts of our mind and lose the Yogic connection. Don't we experience how a SIM card sometimes roams and connects to a wrong network? So does our mind. It is like a monkey that jumps from thought to thought, only to disrupt our Yoga.

The mind is our biggest enemy. It does not want us to reach that state of Yoga, for if we do, then in Consciousness, we will Realize the Truth and the mind will be no more. So, it works hard to stop us from being in that state of Consciousness called Yoga.

## What Is Yoga?

Let us understand the essence of Yoga. In this world of physical pleasures, it is easy to be lost. It is easy to slip into a world of desires and passions but ultimately, all this does not give us Eternal Bliss. It is through Yoga that one reaches a state of Enlightenment or Spiritual Awakening. Yoga is meant for achieving this. It is not just a state of momentary peace and bliss. Physical exercises and breathing techniques will no doubt, give us peace but we will experience that bliss, only momentarily. If we want to enjoy the bliss of Yoga, we must learn the art of being in Yoga.

People say, 'I am going to do Yoga.' You can't *do* Yoga! You have *be* in Yoga. Yoga is a state of being. It is not some action or exercise that we can perform. Yoga is tapping into the Consciousness within that vibrates from the Soul. It is connecting the Soul Consciousness with the Supreme Consciousness that we call, God. The Supreme Immortal Power, SIP, manifests in each one of us as the Soul, a Spark Of Unique Life. When the manifestation becomes Realization, we are in a state of Yoga. Yoga liberates us from the body and mind and in Soul Consciousness, connects us with our source. Then, we experience the ecstasy of Yoga, peace, joy, love and bliss.



***Yoga is Yuj or Union of the Soul with the Divine.  
It is Peace, Bliss and Love, greater than Sunshine!***

Chapter

# 2

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## What Is *Moksha*?

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*Moksha* is Liberation from the cycle of death and rebirth. It is freedom from reincarnation that happens with Realization. Normally, every 'body' dies but death is not the end. We are reborn and this goes on and on.

*Moksha* is also called *Nirvana* or Salvation. The terms are different. Different religions explain the ultimate goal of life in different ways but the Truth is one. We are not born, just to die. There is a purpose to our life on earth. There is a deeper meaning in getting a human birth. Only a human being is blessed with an intellect to discriminate and achieve Liberation. Animals cannot attain *Moksha*. They must be born as human beings to be liberated from the cycle of *Samsara* or this world.

Why should we attain *Moksha*? Buddha, the Enlightened One, explained it very well. He said that this world or *Samsara*, is full of suffering or *Dukkha*. Every human being suffers. We experience the pain of the body, the misery of the mind and the agony of the ego. We all seek pleasure and happiness but we cannot escape from pain and suffering. He discovered, what he called, *Nirvana* or Eternal Bliss. He was born as a Prince, Prince Siddhartha Gautama. He had all the pleasures and possessions

one could dream of. Still, he renounced the world, his beautiful queen, his young prince and the palace to attain what was then called, *Moksha* and what he called, *Nirvana*.

If we want to attain *Moksha*, we first have to be free from all misery when we are alive. Only then, can we attain *Moksha*. While Yoga will lead us to *Moksha*, it will first lead us to *Mukti* or freedom. What is this freedom? It is freedom from ignorance. It is also known as the Realization of the Truth. What is the truth that evades us? A seeker of *Moksha* goes on a quest with two very important questions.

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

On a quest for answers, the sincere seekers of *Moksha*, Liberation and the Divine, Realize the Truth. They attain *Mukti* or freedom.

*Mukti* means freedom from the ignorance that I am 'I'. It is realizing that I am not 'I' - 'I am not the body that will die. I am not the mind that I cannot find. I am not the ego that says 'I'. It is a lie. I am the Power of life that is throbbing within. I am a Soul, a Spark Of Unique Life.' When a seeker realizes this, it is the first step towards *Mukti* in the journey to *Moksha*. Of course, to realize this, one must be in Yoga. Otherwise, the mind will make us blind.

In the pursuit of *Moksha*, we must first transcend the mind. It is the mind that causes ignorance. It stops us from that state of Consciousness which is Yoga. It stops us from contemplating that this body was not born on the date that is on our birth

certificate. This body was formed over 9 months in our mother's womb. This is a scientific truth that nobody can deny. We were conceived 9 months before as the zygote, the first cell of human existence. Once we are conceived, we cannot change our mother. The body is formed and arrives on earth. One day, the body will die and people will say that we passed away.

When we Realize the Truth that we are not this body, when we try to find the mind but realize that we cannot find the mind, we realize that the ego is a false identity. We realize that we are that Power of life that arrives at conception and departs at death. If this Realization is experienced not just as knowledge but as a real internal experience, we achieve *Mukti* or freedom from the triple suffering of the body, mind and ego.

One who achieves *Mukti* is still alive in a body with a Mind and Ego that says ME. However, a Spiritually Awakened person, who is Enlightened, realizes that he has a body but he is not the body. The Mind and Ego, ME, appears to be but it is only the software of our human existence. One who is self-realized becomes free from the body, mind and ego. He then, lives as a liberated Soul till the moment of death.

Every 'body', dies! Nobody can escape death but what happens at death? In most cases, the body dies but the Mind and Ego, ME, carries Karma and returns to earth in a rebirth, to suffer again, the triple suffering of the body, mind and ego. However, if one attains *Moksha* or Liberation, he has realized that I am not the body, mind and ego. I am the Divine Soul. In the moment of death of the body, the one who has achieved *Mukti* or freedom from ignorance does not return in a rebirth because he has realized that he is not the Mind and Ego, ME, that carries Karma

forward to another life. The Mind and Ego, ME, is only an illusion that is caused by ignorance. On this Realization, when the body dies, the Soul becomes one with the Supreme Immortal Power, SIP. There is no rebirth and no return to earth. This is *Moksha*. In simple terms, if there is ignorance, there is reincarnation of the Mind and Ego, ME, in a new body. If there is Realization, then at death, there is *Moksha* or Liberation from rebirth and Unification with the Divine.

Most of us just live and die. We don't Realize the Truth of, 'Who am I?' The moment we are gone, we are reborn. We experience trauma because we are not free from Karma and therefore, we have to return to this drama on earth. Our goal is *Moksha*. Our goal is not to be reborn but be united with the Supreme. Because we do not go on a quest to Realize the Truth and because we do not take the help of a Realized Master or an Enlightened Guru, we continue to remain in ignorance and suffer. *Mukti* is the first stage of Liberation from the triple suffering on earth and *Moksha* is the ultimate state of freedom from rebirth. Every human being has a goal - To realize that he is the Soul and then, to be united with the Supreme. This is the purpose of our life on earth.



***The Ultimate Goal of Life is Moksha, Liberation from Rebirth!  
It begins with Mukti, Freedom from Suffering on Earth.***

Chapter

# 3

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## The Journey From Yoga To *Moksha*

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*Moksha* is the destination. Yoga is the journey. If we want to enjoy both, we must take the *Yogic* voyage to *Moksha*. Yes, every moment spent in Yoga is bliss and *Moksha* is being liberated from all unhappiness. *Moksha* is freedom from the cycle of rebirth and Yoga gives us freedom from all misery on earth.

A *Yogi* attains *Mukti* or freedom. Having a deep yearning for the Divine, a *Yogi's* love and longing is only for the Supreme. A *Yogi* is not enamoured by the beauty of the skin. He is united with the Divine that is within. But the journey from Yoga to *Moksha* is not easy. It is an inner voyage and not many people succeed in this expedition.

How can we start the journey of Yoga? Anybody can make an effort but it is about being sincere and committed. It is about being disciplined. It is about spending time in meditation and contemplation. The first step is *Dhyana* Yoga. *Dhyana* or meditation is not difficult but *Dhyana* Yoga is a bit of a challenge. It happens when the ego disappears and one merges into the Divine. One is lost in a state of meditative ecstasy. The problem is the mind. It makes us drift away with a barrage of thoughts. Then, even though we may be sitting in meditation, there is no Yoga because the mind is wandering.

The other way to be in Yoga is through *Bhakti* or devotion. When we are deeply devoted and committed to God, it is possible for this *Bhakti* or devotion to create Divine Unification. There are other methods too, like action or using Spiritual education to bring us to Yoga. Any of the *Yogic* states can open the door for somebody, who is new and wants to experience being in Yoga. Therefore, some people think that *Asana* or *Pranayama*, physical exercises and breathing techniques will work but until the objective is Yoga, we will slip into *Bhoga*, the material world.

There are different states of Yoga and we will cover them in detail later but unless one lives as a *Yogi*, connected with the Supreme in Yoga, one cannot evolve to that state of *Moksha*. Yoga leads us to a state of Self-Realization. It leads us to the Realization that I am not the body nor am I the mind and ego. I am the Divine Soul. First, this is just knowledge but Yoga helps in the crystallization of this knowledge to Realization. Then, the *Yogi* lives with the Realization, 'I am not 'I'.' The scriptures call it - '*Neti Neti Tat Twam Asi*' meaning, 'Not this, Not this. Thou art that.' This is a great milestone for one who wants to move from Yoga to *Moksha*.

But can Yoga directly lead to *Moksha*? No, it can't! Yoga will ultimately lead to *Mukti* or freedom, when one is alive. *Moksha* is possible only in that moment of death. If there is no Realization, there will be reincarnation. Yoga helps first, in reaching a state of Realization. It is with Yoga that there is Illumination of the truth that begins with Purification of thought. However, the ultimate Liberation and Unification can only happen when we are freed from the body-mind complex. Therefore, the journey of Yoga is about being liberated, first, while alive in the state

called *Mukti*. How does a *Yogi* reach *Mukti*? A *Yogi* realizes that this world is a *Leela*, a drama or a show. We come and we go. A *Yogi* realizes that everything is *Maya*, a Cosmic Illusion. Therefore, a *Yogi* lives with detached attachment. Pleasures, possessions and people do not imprison a *Yogi* and the one who passes the test, who does not fail and does not sink in *Bhoga*, starts to live a life of a *Yogi* and moves forward.

The key challenge for a *Yogi* is to live in Consciousness. A *Yogi* learns the art to still the mind and having done so, he is able to retain the connection with the Divine. One who slips into *Bhoga*, becomes a prey to the monkey mind that is jumping from thought to thought. A *Yogi* contemplates one thought and reaches a state of Bliss in Consciousness. Ultimately, a *Yogi* becomes Enlightened with the Truth. He realizes, 'Who am I and why am I here?' He realizes that he is not the body that will die and the Mind and Ego, ME, is just an enemy of *Moksha*. These Realizations take the *Yogi*, forward in his inner voyage and make him attain that state of *Jivanmukta*, where one is free when alive. Having reached this state and living in Yoga, a *Yogi* will ultimately attain *Moksha*.

The journey from Yoga to *Moksha* needs one big achievement. We need to be free from Karma but how can we be free? Anybody who lives, has no option but to perform Karma. They may be good deeds or bad deeds. These Karma or deeds become seeds that cause us to be reborn. A true *Yogi* transcends Karma. He realizes that he is not the one who is doing Karma. He learns the art of letting his actions or Karma become Karma Yoga. This is the key that will unlock the door to *Moksha*.

Is it easy to go on this journey from Yoga to *Moksha*? No! This is the most difficult voyage that one can embark in life. But with the help of a Guru or an Enlightened Master, one can reach the destination. When we are on this journey from Yoga to *Moksha*, it is a Guru, who will take us from darkness to light, help us overcome our ignorance and help us attain the state of *Mukti*. But a Guru cannot 'give' *Mukti* or *Moksha* and those who chase fancy Gurus or who seek *Mantra Diksha* or some magical words to chant will never attain *Moksha*. A Guru can help us in our journey to Realization but Liberation is a personal effort. It needs the guidance of a true Guru and the grace of God but without using our intellect to discriminate, without being dispassionate and detached, without being disciplined in body and mind, and without deep love and longing for the Divine, we will just go around in circles and never attain the destination of *Moksha*. While we can attempt to go from Yoga to *Moksha*, nobody can judge or evaluate who has attained this state of Realization, ultimate Liberation and Unification.



***Yoga or Union will start our Journey to Realization.  
With Mukti, Freedom, we can attain Moksha, the Destination.***

Chapter

# 4

## The 4 States Of Yoga

To reach destination *Moksha*, one has to live in Yoga or in union with the Divine. How can one live in union with the Divine, when we are surrounded by so many attractions and distractions? A human being is a slave to the body and mind. Our 5 senses - the eyes, nose, ears, tongue and skin are constantly taking us into *Bhoga* or the desires of the material world. Added to the passions of the senses, the cravings of the mind take us away from a state of Yoga into a state of *Bhoga*. How then, can one live in Yoga? For centuries, the sages and the saints have prescribed several *Yogic* methods. These are different states of Yoga. The aim of each state of Yoga is the same – To attain union with the Divine. But how can we maintain this connection? To achieve this, Yoga has been classified into 4 popular states by Spiritual Masters. They guide us on how to start our day with Yoga and end it with Yoga, without creating any gap for *Bhoga* to intercept us.

One can start their day with *Dhyana* Yoga. When we wake up in the morning, we have two options – Either we jump into the material world of action or remain calm in meditation. In the modern world, most people wake up from sleep and either switch on their mobile, the television or their laptop. We are so

attracted to the material world that we do not start our day with Yoga but suppose one wakes up with stillness, with silence and contemplation on the Divine, this is known as *Dhyana* Yoga, or the Yoga of meditation. A true *Yogi* will spend between 5 minutes to an hour in complete silence, before jumping into the day. This practice to start our day with meditation can help us in our Yoga.

The second state of Yoga is *Bhakti* Yoga or the Yoga of devotion. There are some people who start their day with *Bhakti* Yoga. The moment they open their eyes, they try to build a connection with the Supreme through chanting or *Mantra*, *Bhajan*, *Kirtan* or hymns. Through devotion to the Divine, they try to remain in Yoga. What does this imply? It implies that we don't let our thoughts take us to the trials or tribulations of our life. We remember the name of God and try to build strength with our devotion. The fact is that it is not so difficult to start our day with meditation and devotion, *Dhyana* or *Bhakti* and these states of Yoga are not so much of a challenge, except for those who live a life of stress and anxiety or who are in depression. For them, the moment they open their eyes, they experience trauma and they are transported into misery and sorrow. In fact, for such people, Yoga can be a good remedy or cure but for those who are not agitated by thought, the bigger challenge is - How to remain in Yoga after starting the day?

The next Yoga that is advocated is *Karma* Yoga. We all do our *Karma* or work and we do it with an objective. Most often, our career is not just an occupation but a profession that makes us earn money to survive. We all need to earn but some people make work an obsession. To them, success is everything. They believe that achievement will give happiness. For them, Yoga

takes a backseat. And yet, there are a few, who convert their work or Karma into *Karma* Yoga. They work but offer their work to the Divine as a humble offering. Of course, they need to survive but they are not greedy about getting the fruit as a result of their actions. They accept whatever comes as they live as a Divine Instrument, doing Karma with the belief - '*I am nothing, I do nothing. You, O Lord, do everything.*' Karma with such an attitude becomes *Karma* Yoga. It creates a union, a connection with the Divine. In fact, many of us spend most of our time in Karma. It becomes *Karma Bhoga* or actions that are performed to achieve results. But those who are on the journey of Yoga and *Moksha*, move from achievement to fulfilment. They live with contentment. They work to fulfil their need but don't let it become a greed. They remain in Yoga, with every action, getting inspiration from the Divine.

What other state of Yoga is known? We have discussed *Dhyana* or Meditation, *Bhakti* or devotion, *Karma* or Action. The 4<sup>th</sup> state of Yoga is known as *Gyana* Yoga or the Yoga of education. One uses reading or learning as a way to create connection or union with the Divine. Those who want to spend their entire day in Yoga, keep moving from one state to another and normally dedicate the beginning or the end of each day to be in *Gyana* Yoga or the Yoga of education.

Yoga is one. Some people think that there are different types of Yoga but in reality, we as a human being, can either be in Yoga, in union with the Divine or in *Bhoga*, obsessed by the world. To remain in Yoga, the world talks of these 4 states - *Dhyana* Yoga, *Bhakti* Yoga, *Karma* Yoga and *Gyana* Yoga. Whatever state of Yoga that we are in, the challenge of Yoga is to transcend the ego. The moment the 'I' appears, there is no Yoga. Yoga only

happens when the ego is Enlightened. The ego dissolves into nothingness. In meditation, we reach that state of ultimate Soul Consciousness. In devotion, Yoga reveals, '*I am nothing, you are everything.*' In action, there is the Realization, '*I do nothing, you do everything. Nothing is mine. I seek nothing.*' In the Yoga of education, we realize, '*I am not I; I am like a wave and the Divine is the ocean. I am just an effect. The cause is the Supreme.*' When we have such Consciousness or Realization, we are truly in a state of Yoga. But if we don't, then even though it may appear to be that we are in meditation or devotion, action or education, it is not true Yoga and it will not take us to that ultimate destination of *Moksha*.

What is important, is to be in Yoga. It hardly matters, which state we are in. What matters is that we are in *Yuj*, in union with the Divine. What matters is that in Yoga, we realize that we are nothing and we are just a manifestation of the Supreme. This Realization may start with knowledge but Yoga will help us in getting that spark of Enlightenment. Therefore, a beginner may start an earnest effort to be in any one of the states of Yoga. But sincerity and devotion will lead one to becoming a *Yogi*, one who is always united with the Divine.



***To be in Yoga, we are taught of States Four,  
This connection with the Supreme, will open the Ultimate Door!***

Chapter

# 5

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## I Discovered The 5<sup>th</sup> State Of Yoga

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On my Spiritual journey, I tried to live as a *Yogi*. I learnt the art of moving from one state of Yoga to another and I found not just peace but I could also see myself evolving on the journey of Spiritual Awakening. I used to spend time in *Dhyana* Yoga, in silent meditation, when I woke up and several times in a day, I would spend time, singing devotional songs or *Bhajans*, in *Bhakti* Yoga. I would get into the day with *Karma* Yoga and I found myself spending a lot of time in *Gyana* Yoga, especially when I was on my *Talaash* or my Spiritual quest to Enlightenment.

I was not just a *Jigyasu*, who is thirsty and curious for knowledge but I was also a *Mumukshu*, who had that deep love and longing for God and for Liberation. A combination of this probably helped me when I found myself in *Bhoga*, sinking in the material world of desires and passion. Like anybody else, I too was a slave of my senses and mind but I tried to find a way to remain in Yoga, that state of *Yuj* or union, which would ultimately lead me to *Mukti* or *Moksha*.

On my journey, however, I found it impossible to remain in Yoga for a few reasons. Every time I interacted with people, I

would lose my state of being in Yoga because it was neither meditation nor devotion nor was it action or education. My interaction with people was not falling into any of the 4 states of Yoga. I cried and prayed to the Divine, as I was seeking freedom from the world. Though I was still on my quest for Self-Realization and God-Realization, I had by then realized that I am not this body. This body would ultimately die and people would say that I passed away. I was the Immortal Soul that departs at death. I realized that the body came later. I was born 9 months before. I was conceived as the Soul, a Spark Of Unique Life that appeared as the zygote. All these Realizations helped me in my *Yogic* journey to that point of Self-Realization. But it was a challenge to remain in Yoga, when it came to intimate relationships with the people I loved, just as it was a challenge, when I faced people who appeared as devils. My Realization was strong enough to understand that every being was essentially a Soul and not the body that they appeared to be. But how could I interact and communicate with them, not as those who appeared as bone and skin, rather with the Divine that was hidden within?

My deep yearning for the Divine ultimately led me to the Divine gift of *Prema* Yoga, the 5<sup>th</sup> state of Yoga. What was this 5<sup>th</sup> state of *Prema* Yoga?

