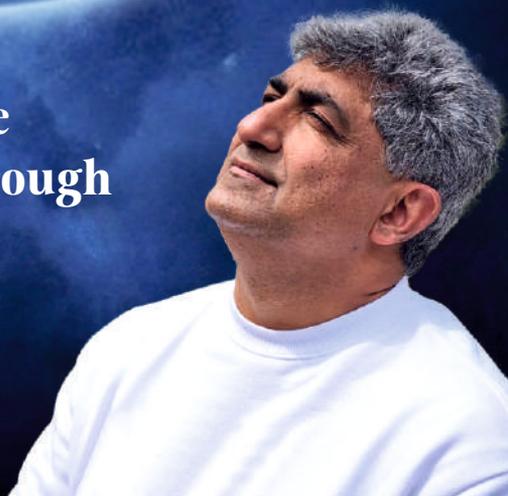


**AiR - ATMAN IN RAVI**

# **WORLD'S 50 GREATEST SECRETS**

**Secrets to achieve  
Eternal Happiness through  
Enlightenment**

By  
**AiR**  
Atman in Ravi





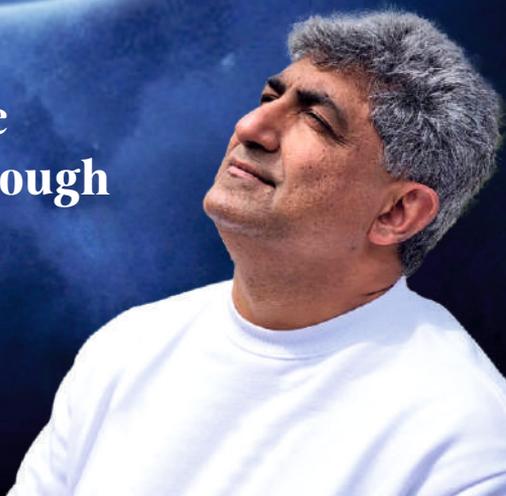
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By



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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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-  [In.pinterest.com/airatmaninravi/](https://in.pinterest.com/airatmaninravi/)
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# Preface



*The World's Greatest Secrets  
that I discovered, make me truly live.  
To you, this Treasure in this Book, I give.*

We all live. We have no choice. We don't wake up every morning and decide whether we should breathe or not. We automatically breathe. But what is causing us to do so? One day, the body will die and we have no control over this. This drama called life will continue to unfold and we have no control on that either. Even our birth is beyond our control. We did not choose our parents, our gender or our nationality.

How did all this happen? We don't think. We just blink and one day, we sink! When are we going to unravel the secrets of life? What are the World's Greatest Secrets that remain secrets till that moment of death when we lose our breath? What happens after death? Is there a God or not? We don't ask. We don't investigate. We don't Realize the Truth.

What is life all about? Is it just to have fun till it is done? Of course, we all want to be happy. Who doesn't? But is there a way to escape loss and only have gain, enjoy the sun and not have rain? The universe runs through certain universal laws but we haven't discovered the secret behind these laws.

After writing 75 books on life and happiness, on man and God, on Self-Realization and God-Realization, I decided to write a book that will share the greatest secrets that I have discovered. I decided to put together the World's Greatest Secrets that are unknown to man. If only we discover these secrets, we can live a life of Eternal Bliss and Everlasting Peace. We can love without breaking our heart. We can pray and realize God in the temple within. We can realize that we are not the ones who are made of bone and skin. We can get to the root and realize the truth.

My 75 books have a secret in each of them. But to read 75 books to discover the World's Greatest Secrets would be quite a task. This book has it all. All the secrets of the world of our life revealed in one simple book. Of course, if one wants to get into the details of each secret, then one will have to delve further into the subject. But these secrets are not theory. They have been practically experienced by me. This is not some mystery but this is my true history unfolding in these pages of the World's Greatest Secrets.

Do you want to truly live your life? Then in your hands, is a treasure that is greater than any pleasure. You can eliminate all sorrow and be free from the fear of tomorrow. You can stop living with fear, guilt and shame and enjoy life's game. This book will share with you secrets that can transform your life. These secrets have transformed my life and today, I live as the happiest man in the world!

You too can choose to live with Eternal Bliss and Everlasting Peace, in Truth Consciousness if you discover the World's Greatest Secrets.

# Introduction



*Discover, 'Who am I and  
why am I here?'  
These Secrets eliminate misery and fear  
and give you joy and cheer.*

For 25 years, I moved from one success to another because I believed that success was happiness. But it was a lie, just another lie like God lives in the sky. I remained a fool because of all that I had learnt in school. I too followed the herd for I never had the courage to fly like a bird and to discover the true meaning of life.

Like anybody else, the first two decades of my life were just meant for me to learn. Then, I began to earn until I realized that one day, I would burn. Then what would happen? Whatever I earn, others would burn and I would return to earth in a rebirth. I was 40 when I shut my business to enquire about the real purpose of life. I had wasted nearly 5 decades of my life, wandering from one pleasure to another. I did not know the true meaning of happiness. When I went to the bottom of the root, I started discovering the Greatest Secrets of the world.

In this book, I share 50 of the World's Greatest Secrets. Each secret helped me transform my life. Each secret helped me flip over from pain to pleasure, from poverty to the real treasure.

These are real secrets that are guaranteed to work. They are the truth and nothing but the truth. If you implement each of these secrets in your life, your life will be renewed, will be transformed and will be filled with bliss, peace, love and happiness.

What are some of the World's Greatest Secrets? We cry, because we think we will die. But the truth is that we are immortal Souls. Of course, the body will die. But that is not 'I'. Then, who am I? This chain of thought leads to some of the World's Greatest Secrets. We think success is happiness, when in reality, happiness is success. Somehow, we have got it all wrong. But these secrets will make us strong. They will show us a way to eliminate all pain and not to be reborn, again and again.

What is the purpose of life? Philosophers and authors fool us into believing that there is no purpose. So, our life remains a circus! We just dance like a clown, jumping up and down and continue to frown. We don't learn the secret of peace. We try to find peace of mind without realizing the truth about the mind. There can be no peace with the mind. And strangely, we all talk of the mind, when in reality, there is no mind! It is just a bundle of thoughts. The secrets will teach us to still the mind, to kill the mind and to reach that state of Consciousness, where we will discover the state of Ultimate Happiness.

This book can change your life, if only you read, believe and follow the secrets. You will not only achieve more success and more achievements than anybody else but you will also evolve to fulfillment and the ultimate peak of Enlightenment. You will reach your ultimate goal as you discover that you are the Divine Soul.

Secret

1

# I Am Not 'I'



*When I Realized the Truth that I am not the Body that will Die,  
I Discovered the Secret, 'I am not 'I'.'*

When I realized this truth in 2014, I was flabbergasted. I looked at the mirror and realized that the one I could see was not me. I was deep within. I was that spark of life that was appearing as the body that said, 'I'. The ego was telling a lie! I was not 'I'.

This was one of the biggest mysteries of my life that unveiled as a secret. The whole world is in a trance thinking I am 'I'. Don't we say, 'I am Robert' or 'I am Mary'? We all believe that we are who we are. We have fingerprints that identify us and face recognition that can unlock our mobile phone or computer. We identify our parents, our friends and children by their faces. But it was by Divine grace that I realized that I was not what I appeared to be. I realized that my ID card was fake. Everything that was on it was a lie. Because I discovered the greatest secret of my life - I am not 'I'.

It all started when I went on a quest asking the simple question, 'Who am I?' Am I this body? This body came much later. I was conceived nine months before when two cells of my parents fertilized to become a zygote. I was already born. I was implanted

in my mother's womb. Then, I could change nothing, not my parents, my religion or my gender. Over nine months, this body was formed. From the first cell, it became two, then four and then sixteen. In nine months, a twenty-five billion celled baby arrived on earth, and I was given a name. Everybody thought that I was that baby. The baby grew up. Today, this baby is a thirty-five trillion celled adult, but I realized that I was not this body that had a name. This body would die, and on that day, people would say that I passed away. They would say that I departed as I left the body. They would destroy the body, either burn it or bury it. Then, who is the 'I' that leaves the body when it will die?

I delved deeper. If I was not the body that would die, then was I the mind? When I tried to search for the mind, 'Where is the mind?' I could not find! I looked for the ego that kept saying 'I' and I realized that it was a lie. If I was not the body, I was not the mind and I was not the ego, then who was 'I'?

This was the biggest secret I discovered. I was about 48-years-old then. But from the time I was born, I thought I was Ravi. My school friends called me Ravi. In college I was Ravi. And all along, whenever I picked a telephone call, and somebody asked, 'Who is speaking?' I would reply, 'Ravi.' The secret revealed that I was not Ravi. Ravi was just my name. Wow! I changed my name to *Atman* in Ravi because I realized that I am not 'I'.

Not only was I not my name but I was also not the body that I inhabited for these 48 years. I was not anything that I considered to be 'I'. This secret changed my life. It transformed my life and liberated me from all misery and sorrow. Alas! The world doesn't know this secret!

# I Will Never Die



*Every 'Body' has to die, that's not a lie!  
But the Secret is this, I will never die.*

The world talks of secrets but those secrets are so shallow. There are some big secrets which I discovered that shook me up. Throughout my life of 5 decades, I believed that we all will die. Everybody believes that eventually, one day, we will die. But then, I discovered a secret, I will never die. Wow! This means that I am immortal.