*Prema* Yoga is the Yoga of Divine Love. It is the Yoga of Divine manifestation. *Prema* Yoga was a blessing from the Supreme, for me to see God in one and all. And as I could see God in all, I started to love the God in one and all. This love liberated me from both the lust for the skin and the hate for the devil that made me spin in anger and agitation. How did this *Prema* Yoga happen? How did it help me in my journey towards *Moksha*?

I was deeply in love with God, my Lord Shiva but how could I love God? I would shed tears in entreaty, out of my love. But it was only with the grace of God that I found loving people become my love for God.

I wanted my life to be a life of a *Yogi*. And when I was seeking love from God, God made that love appear, first, in my beloved and thereafter, in every Divine Soul. This was the beginning of *Prema Yoga*.

*Prema Yoga* is not just for the beloved. It is for any living creature. When we see every Soul as Divine, it allows us to move into the state of *Prema Yoga*, the Yoga of Divine Love or Divine manifestation. We don't react with agitation but we respond with compassion, forgiveness and love. This is only because we are able to be in *Prema Yoga*, the 5<sup>th</sup> state of Yoga that I was blessed to discover.

Whenever I slipped out of Yoga, I remained in that Realization that everything around me was a manifestation of the Divine. Every living being made of bone and skin, was in fact nothing but a manifestation of the Divine that was within. I learnt to love one and all, despite their actions and emotions. I learnt to be in *Prema Yoga* and this changed my life.

Earlier, I would slip from Yoga to *Bhoga*, from being Spiritually connected to being disconnected and fall into the material world but now, I would move from the 4 states of Yoga that the world knows to the 5<sup>th</sup> state of Yoga that I discovered. I was no more in meditation, devotion, action or education. But I was in the Yoga of Divine manifestation. I was in *Prema Yoga*. Therefore, I enjoyed the bliss of the Divine, manifesting as the Soul. This

liberated me from having any expectations from anybody. It also freed me from having conditions with those I loved. These became the hallmark of my *Prema* Yoga.

Today, I find it easy to be in Yoga, all the time because I have been able to transcend the ego that separates me from others. *Prema* Yoga has helped me to live with non-duality, realizing that we are all manifestations of the one Divine. *Prema* Yoga has been instrumental in my remaining in Yoga, through loving all manifestations of God, who are earthly beings, as Divine Spiritual beings. Now, I don't love the skin but I love the Divine within and remain in Yoga. Whenever the devil tries to appear from beneath the bone and skin, I remain in *Prema* Yoga and see that beyond the devil, there is the presence of the Divine that is the true nature of every person.

If one wants to move from Yoga to *Moksha*, *Prema* Yoga is a great way to be united with the Divine, loving every manifestation of the Supreme as the Supreme.



***Prema* Yoga is Love for the Divine, beneath the Bone and Skin.  
It is unconditional Love that is the Yoga of Divine Manifestation.**

Chapter

# 6

## Yoga Versus *Bhoga*

When we are en route our ultimate destination, *Moksha*, we are sure to come across a roadblock called *Bhoga*. While Yoga or union with the Divine is the vehicle to reach the destination of *Moksha*, *Bhoga* or sinking in the material world is the enemy that creates confusion and stops us from the Realization of the Truth. Even the Realized Masters are afraid of *Bhoga* because often, the senses of the body and the monkey mind fall prey to the monster called *Bhoga* that destroys our Yoga and disrupts our journey to *Moksha*.

What is *Bhoga*? Like Yoga comes from the word *Yuj*, *Bhoga* essentially means, to enjoy. But in context of Yoga and *Moksha*, *Bhoga* becomes lust or passion for pleasure that stops us from our Spiritual journey and makes us sink in the material world of pleasures, possessions and people. Yoga comes from *Yuj* or union and the root of *Bhoga* is *Bhuj* or one who consumes or enjoys. While a *Yogi* is in union with the Divine, enjoying Eternal Bliss in Truth Consciousness, a *Bhogi* is busy consuming objects of the material world and enjoying pleasures of the senses. Thus, *Bhoga* imprisons us in the presence of pleasures of the material world, possessions that we are obsessed with and people that we passionately love. These pleasures of *Bhoga*

intercept the Eternal Bliss of Yoga and stop us from reaching *Moksha*.

Does it mean that a *Yogi* who is in Yoga must not enjoy the pleasures of this world? No! A *Yogi* can enjoy all pleasures, provided they are accepted as *Prasadam* - what we receive as a result of our good Karma. But when we go beyond acceptance of pleasures and it becomes a pursuit of passion, then we exit the state of Yoga and sink in the state of *Bhoga*.

Why is there so much talk of Yoga versus *Bhoga*? We have already covered the importance of Yoga. It is the state of being united with the Divine. It is the state of moving from mind to Consciousness. It is the state of overcoming ignorance and Realizing the Truth. The only way to achieve our ultimate goal and purpose, *Moksha*, is through Yoga. *Bhoga* is the enemy of Yoga. *Bhoga* is produced by the mind. The Mind along with the Ego becomes ME and this ME creates Karma, which makes us entangled in this material world. Because of *Bhoga* caused by thoughts of the monkey mind, we are constantly yearning for material pleasures and this yearning leads us to doing Karma. These deeds become like seeds, which bear fruit. Therefore, we are unable to be liberated because we live as the body, mind and ego, consumed by our passion or *Bhoga*.

Who creates *Bhoga* and stops us from Yoga and why? It is the mind. The mind creates desires, which become *Bhoga*, which unites us with the material world. As these desires create a link, which get us connected to the material world, we become disconnected with the Spiritual world. This is a big problem! We forget the essential questions - 'Who am I? What is my purpose on earth?' We live as the body, mind and ego and enjoy

*Bhoga* or the pleasures of the world. One day, we die and return to earth in a rebirth. *Bhoga* gets us caught in this cycle of reincarnation. Unless there is Realization, we cannot escape *Bhoga* and for Realization, we need Yoga. The mind opposes the subject of Yoga and Realization because the moment we are Enlightened with the Truth, the mind ceases to exist. The mind is nothing but a bundle of thoughts that is creating desires. It is the Mind and Ego, ME, that leaves the body at the moment of death and is reborn. If the mind doesn't create *Bhoga* or passion and we succeed in Yoga, taking us to Liberation or *Moksha*, it will ring the death knell of the mind. Therefore, the mind struggles hard and manipulates the senses of the body to desire and crave, till we reach our grave.

In essence, life is a tug of war of Yoga versus *Bhoga*. If we live in Yoga, we can be liberated from this world, a merry-go-round of pleasure and pain and be united with the Divine. However, if we live in *Bhoga*, we will live and die in this rollercoaster called life, only to be reborn, and this will go on and on.

What is the purpose of human existence? It is to attain *Moksha*. What is the way to attain *Moksha*? It is Yoga. When *Bhoga* appears, it becomes the other side of the see-saw that pulls us down in *Bhoga*. Those who overcome *Bhoga* or desires are blessed to live with contentment and fulfillment and move towards the ultimate goal of Enlightenment. But as long as there is *Bhoga*, there cannot be Yoga. We have to make a conscious choice and it takes a lot of effort to destroy *Bhoga* and be in Yoga.

As long as the mind continues to crave like a monkey, the monkey mind will stop us from becoming a monk, who lives in Yoga. To be a monk, we have to stop desires and passions. We

have to cut the tail of the MonKEY Mind, the EY that is Ever-Yelling and Ever-Yearning. Then, we can move from *Bhoga* to Yoga.

A *Yogi* is constantly aware of the perils of *Bhoga*. A *Yogi* knows that nothing is mine. Nobody is mine. I come with nothing. I go with nothing. A *Yogi* knows that *Bhoga* can make him think, blink and sink! So, he doesn't get into *Bhoga*. He lives a pure or *Satvik* life, enjoying peace and bliss, without falling into the trap of *Bhoga*, which is desire for pleasure.

Yoga or *Bhoga*? It is an important choice that we must make in life. One is day and one is night! One is wrong and the other is right. One will unite us with the Divine and the other will take us towards the devil. When we are in Yoga, we can see the enemy *Bhoga* and destroy it but when we are in *Bhoga*, the mind stops us from seeking Yoga and *Moksha*. Thus, the majority of humanity runs after success, achievement, money, name, fame and pleasure. They miss the union of Yoga, the real treasure as they run after the pleasure of *Bhoga* and sink.



***We can choose the Desires and Passions of Bhoga,  
Or be Liberated from the enemy and live in Yoga.***

Chapter

# 7

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## This World Is A *Leela*

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What happens in a drama? Actors come on the stage, do their part and they go. That's what happens in a show. But we don't realize that this world too is nothing more than a mega drama. The earth is a humongous stage. We are actors. We come and we go. Unfortunately, we don't realize that life is a drama. It is a *Leela*.

What is the meaning of *Leela*? The ancient sages and saints have repeated this several times that while we think that this is 'my' mother, father, husband, wife, house and car, in reality, nothing is mine. It's like a movie. It appears that all these are mine but in reality, they are not. We did not bring anything with us and we cannot take anything with us when we go, just like in a show, when finally, the screen will display 'The End'. We have to leave behind even this body that we think is 'me'. Nobody can escape from this *Leela*, this drama. Because of our ignorance, we experience trauma because we don't realize that life is a drama and everything is unfolding as per Karma.

Isn't it true that in a drama or a movie, an actor has to perform his role as per the storyboard given by the director? So also, in this *Leela* called life, we have to play our part as per the direction

of Karma. Did we choose our birth? Did we decide how we came to earth? No. Nobody did. But then, how did it happen? It all happens as per the Divine *Leela*. And everything is controlled by Karma. What is Karma?

Karma by itself means, action but in a macro sense, Karma is a Universal Law, the Law of Action and Reaction and the Law of Cause and Effect. Everything that is happening in this *Leela* called life, is happening as per Karma - both our past Karma and our present Karma. The past Karma has already been done and cannot be changed and will happen no matter what. But our present Karma is still in our hands. The *Leela* of life is a combination of both. We can change our present Karma, just like any actor can choose how he acts. By the Divine grace and the freedom of choice, we can, with our willpower, change our Karma and change our destiny in this drama called life.

Actors come and actors go in movies and dramas and the same happens in this show called life. We are not going to be here forever. Just like an actor acts in many movies, we too will be reborn and this will go on and on. An actor may die in one drama but then, he comes alive to play a new role in the next drama. So also, it happens in this *Leela*. This body that we wear is not our true identity. One day, we will give up this costume, our name, our relationships and our possessions. We will leave this earth but we will return in a rebirth. Such is the *Leela* of life. In a drama or movie, the blood that is spilt is red sauce. But in the life drama, we experience both pleasure and pain, sun and rain, loss and gain. We all feel glad, just as we feel sad. But we are mad. We don't realize that we have an opportunity to be free from the trauma of this drama. We don't realize that if we transcend Karma, we can attain *Moksha*. And this is because we

don't learn the magic called Yoga. If only we live like a *Yogi*, we can be free from this *Leela* of life and attain the ultimate goal of *Moksha*.

Every human being has one purpose in this human existence - It is *Moksha* or Liberation from returning to this *Leela*. Some call it *Nirvana*, some Salvation. Ultimately, it is becoming one with the Divine. However, instead of discovering the purpose of this human birth, we are having fun on earth and we forget to realize, 'Who am I and why am I here?' We are having so much fun in this drama, this *Leela*, that we forget that eventually, we will suffer the pain of the body, the misery of the mind and the agony of the ego. Very few amongst us live in Yoga, where we witness this drama from an aerial view. We become an observer, living in Awareness and Consciousness and realize that we are not the body, mind and ego. We are the Divine Soul. We realize that life is just a *Leela*, a drama. It is not real. Then, we become free from the entanglements of this *Leela* and achieve *Mukti* or freedom, the preliminary stage of *Moksha*.

What happens in a drama and a movie? Suppose an actor gets married to a very pretty actress. When the shoot is over, does the actor go to his house, back to his family or does he go with the actress, whom he married in the film? 'Ridiculous!' we may say, 'That was just a movie! How can he go with the actress?' The actor knows that the marriage in the movie was just an act. It was not real. Because the actor knows it's just a movie and this act actually did not happen, he goes back home. But because we do not realize that in reality, we are the Divine Soul, we don't go back home to our heavenly Creator, the Supreme Immortal Power and we stay on this stage called the earth and continue to live with attachments and suffer heartbreaks. We run after

success and achievement, trying to be an ace in this race and we are so busy in this chase that we do not live with grace and enjoy peace, the very foundation of happiness. We are so enamoured by the glitz and glamour of the material world that we get immersed in it. We feel that this *Leela* is not like a drama. We feel that the world is real. We forget that we have to attain *Moksha* and we do not live in Yoga.

What is the Ultimate Truth? Can we deny that we cannot escape death? No. The body will die and our near and dear ones will destroy it. People will say that we passed away but who passed away? Where did they go? Will they come back in a reincarnation? We mumble and fumble with the truth. We know that after a drama, the actor goes home and returns to perform in the next drama or show but we don't understand the simple Law of Karma and don't contemplate birth. Why does somebody come to earth as a little child that is blind? Is it because God is not kind? No. We are fooled by our mind. If we want to realize the truth that this world is a *Leela*, we need Yoga. We need to flip from a state of mind to a state of Consciousness. We need to use our intellect to discriminate and Realize the Truth. Because we don't live in Yoga, we continue to think that this *Leela* is real and we suffer on earth and return in a rebirth. We are reborn and this goes on and on.



***This World is a Show; it is nothing more than a Drama.  
We don't realize that it's Karma, thus we experience Trauma.***

Chapter

# 8

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## Everything Is *Maya*

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What have we been taught from the time when we were kids? We have been taught that there is a God and each one of us believes in our personal God. We believe the lie that God lives in the sky. Then, we go on to believe that God has created this universe. We accept without protest and we don't ask, 'How and Why?' If God created this magical universe, where did the raw material come from? Did God create the 5 elements - earth, water, fire, air and space? Where did these elements come from and ultimately, where did God come from?

A true seeker or a *Jigyasu* lives with curiosity and asks questions. Only such a seeker Realizes the Truth that this world is a Cosmic Illusion. It appears to exist but in reality, it is nothing more than a projection. The seeker follows the ancient wisdom that everything is *Maya* and reconciles it with modern science through its branches of Quantum Physics and Quantum Mechanics, which advocate the theory of Wave-Particle Duality. In 2022, the Nobel Prize was conferred upon 3 scientists, Alain Aspect, John Clauser and Anton Zeilinger for their work in Quantum Physics and Quantum Mechanics. After so many centuries, science has reconciled with Spirituality. Science has always believed in the material world of proof. But

now science and Spirituality, both have synergy. Science and Spirituality, both believe that the whole world is nothing but energy.

What are both science and Spirituality talking about? Spirituality says that this world is *Maya*. It means everything that appears to be reality is nothing more than a projection.

*A villager once came to the town and his friend took him for a movie. While they were watching the movie, the villager was asked, 'What do you see?' The excited villager replied, 'I see horses!' It was a movie on war and his friend asked him, 'What else do you see?' 'I see elephants,' he replied. 'No,' said the friend, 'Look deeper. What do you see?' The villager contemplated and said, 'Deep within, I see the skies with a lot of dust.' As they were talking, it was interval time. 'Now what do you see?' the friend asked. The villager said, 'Now there is nothing. It is just a blank screen.'* Just like the villager was seeing all the projections on the screen, we see the projections that create this world and we think that they are real but in reality, everything is a projection. You and me, the butterfly and the bee, the tree, the mountain and the sea, everything is nothing but energy. We human beings begin our journey as the Soul, a Spark Of Unique Life. Then, the cell multiplies and we become 2 cells and then 4 and then 16 and so on till ultimately, we arrive on earth as a 25-billion-celled baby. But what are we, in essence? We are nothing but energy. When the energy departs, we are declared dead. There is no breath. Then, we disintegrate into the 5 elements of nature.

What are these 5 elements of nature? Each of these 5 elements of nature is, in essence, nothing but energy. Earlier, science used to talk about how every molecule of every inanimate product contained particles of energy within. Today, science, in its

experiments has proved that every particle of matter is energy and it is from energy that this entire inanimate world arises.

Therefore, what are both Spirituality and science telling us? Both science and Spirituality are telling us that this entire world, the earth, the oceans and the skies are nothing but energy. All the 8 billion people are nothing but energy. The animals, the birds, the aquatic world and the insects are all alive because of energy and when the energy departs, what is left over is dead matter, which too, is nothing but energy. Therefore, what is this entire world? Energy!

Haven't you heard scientists say that they know only less than 5% of what this universe is made up of? According to science, more than 95% of the world is, what they call, the dark matter or the dark energy. In reality, this is what Spirituality has been saying for thousands of years. Spirituality calls this *Maya* and science calls it a projection or an illusion but the truth is simple. Everything in this world is nothing but energy. A *Yogi* who lives in Yoga, realizes this, till he achieves the ultimate goal of *Moksha*. What does the *Yogi* realize? He realizes that in a gold jewellery shop, we see a bangle, necklace, a chain or a ring but in reality, there is nothing else but gold in everything. These ornaments may appear to be ornaments but they are not what they appear as. There is gold in everything. If you remove the gold, there is nothing, no chain, no ring. These pieces of jewellery are just an effect. The cause is God. This is *Maya*. We forget the gold and we say that it is a ring. But in reality, if you remove the gold, there is no ring. The ring is just a manifestation of the gold. We understand this clearly but we don't realize that we are all manifestations of the Divine. We are all effects. The cause is energy, Divine energy. Spirituality calls it SIP, a Supreme

Immortal Power and science calls it the universal energy. Whichever way we see it from, the truth is that the world is *Maya*. It appears to be something that it is not.

*Maya*, the Cosmic Illusion has two Powers. First, it conceals the truth, like a movie conceals the screen. Then, it projects the myth and we see this drama, this *Leela*, this show, as real. The ultimate reality is that the world is nothing but energy and this energy is nothing but the Divine Power that we call, God. This world is a manifestation of God and not a creation of God. Everything that we see in this world has not been created by God. God is appearing as the sun, the moon, the stars, the birds, the animals and the flowers.

Why do we find everything in this world so beautiful? The sunrise and the sunset, a beautiful flower that smiles? Our cute pet dog that wags its tail? We see all the beauty but we don't realize that it is *Maya*. Beauty is Divinity. It is the Divine, Supreme Immortal Power, SIP that is manifesting as all the beauty in this world. The moment the Supreme Power departs, all the beauty disappears because the beauty is nothing but a manifestation of the Divine. Everything is *Maya*.



***Because Maya projects the Illusion, we only see the Skin!  
We don't know that it's an Illusion, the Divine is Within.***

Chapter

# 9

## The Life Of A Yogi

On the journey to *Moksha*, only a *Yogi* passes the roadblocks of *Maya* and *Leela*, and lives in a state of Yoga. Others sink in *Bhoga*. It is not easy to be a *Yogi* but once we reach that state of being, then the way to *Moksha* gets cleared. It all starts with *Mumukshutva*, a deep love and longing for the Divine and for Liberation. It is this passion, this obsession for a personal God or faith in the Supreme that leads one to a state of Yoga. Without being a *Mumukshu*, it is very difficult for a *Yogi* to remain in a state of *Yogic* Consciousness.

Some people have a lot of *Jigyasa*, the passion and curiosity to Realize the Truth. They go on a quest, a search or *Talaash*. They ask questions like - What is *Moksha* or *Nirvana*? How can we reach that state? Does God truly exist? Who is God? Where is God? What is God? A *Jigyasu* finds his way to Yoga by first, starting a quest. He tries to understand the truth of the Soul, Karma and reincarnation. The process of this quest starts his journey as a *Yogi* but unless one is able to be in that state of Eternal Yoga, one cannot be a *Yogi*.

With *Mumukshutva* and *Jigyasa*, the yearning for the Divine and the thirst for the truth, one spends time in *Dhyana* Yoga or the

Yoga of meditation and *Gyana* Yoga, the Yoga of education. While the *Jigyasu*, who has a passion for Realization may not spend time in *Bhakti* Yoga or the Yoga of devotion, a *Mumukshu* will be immersed in his faith or *Bhakti*, another state of Yoga. But unless one lives in that *Yogic* Consciousness, also referred to as *Chaturyam* or the 4<sup>th</sup> state of Consciousness or *Samadhi*, a state of Mindfulness and Awareness, one can easily slip into the material world of *Bhoga* and lose the Divine Consciousness that makes one a *Yogi*.

How does a *Yogi* live his life? To be in Yoga or *Yuj* or in union with the Divine, a *Yogi* gives up clinging on to the material world. He is free from the prison of pleasures, possessions and people. He starts to realize that this world is an illusion, a manifestation of the Divine and he has to move towards *Moksha* or Liberation. Therefore, a *Yogi* seeks *Mukti* or freedom. It is not guaranteed that every *Yogi* will be liberated but no doubt, one who lives as a *Yogi* is qualified to attain that rare feat.

A *Yogi* lives in Yoga. His life moves from one state of Yoga to another. It hardly matters to the *Yogi*, whether the Yoga is through *Bhakti* or devotion or Karma or the Yoga of action. The hallmark of a *Yogi's* life is that it is devoid of any *Bhoga*, desire and passion for the material world. Therefore, a *Yogi* moves from one state of Yoga to another, without losing the *Yogic* network. Meditation, devotion, action and education, these are the 4 common states of Yoga through which, the life of a *Yogi*, passes. He has the Realization and the Illumination that keeps him tied in Yoga. He may or may not practice *Asana* and *Pranayama*, the physical posture or exercise and breathing techniques but for sure, a *Yogi* spends a lot of time in silence.

Meditation is the raw material for Realization. The *Yogi* goes through all this to remain in Yoga.

When I tried to live a life of a *Yogi* and there was a deep and intense love for God, I was blessed with the 5<sup>th</sup> state of Yoga, the Yoga of Divine manifestation or *Prema* Yoga. In this state of Yoga, my Realization led me to see the Divine in one and all, to love everyone as God and to serve the suffering humanity as manifestations of the Supreme. Therefore, my *Yogic* experience had expanded and instead of the *Bhoga* of lust for the skin, I started to love the Divine that was within. It made my life of a *Yogi* more sorted because then, it was easy not to slip into *Bhoga* and I saw everybody as a manifestation of the Divine. Thus, *Prema* Yoga or the Yoga of Divine manifestation has made my life as a *Yogi*, successful.

Do I never fall out of Yoga? As long as we are alive, there is always a possibility for the rascal mind to shoot toxic thoughts and pull us out of Yoga but a *Yogi* will not fall into *Bhoga*. Even though the Ego, along with the Mind, becomes ME, a *Yogi* Realizes the Truth that this is all *Maya*. He enjoys the *Leela*, remaining united with the Divine. So, when my monkey mind swings to a toxic thought, I don't get caught. I remain in Consciousness, as a *Yogi*.

Normally, I start my day, when I wake up with silence or the Yoga of meditation. I spend time with God, in the Yoga of devotion. Then, my entire day is spent working as a Divine instrument, which becomes the Yoga of action. I make sure that I spend time in updating my education in Yoga or union with the Divine. Whenever I am in the *Samsara* or the world, I see SIP, the Supreme Immortal Power in every human being, in every

bird and even in my pet dog and I remain in *Prema* Yoga, loving the Soul as SIP. This helps me transcend the maladies of the mind.

What are the signs of being a *Yogi*? A *Yogi's* life transcends fear, worry, stress, anxiety, regret, shame, guilt and depression. It is very rare for a true *Yogi* to express anger, hate, vengefulness and jealousy. This only shows that the *Yoga* is very weak and the *Yogi* can become a *Bhoga*, if this happens. My personal experience has taught me that while it is not easy to live a life of a true *Yogi*, if one is truly committed to the journey of *Moksha*, one can live in *Yoga*, transiting from one state of *Yoga* to another, without slipping into the material world of *Bhoga*. However, true *Yogis* are rare. Those who are not fully enlightened, get enamoured by the glitz and glamour of the material world and get lost in *Bhoga*.

A *Yogi's* life is a life of Peace and Eternal Bliss. It is a life of Divine Love. A *Yogi* lives in Truth Consciousness, free from the prison of the Mind and Ego, ME. Even the pain of the body doesn't cause a *Yogi*, deep suffering because he is not clinging to the material world but to the spiritual world, the world of the Divine, which he realizes that he is a part of.



***The Yogi moves from One state of Yoga to Another,  
He doesn't Sink in the world and of Bhoga, become a Prisoner.***

Chapter

# 10

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## The Ancient *Purushartha*

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What is the meaning of *Purushartha*? Translated, *Purushartha* means, 'Meaning or Purpose of man'. In the ancient days, sages and saints would advocate that *Purushartha* was to be attained in 4 stages — *Dharma*, *Artha*, *Kama* and *Moksha*.

Man was to live life attaining these 4 *Purushartha*. The first was *Dharma*, which has no literal translation. It is basically living with righteousness, ethics and moral values. Then, man should attain economic prosperity or *Artha*. This called for man to take up a profession or an occupation. Every man would then want *Kama*. Most people think that *Kama* is just lust but *Kama* also encompasses pleasure, passion, love and the desire for happiness. While the purpose of life was *Dharma*, *Artha* and *Kama*, the ultimate purpose was *Moksha*. Every man had just one ultimate objective. It was to be liberated from all suffering on earth and then, be free from the cycle of death and rebirth.

The concept of *Moksha* has been around for time immemorial. It is not a new age phenomenon. The Hindus call it *Moksha*, the Buddhists call it *Nirvana* and the western world calls it Salvation. This ultimate purpose, has been prescribed for centuries. Unfortunately, we have forgotten that the purpose of our life is

Self-Actualization. It is evolving from Self-Realization to God-Realization.

Today, man struggles because the modern world has become so much more glamorous and there are so many more material pleasures offered to him. Therefore, it is natural for man to forget *Moksha*. It is not surprising that man puts Yoga as the last priority. However, in this chase to be an ace and in this race for materialism, man is forced into Spirituality because he is living a life of fear and stress, worry and anxiety. Therefore, he wants peace. He is not satisfied with the pleasures of money or *Artha*. He is not hijacked by *Kama*, or passions for very long. He lives like a yoyo, being glad and sad in cycles. Some resort to meditation, while others resort to exercises or *Asana* and breathing techniques or *Pranayama*, which they believe is Yoga. This modern-day Yoga gives some sense of peace, which man enjoys but alas! Man does not pursue true Yoga that can lead him towards *Mukti* and *Moksha*.

No doubt, times have changed and the 4 quarters of life that were prescribed during the time of the ancient *Purushartha*, are not so relevant today. In the good old days, people would start their life with *Brahmacharya*. Their education was as per the *Gurukul* system where they were taught to walk with God – *Brahma Charya* or God-walk. This was considered to be the first *Ashrama* or stage of life. Then, one would move on to the second stage - To live like a householder. This was called *Grihastha*. Here, man would get married, build a family, earn and spend but this was just the second stage. In the ancient days, man would then move to the third stage called *Vanaprastha*. This literally means to live as a forest-dweller or a hermit. Man would then, prepare himself for the ultimate stage of renunciation and godliness called *Sanyasa*.

While man would go through these 4 *Ashramas* or stages of life, he would try to evolve in the second half of his life, so that he could ultimately achieve his spiritual evolution. From the very beginning, man was expected to pass through these stages but ultimately, every householder was to abandon his attachments and achieve *Moksha* or Liberation, the ultimate goal and purpose. There were some amongst society, who would not become a householder. They would jump straight from the learning stage of *Brahmacharya* to the spiritual stage of *Sanyasa*.

Even today, living a modern life, man spends his 4 quarters, either living a material life or evolving on the spiritual path. In the first quarter, we all learn, just like ancient day students would be in *Brahmacharya*. While they moved into *Grihastha*, we move from learning to earning. Unfortunately, we get so trapped in pleasures that we forget what we should be doing in the second half of our life. We learn and we earn but we don't turn to Spirituality or yearn for the Divine. What do we do instead, after we learn and earn? We burn and return and this goes on and on, as we are reborn. We don't live in Yoga and we don't achieve *Moksha*. Therefore, we don't achieve the purpose of human life.

The ancient *Purushartha* is as relevant today, as it was centuries ago, for life has not changed. Every 'body' dies, just as we do our Karma and we are born. While the pace of our life race has changed, the purpose has not. We all wanted happiness in the ancient days, just as we want pleasure today. In the past, we had many Gurus or Spiritual Masters, who would lead us on the path of Spirituality. Today, such Enlightened and Spiritually Awakened mentors are few but we can still embark on the

journey of *Moksha*, our ultimate purpose through Yoga or being in union with the Divine.

Some of us get inspiration from the ancient teachings like the *Purushartha* and the 4 *Ashramas*. We explore the principal statements of the *Vedas* and *Upanishads* - The 4 *Mahavakyas* and find a Master or Guru, who can take us from *Gu* to *Ru*, from darkness to light. But the rest of us will just live and die. We will not discover, 'Who am I?' nor will we find out why we came to earth and what is the purpose of this human birth.

It's time to reflect, to meditate, to introspect and contemplate and get to our *Purushartha*, our ultimate meaning and purpose of life. There is a purpose for our existence and our purpose is to discover that purpose. There is *Artha* for *Purusha*. There is a meaning to man's life and if we don't find out the *Purushartha*, we will never attain *Moksha*, freedom from rebirth and from all suffering on earth. It's time to start our life with true Yoga.



***If we don't find Purushartha, Man's Purpose of Life,  
We will Learn, then Earn but end up with Misery and Strife.***

Chapter

# 11

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## *Dharma*

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What is *Dharma*? The word *Dharma* has no single definition. It has evolved over time and while the original meaning of *Dharma* may be something else, in today's world, *Dharma* can be understood as our life purpose, our duties and our responsibilities. *Dharma* is a set of rules, laws, ethics and morals, with which, we must live. To the Hindus, it is the right way of living. To the Buddhists, it is the Cosmic Law in order and so, it is different for different people. While no English words define *Dharma*, we can explain it as the path or philosophy human beings must adopt and live by, to achieve our ultimate purpose of existence.

The word *Dharma* can be very confusing but it is important to understand what it means, to reach the ultimate state of *Moksha*. If one does not follow *Dharma*, one cannot do right action or Karma and he will experience trauma, the triple suffering of the body, mind and ego. Therefore, *Dharma* is the key to Yoga or a state of union that will lead to *Moksha*. Without *Dharma*, we cannot even imagine being in Yoga, in union with the Divine because without *Dharma*, we will sink in *Bhoga*, the material world and never achieve *Moksha*.

Therefore, *Dharma* is the first of *Purushartha* or the 4 steps of the ultimate purpose of *Moksha*. Before one can get into the material world, one must build the right foundation or *Dharma*. If the *Dharma* is wrong, the path is wrong. Then, where is the question of reaching the destination? Therefore, building a base philosophy of the right values, morals, ethics and understanding life becomes the right *Dharma* that will take us to *Moksha*.

To understand *Dharma*, let us for a moment imagine a life without *Dharma*. Let us imagine somebody living without any ethics, moral values, duties, responsibilities, obligations, meaning and purpose. What would their life be? One would drift like a sailboat and reach nowhere. Even a sailboat needs to be managed as per the winds, sun and the waves to reach its destination. So also, life needs *Dharma*, a way to live, a philosophy to act and some principles on which, we can moderate our choices. *Dharma* provides this. Without the basic foundation of *Dharma*, there can be no *Moksha*.

Those who go deeper into the concept of *Dharma*, realize that it is *Sanatana* or eternal. *Dharma* is the very inherent nature of the Truth or reality. It is based on certain natural laws and it prescribes the right behaviour we need, in order to live meaningfully. It is a combination of our rights and privileges, just as it is guided by duties and laws.

Unfortunately, many people have confused the term *Dharma* and thus, there are several conflicting understandings of *Dharma*. Some people think that it is just duties as per our religion and this often takes one away from the right path of life. Sometimes, the misunderstanding of *Dharma* makes us a slave

to rituals, dogmas and superstitions and we are warned that not following these will be *Adharma* or sinful acts.

If one wants to benefit from the true meaning of *Dharma*, one must link it to the Eternal Truth and follow *Sanatana Dharma*, not as it has been over the years, diluted or concocted but stick to its original meaning as understood by our intellect in Consciousness. Today, we are told of the *Dharma* of a father, a son or a king. This has diluted the meaning of *Dharma* and has taken us away from our essential *Dharma* of attaining *Moksha*.

What is our *Dharma*? Each one of us is born under different circumstances and may have different worldly responsibilities but the original and the eternal *Dharma* is *Moksha*. Whatever we do, as per our understanding of *Dharma*, if that makes us drift away from the ultimate goal of Liberation and Unification with the Divine, which is nothing but *Moksha*, it cannot be our *Dharma*. Whoever we may be, whatever we may do and whatsoever may be the circumstances of our life, there can be nothing more important than *Moksha*. Therefore, to conclude, our *Dharma* is *Moksha* and to attain this *Dharma*, we must be in Yoga. Therefore, our *Dharma* becomes Yoga.

No doubt, we all live a life with worldly duties, we have responsibilities to fulfil and we cannot be irresponsible or indifferent to circumstances that surround us. But if we get so engrossed in the world, we will be so lost in *Samsara* or this material world, that we will not realize that it is just a *Leela*, a show and everything is nothing but *Maya*, a Cosmic Illusion. Unless we live with the right *Dharma*, we will not live in Truth Consciousness and we will lose the very gift of this precious human life.

We human beings are the only blessed species who can understand our *Dharma* and attain *Moksha*. A dog, a frog, a cat or a rat, do not have a fully developed intellect to understand and discriminate. Only we human beings can pray, evolve and realize the Divine within. But if we use our senses and our animal instincts in life, we will live without *Dharma* and never attain *Moksha*. Therefore, a human being is the one, who must understand *Dharma* and live by it. We must discriminate between what is *Dharma* and *Adharma* and perform the right Karma or action. Thereafter, it is our *Dharma* to transcend Karma, so that we can attain *Mukti* and *Moksha*. We are fortunate that although the Eternal Truth or *Dharma* has been diluted by most religions, the ultimate goal of *Moksha*, still remains. It is also called *Nirvana*, Salvation or Liberation. It is our good fortune that all religions talk of ethical behaviour, good values and morals and therefore, the right *Dharma*, at its basic level. Unfortunately, the path prescribed by many manipulating the term *Dharma*, will not take us to our destination of *Moksha*. Unless we live in Yoga and the right *Dharma*, we will not attain *Moksha* and instead return to earth as per our Karma.



***Ethics, Morals, Duties, Responsibilities become our Dharma,  
But the right Dharma is that, which takes us to Moksha.***

Chapter

# 12

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## Our Mind Makes Us Blind

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What stops us on our journey to *Moksha*? What disturbs our Yoga and makes us sink in *Bhoga*? What takes us away from the Eternal Truth or *Dharma* that defines our purpose of human existence? It is our biggest enemy, the Mind.

We all talk of the mind but where is the mind, we cannot find. Still, it makes us blind and leaves the truth behind. If we want to achieve our life purpose of Realization, Liberation and Unification with the Divine, we have to kill the mind. Otherwise, there can be no *Mukti* and no *Moksha*. As long as we are imprisoned by the mind, the truth, we can never find.

What is the mind? The mind, in reality, is nothing but a bundle of thoughts. Where there are no thoughts, there is no mind. But no human being lives without thoughts. The mind appears when thoughts pour like rain. It can be up to 50 thoughts, a minute and these make us miserable, again and again. Imagine the mind producing 50,000 thoughts a day! It becomes the MK-50, the Mind Killer - 50, more dangerous than the deadly weapon, AK-47. The mind can drill us and kill us with its toxic thoughts. Sometimes, it appears to be our best friend and fools us into believing that we can befriend the mind. The truth is that the

mind creates fear, worry, stress, anxiety, regret, shame and guilt and leads us into a state of depression. In fact, some people even contemplate committing suicide and ending their life just because of the mind. But the strange truth is that nobody has ever seen the mind.

Have you ever seen the mind? What does it look like? Is it round like a ball? Immediately, the mind will confuse you and make you think of the brain. We know that the brain is in our head but the brain is not the mind. The brain is the hardware whereas, the mind is the software. Nobody has seen the mind and nobody knows where we can find the mind but still, the mind continues to make us blind.

Our mind is like a thought factory. It is constantly producing thoughts. Practically, a thought every second. These are primarily negative thoughts that will create fear or anxiety. To fool us, sometimes, there are positive thoughts too but the objective of the mind is to make us ignorant. It is because of the mind that we remain blind and we do not Realize the Truth of who we are and why we are here. The Mind and Ego, ME, does Karma and not only does it make us suffer on earth but its existence also makes us return in a new body, in a rebirth. It stops us from Realizing the Truth that we are not this body that will die, we are not the mind, which we cannot find and we are not the ego that says, 'I'; it is a lie. The truth is that we are the Divine Soul, the Spark Of Unique Life. Although we know it that we were not born on our birth date, our mind makes us celebrate a birthday that is fake and it makes us cut a cake when in reality, we were born or conceived, 9 months before. The mind stops us from the Realization of the Truth, as it makes us believe the myth. Because of the mind and its thoughts, we just

follow the herd. We don't fly like a bird to Ask, Investigate and Realize the Truth. Our mind does not let us realize because it doesn't allow us to open our real eyes. It stops us from activating our intellect in Consciousness and makes us remain blind. All this is done by the mind, which we cannot find. And unfortunately, the truth is left behind.

Who stops us from Yoga? It is the mind. Yoga is union with the Divine. It is that state of Consciousness, where there are no thoughts. Who bombards us with thoughts? The mind! Who robs our peace? The mind! Wherever there is a piece of mind, there can be no peace of mind and thus, no Yoga. Therefore, who is the biggest enemy of *Moksha*, our ultimate purpose? It is the mind! Unless we still the mind, peace, we cannot find nor will we follow the right *Dharma* and be in that state of Yoga to reach our ultimate destination, *Moksha*.

We human beings can be either in a state of mind, where we are bombarded by thoughts or we can be in a state of Thoughtlessness or Consciousness. But for this, we have to make a conscious effort to stop the mind from bombarding us with thoughts. If we don't kill the mind, the mind will kill us. Thoughts come uninvited. The mind doesn't knock at the door but once it enters, it pushes us on the floor. We have to shut the mind out and lock the door. Then, we can be in a state of Consciousness and attain our ultimate destination. But the mind does not want this. It wants to create confusion because if we reach that destination *Moksha*, it will cease to exist. So, it fights hard to stop us from Yoga and *Moksha*.

What is the ultimate truth about the mind? It doesn't exist. Unfortunately, because of ignorance, we human beings think

that we are the body, mind and ego. We don't realize the simple truth that we are the Soul, a Spark Of Unique Life. What were we when we were conceived? We were just one cell of existence, the zygote. Then, the cells multiplied and ultimately, the body was formed and the body that we appear to be, thinks that we are the Mind and Ego, ME. One day, when the Soul or life energy departs, the body will die and return to dust. But because of ignorance, the Mind and Ego that thinks it's ME, carries its unsettled Karma and returns to earth in a rebirth. If only we kill the mind, transcend the ego and realize that we are neither the body that dies nor the mind that we cannot find nor the ego that says, 'I', we will be liberated from rebirth and attain *Moksha*, Unification with the Divine.