In the quest for the truth and with the guidance of my Guru, Dada, my Spiritual Master, I started asking questions – Who am I? Where did I come from? Where will I go? What is the secret of birth and of death? What is it that is giving me breath? It was these questions that led to the Realizations that made me discover the greatest secrets of my life.

The second secret the world doesn't know is – We will never die. Of course, the body will die. Every 'body' has to die. But that is not 'I'. Think about it. Whenever somebody dies, what do we say? 'R.I.P. – Rest In Peace.' Don't we all say, 'Let's pray for the departed Soul'? What is the Soul? Who departed? This continues to be an unresolved mystery, but one fact is clear that

the one who will die is not 'I'. I will depart. I will pass away. I will move on. Isn't this true? I discovered the secret - I will never die and today, I pass it on to you.

You will never die. Discover this secret today. If you were to die, that would mean that you are the body and the body returns to ashes. Your own family will cremate your body because the body is not you. It is as simple as that. When you were in the body, would they dare burn you or bury you? That would be murder. It is only after you leave the body and the body is declared dead that they would destroy your mortal remains. The body that dies is not you. It is just your remains. Who are you in reality? That's another secret we will discover. But the greatest secret you must learn now is - I will never die.

When we discover this secret, it liberates us from so much misery and pain. But our own mind will stop us from discovering this secret. It will confuse us. Even though the secret is as simple as this, I am not this body that will die, the mind makes us blind, and we continue to believe the lie that I will die. When we see a deceased person, we know for sure that this is not the person who was alive. That person is no more. That person is gone. Still, we find it difficult to realize the simple truth, I will never die. Therefore, I call it one of the World's Greatest Secrets.

We live and we die but we don't discover simple secrets like I am not 'I' and I will never die. These two secrets can lead us to discovering 48 more secrets like these which will free us from all misery and sorrow. These secrets will lead us to Everlasting Bliss as we tame our monkey mind and live in Truth Consciousness. Get ready to discover the World's 50 Greatest Secrets that will change your life!

# Nothing Is Mine, Nobody Is Mine



*Nothing is mine. Nobody is mine.  
Ignorance makes us pine and then, whine!*

Don't we repeatedly say, 'This is my house, my car, my business'? 'Of course, it is. It was not handed over to me by my father. I built it all.' While we have every right to call this 'mine', is it truly ours? Food for thought!

Ultimately, nothing is mine. Whatever appears to be mine is not mine. Either somebody gave it to me and one day, I will give it to somebody else, or even if I created it, I cannot take it with me ultimately. When we depart, we cannot even take a pin with us. It is ironical that even this body that seems to be my body, will be left behind. It will return to ashes or be buried below the soil when we leave this world. Is there any doubt that one day, we have to go? When will we realize the truth of this show? Nothing is mine. Everything that we own, everything that is known, will be snatched away in that moment of death. That is why people fear death so much!

Nothing really belongs to us. All material possessions seem to be leased to us for the duration of our life. Nothing is ours. But it is not only things that don't belong to us. The same is true for

our relationships. All the people in our life, whom we consider ours, are not truly ours. Our parents, kids, spouse are only ours till we have life. In the moment of death, when there is no breath, will anybody be ours? Nobody is ours. Nothing is ours! If only we discover this secret of life, we can learn to live fulfilling our need and not get caught in greed. We can overcome all misery and sorrow and eliminate anger, hate and revenge from tomorrow. We must realize the secret – Nothing is mine! Nobody is mine!

Because of our ignorance, we think that everything belongs to us and we become upset when we lose something or somebody. Isn't it true that ultimately, we will lose everything and everybody? Because we don't realize this secret of life, we live in a trance and continue to be fooled by our ignorance.

While this is a simple secret and we all know nothing is mine, nobody is mine, we don't realize it. We don't incorporate this truth in our daily life. If we do, we would all be philanthropists and this world would be a happier place. We would love one and all, realizing that this world is just a show, and we are actors who come and go.

Do we get upset when we have to return a rented car after use? We don't. After enjoying the drive, we hand over the car. Do we feel sad when we check out of a luxurious hotel after a great holiday? We don't! We had a great time and now, it's time to go. So must we live life. We must enjoy everything that we have and everybody around us with the Realization that ultimately, nothing will be mine. Nobody will be mine. We should live life with detachment, moment by moment with peace and bliss.

# God Does Not Live In The Sky



*One of the biggest lies is that God lives in the sky!  
To realize God, we must find out, 'Who am I?'*

We all believe in the lie that God lives in the sky. That is why we look up at the sky, we cry, and we ask God, 'Why?' We don't discover the simple secret that God is not an old man, with a long white beard, sitting somewhere up in the clouds. This is a lie. Somehow, we remain a fool because of what we were taught in school and we believe the lie. What is the secret?

The world has so many Gods. There are so many religions. But what is the truth? These are different names and forms of God, but ultimately, there is one God, and that one God is omnipresent. God is everywhere, in everything. This belief that God lives in heaven, somewhere in the skies, creates a wondrous feeling when we are kids. We gaze at the stars on a dark night and imagine all that we are taught. We believe the mythological stories of the Gods and Goddesses of this world. We do not stop to contemplate the simple truth of - Who is God, where is God and what is God?

We human beings live and die. We spend decades praying to a God without realizing that God lives in the temple of our heart.

Although the scriptures tell us that the kingdom of God is within, we don't go on an inner voyage to realize God within. We don't discover the important secret about God. At most, we have religious tolerance and we bow down to many Gods. Our prayer rooms in our homes are often full of pictures of different Gods but we don't contemplate and realize God.

What is the way to God-Realization? The only way is through Self-Realization, to discover who I am and why I am here. These two questions will help us realize God and bust the myth that we have grown up with. We bow down to imaginary Gods and always remain distant from God. Those who are blessed to discover this secret that God does not live in the skies and realize that the mythological stories we have learnt are lies, go on a quest to find God. They take the help of an Enlightened Master, a Spiritually Awakened Guru, and question, 'Who is the ultimate God?'

If God had a name and a form, then this God should have had another Creator, who would be a super God. And if that super God was also born and died, then there must have been a greater Power than that super God. This would lead to infinite ignorance and we would continue to follow the fairy tales of our religion. Then, we would die, only to be reborn and this would go on and on. We would never realize God.

If only we discover the secret that God does not live in the sky and we realize the truth, I am not 'I', it will lead us to realizing God within. This takes us to the ultimate goal of Salvation and Liberation, of *Moksha* and *Nirvana*. But it will all start when we discover that our belief that God lives in the sky is nothing but a lie.

# There Is No Mind



*Today, try to find the Mind.  
Where is the Mind? You cannot find!*

Throughout life, we talk of the mind. We even think that the mind is king. But little do we realize that it is the cause of all suffering. Science even talks of the conscious mind and the subconscious mind and is right in its perspective. But what is the secret we must discover? There is no mind!

Have you ever seen the mind? You know a ball is round. But what is the shape of the mind? What is its size? How does it look. Some people confuse the mind with the brain. The brain is the hardware. The mind is just the software. Its existence is subtle. You cannot see it or touch it. But don't we often feel that the mind exists?

The mind appears only when there are many thoughts. In fact, the mind is a bundle of thoughts, nothing else! When we still our thoughts, there is no mind. Sometimes, we meditate and in that state of stillness, we experience peace. Why? Because when there is no mind, there is peace and when the mind appears because of thoughts, there is no peace of mind.

As long as we believe that the mind is important for our existence, we have no option but to suffer. The mind creates toxic thoughts, and we are filled with fear, worry, stress, anxiety, regret, shame and guilt. This is caused by the mind, a mind we cannot find, a mind that continues to grind us with 50 thoughts a minute, a mind that produces 50,000 thoughts a day and makes sure that the truth is left behind! But what happens when we discover the secret, there is no mind?

When we discover that the mind does not exist and when we try to find the mind and realize that there is no mind that we can find, then we move from the state of thoughts, which makes the mind appear, to a state of Thoughtlessness. In this state, where there are no thoughts, there is no mind. This state is called Consciousness, Awareness or Mindfulness. In this state, the intellect is activated. Thoughts appear gently, like little fish entering the ocean of Consciousness. But thoughts don't pour like rain and make us miserable, again and again. That is the mind state. When we move from the state of mind to the state of Consciousness, there are no toxic thoughts. There is peace, the foundation of happiness. But first, we must discover that there is no mind and when the mind seems to appear, with pouring thoughts, we must move to Consciousness and still the mind. When we still the mind, we are able to kill the mind, a mind that only appears to be but it is something we cannot find!

Today, after you have discovered the secret that there is no mind, don't let it appear with hordes of thoughts and make you blind. Open your real eyes and realize the truth. Then, you will move from the state of mind to Consciousness. You will be able to discover peace within, the very foundation of happiness.

# The Ego That Says 'I', Is A Lie



*Throughout my Life, I believed the Ego that said, 'I'.  
Till I realized one day that the Ego was a big lie!*

How many times in life have you said, 'I'? Probably millions of times. But do you know that every time you said, 'I', it was a lie? When I realized this, I was flabbergasted. I had never been shaken so much in life before this, when I realized that the ego that says 'I', was a lie.

We all know of the ego but we don't know that the ego makes us a fool! From the time we are in school, we say, 'This is my book, my bag, my mother or my father.' We say, 'I am the captain. I want to come first in class.' Throughout life, it is the ego that makes us cry because of the lie that I am 'I'. The ego looks at the mirror and makes us believe that who I see in the mirror is me. The ego points at a class photograph and screams, 'I am at the top left corner!' The ego makes us believe that we are the body and mind, which is a lie. It is because of the lie of the ego that I am 'I', that we do not discover the true secret of, 'Who am I?' We just live and die, believing the ego that says, 'I'.

Why does the ego fool us and makes us believe, I am 'I'? It is because we think we are this body and we believe we are the

mind. In fact, the ego makes us believe that we are the body, mind, ego, intellect, memory and we have a Soul. This is a lie. The entire construct of the body-mind complex, driven by the ego that says, 'I', makes us believe the lie and makes us cry till we die. It's time to discover the secret that the ego that says, 'I' is a lie.

How can we discover that the ego is telling a lie? How can we discover, I am not 'I'? It is only when we go on a quest and we realize, 'I am not this body that will die', that we start to ask, 'Who am I?' The mind along with the ego continues to lie and says, 'We are the Mind and Ego, ME'. Because of the mind and ego, we continue to create Karma, actions, both good and bad and we get caught in the 'I'. As long as we believe the ego that is telling this lie, we continue to do deeds, good and bad, and these become seeds which bear fruit on earth, and even continue in a rebirth. Because we believe the ego's lie that I am 'I', we are not liberated from anguish on earth, from anger, hate, revenge and jealousy, nor are we free from the cycle of death and rebirth.

Don't we say, 'I will die'? The truth is that only the body will die. The Mind and the Ego that is ME, will carry Karma and return to earth in a rebirth. We will be reborn in a new body, with old Karma, only because we believe the ego and its lie. If we had realized, I am not 'I', then there would be no Karma and no rebirth. In fact, this is the goal of life - To realize that we are the Soul, not the Mind and Ego, ME. To achieve our ultimate goal, we have to transcend the ego. We must enlighten the ego and stop it from telling us the lie that I am 'I'. Then, when the body will die, there will be no 'I'. There will be no 'ME.' And we will be liberated from reincarnation because of our Realization.

# Success Is Not Happiness



*Success is not Happiness. In fact, it creates stress!  
Those who chase after Success, end their life in a mess!*

From the time we were kids, we were told to come first in class. We were motivated to be the captain of the cricket team or football team. Throughout our school and college, we were inspired to succeed. Why? Because the whole world thinks that life is success.

Everybody wants to succeed, be it success in business or career, in arts or sports, or even in politics. We want to win. Have you ever wondered why? Because we think that success and achievement give happiness. We believe that winning creates bliss but in reality, the truth we miss! Success is not happiness. Of course, success will give pleasure but it is only momentary. The pleasure from success comes and goes. When one desire is fulfilled, it does not quench our thirst. It only makes us burst. We live in constant stress, worry and anxiety, first, trying to succeed and then, trying to retain or maintain our success.

So, the question is, 'Is success, happiness?' This was one of the biggest secrets I discovered after spending 25 years going from success to success. I climbed from one peak of achievement to

another, because I too believed that success was happiness. Then, one day, I discovered the secret – Success is not happiness. I realized that if success was happiness, then all the successful people would be happy. But when I looked around, I could see that the rich were not glad. Many of them were sad. I noticed that so many successful people ended up committing suicide. If success was happiness, then the rich and famous should have been blissful and peaceful and not be living in depression and trying to end their lives.

It is unfortunate that the world believes that success is happiness. The whole world is trying to be an ace, running a race, and in this chase, they get caught in a maze. They don't realize that ultimately, success is not happiness. Of course, success creates name, fame, money and wealth but these are ephemeral, momentary. It is only temporary pleasure. It is not real happiness.

Those who are fortunate to discover the secret that success is not happiness, take an exit from the highway of achievement. They stop running after money and wealth. They try to be happy fulfilling their need, rather than being caught in their greed. These people are few but they live a satisfied life. They live with contentment and fulfillment. They find more happiness this way rather than running after success and achievement.

So, what is the secret? To discover that success is not happiness. More success will not give more happiness. All the successful people in this world are not necessarily happy. We must discover that success is good but it is not directly proportionate to happiness. Therefore, we must stop living our life just chasing success and discover true happiness.

# Happiness Is Success



*If you are Happy, then you are already successful.  
True success is in being Blissful and Peaceful.*

The moment we discover that success is not happiness, we also discover another secret that happiness is success. Those who chase success to be happy, may not be happy. But those who attain happiness are already successful. Therefore, we must remember that success is not happiness but happiness is success.

What is happiness? It is a state of being happy. Those who run after success trying to become happy are living life trying to chase a shadow. The more you chase it, the further it goes away. But what happens when you stand still? Your shadow remains where you are. So it is with happiness. We have to learn to be happy, not to become happy. When we learn this art of being in bliss and peace, we have already achieved success.

What is life all about? Whatever we do and whoever we may be, we all want to be happy. But how can one be happy? We can be happy if we realize that happiness doesn't depend on what you have. It depends on how you feel. You may have everything

and be unhappy, or you may have nothing and be happy. Happiness is not pleasure. It is peace. But most of us are unhappy because there is no peace of mind.

Therefore, we must discover the secret that happiness is success. Those who learn the art of being happy are the most successful people in the world. Not only do they learn to go beyond pleasure and achieve peace but they also discover a way to overcome misery and sorrow. They learn the art of living blissfully in the present moment, not shuttling between yesterday and tomorrow.

The really happy people in this world learn to accept without protest. They learn to surrender to whatever will be and thus they smile. They realize that problems may be longer than the Nile but this should not make them unhappy. They learn the art of being happy. Aren't they the truly successful ones?

If you are the most successful person but you are unhappy, you can't be successful. But instead, if you are the happiest person in the world, then you are the most successful. People don't understand this simple secret – Happiness is success. If you are happy, you don't need any material success. You don't need any further achievement. But unfortunately, we are running behind success and achievement. Therefore, we are failures. We haven't learnt this simple secret – Happiness is success.

Do you want to be successful? Then stop and learn the art of being happy. Learn how you can find peace, for this joy, bliss, peace and love is true success. Discover the secret – Happiness is success.

# Achievement Is Just The First Peak Of Life



*Achievement is not the Ultimate Peak of Life,  
For we are filled with anxiety, stress, worry and strife!*

What is life all about? This is the biggest secret that remains undiscovered by most of us. We just live and we die. But we don't know why. When something goes wrong, we look up at the sky and we cry. We want to be happy but we are unhappy. We believe that success is happiness and so, we start scaling the Peak of Achievement. In fact, we continue going from summit to summit, one accomplishment to another, thinking that life is all about achievement. But is it so?

Let us consider all the achievers of this world. Where are they today? They have gone, disappeared into thin air! We know of the rich and famous who rule the Forbes list today. We even talk of some of the recent millionaires and billionaires. But what happened to all those who earlier achieved success? They lived, achieved success and died. The new achievers came on the stage and the old were forgotten. We don't realize that life is just a show. We are like actors, who come and go. Therefore, the stars of Hollywood and Bollywood are soon forgotten, as the generations change.

The question that we don't answer is – What is the purpose of life? Is it just achievement? What happens after achievement? Will we take our achievement with us when we depart? We don't realize that what we earn, others will burn. We come with nothing and we go with nothing. When we depart, we cannot take even a pin with us. Then, why do we spend our entire life chasing success and achievement, when ultimately, it will not matter? It is because we do not discover the secret – Achievement is just the first peak of life.

Try to talk to some of the achievers who have crossed their 70s or 80s. Ask them what life is all about. Not one of them will tell you that they wished they had achieved more. They may tell you that they wished they had learnt to play the guitar or scale some mountains or watch more sunsets. As the journey of life is coming to an end, no achiever wishes that he should have achieved more.

Unfortunately, achievement is like a drug. As long as we are in that mode of achievement, we are addicted to it. What we don't realize is that we have a glass that is full of life. We empty the glass of life and fill it with achievement. Ultimately, we have a glass full of achievement, but no life left. Life is over! We forget to discover the true meaning and purpose of life. We are so busy scaling the peaks of achievement that we forget, why we have come to earth in this human birth.

Today, we have time. We can stop and discover the secret that achievement is just the first peak of life. That there is more to life than just achieving success, money, name and fame, which will be left behind. Life is not about worry, anxiety and stress and living in a mess. Life is about Eternal Happiness.

# Fulfillment Is Greater Than Achievement



*Achievement is Success. It will give Pleasure.  
But Fulfillment creates Peace, which is a greater treasure.*

All my life, I thought life was about achievement, life was about success, name and fame, money and wealth. I spent 25 years going from one success to another. To me, achievement was everything till I discovered that I was wrong. What was my achievement for? It was to be happy. But what was it creating? Stress and anxiety! Of course, I made money and I enjoyed pleasure. But I discovered a secret – Fulfillment is greater than achievement.

I started a non-profit organization to serve the suffering poor, the downtrodden, the destitute and the discarded. The joy and peace I got from this was much more fulfilling than my success and achievement. I also found a lot of fulfillment in inspiring people to be happy and in motivating them to live beyond success in the material world. I taught people the power of faith and hope and how they could cope in life. I secretly discovered that all this was giving me more fulfillment than my success and achievement.