So what is stopping us from *Moksha*? It is the mind. A mind that we cannot find! Still, it makes us ignorant and blind! If we want to attain *Moksha*, our ultimate purpose, our biggest *Dharma* or duty is to still the mind. There can be nothing more important than this and we can only do it if we flip over from mind to Consciousness. Then, we can stop it, crop it, chop it and drop it!



***The Mind creates Ignorance, the Mind makes us Blind!  
But where is this rascal Mind, we cannot Find!***

Chapter

# 13

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## Consciousness And The Intellect

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As we try to still the mind and kill the mind, we move into a state of Consciousness. What is Consciousness? It is a state of Thoughtlessness. Some people call it Mindfulness. It is that state of Awareness, in which we become a witness, an observer of this Cosmic Drama, this *Leela* and the unfolding of *Maya*, the Cosmic Illusion. Unless we are in Consciousness, we will be constantly attacked by the mind but in this state of Consciousness, there is no mind. The mind is just a bundle of thoughts. When we slow down the MTR, the Mental Thought Rate, from 50 thoughts a minute to letting the thoughts appear in our Consciousness, one by one, then we are in a state of Consciousness and will be able to discriminate our thoughts through our intellect.

What is the intellect? The intellect is a tool of discrimination. It helps us decide, what is black and white, what is wrong and right. As long as we are in the mind state, we cannot discriminate. The Mind Killer - 50 or MK-50 will bombard us with about 50 thoughts, a minute. How is it even possible, in that state, to discriminate? Thus, we are unable to evolve on the path of Yoga and *Moksha*.

Life and our journey of life, in essence, is about moving from the state of mind to the state of Consciousness. If we do not flip over to this state of Thoughtlessness, we cannot live in Yoga. Yoga is a state of *Yuj* or union and the mind is causing a constant disconnection and pulling us into *Bhoga*. Along with the 5 senses – eyes, ears, nose, tongue and skin, our mind creates so much desire and passion that we are lost in the mind. We are caught in thought! However, when we withdraw into Consciousness, we become like a tortoise that is no more attacked by external enemies. Being in Consciousness creates a shell of protection and we evolve in our journey of Realization and Liberation.

How does one reach the state of Consciousness and then, activate the intellect? Each of us is blessed with an intellect. Every human being has this unique faculty, which is missing in other living creatures. Some animals may seem to be intelligent but they have more of what we call, instinct. Even if they have partial intelligence, it is only man, who can discriminate and realize, 'Who am I?' It is the intellect that can take us through Self-Realization to God-Realization and *Moksha*. And the irony is that while we all have the intellect, not all of us use it effectively. This is because the intellect only shines in Consciousness. When we are flooded with thoughts of the mind, the fog created by the toxic thoughts restricts the intellect from being activated and from discriminating and Realizing the Truth. The intellect, not only discriminates and leads to Realization, it also has another important function. It takes charge of our thoughts as they appear, one-by-one, like little fishes swimming into the ocean of Consciousness. By controlling our thoughts in an organized manner, like cable cars in a ropeway system, the intellect effectively blocks the

mind and locks the mind. This prevents us from being bombarded with toxic thoughts. Our only challenge is to reach that state of Consciousness, in which our greatest treasure, the tool of discrimination, our intellect, shines and takes charge of our life.

How then can one move from mind to Consciousness? The mind is a rascal. It is like a monkey. Unless we tame the monkey, it will never become a monk that permits us to be in Consciousness. If we look at the word monkEY, it has a tail - the EY. We have to cut this tail to make the monkEY into a monk. What is EY? EY is the Ever-Yelling and Ever-Yearning state of the mind and because of its constant bombarding of thoughts, the mind creates so much noise. We have to spend time in silence to reduce this yelling and subsequently, reduce its yearning. Our mind constantly wants 'this' and 'that' and as long as it continues its Ever-Yelling and Ever-Yearning, it will jump from thought-to-thought. To be in Consciousness, we have to tame the monkey mind and live as a monk. The MONK is a -

**M** - Master of the Mind

**O** - Only in Yoga

**N** - No Desires

**K** - Karma-Free or Transcended

This is our challenge because the monkey mind does not want us to be a monk. The moment we still the mind and kill the mind, it ceases to exist. There will be peace and in Consciousness, the intellect will shine.

The journey from Yoga to *Moksha*, cannot happen without Consciousness and as long as the mind makes us blind, we

cannot Realize the Truth. One percent of this world is visually blind but 99% is Spiritually blind. Even though the truth stares at us in our face, we are not able to live with grace because the mind hides the truth behind. It drills and kills us with thoughts, disables the intellect to discriminate and realize the truth. It stops us from being in Yoga and pulls us into *Bhoga*. It creates so much confusion that we can never reach a state of conclusion or Realization called *Moksha*.

In Consciousness, we can Realize the Truth, each truth, one-by-one and lock the mind and its ignorance, so that we do not have to memorize and analyse the truth, again and again. In Consciousness, the Truth shines and creates Eternal Peace and Everlasting Bliss. Just like when there is bright sunshine, there can be no darkness, so also, in the light of Consciousness, the darkness of ignorance disappears. When thoughts appear gently, they do not have the toxic energy of the mind and it is easy for our intellect to take any toxic thought, crop it, stop it, chop it and drop it! Only relevant thoughts that will enhance our progress on the journey to *Moksha* will be entertained by the intellect, as we live in Consciousness. Mind or Consciousness? This is the key that will decide whether we will live as a *Yogi* or a *Bhogi*. It is like a see-saw. If we let the mind ride our life horse, it will become our boss and then, we will be at a great loss for it will steal our Consciousness and block us from our life purpose. Therefore, we must still the mind and kill the mind!



***We must flip over from the Mind state to Consciousness,  
Then, the Intellect Shines and there is Peace and Bliss!***

Chapter

# 14

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## Importance Of A Guru

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Is it possible for anybody and everybody to live in Yoga and achieve *Moksha*? This is just like asking if everybody can just start walking up the mountains to scale Mount Everest. You can't! In order to do so, you must be absolutely clear about the destination and the terrain and you need all the equipment that can take you there. So is this journey, from Yoga to *Moksha*. You need a qualified Master, an Enlightened Sage or a Spiritually Awakened Guru to help you at every step of the journey.

My journey of Self-Realization would never have happened without the grace and guidance of my Guru, Dada J.P. Vaswani. I spent 25 years with him and for the first 10-15 years, I was just asking for his guidance in life, on matters related to my business and family. Little did I know that my Guru would lead me towards *Mukti* or freedom from this world of trials and tribulations. One day, he asked me, 'Why don't you shut your business?' This happened when I had an offer to close a thriving business in which, I was struggling to pay back loans. My Master could see that it would take away the life from me and in the end, all I would have, would be money. He saw that I was cut for a different purpose. So, at 40 years of age, I shut shop and took an exit from the highway of achievement to a life of

fulfillment. Little did I realize, where I was heading to but for sure, I achieved a state of peace that was far greater than the pleasure and happiness I used to enjoy.

For several years, I would share with my Guru, pictures of this beautiful world that God has made - pictures of Iceland, Greenland, Finland, New Zealand and other countries. One day, when I showed him the pictures of me playing with the penguins in Antarctica, he smiled and said, 'I can see you so blissful but will you just live like this and die or will you find out, 'Who am I and why am I here!''

It was my Guru who provoked and inspired me to go on a quest, a search or *Talaash*. If not for my Master, I would have been only galloping faster like a mad horse in the material race, to be an ace. My Guru slowed down my pace and my faith in the Divine gave me that special grace. My life was transformed.

With the guidance of my Guru, I eliminated all the junk and from a wandering monkey, I became a monk but not somebody who had to leave this world and retreat into the forest or mountain. My Master guided me to the state of Enlightenment and then, led me on to a journey, where I could become a light that would help others eliminate the darkness in the journey of life. Whenever I had a question or doubt, it was my Guru who would take me from *Gu* to *Ru*. *Gu* means darkness and *Ru* means light. He was an Enlightened Master. In 2018, he left the world to be liberated and united with the Divine. I have no doubt whatsoever that my Master attained *Moksha*. He had Realized the Truth and lived like a *Yogi* with only one desire - To attain the Divine.

Without my Guru, I would not have started my Spiritual journey. I would have never understood the true meaning of the terms – *Yoga, Moksha, Mukti, Maya, Leela, Jivanmukta, and SatChitAnanda*. Of course, I read many books but the knowledge that we get from a college can never take us to our destination. If we want Realization and Liberation, it is only a Guru, who can help us in this journey towards our ultimate destination. Who gave me the inspiration to let go of success and achievement? Who helped me in evolving from fulfilment to Enlightenment? If I had to attribute my Spiritual success to one person, it would be my Guru. I consider him to be a manifestation of God on earth but he always told me that a Guru can hold your hand and make you walk but you must walk the talk. A Guru can show you, how you must go within but you have to enter and light the light to be Enlightened and to ultimately, attain *Moksha*.

The key in the journey from *Yoga* to *Moksha*, is having a right Guru. Unfortunately, just as it is imperative to have the right Guru for *Moksha*, it is impossible to reach that destination with a wrong Guru. Just like we need the right GPS that will show us the way and take us to our destination, we need the right GPS – Guru's Powerful Signal, to help us with the light of truth in the dark journey of this world of desires and passions. The first challenge is to find a Guru and then, the Guru must find you. Unless the Guru finds you committed to that journey, he will not embrace you on the path. Many people wonder, where can we find the right Guru. It is said that - When the disciple is ready, the Guru will appear. What does this mean? It means that if we are sincere seekers and on the path of *Yoga* and *Moksha*, we will find our Master because a Guru is already on the path. Our deep yearning for the Divine and sincere seeking of the truth will automatically lead us to our Guru. If we are

sincere in our journey of Realization and Unification with the Divine, we will be blessed with the grace of the Divine to get the guidance of the right Guru.

The most important element in our journey to *Moksha* is therefore, the Guru. Does everybody, who finds the right Guru, attain *Moksha*? No! Only the truly obedient ones, who have faith and trust in the Guru, will be blessed to evolve. This does not mean that we should blindly believe what the Guru says. We can question the Guru to get answers to all our doubts but we must also not doubt the Guru. If we doubt, it will throw Self-Realization out of our life. A Guru is a rare, Enlightened Master. You cannot find a true Guru easily. Once that task is done, the challenge is to diligently follow the Master with Consciousness, intelligence, faith, devotion, passion and persistence to reach the ultimate goal of Self-Realization and God-Realization.

Not everybody is blessed to find the right Guru and so, it is rare to develop that bond with the Master, to obey the Guru and to reach our ultimate purpose of *Moksha* or Liberation.



***We need a Guru to take us from Darkness to Light.  
Without the Master, we cannot win this Ultimate Fight!***

Chapter

# 15

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## We Need *Mukti* Or Freedom

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As one traverses the journey of life and experiences the state of Yoga, one starts the journey towards *Mukti* or freedom. It is the first step towards *Moksha*. *Mukti* can be considered the base of the peak or even an essential precondition needed to be liberated and united with the Divine.

*Moksha* happens only in the moment of death. *Moksha* can be attained, only when we lose our breath. But we must put this in our head that we cannot be Enlightened after we are dead. We have to be Enlightened, when we are living and this Enlightenment gives us *Mukti* or freedom. What is *Mukti*? In essence, *Mukti* is freedom from the triple suffering on earth. Freedom from the pain of the body. Freedom from the misery of the mind and freedom from the agony of the ego. *Mukti* is freedom from ignorance. Therefore, it is freedom from all attachments. One who has attained *Mukti* is free from the imprisonment of pleasures, possessions and people. Then, even while one is in this *Samsara* or the material world, he is free from all desires and passions for material things. So, how can one attain *Mukti*?

For a common man, the question is quite a dichotomy - 'Why do I need *Mukti* or freedom? I am already free. I am not in a jail. Then, why is it that I will fail, if I don't attain this *Mukti*?' A common man doesn't realize that he is imprisoned in ignorance. He suffers, as the mind jumps from yesterday to tomorrow but he doesn't realize that he is a prisoner of misery and sorrow. He just thinks that life is a merry-go-round and it is normal to have pleasure and pain, just as there is sun and rain and loss and gain. So, he doesn't even realize that the goal of life is freedom or *Mukti*. He just lives, dies and then, returns to earth in a rebirth, and the circle goes on-and-on, after he is reborn.

One who attains the state of Realization or Spiritual Awakening overcomes ignorance and Realizes the Truth. It is that seeker of the Truth, who becomes free from the prison of the body, mind and ego. Such a person realizes that although I have a body, I am not the body that dies. When the body dies, people will say that I passed away. Therefore, he is absolutely clear that he has to leave this body, when he departs. He is free from all the myths that we grow up with. In the beginning, he acquires knowledge but knowledge is not Realization. We need *Mukti* or freedom from the body. Then, the seeker attains freedom from the mind. When he goes in quest of the mind, he realizes that there is no mind. How much ever he tries to find the mind, he can't. Still the mind makes him imprisoned in beliefs and fairy tales. *Mukti* is being free from the mind. One who is able to still the mind and kill the mind, attains mind-*Mukti*.

Then comes the ego - *Mukti* or freedom from 'I' and this comes from the Realization that I am not 'I'. I am not the body because one day, it will die. I am the Divine Soul. This is *Mukti*. Freedom from the Mind and Ego, ME and the Realization that I am energy.

Many people understand the concept that I am the Soul and not the body, mind and ego but still, they don't attain *Mukti*. They remain a slave, till they reach their grave. One who attains *Mukti* is liberated but one who does not, returns to earth in a rebirth, carrying Karma. The body dies but we are not free from Karma. *Mukti* is the ability to realize, 'I am not the one, who does Karma. I am a Soul, a Spark Of Unique Life and the Soul does not do Karma nor does the Soul get the results of Karma.' *Mukti* is thus, Liberation from Karma.

Therefore, putting it all together - What is *Mukti*? *Mukti* is being free from the body, the mind and the ego and their desires. It is being free from ignorance. It is being free from Karma. So, if *Mukti* is all this, how is it different from *Moksha*? *Mukti* is a state of Realization and freedom, while we are still alive on earth. In a flash of a moment, we can lose our Consciousness of the Truth and sink in *Bhoga*. Then, we cannot attain that ultimate state of *Moksha*. One who attains *Mukti* lives as a *Jivanmukta* or the one who is liberated while alive but unless one continues to be in this Consciousness and this Self-Realization, he may slip and fall. Therefore, the importance of continuing to be a *Jivanmukta* or a life- realized free Soul, is the key to attain the ultimate goal of *Moksha*.

There are many people who are *Gyani*, the wise ones but they are not *Jivanmukta*. They live behind the prison bars of desires, passions, attachments and ignorance. They are unable to use their willpower to live the Realization of the Truth. They may be Yogis but they fail and fall into *Bhoga*, this material world and then, they sink! Their senses and their mind imprison them in material pleasures and possessions and they fail in their ultimate battle, even though they know the truth. Such people

fail in the journey from Realization to Liberation. Thus, *Mukti* is the doorway to *Moksha*.

What is the cause of all suffering? Suffering is there because there is no *Mukti* or freedom. If one attains *Mukti*, he becomes free from the triple suffering on earth and moves towards that final journey - To be free from rebirth. But the truth is that this is not everybody's cup of tea. It needs a lot of commitment and dedication, just as it needs devotion. The enemy that we call the mind, tries very hard to imprison us in ignorance. If we don't kill the mind, the mind will kill us and we will fail, as we will remain in its jail and be caught in toxic thoughts. That is the reason, we suffer fear, worry, stress and anxiety. The Mind and Ego create ME and there is anger, hate, revenge and jealousy but the moment we are free, we attain *Mukti* and are liberated from all this suffering. A *Jivanmukta* lives a life of peace, joy, love and bliss, as he lives in Truth Consciousness. After attaining *Mukti*, one is free to march forward on the journey of *Moksha* but without *Mukti*, one cannot achieve the ultimate goal of living as the Divine Soul and being united with SIP, the Supreme Immortal Power.



***Mukti is Freedom from the Triple Suffering on Earth.  
It opens the gates to Moksha, Freedom from Rebirth.***

Chapter

# 16

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## The Journey Of PIRLU

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Sincere seekers of life, those who want to discover the true meaning of human existence, try to understand Yoga and aspire to attain *Moksha* but there is a lot of difference between wishing and truly wanting. If one wants to attain an ultimate state of Liberation from all misery on earth, freedom from the cycle of rebirth and becoming one with the Divine, one has to follow the process. There is a method to achieve, what people call *Moksha*, *Nirvana*, Salvation, Liberation or becoming one with God.

Most people don't know who God is. They don't pause to find out where God is or what God is. It seems that they pray but the truth is that when we don't know what we say and to whom we pray, then we just bray. If one is sincere on this journey, one will seek God and love God so deeply that their love and longing will make them Realize the Truth about God. God is not God. God is SIP, a Supreme Immortal Power. Though most of us know this and understand it, we don't realize it and if there is no Realization, there can be no Liberation. Therefore, what is the method to arrive at this Realization? Of course, we have learnt that it is from Yoga that we get to *Moksha*. But how can we live in

Yoga and how can we attain *Moksha*? We must embark on a journey called PIRLU.

What is PIRLU? PIRLU is the journey of Purification, Illumination, Realization, Liberation and Unification. It is a method that will help us start our journey of Yoga and complete it with *Mukti* or freedom from ignorance and all misery on earth. While PIRLU will give us that wisdom, as to how we can attain *Moksha*, we must never forget that *Moksha* is only in the moment of death. We cannot attain *Moksha*, after we are dead. We must get it clearly in our head that if we attain *Mukti* or freedom when alive and we live a life of PIRLU, then in all probabilities, we will attain *Moksha* and not return to this earth in a rebirth.

The first step of PIRLU is Purification. What is Purification? It is eliminating all the junk and living like a monk. It is overcoming the myth and Realizing the Truth. It is questioning every doubt and throwing our earlier beliefs out. It is asking, 'Who am I?' and 'Does God really live in the sky?' Purification is that method, where we eliminate all impure thoughts. The process continues till we are purified. Then, we reach the next step of Illumination but there can be no Illumination without Purification. Imagine, trying to see through a glass that is completely fogged. Even though there is light outside, can we see anything? Purification is clearing the fog of ignorance. It is getting our beliefs right. It is realigning our concepts of ourselves, our life, purpose, happiness and God. It is like straining with a filter, the glass of water that is so full of dirt. We use a filter to repeatedly filter the water till it is pure enough to drink. Very often, the Purification process needs the help of an Enlightened Master, a Guru, who will remove the impurities from our head.

Some people want to go through the process of Purification and they are committed, dedicated and disciplined. Others just want to have fun, till life is done. To them, all this is nonsense. 'Why should I find out who I am? Why should I worry about what will happen after I die?' Neither will they start the journey of PIRLU nor attain the peace of Yoga or the Eternal Bliss of *Moksha*.

Only those who pass the first stage of Purification, reach the next state of Illumination. What do we understand by Illumination? Illumination is when there is light. If we enter a large mansion and there is no light at all, at first, we switch on one switch to create illumination in the foyer, since the mansion is in darkness. Then, we have enough light to see where we are. But still, there is darkness everywhere. We cannot take a broom and sweep away the darkness from each room. But each room has a light. One-by-one, we can create illumination, till ultimately, the entire mansion is illuminated. We understand this very clearly but we don't understand the darkness that is within. We don't realize that I am not 'I'. We don't realize that we are not the Mind and Ego that says, 'ME'. We all believe that one day, we will die and will need to face a God in the skies, on the day of judgement. All this is nothing but a lie but because there is no Purification of thoughts, there is no Illumination and therefore, no elimination of darkness. Just like when we walk inside a dark mansion, we trip and fall, so throughout life, we fall and suffer. Those who experience Illumination, start the journey of bliss, as they overcome misery and sorrow. They learn to live in the present moment. They don't jump from yesterday to tomorrow. This is because of Illumination. Therefore, what is Illumination? It is coming to know of the truth. Illumination is wisdom and right knowledge but it is not

Realization. That is the next step. In Illumination, we have eliminated impure thoughts and beliefs and we have switched on the light on the truth. We know what is the truth but we need to go to the next step.