Reflect on your life and recall how pleasure is fun but peace is

far greater and peace comes from fulfillment and not achievement. In fact, with achievement, we lose our peace and tranquillity because there is so much stress and anxiety. It is sad that we are fooled into believing that life is all about achievement. Nobody teaches us that fulfillment is far greater than achievement. In fact, many people look down upon contentment and fulfillment as being a loser's choice. These people are blind because of their mind. The mind drives us forward with the illusion that life is all about achievement. Those who introspect and reflect, realize that achievement will never create fulfillment. Contentment will. We can never satisfy our greed but we can fulfil our need. Ultimately, if we are satisfied, we will be happy and happiness is the ultimate goal of achievement. The paradox is that achievement cannot create happiness, only pleasure and we lose the real treasure of peace, the very foundation of happiness because we don't choose fulfillment over achievement.

What is it to live a life of fulfillment? It is to be fully satisfied and content. It is to live with faith and freedom. It is building a universal connection and living with love and laughter. It is making a difference after achieving noteworthy success. It is living with positive emotions and choosing tranquillity and peace. This path is a different path from the path of achievement. One must learn to say enough in the material world and take that exit that lets our life be filled with peace, rather than pleasure. This is only possible if we replace achievement with contentment and fulfillment. Those few people who discover this secret learn to live a life that is peaceful and blissful. They don't just run and run, till life is done. They live. They don't just exist! They are not like machines who have become human doings rather than human beings. I discovered the fulfillment secret. Will you?

# Enlightenment Is The Ultimate Peak Of Life



*Achievement and Pleasure is what we seek,  
We don't discover Enlightenment, the ultimate peak!*

Is life about achievement and fulfillment? Yes, it is. But this is not the ultimate purpose of life. We all arrive on earth. We learn. Then we earn. But one day, our body will burn and then, we have to return. All our success and achievement will create a lot of money, which will be left behind. What we earn, others will burn. If we are fortunate, we will take an exit from the highway of achievement and take that road less travelled towards contentment and fulfillment. Then, we will find more happiness than pleasure that comes from the material world, living with peace that comes from fulfillment.

Achievement is the first Peak of life. The second Peak is Fulfillment. But there is a third Peak, the ultimate Peak of success in life. It is Enlightenment. Less than 1% of humanity takes this path of Awakening to the Truth. It is all about Realization. Who are we in reality? Why did we come to earth in this human birth? What is the purpose of our existence? Are we just meant to live and die? Is our goal happiness from achievement or peace from fulfillment? Those who climb the ultimate Peak of Enlightenment discover the purpose of our

existence. They discover why we were born and find a way to that state of Eternal Bliss where there is no misery and sorrow.

What is this third and ultimate Peak of Enlightenment all about? Enlightenment, as the name suggests, is to bring in the light of truth within. When you enter a room that is dark, you cannot eliminate the darkness with a broom. You need to switch on the light to see what is in the room. So also, there is darkness within us. The darkness of ignorance. We live and die, but we don't discover who am 'I'. We think we are this body and we suffer physical pain. Then we believe the Mind and Ego, that says, 'We are ME'. And thus, we are not free from the misery of fear, worry, stress, anxiety, regret, shame and guilt. The ego creates the agony of anger, hate, revenge and jealousy. We live with all this misery and sorrow, jumping from yesterday to tomorrow because there is no Enlightenment.

When we switch on the light of truth, we can be free from the triple suffering of the body, mind and ego. Because then we realize that we are not this body that will die. The mind and ego is an illusion. We are the Divine Soul, the Spark Of Unique Life. Those who discover this secret achieve the goal of Eternal Bliss. They are Enlightened. They are Spiritually Awakened. Alas! Very few people in this world discover the secret of Enlightenment. Either they are lost in the pleasure of achievement or are peaceful in fulfillment. They don't go on a quest to discover the purpose of life and to attain Enlightenment. This is the third and ultimate peak of life, of success and of happiness. It is the Realization of the Truth and those who discover this secret, get to the bottom of the root. They discover, 'Who am I?' and 'Why am I here?'

# We Cannot *Become* Happy



*Happiness is a choice. Happy, you can be!  
Have an Attitude of Gratitude and from misery, be free.*

Who doesn't want to be happy? Everybody in this world wants to be happy. But not many people know the way to happiness. We are trying to *become* happy. We have not discovered the secret – we cannot *become* happy. We have to *be* happy. What does this mean?

Most of us think that happiness is in pleasures, possessions and people and so, we run after these and think we will become happy. Of course, we will become happy but only for a moment. This kind of pleasure comes and goes. But it is not like True Happiness that forever flows. True Happiness is learning the art of being happy. It is the ability to be joyous in the moment. It is being content with peace. It is making the choice of being happy. This is very different from those who become happy if they get their favourite pizza, if they go shopping, if they watch a movie. The happiness that comes from these pleasures cannot be equated with the treasure of bliss that is within us.

There is a deer that roams the cliffs in the Himalayas and is called the Musk Deer. In its frenzy, it can be seen chasing the

fragrance of the musk. It ultimately falls off the dangerous cliffs and dies. The hunters below know the secret. The musk that the deer is passionate about lies in its navel. They cut open the stomach and pull out the musk. Most of us are like the Musk Deer. We are searching for things that will make us happy in the outside world. We don't go within and find the happiness that is within. We are all trying to chase the shadow of happiness, rather than enjoying the bliss of stillness.

Whoever you are and wherever you may be, you can be happy. Happiness is a choice. Don't try to become happy, just be happy. Don't swing to a yesterday that is gone and to a tomorrow not yet born. Be in the present moment. You can be happy now if you take a vow. There are many things that can make your life wow, if only you learn to count your blessings. Imagine those people who have no eyes to see the beautiful world, no ears to listen to beautiful music, no feet to walk down the street. Chances are, you have everything and if you are still unhappy, then you are one of those who haven't discovered the secret – we cannot become happy. We have to be happy, and this is possible if we have the attitude of gratitude. It will increase our happiness altitude as we count our blessings.

Be happy, don't try to become happy. Happiness is about learning to accept and not protest. It is about surrendering to whatever will unfold as per Karma. It is living with peace, taming the monkey mind that is constantly yelling and yearning. And finally, discovering the purpose of our life. The richest man is not the happiest man. The happiest man is the richest man!

# Money Cannot Buy Happiness



*If Money was Happiness, then the rich should have been Glad.  
Look around, you will find many of them are Sad.*

Most of the world is running after money. It is very funny because they think that money can buy happiness! Money cannot buy happiness. With money you can buy a bed but not sleep. You can buy medicine but not health. You can buy a diamond ring but not love. Of course, with money you can buy many things and no doubt, money is important. But money cannot buy happiness. Those who discover this secret respect money but don't make money their God! It is unfortunate that many who have not earned money believe the lie and seek nothing but success and wealth. They don't realize that money is needed to fulfil our need but we get caught in greed and more often than not, we are unhappy indeed!

One of the biggest secrets in life that most of the world does not discover is that money cannot buy happiness. This does not mean that money is not important. Many people go from one extreme to another. Some think that money is everything. Others think that money is nothing. Both are wrong. Money is something! But can you exchange your currency for an ounce of bliss? You can exchange money for pleasure but this is just

momentary happiness. True bliss is beyond the material things of this world. For instance, peace is the foundation of happiness and it is something you cannot buy. You can have peace if you still the mind but can money still the mind? In fact, money does the opposite. It creates stress and worry and also makes us hurry and we lose our peace and tranquillity.

The story of money is very funny. We can't take with us even a penny. What we earn, ultimately others burn. But still, we try to chase and be an ace in that race for money. We get caught in the maze of success and achievement. Then, we can't get out of it. We can't live with grace. We are worried about losing our money and therefore, live with stress and worry.

Many rich people commit suicide. Why? What makes them so unhappy? Although they have millions and billions but them ending their life only reveals how miserable they were.

Let us learn the art of being happy. Let us not be confused and run after money and wealth. Ultimately, we will lose our health. If you study the life of people, first, people lose their health creating wealth. Then, they spend their wealth regaining their health. Before they realize it, their life is over! The purpose of life is not just to become rich with material wealth, nor is it happiness that is pleasure. The purpose of life is to discover the purpose of life. This will liberate us from all misery and sorrow. We will be happy living in the present moment, not in the past, yesterday or in the future, tomorrow. We will live in the now, moment by moment, in bliss and peace. Happiness comes from spending money, not just earning it. But the rich and wealthy are most unfortunately doing the opposite!

# Heaven And Hell Are Lies People Tell



*Heaven and Hell are a lie that people tell!  
Discover this Secret and get out of this spell!*

From the time we are kids, we are told about heaven and hell. There are many other fairy tales that people tell. For instance, one day, we will die and then we will meet God, face-to-face. Thereafter, there will be a day of judgement. Is this true?

I discovered the secret. While the concept of good and bad is true, heaven and hell are a lie that people tell. We are told about these to keep us in a spell of doing ethical and moral things. But will you actually go to heaven or to hell? Let us contemplate.

Death is certain. Every 'body' will die. Nobody can escape death. What happens in that moment? The body loses the life in it and disintegrates. We bury or burn the body of our loved ones who depart and we say that they have passed away. If we have left the body, it logically follows that we are not the body. But there is another point. If the body returns to dust, to ashes, then, who will go to heaven or hell? Is there any doubt that the body disintegrates on earth? Then the concept of going to a heaven or hell is false.

So, where are heaven and hell? Are they some geographical places like New York or New Delhi or are they somewhere distant in the skies on a far away planet? All this is a figment of our imagination. Is God an old man with a long white beard? All this is ignorance that has been passed on for centuries. We must discover the secret of heaven and hell.

Heaven and hell are experienced right here on earth, when we take birth. If we are born without eyes or without limbs, hands or legs, wouldn't that be hell? If we are born to caring parents or in a palace or in a happy environment, it would be heaven in its true sense. The secret reveals to us that heaven and hell are controlled by Karma. Karma is the Law of Action and Reaction. *As you sow, so shall you reap.* Those who do good deeds, will return to a heaven on earth. And those who do bad deeds will have a rebirth that is like hell. This is the truth but it is a secret unknown to most of humanity.

Therefore, discover the secret. You will go to your grave, not to heaven or hell. But for sure, you have Karma, which has to be settled. Therefore, death is not the end. Only the body dies. The Mind and Ego, ME, with its Karma, will return to earth in a rebirth to be rewarded for good deeds or to redeem sins. This is a fact. And so, while the concept of heaven and hell is quite true, to imagine that there is a heaven and a hell somewhere far away, is false.

Those who discover the secret of heaven and hell do one of two things. First, they do good Karma, so they eliminate suffering from their life on earth and in a rebirth. Some, who discover all the world's secrets, attain that state of Liberation from Karma, freedom from the cycle of death and rebirth.

# We Don't Have To Suffer



*We don't have to Suffer. This Secret is not a lie.  
Discover who you are, and be Blissful till you die.*

'This world is full of suffering.' These are the words of the Buddha, the Enlightened One. He discovered that everybody who came to earth suffered the pain of the body, misery of the mind and agony of the ego. But he also discovered *Nirvana*, a way to Eternal Happiness, a way to *Ananda*, or Everlasting Bliss.

Let us discover the secret, we don't have to suffer. Those reading this for the first time wonder how this is possible. We all suffer and there is misery every day. But those who learn the secret ask a simple question, 'Who suffers?'

The body suffers physical pain. Every 'body' does. Every child that grows tall experiences a fall. We have all had fractures and burns and as the body ages, there are even more diseases as our body disintegrates. Some of us suffer from cancer or a kidney disease. The pains are endless, but the secret is, 'Am I this body that is suffering?' When we realize that I am not the body, then, there may be pain but we don't need to suffer. Those who discover this secret use a simple formula – Kill the pain, before

the pain kills you. Today, there are enough pain killers to deal with any kind of pain. However severe or serious the pain may be, we don't have to suffer.

Those who discover the secret that we don't have to suffer, discover something greater. Most misery is caused by the mind, a mind that we cannot find! They are free from the misery of fear, worry, stress, anxiety, regret, shame and guilt. Realizing we are neither the body nor the mind, they are also free from anger, hate, revenge and jealousy that are caused by the ego. What is the ego that says, 'I'? It is a lie!

We don't have to suffer – this secret will be learnt if we learn the simple truth that we are not the one who suffers. We are not the body, mind and ego. We are the Divine Soul, the Spark Of Unique Life and the Soul doesn't suffer. The Soul is the power of SIP and if only we realize this, there will always be a smile on our lip.

Yes, it is true. We don't have to suffer. This is the truth. But because we live in ignorance, we all suffer the triple suffering of the body, mind and ego. Because we don't discover we are the Divine Soul, we don't enjoy that state of *Nirvana*, or Everlasting Happiness. We can all live in *Ananda*, Eternal Peace and Bliss, if only we transcend the Mind and Ego, ME and discover that we are not the body that in the mirror we see.

It is a choice. If you want to suffer, you can suffer. But if you want to discover the secret, you don't have to suffer. You can eliminate all suffering from your life. You can escape from all misery and strife, living as the Divine Soul. This should be your Ultimate Goal.

# We Can Be Happy, All The Time



*There is a way to Eternal Happiness.  
Discover this Secret, and all you will have is Bliss.*

When I talk to people about reaching a state of Eternal Bliss, they wonder how this is possible. How can there be Everlasting Happiness? To most people in the world, life is a merry-go-round. We all experience pleasure and pain, sun and rain, loss and gain and this happens again and again. Where is the question of discovering the secret, 'We can be happy all the time'?

Here is some good news! You can be happy all the time. If only you realize what happiness truly is, you can be free from all misery and sorrow. The secret is about living in the present moment, not jumping to yesterday and tomorrow. If we want to be happy all the time, we must remember that we just have to learn the art of being happy now. Because if we are happy now, moment after moment, we can be happy all the time. So make a vow to be happy now, then you can be happy all the time!

We can be happy all the time. Yes, we can because happiness is success. Success is not happiness. You don't have to be a millionaire to be happy. You just need enough to fulfil your need. You don't need to fulfil your greed to be happy. But if you

let desires make you burst, then there will be disappointments and you will never quench your thirst.

We can be happy all the time, if only we learn to count our blessings. We can either complain and have the blues that we have no shoes or we can be grateful when we compare ourselves to that man who has no feet to walk down the street. The attitude of gratitude can raise our happiness altitude. How often are we grateful for the amazing eyes with which we can see, for the ears that can listen to beautiful music, the nose that can smell fragrances, the tongue that can taste all the delicious food and the skin that can touch, feel and love? Are we grateful? We can be grateful for many things and be happy in many ways. Happiness is a choice. We must choose to be happy.

We can be happy, all the time, if only we realize that we are not the body, mind and ego that suffers the triple suffering. Of course, the body will have pain. But we don't have to suffer. If we let the mind cause us misery, it is our fault because in reality, there is no mind. If you try to find the mind, it doesn't exist. Then, why live with fear and worry, stress and anxiety? We let the ego create anger and hate but we can keep these out of the gate, living as the Divine Soul.

We can be happy all the time, if only we realize we are the Divine Soul. We are a manifestation of the Supreme. We are sparks of the Supreme Immortal Power, SIP, whom we call God. Do we need anything more to be happy? If you and me are in fact, nothing but the Power that is everything, then what more do we need? Because we live in ignorance, we suffer. Because we do not discover the happiness secret, we live like a yoyo, facing pleasure and pain, in cycles, again and again. Discover the secret today and you can be happy, all the time. You can reach that state of Eternal Bliss and Everlasting Peace.

# We Decide Our Destiny



*There is nothing like Destiny or Luck.  
We decide it. What we sow, we pluck!*

The whole world believes in destiny. We all talk of good luck and bad luck but is there something like luck or chance or serendipity? These are concepts created by man to fool man. These are lies which are overcome by the wise.

Suppose I told you that I had very good luck that suddenly in my garden there were trees of cherries, strawberries, blueberries and that they appeared from nowhere. You would laugh. You would say that these fruit trees could have only come if somebody had planted the seeds. Otherwise, it would be impossible. Just like the seeds we plant decide the fruits on the tree, the deeds we plant decide our destiny. This is a law, the Universal Law of Action and Reaction, the Divine Law of Cause and Effect. The whole world is controlled by this law, the Law of Karma.

What is the Law of Karma? It is a simple law. What you do, will come back to you. What you give, is what you get. This law is like a boomerang. What goes around, comes around. In fact, the whole world believes in the law. Today, Karma is accepted around the globe as a feature of life and how it unfolds. When

most of the world accepts Karma, how can we accept luck? This is a dichotomy. If there is Karma, then there is no luck. If there is luck, then there is no Karma.

How does Karma connect to this secret that we decide our destiny? The fact is that we did not decide our birth. We did not choose how we came to earth. But we believe in the lie that it is luck. We believe it is destiny. It is not. It is Karma. Our Karma continues life after life. In the moment of death, which is sudden, there is always unsettled Karma, good or bad. It is the Karmic account or the Karmic debt that we carry that decides our birth. It is not destiny. Because we do not understand how Karma functions, we believe in destiny and luck. We don't realize that we can control our destiny.

How can we control our destiny if our birth is already predestined? Sure, some of our Karma are seeds that are already planted. But we have the opportunity to plant fresh seeds. We are not doomed with a destiny that can't be changed. We have a free will and with this willpower, we can choose our actions, our Karma. If we use the mind, then we will suffer because our destiny will be destroyed by the mind. But if we use our intellect, the tool of discrimination, then we can wisely choose our actions, our Karma, our destiny.

We decide our destiny. This secret is known to very few. And those who know it are the ones who do good Karma and carve out a good destiny. Those who are ignorant, suffer their bad luck because they have not discovered this secret. But there are a very few who choose the destiny to be liberated from this drama called life and to be united with the Divine. That too is a choice but is discovered by a very few who are wise. Today, decide what you want your destiny to be.

# My Birth Date Is Fake



*Those who discover the Secret, My Birth Date is fake,  
They realize the Truth and the Awakening Path they take.*

I was aghast when I got this Realization. Everybody celebrates their birthday. But when I realized that the day when I was born was not actually the date on my birth certificate, I discovered this profound secret. Our birth date is fake. It is not our birthday. It is only our arrival day.