The next step is Realization. It happens when we open our real eyes and realize. When the water in the refrigerator goes through crystallization, it becomes ice. Similarly, when our knowledge is crystallized, we come wise. We realize! We have no doubts, anymore. I am not the body, mind and ego. I am the Divine Soul. The Soul is the Spark Of Unique Life that comes from SIP, the Supreme Immortal Power. The body will die but 'I', the Soul, will be united with SIP. Karma doesn't belong to me. I am free. I am a Divine instrument. All these Realizations that come from Purification and Illumination will take us forward to a state of Liberation and ultimately, Unification with the Divine. Liberation cannot happen till the body dies but we will live as a realized Soul and ensure that we don't slip back into this world with Karma, to experience another rebirth. Unless there is Illumination, there can be no Realization and several Realizations lead to a state of Enlightenment or Spiritual Awakening. Only an Enlightened Soul, after Realization, attains Liberation. Thereafter, there is Unification, when we become one with the Divine. We don't return to earth in a rebirth.



***We need Purification and Illumination to reach Realization.  
Realization takes us to Liberation and Unification.***

Chapter

# 17

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## We Need MAGIC

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To attain that state of *Moksha* and to evolve from Yoga, we need magic. This is not some trick as one would think but 'MAGIC'.

**M** - *Mumukshutva*

**A** - Ability to Ask

**G** - Grace and Guidance

**I** - Intelligence Over Ignorance

**C** - Consciousness

This MAGIC will lead us towards the state of Awakening, stage-by-stage. But even before we attempt to climb the ladder to Enlightenment, these 5 magical constituents will help us in the magical journey of Realization, Liberation and Unification.

It starts with *Mumukshutva*, that deep love and longing for the Divine and for Liberation. Without being a *Mumukshu* or the one who is passionate for the Supreme, one will not get the impetus, the Power or the momentum to launch into the orbit of Awakening. *Mumukshutva* is an obsession, the one and only desire of a true seeker of *Moksha*. Like a fire, this grows and sometimes, it takes time. But the more passionate our journey is, more are the chances of us attaining *Moksha*. *Moksha* is not

guaranteed for all. Only a rare few, who seek it, find it. But if there is no passionate Power backing our desire for *Moksha*, there is very little chance to attain this state of *Moksha* or *Nirvana*.

When one has a deep passion for the Divine, then he must move to the 2<sup>nd</sup> step of MAGIC, the Ability to Ask, to question everything about life, God and themselves. It is this questioning that will propel one forward in the journey to *Moksha*. Only having *Mumukshutva* is not enough. We also need the complete MAGIC and asking takes us forward step-by-step. It disentangles us from the myth and makes us Realize the Truth. 'Who am I? Why am I here? What happens after I die? Where will I go? Is there a heaven and a hell? Who is God? Where is God? What is God? What is Enlightenment, Salvation, Liberation?' One must keep asking these questions and getting answers and for this, one needs the next letter of MAGIC - The letter G.

G in MAGIC is for Grace and Guidance. We all have Divine grace but unless the grace of the Supreme appears as the guidance of the Guru, we can never move towards *Moksha*. *Moksha* is attained stage-by-stage but to climb the ladder to Liberation, the guidance of the Guru is essential. Without it, one will be lost. Just like we need a GPS in our vehicles while driving in unknown terrains, we need both guidance and grace to lead us forward. For this, we need the right Guru. But if we keep following several Gurus or Masters, we are sure to be lost. When one has the grace of the Divine and the guidance of the Guru, one starts to Realize the Truth. It is MAGIC - The passion for Liberation, the ability to ask and the grace and guidance that takes one to the next step to use intelligence and overcome ignorance.

If ignorance overcomes our intelligence, there is no chance that we can attain *Mukti* or freedom and thereafter, *Moksha* or Liberation. It is the primary step in the journey to eliminate ignorance. But just eliminating ignorance is not enough. We must activate our intelligence. We must discriminate every thought and this will lead us ahead. Many people get confused and think that *Bhatki* or devotion is enough. They do not realize that unless there is intellectual contemplation, *Bhakti* will remain only *Bhakti*. Devotion can lead to Realization. It has the power but it needs wisdom in action. How does one move to the state of activating the intellect and overcoming ignorance? It is by being in Consciousness.

The last piece of the MAGIC formula is Consciousness. As long as we are in the mind state, we cannot attain Spiritual Awakening and move towards *Moksha*. We have to flip from a state of mind to a state of Consciousness. Only then, will our intellect shine and we will overcome ignorance. But just being in Consciousness is not enough. We need MAGIC. We need all the components of the magic show for us to grow, go forward and be Enlightened.

When *Mumukshutva* or passion for the Divine makes us ask questions that get answered with the guidance of the Guru, which leads us to overcoming ignorance and contemplating with the intellect in Consciousness, where we tame the monkey mind and respond like a monk, this magic is sure to help us in the journey from Yoga to *Moksha*. Unfortunately, we are not taught how to create this magic. The fact is that anybody can use MAGIC to move forward. Why then, do we not progress on the journey to *Moksha*?

The key or central piece of MAGIC is the grace of the Divine and the guidance of the Guru. If you remove this from MAGIC, there will be no magic! If one has passion and asks questions and tries to be in Consciousness but does not have Divine grace that manifests as the guidance of the Guru, he will wander, live and die, only to return to earth in a rebirth. This will go on and on, as one is reborn. It is a Guru, who will guide us towards each step of the magic. The Guru will help us build our faith and love for the Divine. The Guru will encourage us to ask questions. It is the Enlightened Master, who will teach us how to use our intellect to overcome ignorance and flip from mind to Consciousness. Therefore, we must not undervalue or underestimate the need and the Power of grace and guidance from a Guru.

Some people try to do the MAGIC trick by only running after a Guru. Obviously, they are on the wrong hunt because their Guru doesn't tell them about the need of MAGIC. They just live and die, following a self-styled Guru, only to end up chanting some *Mantra* and following some rituals that will take them nowhere. A Guru must guide us on the magical journey of experiencing the Divine within. It is a Guru, who helps us in our inner voyage, which will ultimately help us attain *Moksha*. But we must put all the pieces together for the puzzle to be solved. The journey from Yoga to *Moksha* is not an easy journey like going from London to New York.



***We get enamoured seeing a Magic Show on Earth.  
But we don't learn the MAGIC that can Free us from Rebirth.***

Chapter

# 18

## There Are 8 Stages Of Spiritual Awakening

To be Spiritually Awakened or Enlightened, one has to embark on another journey within the journey of Yoga to *Moksha*. No doubt, one is trying to use Yoga to attain that destination of *Moksha* but if one does not attain Enlightenment, Yoga will not take us to *Moksha*. Yoga to *Moksha* is no doubt, a direct path but can every *Yogi* attain *Moksha*? This is not guaranteed. A *Yogi* must go through the 8 stages of Spiritual Awakening step-by-step, otherwise, there will be Yoga but *Moksha* will remain a dream.

We have already learnt what Yoga is. It is that state of being in Divine union. Yoga, no doubt helps but *Moksha* is not that easy. What does one have to do before becoming a *Yogi* and what does one do after living in Yoga? This must be learnt by the true seeker of *Moksha*. These 8 stages will reveal the journey, milestone-by-milestone, till we reach our destination.

Just like we watch the milestones on a highway, the journey to *Moksha* has 8 distinct milestones that one must pass. If we miss even one milestone, we cannot attain the destination of *Moksha*. The 8 milestones are *Mumukshu*, *Jigyasu*, *Gyani*, *Yogi*, *Buddh*, *Sthitpragya*, *Jivanmukta* and *SatChitAnanda Atman*. These are

independent by themselves but normally, one follows the other. Therefore, they become systematic stages to evolve through – First, to Enlightenment and ultimately, to *Moksha*.

The first stage is *Mumukshu*. We have already covered the term *Mumukshu* earlier - One who has that deep love and longing called *Mumukshutva*, becomes a *Mumukshu*. A *Mumukshu* seeks the Divine. His passion is for the Supreme. This is the priority of his life. He sets aside all other desires and passions, when they come in between him and his Lord. He seeks his God and Liberation and there is nothing more important to a *Mumukshu* than Unification with the Divine.

The *Mumukshu* becomes a *Jigyasu*, whose hallmark is curiosity and investigation. Therefore, there is contemplation of the truth. A *Jigyasu* doesn't believe in anything that he reads or hears. He questions everything, till he reaches that state of Realization. As a *Jigyasu* Realizes one Truth after the other, he overcomes ignorance and evolves to the next stage of a *Gyani*.

*Gyani* is a man of wisdom. He has realized several truths but he is still not Enlightened. There are missing pieces in his Spiritual Jigsaw Puzzle but on a macro level, he is an evolved person.

It is a *Gyani*, who evolves to that stage of being a *Yogi*. To reach this state of being in Yoga, one needs to be a *Mumukshu*, a *Jigyasu* and a *Gyani*. Without these 3 preliminary stages, Yoga will be superficial. One may appear to do Yoga but is not a true *Yogi*. A true *Yogi* yearns for the Divine, questions all the myths, accumulates wisdom and then contemplates living in union with the Divine. This becomes the formula that takes the *Yogi* to

that heightened state of Spiritual Awakening called Enlightenment. Then, he becomes a *Buddh* or Buddha.

We have all heard the term, 'Buddha'. Its root lies in the word - *Buddh*, the Awakened One or the Enlightened One. When does a *Yogi* become a *Buddh*? It is in that moment of Spiritual Awakening, known as Enlightenment. When the Divine light of truth shines and the darkness within is dissolved, the *Buddh* awakens to realize, 'Who am I?' He realizes that he is a manifestation of the Divine. As a *Gyani*, he has the knowledge but it is only as a *Yogi* that the knowledge experiences crystallization and there is Realization. Once the state of Buddha is attained, one does not need to memorize or to analyse for one has Realized the Truth.

Does every *Buddh* attain *Moksha*? Not necessarily. After attaining *Buddhatva* or Enlightenment, one may fall into *Bhoga* if they lose their *Yoga*, the cord that connects us with the Divine. Therefore, the *Buddh* must live as a *Sthitpragya*, become a *Jivanmukta* and then, live as a *SatChitAnanda Atman* to ultimately, attain *Moksha*.

Before one becomes a *Buddh* or is Enlightened, there are 4 stages - *Mumukshu*, *Jigyasu*, *Gyani* and *Yogi*. After one becomes a *Buddh*, there are 3 stages. One must go through these 8 stages to reach the destination of *Moksha*.

The next stage after *Buddh* is *Sthitpragya*, which means living in Consciousness with a steady intellect. A truly Awakened One, never loses Consciousness. Even if the mind attacks him, he comes back to *Yoga* and to Consciousness. He uses his intellect in every thought process and does not become a prey to the

mind. Therefore, ignorance doesn't overpower a *Sthitpragya*. He shines in Truth Consciousness and attains the state of *Mukti* or freedom.

It is the *Sthitpragya*, who becomes a *Jivanmukta*, who has attained freedom or *Mukti* from the world. He is liberated from the triple suffering on earth but he is not yet free from the cycle of rebirth because that happens only in the moment of death. It is only when the *Jivanmukta* lives as a *SatChitAnanda Atman*, that he can attain *Moksha*.

A *SatChitAnanda Atman* is an Enlightened Soul, who is living in Eternal Bliss in Truth Consciousness. He has passed all the stages of Spiritual Awakening and is Enlightened. He, now, lives as the Soul and enjoys peace, love and bliss. If he continues to live as a *SatChitAnanda Atman*, *Jivanmukta*, *Sthitpragya*, *Buddh* and a *Yogi*, nothing can stop him from attaining *Moksha*. Such a person is in a constant awareness of the omnipresence of the Divine. He realizes that he is nothing and thus, he becomes everything. In the moment of death, such a Divine Soul attains *Moksha*.



***Enlightenment has Stages Eight,  
After Death, to the Lord, we go Straight.***

Chapter

# 19

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## The 4 Doors To Liberation

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One must cross 4 doors to be able to reach the stage of Liberation or *Moksha*. While there is no doubt that Yoga is the way, we must move from one state of Yoga to another and not sink in *Bhoga*. Of course, we must realize that this world is a *Leela*, a show. It is *Maya*, an illusion. We must do our *Dharma* with the aspiration of *Moksha*. We must transcend the mind and live in Consciousness. We must have a Guru, a Spiritually Awakened Master to guide us. Then, stage-by-stage, we will evolve through Purification and Illumination, to that magical state of *Mukti*, which will ultimately take us to *Moksha*. Knowing this, we still need to open the 4 doors and move ahead to reach that ultimate destination. What are the 4 doors?

The first door is *Vivek* or discrimination. If there is no discrimination, the mind will be our boss. It will ride our horse and we will be lost. There is no chance of reaching the destination *Moksha* without the *Vivek*, *Buddhi* or intellect. This is emphasized in the scriptures as the first door to Liberation. Therefore, we must work on it. We must be steady in our Consciousness and discrimination and then, move to the next door of Liberation.

The second door is *Vairagya*. *Vairagya* is to be dispassionate and detached. Does this mean that one has to live as a *Sanyasi* or renunciate? No! While *Vairagya* is often misunderstood to be renunciation, it is actually the ability to live a spiritual life in a material world. It is not necessary to leave the world and go into the forest or mountains. While it is good to spend time in solace, one does not have to live a life of solitude to attain *Moksha*. However, if one is attached to the world or has desires and passions for material things, it is natural for one to lose their Yoga and fall out of the path that leads to *Moksha*.

The third door to Liberation is *Shatsampat*, which can be understood as the 6 virtues needed to reach *Moksha*. What are these 6 virtues? They are *Sama*, *Dama*, *Uparati*, *Titiksha*, *Shraddha* and *Samadhana*. *Sama* is disciplining the mind. *Dama* is controlling the senses. *Uparati* is withdrawing from the attacks of the material world, like a tortoise that goes into its shell. *Titiksha* is forbearance or not reacting but responding and persevering suffering peacefully. *Shraddha* is faith and trust and *Samadhana* is focus and concentration, also called equipoise. One needs these 6 virtues known as *Shatsampat* to qualify for *Moksha*. It may sometimes, seem complicated or difficult but in reality, it is not. These are essentials on the journey and we must develop these virtues, one-by-one to be ready to reach *Moksha*.

The fourth door is already covered under MAGIC and the 8 stages of Spiritual Awakening. It is so important that it is prescribed by the scriptures as an essential quality needed for Liberation. It is *Mumukshutva*, that deep love and longing for the Divine and for Liberation. If one does not have *Mumukshutva*, the final door to Liberation will not open.

These 4 doors to Liberation - Discrimination, Dispassion, Discipline and Desire for Liberation are so important that the ancient scriptures and Gurus used to coach seekers intensely on these virtues. Not much attention was paid to educate them on worldly matters as compared to these. 'If one becomes brilliant in knowledge, of what use is it?' the Spiritual Masters would ask. *Adi Shankara* in his text, *Bhaja Govindam*, urged seekers not to be fools, accumulating the wealth of knowledge but not seeking the Divine. He wrote several pieces including *Vivekachudamani* to tell us that the *Vivek* or intellect was our biggest treasure or *Chudamani*. It was only with all these that one could attain *Aparoksh Anubhuti*, the experience of the Divine that was a magic beyond logic. However, if one tries to study all these ancient scriptures, one can get lost. If one uses the simplified understanding of these 4 doors and evolves through the 8 stages, using the magic of Enlightenment and the steps of PIRLU, he can steadily and surely, live as a *Yogi* and move towards the path of *Moksha*.

*Vivek, Vairagya, Shatsampat* and *Mumukshutva* are like the 4 keys that are needed to open the door to the biggest treasure of life. To get to the treasure, we need all the 4 keys. If even one key is missing, we will fail to reach our treasure. While *Vivek, Vairagya* and *Mumukshutva* are covered, we must not forget *Shatsampat* and the importance of these 6 virtues.

Unless we tame the monkey mind and unless we take charge of our body senses and learn the art of living withdrawn from the desires and passions of the material world, we cannot attain *Moksha*. We need faith and trust, just as we need focus and concentration to be able to live in acceptance and surrender. All these are enumerated under *Shatsampat*. A genuine seeker of

*Moksha* or Liberation must go back and ensure that he has cultivated all these 6 virtues. One must not underestimate the importance of any one of these virtues and get lost in the jungle of life. So also, one must make sure that one has all the 4 keys to the 4 doors of Liberation.

What if one does not have these 4 keys? He will live and die. Death is certain. Every 'body' must die but if we don't attain *Moksha*, we will return to earth in a rebirth. As a human being, we are privileged and blessed that we have the possibility of passing through these 4 doors. But instead, if we choose to live with our animal instincts, we will not only suffer on earth but return in a rebirth, only to suffer again and again.

Liberation is not an easy thing. It is the most difficult achievement of life. If one is a seeker of Liberation, one must be prepared to work hard to get there. But the reward is Eternal Peace, Divine Love and Everlasting Happiness.



***For Liberation, one has to pass through Door-After-Door,  
It is not an easy journey, these tough Doors are Four.***

Chapter

# 20

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## The Spiritual Jigsaw Puzzle

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If Realization and Liberation were easy to attain, everybody could achieve them. But they are not. Compare it to children, who are given a 10,000-pieces jigsaw puzzle. The children are lost but somehow, with patience and persistence, some of them get engrossed in the challenge of completing the puzzle. We often see this in countries, where there is winter for several months and children have no option but to stay indoors for several hours, more out of a compulsion. And so, parents make this, an entertainment. But why would adults sit down to solve a Spiritual Jigsaw Puzzle? Unless they are passionate about reaching destination Liberation, people will not even attempt to start the puzzle.

Seekers of the Truth, Happiness or God, often go down the Spiritual path. Many of them get lost but some, who are sincere, patient and persistent, succeed in putting the pieces of the puzzle together, till they get that moment of, 'Aha!' and the picture emerges. This moment is called Enlightenment or Spiritual Awakening and it can be achieved only if one painstakingly picks up the Realizations one-by-one and puts the puzzle together.

When I started my journey, my quest for Enlightenment and I was seeking the truth, I got several Realizations. Each Realization became a piece of my Spiritual Jigsaw Puzzle till ultimately, on the 31<sup>st</sup> of August 2014, those pieces came together and I felt that spark of Awakening.

What were some of the pieces of my Spiritual Jigsaw Puzzle? I realized that I am not this body. This body will die. I am not this mind, which I cannot find. I am not the ego that says 'I', it's a lie! I realized that God does not live in the sky. I had to find out, 'Who am I and why am I here?' Each of these pieces started forming the picture that I was seeking. I continued my quest. I took the help of my Guru. I read several books, listened to talks and watched videos and my quest continued. Piece-by-piece, the puzzle fell in place.

Life is Karma. Nothing happens by chance. God is not controlling our destiny. *As we sow, so shall we reap!* All trauma is because of Karma. Ultimately, it's a drama or a show and we are actors, who come and go. Every 'body' dies but only the body dies. Death is not the end. It is just a bend. Karma makes us rejoice or suffer on earth but then, brings us back in a rebirth. How can we be free from Karma? Whom does Karma belong to? Is it the Mind and Ego, ME? But the mind and ego don't exist. Then, who is reborn? Who is doing the Karma? All these questions and the answers that I found, were slowly but surely helping me complete that picture of Spiritual Awakening.