Will any mother deny that her child was alive before what we consider to be the birthday? If my birth date was 15<sup>th</sup> of October, my mother knew for sure I was alive on the 14<sup>th</sup> and the 13<sup>th</sup> and in fact, much before. I was kicking inside her womb. Then, why do we cut a cake on a date that is fake? It is because of ignorance. The truth is that we are conceived 9 months before our so-called birthday. If I arrived on the 15<sup>th</sup> of October, then I was conceived around the 15<sup>th</sup> of January. On that day, when the two cells from my parents fertilized to become one zygote, life was created. Then, there was no chance for me to change my mother. I was already implanted in her womb. The body which I always considered myself to be, was formed cell by cell after I was conceived. First, there was one cell, then that became 2, then 4 and then 16. Ultimately, in 9 months, the embryo grew into a

foetus of about 25 billion cells. Then I arrived on the planet. Why then do we consider the arrival day to be the birthday? It is because we don't discover the secret that our birth date is fake!

The whole world gives so much importance to our date of birth. But not many of us ponder the date when we actually came to earth. Why did we take this human birth? Only when we contemplate these topics, will we truly get to understand who am I and why am I here. Then, we will uncover the World's Greatest Secrets. And not just that, we will also be liberated from the triple suffering on earth and from the cycle of rebirth.

When we discover our true birth date is actually 9 months before our birthday, then we will also realize that we are not this body that in the mirror we see. We are not even the Mind and Ego, ME. The Mind and Ego, ME carries Karma out of ignorance and returns to earth in a birth. But when we discover that our birth date is fake, it leads to the discovery that we are the SOUL, the Spark Of Unique Life. With this, we achieve our goal of Liberation from all misery on earth and freedom from the cycle of death and rebirth. However, it all starts with discovering the secret – My birth date is fake.

After learning about this secret that our birth date is actually not our birth date, if we still continue to cut a cake on a date that is fake, then, not only will we suffer the pain of the body, misery of the mind and agony of the ego, we will also be caught in the trap of the Mind and Ego, ME and return for another journey to the planet. Therefore, stop! Don't cut a birthday cake on a day that is fake. If ever you want to, cut the Arrival Day cake.

# The Me I See In The Mirror Is Not Me



*Every time I look in the mirror, God looks back.  
Because I don't discover the Secret, I am out of track!*

Every morning we wake up and look at ourselves in the mirror and we all think, 'It is 'me'.' I see my reflection, not yours. But is this actually me? This is a secret, very few people discover.

Somebody said it very beautifully that when I look in the mirror and see my reflection looking back at me, I smile and walk away saying, 'This is not me.' What does this mean? It means that we are not what we appear to be, not the body that we see, not even the mind and ego that says, 'ME'. But then, who are we in reality?

The fact is that we exist. From the time we are conceived, 9 months before our so-called birth date, till that moment of death where we take our last breath, we are alive. We exist. But then, if the 'me' I see in the mirror is not me, then, who am I? What is the secret behind this?

The world gives a lot of importance to 'me', the body-mind complex. We pay attention to our bone and skin but we don't discover the secret that we are, in fact, the Divine that dwells

within. That is why the world is filled with merchandise on how to improve our skin, how to strengthen our bones, how to take good care of our physical health, just as we are told to pay attention to our mental wellbeing. We are so engrossed in taking care of the body and mind, that who we are in reality, we never find. We just live and improve our skin but we don't win over our ignorance to realize that we are in fact, that force of life that is within. Each of these secrets that we are learning will ultimately contribute to that state of Enlightenment, that state of Spiritual Awakening, that will make us realize - The 'me' that I see in the mirror is not me.

For most of the world, this secret will seem to be ridiculous because the mirror only shows our reflection. Little do we realize that we are being fooled by ME - the Mind and Ego that says, 'It is 'me'.' We all think that we have a mind but nobody has seen the mind. It appears to exist and it makes us blind. It stops us from realizing that the ego that says 'I' is a lie. It is because of the Mind and Ego, ME, that we think we are the one in the mirror that we see. The mind and ego stop us from realizing the truth that we are in fact, Divine Energy.

Just imagine that the Power within departs. The SOUL, the Spark Of Unique Life leaves. Then, will we be able to see the one in the mirror? Without the life in us, we will have no sight to see and even if somebody else wanted to see us, without life, we would collapse on the floor and there would be nothing in the mirror to see. It's time to discover the secret that we are not the body, nor are we the Mind and Ego, ME. The truth is that we are Divine Energy. We are the SOUL, and this Spark Of Unique Life is in every cell of our existence. This is who we truly are but from this truth, we are afar!

# I Was Never Born



*I was never Born. I will never Die.  
The belief that I am 'I', is the biggest lie.*

Don't we all think that one day, we will die? Of course, we do. The whole world believes that I will die, just as we know we were born. But today, let us learn a new secret – I was never born.

To discover this secret, we must focus on 'I'. Who is this 'I'? Am I the body that was born 9 months before my birth date and who arrived on earth on what we can call the 'Arrival day'? Am I the body that will one day, die? In that moment called death, people will say, 'I passed away.' My family would be so sure that I left the body that they would burn or bury the body. But one thing we forget to focus on - I did not die. Only my body died. This reveals the truth that I am the energy, the life, the spirit, the Soul, that departs in the moment of death.

The secret, I was never born, can only be discovered when we realize that we are energy. Energy is birthless and deathless, beginningless and endless. Energy flows. It comes, it goes. But it is never born. It never dies. Haven't we learnt in science that energy cannot be created or destroyed? It can only be transformed or transmuted from one form to another.

We are nothing but energy. Therefore, we must discover the secret, I was never born. No doubt I was conceived in that moment of fertilization but I was not born. The zygote was born. The zygote came alive in that moment of conception or fertilization. But 'I', am not the zygote. I am that Spark Of Unique Life, the Soul, that gave life to the zygote. I came from SIP, the Supreme Immortal Power, and one day, I will return to SIP when the body dies. I am birthless and I am deathless.

To understand this secret, I was never born, we must contemplate the ocean and the wave. Was the wave born and will the wave die? The wave appears from the ocean. It splashes and returns to the ocean. So do we. We are Divine Energy. We come from SIP, and we go back to SIP. But we don't realize that we are a manifestation of SIP, the Supreme Immortal Power. We are not the body that we see, nor the Mind and Ego, ME. The body is born, and it dies. The Mind and Ego is an illusion. It appears to exist, but in reality, it doesn't exist. It fools us into believing that we will die and we are born. But in reality, we are immortal Souls.

Those who discover the secret, I was never born, will discover the profound secret of, 'Who am I?' They will not only realize we are not the body, mind and ego but they will be liberated from the triple suffering, the pain of the body, the misery of the mind and the agony of the ego. Those who pay attention to all the World's Greatest Secrets listed here, have the opportunity of being blessed, of attaining Liberation from the cycle of death and rebirth. But this needs Enlightenment. It needs Spiritual Awakening. But until we discover the secret, I was never born, we can never attain Enlightenment.

# Karma Decides Our Birth On Earth



*Good or bad Karma, we will return to earth.  
The Secret is to discover how to escape Rebirth.*

If I was never born and I will never die, then, who am I and why did I come to earth? Why did I take this human birth? This is a rare secret that not everybody discovers.

Have you ever thought why you were born? Did you choose your parents? Did you decide your gender or your nationality or even religion? You are born into it. Why? Is it luck, serendipity, chance or God's will? None of this. Our birth on earth is decided by Karma. Karma is the Law of Action and Reaction. If there are apples on a tree, it is not luck. It is because of the seed that was planted. So it is with life. The deeds that we plant are our Karma. These will sprout. First, they will sprout when we are alive and after the body dies, the unsettled Karma will decide our rebirth on earth.

Those who question this truth about Karma and rebirth, must ponder why somebody is born blind and somebody else in very kind circumstances. It is not because God is kind or cruel. Be sure it is not luck or chance either. It is Karma unfolding. In fact, there is trauma in this world because of Karma. This is the truth

about the drama called Life. But it doesn't end at death. It continues birth after birth and that decides how we come to earth.

Karma decides our birth on earth. Not everybody discovers this secret. But those who do are profoundly impacted. They become free from the triple suffering on earth and then they are liberated from the cycle of death and rebirth. How does this happen?

Those who follow the Law of Karma, in fact, most of the world does, do at least one thing. They do good. They want to earn good Karma. They avoid sinning because they know that their bad Karma will hit them hard. Unfortunately, they do not discover this secret - Karma decides our birth on earth. Inadvertently, by doing good Karma, they are reborn because they have to be rewarded for their good deeds. While they will be rewarded, it is unfortunate that anybody who comes to earth will experience both pleasure and pain. Our ultimate goal is not just to do good Karma but to be enlightened and liberated from Karma. As long as there is Karma, there will be birth on earth and while our good Karma will no doubt give us pleasure, our birth on earth is sure to create pain.

Let us discover the secret - Karma decides our birth on earth and let us transcend Karma. Let us learn the secret of Realization and Liberation. Let us decode the truth of Karma and not foolishly wish to return to earth doing good Karma in a birth of pleasure. Instead, let us aim to be Enlightened, to transcend Karma and to be united with the Divine. If we don't, we will face the trauma in this life drama, as Karma unfolds, and we will never reach that state of Eternal Bliss that comes from Truth Consciousness, a result of transcending Karma.

# There Is No Trauma In The Life Drama



*We experience trauma as we don't realize Life is a Drama.  
We must realize everything is unfolding as per Karma.*

How is this possible? How can there be no trauma in this drama called Life? Those who don't discover this secret, experience misery and sorrow. They live with the regret, shame and guilt of yesterday and the fear, worry and anxiety of tomorrow. In fact, to most people, life is full of trauma. What is the meaning of the secret – there is no trauma in the life drama?