Does life have a purpose or is it just to have fun, till it is done? What is the purpose of life? Does each of us have a different purpose? What about our duties and responsibilities? What about family and relationships? All these became pieces of the

puzzle. This was followed by happiness. How can we be happy, all the time? What makes us unhappy? Is pleasure, happiness? How can we find peace? What is more important - peace or pleasure? What causes our suffering? Who suffers? Is there a way to overcome suffering? When I realized that I was not the body, mind and ego, I was the Soul, the bigger part of the puzzle got completed but it was not yet, falling into place.

Do I have a Soul? What is the Soul? The Soul is a Spark Of Unique Life. Where does it come from? Where does it go? Do I have a Soul or am I the Soul? How can I Realize the Truth? Some pieces of the Spiritual Jigsaw Puzzle can be very confusing and cannot be answered without the help of a Guru. So, my Guru would help me put several pieces in place and then, I was able to progress.

Why do we get angry? What is the cause of hate, revenge and jealousy? Why is there war in the world? These questions revealed that the culprit was the ego. When it said 'I', it was a lie! There I found a new piece of the puzzle - I am not 'I'. I am nothing and this led me from Self-Realization to God-Realization.

I, then, put my hands on some of the pieces that related to God. Who is God? Where is God? What is God? I was finding the pieces by reading all the scriptures of all the religions of the world. Oh my God! How many Gods! This was the most confusing part of the puzzle. Who is the real God? I studied about temples, churches, monasteries, synagogues and realized that it was ignorance that was making us blind. God is not God. God is SIP, the Supreme Immortal Power. 'Where is this Power?' I wondered.

Some of us believe that God created this world and some don't. Was it some Big Bang that created the world? Did we evolve from apes? I got a few more pieces of the puzzle together. God is omnipotent, omniscient and omnipresent. God is in you and God is in me. God is in the butterfly and in the bee. God is also in the mountain and the sea.

By now, it seemed that I had all the pieces of the puzzle together but the pieces were not falling into the proper places. The picture was unclear. It was on the 31<sup>st</sup> of August 2014, when I was on a flight from Paris to Bangalore, AF-192 that I decided to do nothing, not even to eat. I kept sipping some tea and coffee and tried to put the pieces together. Before the flight landed, I had solved the puzzle. I could clearly see that I was not Ravi, the one I thought that I was for 48 years. I was the *Atman* in Ravi, the Soul in Ravi. In that very moment, my life was transformed. Not only did I change my name but I also changed my life. This transformation started my metamorphosis. The Spiritual Jigsaw Puzzle liberated me from crawling like a caterpillar and let me free to fly like a beautiful butterfly. I was on my way in my inner voyage from Yoga to *Moksha*.



***For Liberation, we have to solve the Spiritual Jigsaw Puzzle. Otherwise, we will live with trouble, be Reborn to Struggle!***

Chapter

# 21

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## The Inner Voyage

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To reach the destination *Moksha*, one can do everything possible, including Yoga, getting knowledge and going to a Guru but if one doesn't start an inner voyage, one cannot attain *Moksha*. What is this inner voyage?

We go on so many expeditions. We try to discover the depths of the oceans. We are constantly trying to put satellites in outer space and competing with countries to reach the moon. But we do not give importance to going within. Unless we start that journey into the inner depths of our Consciousness to experience our Soul within, our Yoga will be incomplete and *Moksha* will remain a dream. We need to go within. That is the most essential need and without this inner voyage, we will just keep on going around in circles. We will be born and then, we will be gone, only to be reborn and this will go on and on.

Man is constantly trying to explore his outer world. He is not making an effort to discover his inner sanctum. He is said to be a city of 9 doors. We have 9 doors in our human body that are all looking outside – two eyes to see, two ears to listen, two nostrils to breathe and smell, one mouth to talk and eat and two more doors – one organ of excretion and one organ of procreation.

Every human being has 9 doors and we are constantly using these doors to look outside. Unless man opens his 10<sup>th</sup> door, a virtual or a spiritual door that can introspect and contemplate within, man will never start his inner voyage. It is only the opening of the 10<sup>th</sup> door that will lead us inward, forward, upward, onward and Godward. Then we can attain *Moksha*.

The material world that is all around us is *Maya*, a Cosmic Illusion. Everything happening on the earth stage is a *Leela*, a drama or a show. Everything is a projection, a manifestation of the Divine. If we get lost in these projections of shadows and shapes, we will never realize the true self that is within. *Moksha* is attaining God and God can be attained through Realization and for God-Realization, we need Self-Realization. And for this, we need to go within because God does not dwell somewhere in the distant stars. God dwells in the temple within. If we are searching for God in a temple or church, how can we succeed in our search? We have to go within.

Many people call this inner voyage the opening of the 3<sup>rd</sup> eye. We imagine that we have a physical 3<sup>rd</sup> eye in the centre of our forehead and we get lost and confused in these concepts, interpretations and understanding of the truth. The 3<sup>rd</sup> eye is nothing but the 10<sup>th</sup> door that goes inwards. When we open the 3<sup>rd</sup> eye, we go into the depth of our Consciousness to realize the Supreme within and start our journey to *Moksha*.

We human beings do not want a simple way to go on an inner voyage. So, we try to get into different rituals and superstitions. We try astrology and crystal healing, practices like *Kundalini* and *Reiki* to reach the state of Spiritual Awakening or *Moksha*. But none of these can give us that spark of Enlightenment, of

Realization and then, lead us to Liberation and *Moksha*. If these can take us on an inner journey, they can kindle the light but it is the lighting of the lamp within that can overcome our darkness and reveal the truth that lies hidden.

What is this inner voyage all about? It is the Realization that we are not what we appear to be. We are not the body made of bone and skin. We are, in essence, the Divine Power that is throbbing within. The inner journey is all about shutting off our mind and senses that are craving for the material world that is outside, an illusory world that will never quench our thirst and ultimately, make us burst. It is the inner journey that will Enlighten us. We will experience the Consciousness that emanates from the Soul, the Divine Spark Of Unique Life that gives us the Power to live. The inner journey is discovering the Power that lies within each cell, inside us.

It's time to start the ultimate voyage of our life, a journey within. We may cruise on the most exotic ships from continent to continent. I took a ship to Antarctica and my Guru saw pictures of me playing with the penguins. Then, he laughed and said, 'These voyages are amazing. But when will you start the inner voyage?' I felt helpless for years, not knowing how to start this voyage. Don't many of us ask this question, 'How can we go within?' Then, one day, I realized the simple answer - If we stop going outside, we can start going inside. It is only when we cut off the world's pandemonium and the outside noise that we will go within and hear the Divine Voice.

A simple way to start the inner voyage is by being in silence. You may call it meditation. It is the ability to still the mind and to live in Consciousness. It is flipping over from seeking

entertainment to seeking Enlightenment. It is introspection and contemplation of the simple question, 'Who am I?' This simple question is the most complicated question to answer. But when we go on an inner voyage, we discover - *Neti Neti, Tat Twam Asi* - Not This Not This, Thou Art That. It is in the inner voyage that we realize, 'I am nothing.' And in that moment, we become everything. But the challenge is to start that voyage. We may read all about it but then, close this book and move into the outside world to be zapped by the rollercoasters of amusement parks and the glitz and glamour of shopping malls, discos and pubs. No doubt, we will get momentary pleasure but we will never discover the true treasure, the Divine Peace and Eternal Bliss that lies in the sanctum hidden within.

Observe some people who are living in Eternal Bliss. Sometimes, they have very few possessions and are simple in attire and habits but they are in a state of *Ananda*. They have a glow, a smile and a state of being that elevates them to being blissful and tranquil. They are Awakened Souls, who have experienced the inner voyage.



***This world of glitz and glamour Imprisons us in a Cage,  
To be Free and Liberated, start an Inner Voyage.***

Chapter

# 22

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## Enlightenment

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To go from Yoga to *Moksha*, we have to cross a bridge called Enlightenment. If we do not stop and carefully cross the bridge, we will fall and crash. What is Enlightenment?

While the term Enlightenment is used frivolously, not many people understand the meaning of it. What is it to be truly Enlightened? What is it to be Spiritually Awakened? The answer is simple. The word Enlightenment reveals it. Enlightenment is to bring in the light. Just like you can't sweep away darkness from a room with a broom, you need a light. So also, to sweep away the darkness of ignorance within, we need Enlightenment. Imagine yourself walking into a room that is pitch dark. You are groping for the light switch and because it's a new room, you tumble, fall and hurt yourself. Then, you find the light switch. You switch it on and now, you can see and are free from the darkness. So it is with Enlightenment. The only difference is that the dark room is the inner sanctum of our life. We live in darkness and so, we fall and hurt ourselves. We experience the triple suffering of the body, mind and ego because of the darkness of ignorance, which doesn't make us realize that we are not this body that we see nor are we the Mind and Ego that says, 'ME'. Enlightenment reveals the Truth – We

are the Divine Soul and then, we achieve our ultimate goal of *Moksha*.

Enlightenment is to bring in the light of truth and overcome the myth. It is the Realization of, 'Who am I, in reality and what is the purpose of my existence?' Unless we go on an inner quest, we will never realize this.

Yoga creates the aura of silence and Consciousness in which, we can be Enlightened. But unless a *Yogi* experiences several Realizations, he cannot be Enlightened. Very often, it is not possible to be Enlightened without a Guru. One may take the help of what has been discussed before, like PIRLU and MAGIC. One may evolve through the 8 stages of Spiritual Awakening and pass the 4 doors of Liberation but unless one puts the pieces of the Spiritual Jigsaw Puzzle together, one-by-one, Realization by Realization, the inner voyage to Enlightenment will not be completed.

Therefore, while Yoga is one side of the river of life and *Moksha* is the other, it is often said that if we have to cross the shore, we need to pass the bridge of Enlightenment. Enlightenment is a spark of light. It is a moment of, 'Aha!' It is an epiphany, an Awakening, an intuitive discovery. It happens when several Realizations come together, just like several chemicals in a lab, leading to a phenomenal reaction. However, nothing can be compared to the spark of Enlightenment.

Enlightenment is the Realization of the Truth. In simple words, it is the Realization that I am not 'I' that I will never die, that God does not live in the sky. This body will die and the ego that says 'I', is a lie. This happens, when we try to find and realize that

there is no mind. Then, we realize that we are that Spark Of Unique Life, the Soul and we achieve the goal of Enlightenment.

Whatever is said that is needed for Enlightenment may be available in a book but you cannot attain Enlightenment with knowledge from any book, talk or college. You need that spark of Realization. You need that Awakening. We all live in deep slumber. We don't know who we are, in reality nor do we know, why we are here. We just live and die. We cry and believe the lie that we will, one day go, to the sky. Who will go? The body is destroyed on earth, we will return in a rebirth and this will go on-and-on as we are reborn, if we are not Enlightened and don't attain *Moksha*.

In that moment of Enlightenment or Realization, we cross the bridge of ignorance. We Realize the Truth that we are the manifestations of the Divine. We are not what we appear to be. We are Divine energy. Enlightenment is not just the wisdom of this truth. It is an experience. It is a transformation that leads to a metamorphosis. Till we are Enlightened, we crawl like a worm or caterpillar, suffering through life but in that moment of Spiritual Awakening, we develop wings to fly, and are free from the Mind and Ego, ME. It is not that we did not have wings but unfortunately, they were tied by strings of ignorance. Every human being is capable of Enlightenment and then, attaining *Moksha* or Liberation from all suffering on earth and from rebirth but because of ignorance, we do not experience Self-Realization and end up in a reincarnation.

Enlightenment is the most important achievement of life. It is the greatest of all successes that we must achieve. Everything else that we attain will be left behind as we depart from this

mortal world. It is only Enlightenment that will take us ashore to being united with the Supreme, the Divine. But how can we attain Enlightenment?

We have all started on the journey from Yoga to *Moksha* and we all have the route map in our hands. There is no confusion. We can reach the destination but for this, we need Realization. One by one, we must overcome the myths and replace them with the truth. Then, we will experience that epiphany. Anybody can. It is not so complicated to be Enlightened or Spiritually Awakened but we have to pay the price. The journey is long and arduous but the reward is the greatest gift, we can attain. To reach that stage of Enlightenment, we have to be a *Yogi*, who lives in Yoga. Without being a true *Yogi*, one cannot be Spiritually Awakened. There are people who pretend to be Enlightened but only an Enlightened person can see through these pretences. Others may become scapegoats to follow such tricksters and get lost in the journey of spiritual seeking. This is a pity because we cannot rewind life. If we follow the wrong path, there is no way we will reach the right destination. There will be no Realization and *Moksha* and the state of Liberation and Unification will remain a dream.



***For Moksha, we must cross the bridge of Enlightenment,  
This is our Greatest Success, our Greatest Achievement.***

Chapter

# 23

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## From Self-Realization To God-Realization

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*Moksha* is God-Realization. It is Salvation. It is Liberation from the cycle of death and rebirth and Unification with the Divine. Different religions will give different definitions but ultimately, it is freedom from all suffering on earth and from the cycle of rebirth.

To attain *Moksha* or a state of God-Realization, there is only one path. There is no other way. This is known as Self-Realization. Without Self-Realization, there can be no God-Realization. Those who try to realize God and take the path of *Bhakti* or devotion, will grow in their faith but will never attain God. They will believe in the fairy tales that scriptures tell and live, wanting to go to a heaven and not hell. They will try to do good Karma, caught in this drama called Life but they will never realize God.

God has to be realized. God is not made of bone and skin. God is a Power that dwells within. God is nameless and formless. God is a Power that is Supreme. God is SIP, the Supreme Immortal Power. Just like we cannot see electricity, we cannot see God. That does not mean that electricity does not exist or there is no God. God is present everywhere and in everything. God is

omnipresent, omnipotent and omniscient. But we cannot find God. We have to realize God. Just like we tap into the power from the sun that glows, wind that blows and water that flows, we have to tap into the God energy.

To reach the state of God-Realization, we need Self-Realization. We need to realize, who we are. We need to realize that we are not the body, we are not the Mind and Ego, ME. We are the Divine Soul. This is Self-Realization. It is the Realization of the Truth that we are all a Spark Of Unique Life. We are all Souls that give life to a body-mind complex or a human being to live and to redeem Karma. Each human being is therefore, in reality, a manifestation of God. If we contemplate birth and death, we will realize this simple truth.

We celebrate our birthday but in reality, we were born 9 months before. Once we are conceived in our mother's womb, we are implanted for life. Thereafter, we cannot change our mother. Life has already begun. What are we then? We are just a zygote, a single cell powered by the Soul. What we don't realize is that we are the Soul. Due to ignorance, we start a journey of reincarnation because there is no Realization that we are the Soul. Because we think we are the body that dies, our Mind and Ego, ME, needs to settle its Karma, good or bad. So, we are reborn. In reality, there is no mind and no ego. They appear together to be ME but because of ignorance, the cycle continues and there is no Self-Realization. If only there is the Realization that we are the Soul, that Spark Of Unique Life, there would be no rebirth. For this, we need Self-Realization.

Why is Self-Realization so important for God-Realization? Self-Realization reveals the truth that we are a Spark Of Unique Life,

the Soul. Not only you and me but every living creature, a dog, a frog, a cat, a rat, a butterfly, a bee or even a tree, everything that is alive is nothing but Soul energy. The 5 elements of nature come together to appear as the living body. Ultimately, every living creature dies and returns to the 5 elements. What is the energy that remains and doesn't die? It is the Soul! Haven't we learnt that energy can neither be created nor destroyed and it can only be transformed from one form to another? Yes, we have. So, when we realize that all the 8 billion people and the trillions of animals, insects, aquatic creatures and plants are all energy, we realize God is everywhere, in everything. This is God-Realization. But it happens only with Self-Realization. First, realizing who we are, the Soul and then realizing that every living creature is also a Soul or energy.

This Truth has to be Realized. Although one may read about it and understand it, our mind will continue to make us blind and stop us from Realization. The truth can't be changed. The fact that we are energy cannot be disputed but we do not realize, where this energy comes from and where it goes. When somebody dies, where does the Soul go? Just like when you burst a few balloons filled with air, the air inside merges with the air that is everywhere. So does the Soul. Life energy in us, in the moment of death, leaves us only to become a part of the universal energy that is present everywhere.

Therefore, we need Self-Realization. We are, in reality, the Soul and the energy in us comes from SIP, the Supreme Immortal Power and goes back to SIP. When we get this Self-Realization, it takes us forward to God-Realization. We also realize that God is not a male or a female. God has no birth date and God never dies. God, too, is a Power, a Supreme Power but to realize this,

first, we must demystify the fairy tales that we are taught. We are caught in a lot of myth that we grow up with. It's time to eliminate all ignorance and realize the Power of God.

Those who attain Self-Realization are slowly blessed to attain God-Realization. Today, it is easier to reconcile because science, through its branches of Quantum Physics and Quantum Mechanics and through the theory of Wave-Particle Duality endorses that every molecule of matter is, in reality, nothing but energy. Therefore, science is saying that this world, all this universe and this cosmos is nothing but energy. Science calls it the dark matter or the dark energy. Spirituality calls it SIP, the Supreme Immortal Power. In reality, science and Spirituality have synergy. Both believe that this whole world is energy. What is this energy? It is SIP, a Supreme Immortal Power. This is God-Realization. But it is only possible through Self-Realization. Those who continue to believe that God is an old man with a long beard, sitting somewhere up in the skies, will be caught in lies. They will never attain God. If we truly love God and want God, we have to realize God and God-Realization can only come with Self-Realization. We must realize that we are all God.



***There is one and only one way to God-Realization.  
Eliminate all confusion and attain Self-Realization.***

Chapter

# 24

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## What Happens At Death?

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Every 'body' has to die. No living creature can escape death. But what is death. To understand death, one must understand life. Life starts in that moment, when we are conceived and not on our so-called birthday. A human being is actually born about 9 months before the date on his birth certificate. That date is just his arrival date. Once we are conceived, in that moment when 2 cells fertilize to become one, our life journey begins. Then, the body is formed, cell by cell. The cell, powered by the SOUL, a Spark Of Unique Life, multiplies till we ultimately become 25 billion cells and enter the planet out of our mother's womb.

Unless we understand life, we will not understand that moment of death. When we lose our breath, that moment is death. But who dies? Only the body dies. People will then say that we passed away. In fact, people are so sure that we have left the body that they burn it and destroy it. Would our loved ones ever destroy us if we were still alive in the body? No.

Therefore, in this journey called life, we must first, accept the reality of death and understand the cycle. It all happens because of Karma. Throughout life, we create Karma, good and bad. Ultimately, the body dies. It returns to dust, to the very 5

elements, from which it was formed. Because of ignorance, we, the Mind and Ego, ME, carry our unsettled Karma and return to earth in a rebirth. One moment we are gone and the next moment, we are reborn. This is the ultimate truth and nobody can deny it.

There is a lot of confusion about what happens at death. Because of the several religions we follow, many of us choose one of the fairy tales that we believe in. Some believe we will go to heaven or hell, while others believe in something else that the scriptures tell. It is unfortunate that we do not question our religion because we are warned that it is blasphemous to do so. Therefore, we blindly follow the herd and believe in the lie that God lives in the sky. We believe that when we die, we will meet God on a day of judgement. Then, our entire life will be played as a movie for us to reflect on and we will be rewarded or punished. But this is just a figment of somebody's imagination! So many religions, so many Gods, so many beliefs! But the truth is one. Lies can be many.

Today, man is more interested in questioning by contemplating with his intellect. We accept death because death is a reality. But thereafter, what? Who will go to heaven? Where is this heaven? And how will we go there? We see the body disintegrate into dust and so, we must question the lies.

The problem of death is that it creates fear. We fear, not just the unknown that lies beyond death but also the loss of all that is known. We fear that we will lose everything that we own. All our beautiful relationships and our possessions will be snatched away in the moment of death. Therefore, we fear death. And because the mind that creates fear, makes us blind, we don't Realize the Truth of what happens after death.

What is the truth? At death, one of two things happens. In most cases, there is reincarnation. We leave one body and carrying our Karma, we, the Mind and Ego, ME, return to earth in a rebirth. This happens in most cases because there is no Realization of the Truth. Very few of us go on a quest and Realize the Truth. Therefore, we are reborn. There is reincarnation.

Who is reborn? Not the Soul! The Soul is the Spark Of Unique Life. It is energy. It cannot be created or destroyed. It is immortal. It gives us life from the moment of conception till the moment we are gone. Then, it gives us Power when we are reborn. So, who is reborn? It is not even the body that returns to ashes but the Mind and Ego, ME.

Most of us return in a rebirth because there is no Realization. If only we Realize the Truth, there would be no reincarnation. In the moment of death, when the body dies, we, the realized one, would be liberated and united with the Divine. This is *Moksha* or *Nirvana*. This is Liberation and Unification and it happens only after death if there is the Realization of the Truth.

Therefore, at death, the options are simple. Just two – Reincarnation or Realization. There is no other option. Death is certain. Every living creature will die but reincarnation is not certain. In most cases, we are reborn but if we overcome our ignorance, the Realization liberates us from rebirth and unites us with the Divine.

To attain *Moksha*, the ultimate goal of life, we must be absolutely clear about death. If we follow superstitions and dogmas, we will live with confusion and the conclusion will be rebirth. Then, the story will go on and on and we will be reborn.

## What Happens At Death?

But before death, if we realize that there is no mind, it is just a bundle of thoughts that makes us blind, however much we find, we cannot see the mind; if we further realize that the ego that says 'I' is a lie and thus, we are not the Mind and Ego, ME, it doesn't exist, we will realize the profound truth - We are the Divine Soul, that Spark Of Unique Life that departs at death. In the moment of death, the body returns to its 5 elements and we, the Divine Soul are united with the Supreme. This is our ultimate goal.

What, then, stops us from *Moksha* in the moment of death? It is Karma. Because of ignorance and because we do not live in Yoga, we live as the body, mind and ego and create Karma. When the body dies, we have no option but to carry our unsettled Karma as ME, the Mind and Ego and take a rebirth. The goal of our life is to realize that we are the Soul that has no Karma. In the moment of death, such an Enlightened being becomes one with the Divine. This is *Moksha*.



***Everybody dies, but not all experience Reincarnation.  
The blessed ones attain Moksha, if they have Realization.***

Chapter

# 25

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## Transcending Karma

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The Ultimate Goal of life is *Moksha*. Every human being has one purpose and that is to return to the source of our existence. We all come from SIP, the Supreme Immortal Power and our goal is to return to SIP. We are like a wave that splashes on the beach. Then, it returns to the ocean, only to splash, again and again. If the wave realizes, 'I am not a wave, I am the ocean,' it will no more splash as the wave. If we realize that we are not this body that dies and there is no Mind and Ego, ME, they just appear to be, we will be free. We will attain *Moksha* and at death, we will not return to earth in a rebirth.

But why do we not attain *Moksha*? It is because of Karma. Every living being has to do Karma or perform action. We cannot sleep throughout our life without doing any Karma. We have no choice. We must wake up, eat, excrete, live and sleep. This cycle can't be avoided and in the process of this cycle, we have no option but to perform some actions. These actions may be good or bad. This continues throughout our life till we die.

During the course of this journey, we live as the body, which in the mirror we see and presume it is me. The Mind and Ego, ME, only add to being me. The body, mind and ego together, make

us create Karma. Our goal is to be free from Karma. Only then can we attain *Moksha*. The million-dollar question is, 'How can we be free from Karma?'

If we do good Karma, it will lead to *Moksha*. This is the common belief. But good Karma cannot lead to *Moksha*. These deeds become good seeds, which will bear good fruit. Every Karma that is good must be rewarded and so, we are caught in the cycle of reincarnation. We need Realization that Karma doesn't belong to us. The body, of course, has to perform Karma or action but the Realization needed is that there is no ME. Then, we are free. The body is just an instrument that acts. As long as there is ME, the Mind and Ego, there is Karma. More often than not, the ME, creates both good and bad actions and therefore, when we are reborn, we experience both pleasure and pain, loss and gain, and this repeats again and again. How to be free from this cycle?

We have to transcend Karma. We have to be free from Karma. How is this possible? Every 'body' has to perform Karma. Then, how can we be free from it? The secret is - There can be no freedom *from* action but there can be freedom *in* action. We can't be free from doing action but we can be free from it being our Karma. Then, in the moment of death, if the Karma is not ours, we will become one with the Divine. But unfortunately, because of the Mind and Ego, we cling to the ignorance that we are ME, the body plus the mind and ego and so, the Karma becomes ours! The goal of *Moksha* is attained only by transcending Karma and for this, we have to first transcend the Mind and Ego, ME.

The first step in transcending Karma is to realize that there is no mind. Try to find the mind and you will realize that it is just a bundle of thoughts. When there are no thoughts, there is no mind. In a state of no mind, we enter a state of Consciousness. In this state of Awareness, when we contemplate the ego, it disappears. Although we say, 'I,' we realize that I am not 'I'. I am the Soul. This body will die and the Mind and Ego, ME is caused by ignorance. In Consciousness, we realize that there is no ME. Therefore, I do nothing. We need this Realization. Otherwise, we will do Karma and experience reincarnation. Therefore, we must get to the bottom of the root and Realize the Truth. This two-step method that there is no mind and I am not 'I' - the ego, will free us from Karma. We will surrender all Karma to the Supreme, the Divine and this will take us to *Moksha*.

Everybody who reads this, cannot attain *Moksha* but those who Realize this Truth, can. It is not enough to *know* that we are not the Mind and Ego, ME. We must *realize* it. What is the difference? Knowing is knowing but realizing is doing. When we Realize the Truth, we live as the Divine instrument. We live as a Karma *Yogi*, one who has no expectations from his Karma and surrenders his actions to the Divine. The *Karma Yogi* does nothing except the Divine Will. Therefore, he does not accumulate any Karma, even though he performs actions. He attributes all actions to the Lord and his actions are under the direction of the Supreme. So, he is free from Karma.

If we want to attain *Moksha*, we have to transcend Karma. It means that although we do actions, we do not consider them to be ours. A *Karma Yogi* transcends the ego and the mind. He lives as the Soul. He realizes that he is a manifestation of the Supreme. Thus, he is free from the triple suffering of the body,

mind and ego on earth and in the moment of death, he will be free from rebirth. This is *Moksha*.

To attain *Moksha*, we must go through the entire journey of Yoga till we attain *Moksha*. If we slip, we will be back in *Bhoga*, this *Samsara*, just like we fall in a game of snakes and ladders. We have to beware of the snakes - Our sensual desires, mind and ego. In the game of life, we must move from ladder to ladder and not get bitten by snakes. Alas! Most of us get bitten by our desires, passions and lust. The game goes on and on, as we are reborn.

Our goal is to transcend Karma, live as a Karma *Yogi* and attain *Moksha*. Every human being is in a sense, Divine. Each one of us is a manifestation of the Supreme but because we don't transcend the Mind and Ego, ME, we are not free. Not only do we suffer on earth but we also return in a rebirth. The path is simple but still, it is so difficult. If we really want to be one with the Lord, we can. But we get so lost in this world of glitz and glamour, that we forget to be in Yoga. We sink in *Bhoga*. We create Karma and then, there is no *Moksha*!



***If we Transcend Karma, we can be Free.  
But first, we must Transcend the Mind and Ego, ME.***

Chapter

# 26

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## Our Ultimate Goal Is *Moksha*

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As we come to the end of the most beautiful voyage in the world, we are heading towards the destination *Moksha*. *Moksha* is a result of the journey of Yoga but it is attained only after we lose our breath in the moment of death. How, then, can we be sure that something like *Moksha*, exists? What if it is just another myth, another illusion?

Death is certain. Nobody denies it, just as we see birth happening every day. And the Law of Karma governs the universe. This drama called life is unfolding as per Karma. This is a universal truth that nobody can deny. The ones who realize this also realize that the ultimate purpose of life is to be free from this drama, this trauma and from Karma. The result is *Moksha*. There is no other option. We don't know what exactly the experience of *Moksha* is but we can be sure that it exists.

God is beyond human definition and comprehension. God is SIP, the Supreme Immortal Power and there is no doubt that this Power or energy, as science calls it, fills the universe. There is also no doubt that we are a speck of Power that throbs from birth to death. So, in the moment of death, where does this Power go? The Power doesn't go anywhere. It only leaves us to

become one with the Power that is omnipresent or present everywhere. After the wave splashes, where does the wave go? It merges into the ocean. If in a birthday party, we burst a bunch of balloons, where does the air go? The air merges with the air that is everywhere. So does the Soul. This is the truth and it has to be realized. It cannot be learnt. We have to be Awakened to this Truth. So, it is called Realization, Enlightenment or Spiritual Awakening.

When we are Awakened to the Truth that we are the Divine Soul, we are prepared to attain *Moksha*. As long as we are alive, we are still bound by the body and its senses, the mind and ego. The ego, however, for an Enlightened Being is no more the ego that says 'I'. The ego now says, 'I am not 'I'.' The ego says, 'I will never die.' The mind doesn't merge with the ego and become ME. The Ego is Enlightened! Only an Enlightened Ego that lives as the Divine Soul is ready to attain *Moksha*. Only such an Enlightened Ego is liberated from all material desires and cravings and is thus, free from the triple suffering on earth and in the moment of death, will be free from the cycle of rebirth.

*Moksha* is not a common commodity that anybody can purchase. *Moksha* is very rare. Less than 1% of this world embarks on the journey from Yoga to *Moksha*. Of this 1%, only 1% lives as a *Yogi* and attains *Mukti*, when alive. This makes it 0.01% at most, who are Enlightened. From this small fraction, not even 1% will attain *Moksha*. This makes it 0.0001%. While these are just numbers, they are indicators that we will not see Enlightened beings at every corner. A true *Yogi* is rare to find. The journey of Yoga is not an outward show but an inward connection with the Divine. The ecstasy of joy and bliss experienced by a true *Yogi* may radiate to the world outside but

only the *Yogi* enjoys that Eternal Bliss as he lives in Truth Consciousness.

The purpose of life is *Moksha*. Even thousands of years ago, the purpose was *Moksha*. The ultimate purpose has not changed over the centuries. But the world of *Bhoga* has changed. More and more material pleasures have flooded our *Samsara* or world. Therefore, over time, the journey to *Moksha* has only become more and more difficult. However, with the development of communication and technology, the recipe of *Moksha* is easier to find than it was in the past. Earlier, one could not reach an Enlightened Master easily. But in today's world, one can easily connect with a Spiritually Awakened Guru, who can guide one on the path to *Moksha*. Therefore, time has not made *Moksha* easier or more difficult. Sincere seekers will find a way to start the *Yogic* journey, just as insincere miscreants will create confusion and make Realization more difficult.

All said and done, ultimately, we have to attain *Moksha*. If we don't, we will be gone and be reborn. If we are fortunate to be born as human beings again, we will have another chance to be liberated and to be united with the Divine. Some people get so frustrated with life that they contemplate suicide.

*Such was a young boy doing his final school examinations. He told his teacher that he could not cope and did not want to sit for the 10<sup>th</sup> year final examinations. He told the teacher that he was contemplating the best method to end his life. The clever teacher told him that he could use a rope or even chemicals, rather than fire but he also gently warned his student, 'Please remember, that if you skip your final exam and commit suicide, you will have to return and start all over again from kindergarten.'* The young boy was startled and putting the thought of suicide aside,

*went straight on to take his examinations.* Some of us who try to escape life, do not realize that life is not a choice. What we do with life, is our choice.

We all have to live and one day, this life will end. We can either live in peace and bliss as a *Yogi* or suffer running after pleasure in this world of trinkets and treasures. We can be caught in a prison of pleasures, possessions and people or we can attain true treasure of *Moksha*. It is for us to use our intellect, a special blessing that only we humans have, to discriminate and choose. If we do not choose Yoga and the path to *Moksha*, we will lose the opportunity to live blissfully and ultimately, to be liberated and united with the Divine. We are all Divine manifestations but lost in ignorance. It's time to stop and take the path of Realization. It's time to eliminate all confusion and seek that ultimate goal of *Moksha* or *Nirvana*, Salvation or Liberation so that in the final moments, not only do we live with peace and bliss on earth but are united with the Divine and free from the cycle of rebirth.



***This Journey of Life is to Ultimately attain Moksha.  
Going beyond Maya, Leela, Karma, living in Yoga.***

# Afterword

It has taken me 75 books to arrive at the method to go from Yoga to *Moksha*. I have written books on Yoga, just as I have written books on *Mukti*, Liberation, Salvation, *Nirvana* or *Moksha*. But this journey is not an easy one. It is one of the most difficult journeys of life, though going within seems so simple. But because we are dragged into the outer world, it is so difficult to live as a *Yogi* and attain that ultimate destination, *Moksha*.

There are many who will not even accept that there is something called *Moksha* and *Nirvana*. They will blindly believe the lie that after death, they will meet their God in the sky. They live, they cry, they die and they do not discover the simple truth - 'Who am I?'

Some people like us, you and me, who want to ponder, who want to go deeper and see, become free. We are liberated from the body, which we are not and the mind and ego that fools us into believing we are me. It is a simple truth that we are energy. Even science endorses it today that everything in this world is ultimately, nothing but energy appearing as matter. It is a matter of time before Spirituality, the science of the spirit will be a curriculum in schools and colleges.

But will everybody be able to attain *Moksha*? Even though we study Spirituality, the science of the spirit, we will still struggle because we are all slaves of the mind. It will continue to keep us in ignorance and we will be blind. It will stop us from being in

Yoga and we will sink in *Bhoga*. No doubt, the future will see many more realized Souls. They will Realize the Truth but will continue to struggle in transcending this world of *Maya*, the Cosmic Illusion. People will still be lost in this *Leela*, this show. Why?

Realization is not knowledge that we can learn in a college. It is an experience and it needs the guidance and help of a Guru, an Enlightened Master. I was blessed to find one. My Guru held my hand and walked me through my journey, till I got that spark of Spiritual Awakening on the 31<sup>st</sup> of August 2014. It was only after that day that I started my journey from Yoga to *Moksha*. After 10 years of living a life of Divine Consciousness, I am able to share this path, the path of peace, bliss, love and joy. I am able to show people the reality of life, death and how we are that Soul that gives us breath. It is my mission to help seekers, who want to be liberated from this cycle of death and rebirth, to be united with the Divine. I realized that we are all manifestations of the Supreme. We all are but we don't realize it! It is my purpose to help seekers discover this purpose and be free from the triple suffering on earth and from rebirth. Ultimately, I can lay down the path, I can talk but you have to walk. It is *your* journey and *you* must initiate your life for the Realization of the Truth and for a transformation, a metamorphosis.



***I, too, went on a Quest and was blessed with the Realization.  
From Yoga to Moksha, my life experienced a Transformation.***

# POEM

## FROM YOGA TO MOKSHA

*Are you in search of Happiness?  
Do you want that state of Eternal Bliss?  
Then, begin the Journey from Yoga to Moksha  
And you are sure to achieve this!*

*Who am I and why am I here?  
Have you pondered this, are you clear?  
We just live and cry and die  
We don't discover the Truth, we don't live with cheer!*

*We listen to many, the right path we don't choose  
And the valuable Journey of Life, we lose!  
We wander through Life and soon we are gone  
And then, we blink and we are reborn!*

Poem

*Is it not certain that there will be death?  
Every living creature will lose their breath  
But we don't discover what brought us to earth  
Why did we take this human birth?*

*We just live through Life and face trauma  
We don't realize that it is just a big drama  
We don't know what is Yoga and Moksha  
And don't discover that everything is Karma*

*It all begins when we start a Quest  
When we put all our beliefs to test  
When we become free from this material world or Bhoga  
And learn to live as a Yogi, in Yoga*

*Then, we are not perturbed by this earthly show  
We live as an observer, watching people come and go  
This world is nothing but Maya, an Illusion  
We discover the Truth, attain Realization*

*After we are born, we all learn and earn  
But then, ultimately, we burn and return  
Those who live a life in Yoga  
Attain Moksha as they turn and yearn*

*We live in this world with desires and greed  
 We don't learn to be Happy as we fulfil our need  
 Our passion makes us seek everything as 'mine'  
 And ultimately, we lose the treasure Divine!*

*The fact is that we are nothing but Divine energy  
 We are not this body, or Mind and Ego, ME  
 But because we don't embark on this journey  
 We live like slaves, we are not free!*

*The biggest enemy is our mind!  
 It is the one that makes us blind!  
 And although when we search, the mind we can't find  
 It causes ignorance and makes us leave the Truth behind*

*We must learn to decipher what is wrong and right  
 Activate the Intellect and see, black and white  
 We must flip over from Mind to Consciousness!  
 Then, we will be free from all misery and stress!*

*Our ultimate destination is Ananda, Eternal Bliss  
 It is living in Truth Consciousness  
 It is living like a Yogi and seeking Nirvana or Moksha  
 It is moving from one state to another, of Yoga*

Poem

*Can everybody attain this Divine Realization?  
Can everybody attain Moksha or Liberation?  
Only those who start a Journey of Purification  
Will be Enlightened with Divine Illumination*

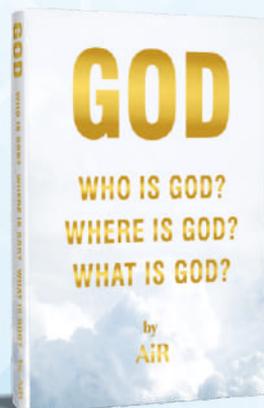
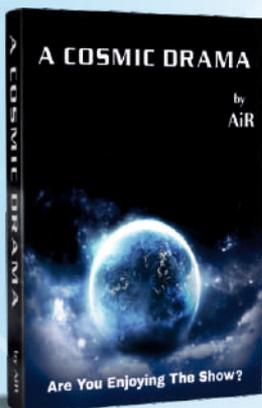
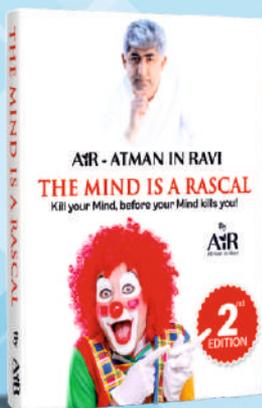
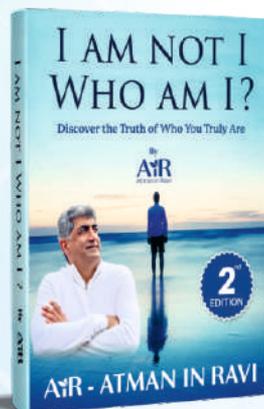
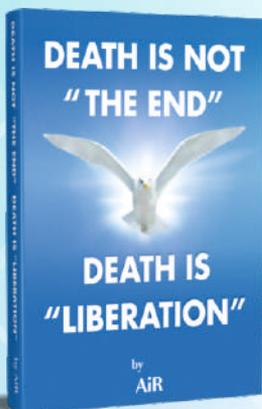
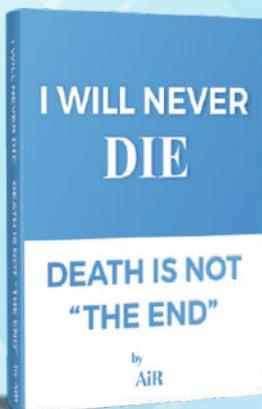
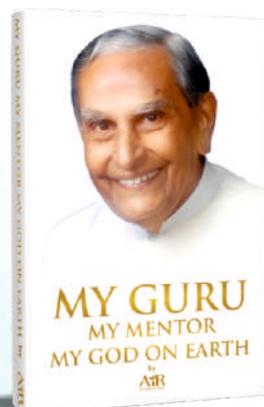
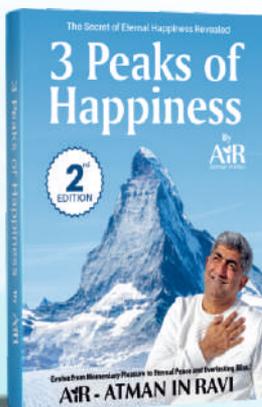
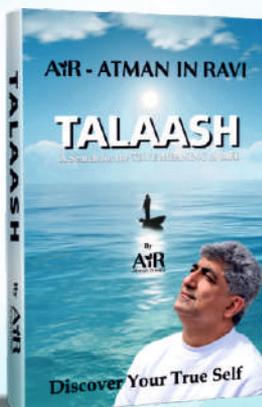
*Because we are lost in this material world or Bhoga  
We don't live in Divine Union, in Yoga!  
We experience pleasure and pain on earth  
And then to suffer, take another rebirth!*