The key word is drama. The moment we realize that life is just a show, we are actors who come and go, we will be free from the trauma. There are two key Realizations to adopt this secret in life. First of all, we must realize that nothing is real. Nothing is ours. We bring nothing and we will take nothing. Life is just a drama. We are all actors. We come and go. But because of ignorance, we don't enjoy the show. We suffer misery and sorrow and lose the present moment of today worrying about tomorrow. So, first of all, let us develop a game-playing attitude. A game is only a game. But many people take it very seriously. We must not take life too seriously. If we do, there will be trauma. But if we think that life is just a game, life is just a show, we can enjoy the game, the drama called life.

The second key Realization is that the trauma which is unfolding in our life is all because of Karma. Therefore, we have to accept without protest. We should not look at the sky and question, 'Why?' Whatever is happening in this world is happening because of our own actions. It is not a cruel God who is causing our misery and sorrow. Whatever Karma we do today, will unfold tomorrow. So, whatever is unfolding in our life, every moment of every day, is because of our past actions, our past Karma. If we realize this, then we will not feel the trauma. In fact, we will celebrate that our Karma is being settled and we will be happy and move on in this drama called life, knowing that ultimately in the end, life is nothing more than a dream. Some of us think that a dream is a dream, but life is real. So, we internalize everything happening through this body, mind and ego, and we feel the trauma. If we realize that we are the Divine Soul, there will be no trauma and ultimately, we will be free from Karma and liberated from this life drama.

It is unfortunate that we have not learnt this secret. We become unhappy so easily and live our life with fear and many a tear, instead of enjoying the drama with cheer. Let us discover the secret today and there will be no trauma. Let us learn to surrender and say, 'Whatever will be, will be!' We don't have to worry about the future because whatever will happen as per Karma, will happen. But if we realize everything is a drama, then, we will smile and not be miserable all the while.

Is your life full of trauma or are you enjoying the drama? Have you understood the role of Karma? It's time to discover the secret and be free from all misery, from all trauma.

# Life Is Karma



*Life is unfolding as per Karma, our action.  
Everything that is happening is nothing but a reaction.*

One of the greatest secrets of this world is this – Life is Karma. What does it mean? It means every single thing that is happening in life, from our birth till our death, is all controlled by Karma. People don't understand this. In fact, they misunderstand and think that we are all puppets. If everything was Karma, then everything would be predestined they say. But this is wrong. Everything in life is not predestined. But everything is Karma.

The Karma in our present life has two accounts – one, that we bring to earth and that causes our birth and the second, the Karma we do after we come to earth. People call this *Prarabdha* Karma and *Agami* Karma respectively. Whatever is happening in our life is due to the confluence of our past Karma and our present Karma. The river of Karma flows and unfolds as everything happening in our life. Nothing happens by chance. Nothing happens by magic. There is no God sitting in a distant heaven, controlling our Karma or our life. The Creator or the Supreme Immortal Power, SIP has created Universal Laws to govern the world. One of the most important of these laws is the

Law of Karma. It is the Law of Action and Reaction, the Law of Cause and Effect. Everything that is unfolding in our life is just an effect. We have created the cause through our Karma.

We can't change our past Karma or *Prarabdha*. It is what we have already done. But we can change our *Agami* Karma, our present Karma. And so, we can influence our future life. But for the moment, we must realize that everything that is happening in life is Karma. If we live and we die, without being free from Karma, the closing balance of our Karma, both *Prarabdha* and *Agami*, both past and present, will merge into our warehouse or corpus of Karma. This is known as *Sanchita* Karma, or the third account. Life after life, we are creating Karma and it is from this corpus or *Sanchita* Karma, that our birth is decided. Alas, not many of us know the full secret of Karma.

Not only is life Karma, even our death is controlled by Karma. Every 'body' must die. But when and how, depends on Karma. Very few of us are fortunate and we are Enlightened. When we realize we are not the body, mind and ego, such Enlightened beings are liberated from Karma and do not return to earth in a rebirth. They attain what the world calls *Niroana*, *Moksha* or Salvation. They become one with the Lord.

Discover the secret, Life is Karma, and you will decode the drama and the trauma. First, you will do only good Karma, so you don't face trauma. And thereafter, if you pursue the path to be Spiritually Awakened, you will be liberated from Karma and be free from returning to this drama. Very few people are blessed to understand the true secret - Life is Karma.

# The Law Of Attraction Is Incomplete



*Attraction cannot visualize and reach the Destination.  
For Manifestation to work, Attraction needs Action.*

The whole world is enamoured by the Law of Attraction. People believe that if you just attract, 'Coffee! Coffee! Coffee!' a cup of piping hot coffee will come your way. But this is a wrong understanding of the Law of Attraction. What is the secret – The Law of Attraction is incomplete? Look into the word, Attraction, and you will discover the secret. Embedded in the word Attraction is the word, Action. If you remove Action, from AttrACTION what is left is 'Attr'. Attraction can only be completed with Action.

What is the Law of Attraction? It states that we can attract our dreams, manifest our thoughts. It does not say that the Law of Attraction will work without Action. Unfortunately, because of the hype created around the Law of Attraction, people are using terms like manifestation and visualization and ending their life in a confusion! Let us have the correct interpretation of Attraction and see how it works.

The word 'Attraction' means 'to attract' and no doubt, we can attract our dreams. But those who believe that Attraction is just

visualization and that by attracting, we will magically manifest our dreams, will be in for a big surprise. It all starts with a thought. Thoughts are powerful. Thoughts become feelings and generally, in the thought chain, thoughts and feelings are followed by Action. When we catch a thought, and visualize it passionately, the thought becomes even more powerful. Then, this manifestation and visualization results in Action. It is this Action that makes the manifestation into a Realization. Therefore, Attraction is incomplete without Action. If only the world understood this, then we could all use Attraction to make our dreams come true.

Discover the secret today that Attraction is not a magical secret. The Law of Attraction is incomplete. We need Action. In fact, Action is more important than Attraction, but when both Attraction and Action work as a combination, then we will reach our destination. However, only Attraction will remain a dream and only Action will be hard work, without smart results. We must use the power of thought and visualize our dreams and then, we will manifest Attraction through Action. This is the complete secret.

Attraction + Action is an unstoppable combination. Let us eliminate all confusion and reach the conclusion. Let us use Attraction and Action to reach the destination of our choice. No doubt that is a very powerful secret and it works. But let us not understand the secret in an incomplete fashion. Whenever you read the word Attraction, don't forget to observe that there is Action embedded in Attraction. The whole world is talking about this secret, the secret of Attraction. If only Attraction could work like magic, then nobody needed to work hard with Action. Alas! People do not discover the secret.

# This World Is *Maya*, An Illusion



*This world appears to be real, but in reality, it's an Illusion.  
Everything in this world is nothing but a Projection.*

When somebody calls this world *Maya* or illusion, it seems to be a joke! But the secret is that it's true. This world is not real. It is just a projection. But we have not discovered this secret.

When you go for a movie, you see actors on the screen. There is comedy and tragedy. There is marriage and separation. But it is all a movie! It is not real. When you switch off the projector, the screen becomes blank. Then you know very well it was not real, it was just a movie. But we think this world to be real. The movie is just a movie but what happens in this world is reality. No, it's not! A very few of us realize the truth behind the secret - This world is *Maya*, an illusion.

What is *Maya*? *Maya* means it appears to be. In reality, it is not! Just like the projector hides the screen and projects the movie, *Maya*, the Cosmic Illusion hides the truth and projects the myth. We think that this world is real, but it is not. It is all *Maya*, it's all a projection. This has been declared by the spiritual saints and sages for centuries. It is very difficult to fathom this secret to be true but no doubt it is.

In 2022, the Nobel Prize for Physics was jointly awarded to 3 physicists, Alain Aspect, John Clauser and Anton Zeilinger for their work in Quantum Physics and Quantum Mechanics. What does this branch of science tell us? This branch of science has discovered a theory, which has been titled Wave-Particle Duality.

In an experiment, when scientists were examining the smallest particles, smaller than molecules, atoms, electrons and protons, when they were examining a quark under a sophisticated microscope, they were flabbergasted to observe that the tiniest of all particles of matter suddenly disappeared. They discussed and considered the phenomenon to be a change of matter to energy. This is thermodynamics that states: energy cannot be created or destroyed. It can only be transformed from one form to another. As they were discussing, the particle reappeared. The scientists were startled, and they called it Wave-Particle Duality. It means that the properties of a particle of matter and a wave energy are interchangeable.

This leads to a very big Realization that this whole world, which is nothing but tiny particles of matter is in reality, nothing but energy. Therefore, science is endorsing that this world is in reality, nothing but energy, trillions and trillions of energy waves, appearing as matter. In fact, science has been talking of this for centuries. They say that over 95% of this world is made up of an unknown matter, they call it dark matter, but which is nothing but energy. The secret is this, this world is *Maya*, an illusion. This world is a projection of Divine energy, that appears as you and me, as the butterfly and the bee, the tree, the mountain and the sea. Everything is energy.