*The Truth is there is no heaven and hell  
These are fairy tales that scriptures tell  
Heaven and hell are right here on earth  
We experience them, as we take birth!*

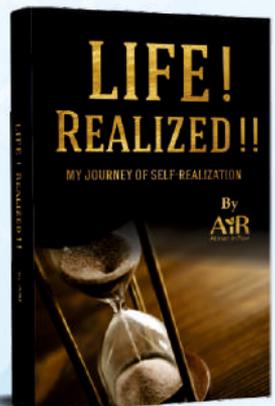
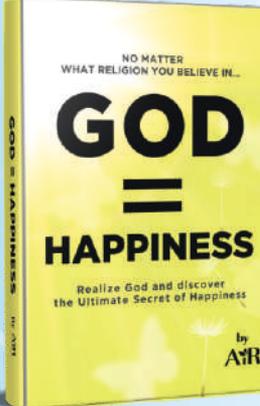
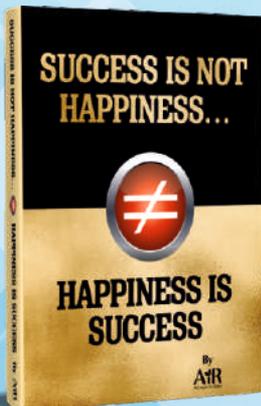
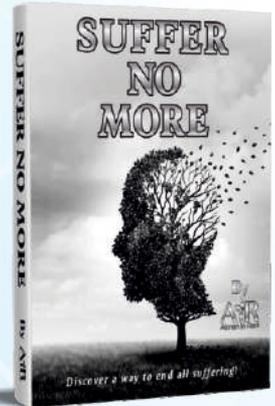
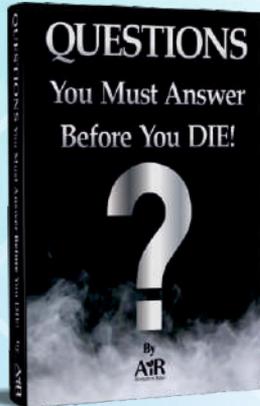
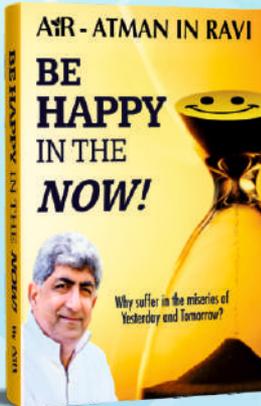
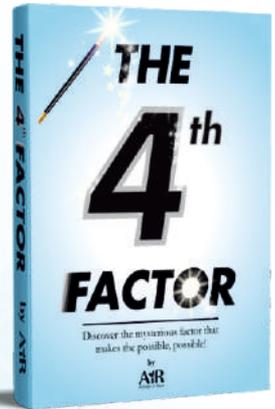
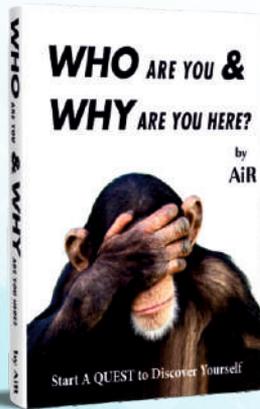
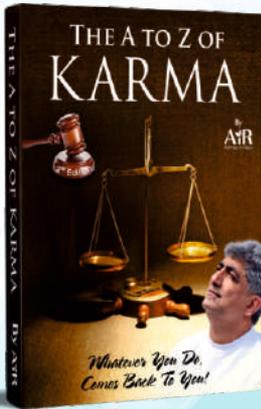
*The only way to attain God is Realization  
Going from Self to God-Realization  
Then, we will attain Moksha or Salvation  
So, let's start with Yoga and reach our destination!*

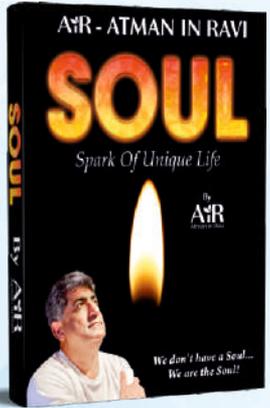
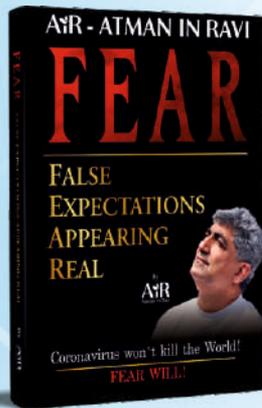
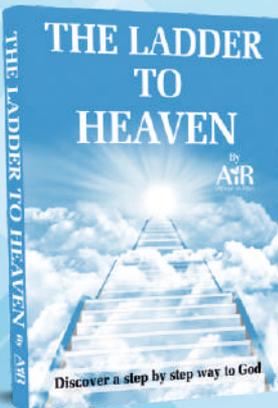
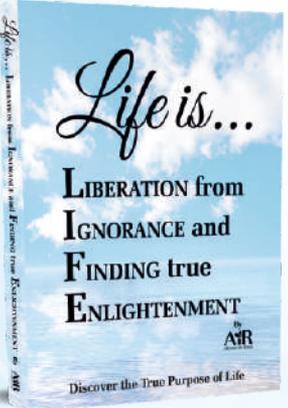
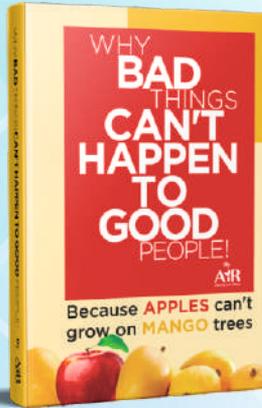
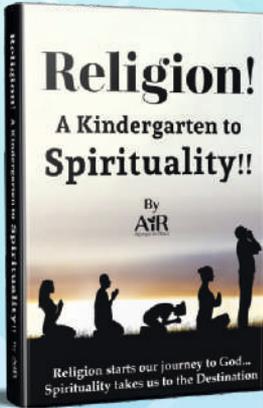
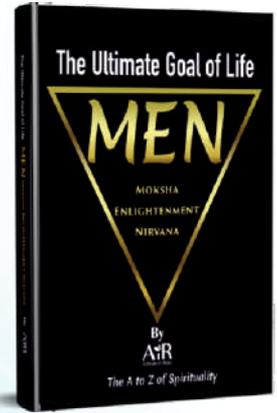
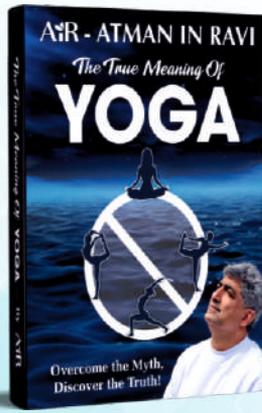
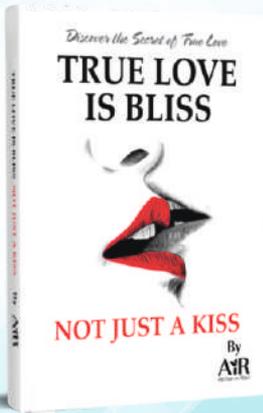
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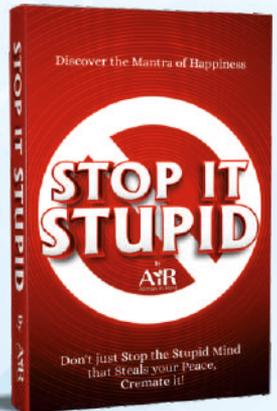
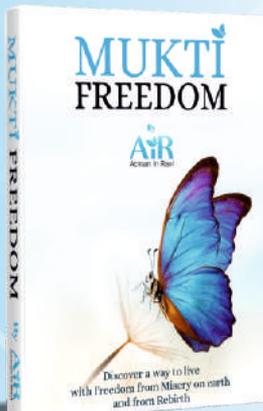
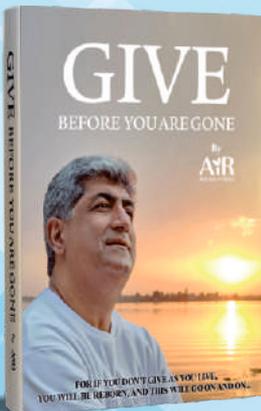
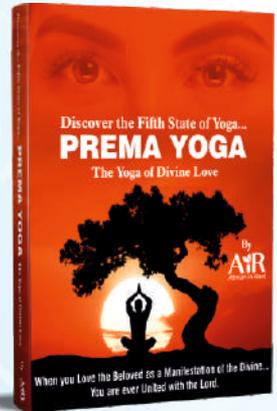
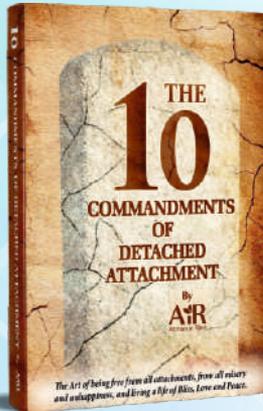
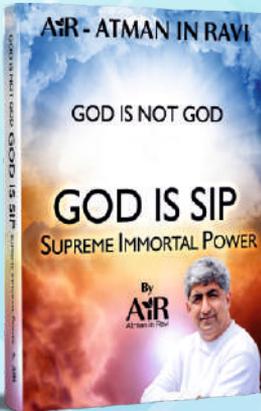
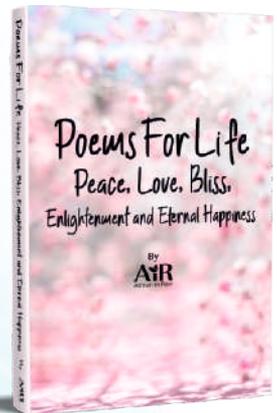
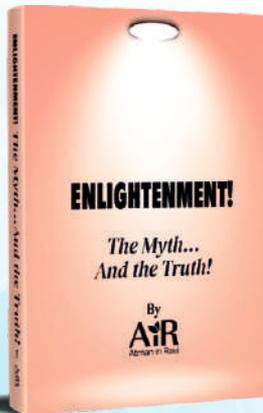
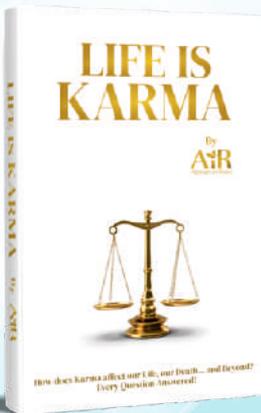


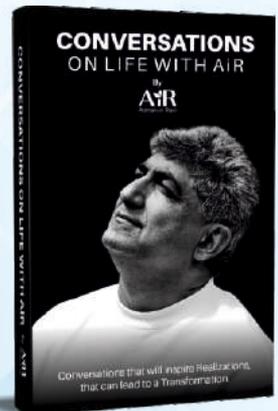
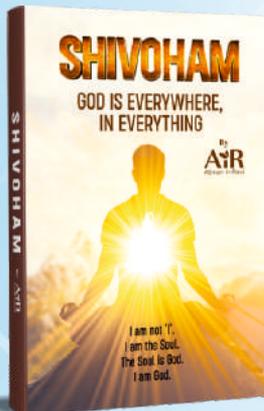
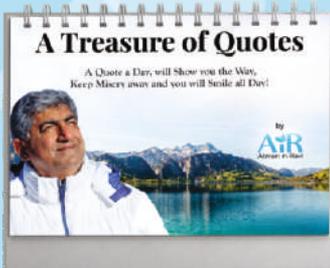
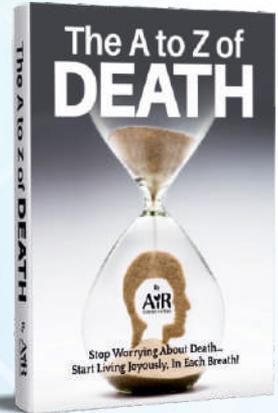
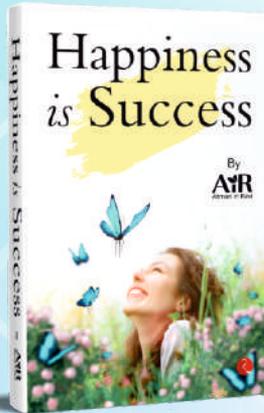
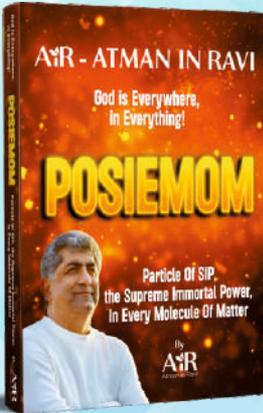
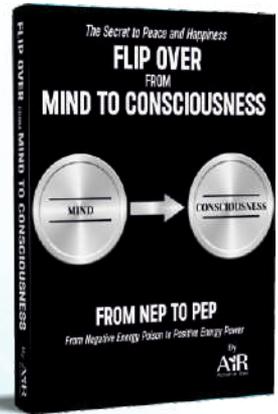
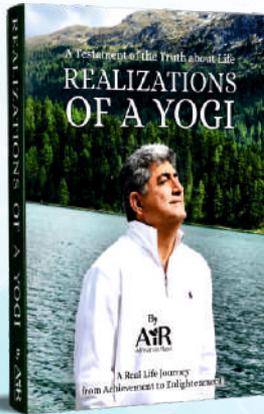




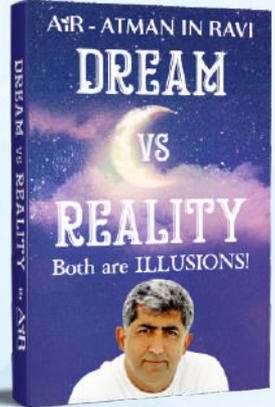
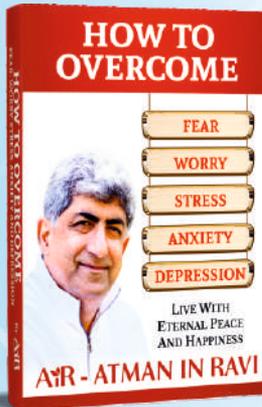
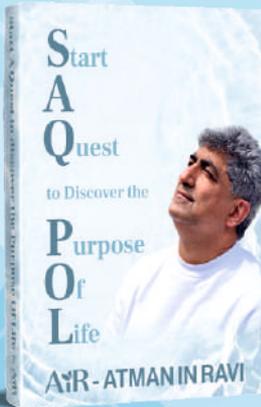
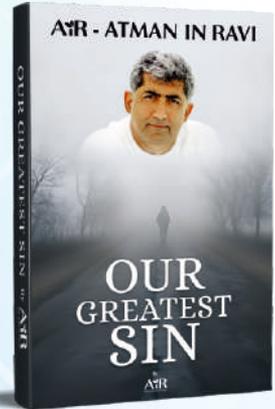
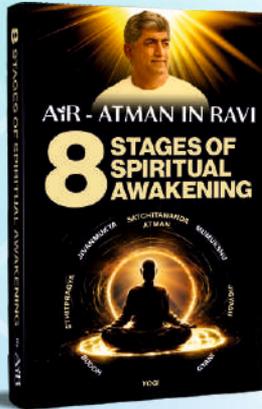
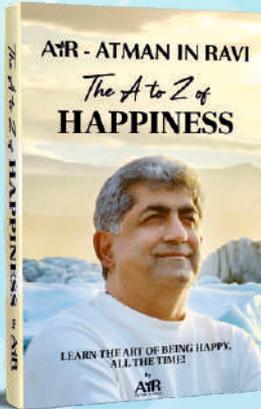
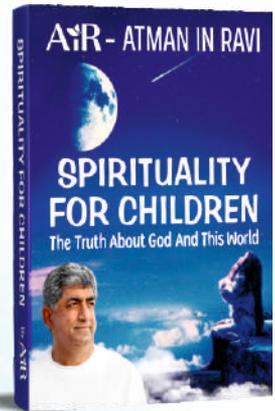
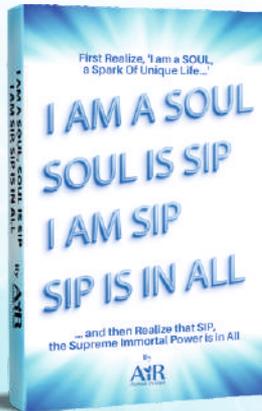
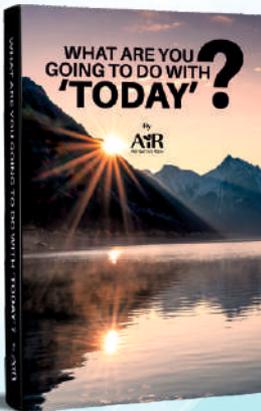


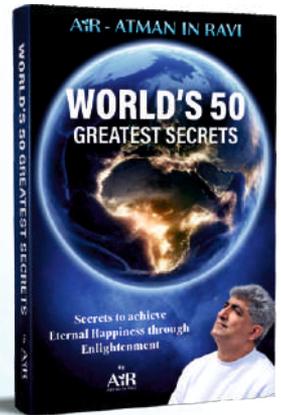
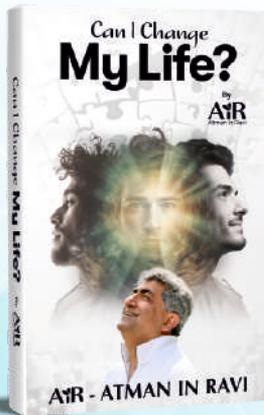
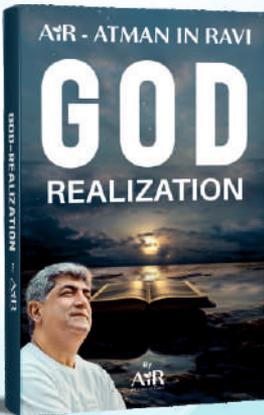
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# AiR - ATMAN IN RAVI

## FROM YOGA TO MOKSHA

What is the journey from Yoga to *Moksha*? Why should we be in Yoga and how can we attain *Moksha*? We hear of these Spiritual terms but we are lost in wrong interpretations. We do some physical exercises or *Asanas*, some breathing techniques or *Pranayama* and we think that we are doing Yoga.

Yoga is *Yuj* or union. It is realizing that we are the Divine Soul and then, being united with the Supreme. It is experiencing an ecstasy of Bliss and Everlasting Peace, as we evolve through life. A true *Yogi* Realizes the Truth! He is Enlightened, Spiritually Awakened. Only he is qualified to embark upon the journey to *Nirvana* or *Moksha*.

We all want to be happy but we do not realize what happiness is and how we can live a life of *SatChitAnanda*, Eternal Bliss in Truth Consciousness. This journey from Yoga to *Moksha*, will transform our life as we discover, 'Who am I and why am I here?' We will discover our purpose on earth, as we are liberated from all misery and the cycle of rebirth.

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