# Life Is Just A Dream



*Everything in Life is an Illusion, is a Dream.  
Those who realize the Truth, do not suffer and scream!*

Don't we believe that a dream is just a dream? That what happens in a dream is not real? But we believe that what happens in life is a reality! Suppose I came to you and demanded that you return the one million you took from me, you would question me, 'When did I take one million from you?' And I would tell you, 'You took the one million from me in my dream.' Then, would you agree to pay back the one million? You would ask me to go back into my dream and collect the dues! The truth is that you had not borrowed one million from me. It was just my dream. Suppose you had actually borrowed one million and I had documented proof of it, then you would have to pay me back. One was a dream and the other was a reality.

But today, we are discovering a new secret - Life is just a dream. How is this secret true? It is. While it appears that everything that is happening in life is reality, the truth is that ultimately, it is a dream. The only difference is that the dream gets over when we wake up from our sleep. The dream called life gets over in the moment of death.

Don't we think that this is my house, my car, even my family? Yes, it is. But it is not permanently ours. It is ours only till we have breath. In the moment of death, nothing is ours. Nobody is ours. It seems like that the dream called life is over.

When we discover this secret that life is just a dream, our paradigm changes. We realize that dreams and reality are not actually different. No doubt, in the physical world, when we dream, we are asleep. But in the spiritual world, we are asleep due to our ignorance. When we are Enlightened, when we are Spiritually Awakened, we realize the truth about life that both, a dream and life are illusions. A dream is short. Life is long. No doubt, we cannot go back into a dream but it seems like we can go back into life. Little do we realize that at death, we cannot return to that life. We think that the dream is just an imagination, while life is real. Little do we realize that our life is just a projection, an illusion, a manifestation. We think that while a dream cannot be influenced or controlled, life can. But as we are Enlightened, we realize that Karma unfolds in our life beyond our control.

Those who discover this secret, life is just a dream, go beyond living an ordinary life to realizing the truth of, 'Who am I and why am I here?' They realize that the waking state, the dream state and the state of deep sleep are all experienced by the 4<sup>th</sup> state of Consciousness, which is our reality. They realize that we are the Divine Soul, the life and Consciousness that makes us dream and that makes us live this life we think is real. They accept whatever is happening in life without protest and surrender to the Divine Will, just as they brush aside a dream created by toxic thoughts and not let it influence their life. To them, life is bliss, peace, joy and love and nothing more than a dream.

# All Suffering Is Because Of Ignorance



*The mind makes us suffer as it causes ignorance.  
The truth it hides behind and makes us live in a trance!*

We all suffer, don't we? But have we realized what the cause of our suffering is? All suffering is because of ignorance. First of all, we suffer because we think we are the body, mind and ego, which we are not. If we realize we are the Divine Soul, then there is no suffering. The Soul is in Eternal Bliss. But we do not experience this because we do not discover this secret that we are the Soul.

Our suffering is because of our ignorance of Karma and how it unfolds as our life drama and causes trauma. There is no need to suffer. We should accept and rejoice the result of our own actions, because in reality, the account is settled. But because we are ignorant, we cry and we question, 'Why?' All suffering is because of ignorance.

We are ignorant and we get attached to people and possessions. Our relationships make us cry because we think that this is my mother, father, spouse or child. We are ignorant that nobody is ours. Each one of us is here on a journey with a purpose but because we think we are the body, mind and ego, we ignorantly

get attached and suffer. When we lose a dear one, we cry. Isn't it ignorance? Don't we all know that life is impermanent? Then why do we cry when we see somebody die? It is ignorance.

We become possessive about our things and we become unhappy when our prized possessions are lost or we are deprived of them. When will we overcome our ignorance and overcome suffering?

All suffering is because of ignorance and ignorance is caused by the mind. It is the mind that makes us blind, as the truth it hides behind. It projects the myth and stops us from realizing the truth. The truth is, we are not this body that suffers. We know it without doubt. This body was created over 9 months after we were conceived. One day, this body will die and people will say that we left the body. Still, we suffer when the body aches and pains. When the pain arrives, we don't face it, fight it and finish it. Instead, we choose to suffer because we choose to be ignorant. The Mind and Ego, ME, which does not exist, makes us suffer fear and anxiety, worry and stress, anger and hate, revenge and jealousy. Instead of overcoming our ignorance and overcoming suffering, we permit the mind and ego to make us a slave and we take suffering to our grave. Those who overcome ignorance become free from the Mind and Ego, ME and from all misery.

The principal cause of all suffering in this world is ignorance. Those who discover this secret, pursue what is called Realization of the Truth. They know that the truth is something else, and ignorance creates a veil that blocks them from seeing the truth. The truth cannot be seen. It has to be realized and it happens when we overcome ignorance.

# Fear Is Not Danger



*Fear is not Danger, but it makes our life a mess!  
The wise eliminate Fear, discriminate in Consciousness.*

We are all afraid of danger and our fear makes us miserable. Recently, the world experienced the greatest of fears in centuries. COVID-19, caused by the coronavirus, had shut down the world for around 3 years. The world is just getting back on to its feet, although the fear of COVID has still not been eliminated.

What is the difference between fear and danger? FEAR is a False Expectation Appearing Real. It is imaginary. It is not a real danger. A danger is real. It is like a tiger standing in front of you. It can kill you. But when somebody screams when they see a lizard, it is fear and not a danger. The wise discover the secret, fear is not a danger. In fact, fear is an emotion we are blessed with, to trigger us, alert us in times of a real danger. Instead, we have made fear become one of the main causes of our misery and sorrow.

No doubt, COVID was spreading across the globe. But more people were dying out of the fear of COVID than of COVID itself. Fear makes the wolf look bigger than it is. As Confucius

said, 'When there is fear, we use a cannon to shoot a mosquito.' It is sad that we have not discovered the secret that fear is not a danger.

During the time of Mahatma Gandhi, there was an epidemic that caused millions of deaths. But he was wise. He knew that death is not in our hands and while we could do our best, we have no option but to surrender. To him, fear was not an option. We could do everything possible to protect ourselves from danger, but fear was meaningless. He said, 'More people die of the fear of the disease, than of the disease itself.' Our biggest enemy is fear.

Those who do not discover this secret face both the dangers of life which are few and the fears which are many. They don't realize that our fears are far more numerous than our dangers. Fear paralyzes us and in fact, instead of protecting us from danger, creates more misery. Those who discover the secret overcome fear by doing the things they fear. They replace fear with faith. They realize the truth about life and how there is nothing to fear because ultimately, life is a show. We come and we go. Nothing is ours. Nobody is ours. What is there to fear?

Fear is one of the most toxic of emotions. It is the most common toxic tool of the mind. It paralyzes us. It causes inaction which causes us more misery and pain. The mind then creates worry, by repeating the fear and rehearsing the imaginary problem and this overthinking becomes worry, which is a waste of our life. When we discover the secret, fear is not danger, we live in Consciousness using the intellect to discriminate between fear and danger and we live a life of peace and bliss.

# We Can Kill The Mind



*Do you want to Kill the Mind?  
There is only one way - Still the Mind.*

Can we kill the mind? How can we kill the mind, when the mind we cannot find! Have you ever seen the mind? Is it round, square, triangle? What shape is the mind? What colour is the mind? Nobody has ever seen the mind. Then, how can we kill the mind? This secret, we can kill the mind, can be a little confusing. What is the mind? The mind is nothing but a bundle of thoughts. When thoughts get together, it appears to be the mind. It is subtle and invisible. Nobody can touch the mind. But still, it appears to be.

The mind creates toxic thoughts, thoughts of fear, worry, anxiety, stress, regret, shame and guilt. It becomes MK-50, a weapon more dangerous than the AK-47 because MK-50 is the Mind Killer - 50. It shoots at us up to 50 thoughts a minute. This can become a whopping 50,000 thoughts a day. So, the mind continues to drill us and kill us with either different thoughts or the same thought. The mind can drill us with worry or destroy us with STRESS, thoughts that are:

**S** - Sad,  
**T** - Toxic,  
**R** - Repetitive,  
**E** - Exhausting,  
**S** - Sadistic and  
**S** - Suffocating.

Thus, the mind will kill us, destroy us. So, kill the mind before the mind kills you.

How can we kill the mind? If we still the mind, we kill the mind. It is because when we still the thoughts that create the mind, then there is no mind, because there are no thoughts. We need to practice slowing down our MTR, Mental Thought Rate. Just like we can stop eating, talking, walking, we have to consciously stop thinking.

To do this, the first step is to flip over from NEP to PEP. NEP thoughts create Negative Energy that is Poison. PEP thoughts create Positive Energy that is Power. When we cut the toxicity of thoughts, then it is easier to still the mind. But the next step is to flip over from a state of mind to a state of Consciousness. After you still the mind, you lock it in Consciousness or Thoughtlessness. Then, you block it by activating the intellect. This way, we can kill the mind.

It is said that it is easier to conquer the world than to conquer the mind. This is because the mind is like a phoenix. Even though we still it, we kill it, it appears to rise from the ashes like the phoenix. It will try to destroy our Consciousness and attack us with NEP, Negative Energy Poison. Only those who discover the secret, can kill the mind, still it and kill it! They tame the Monkey Mind and become the Master, living like a Monk. The Monkey Mind's tail - EY is Ever Yelling and Ever Yearning. When we cut the tail, the EY of the MONKEY, we make it a Monk. Then we become the Master of the mind.

# A Piece Of Mind, Destroys The Peace Of Mind



*Wherever the Mind emerges, there is no Peace.  
Toxic thoughts of the mind make our Bliss, cease.*

People are trying to find peace of mind. They have not discovered the secret – Wherever there is a piece of mind, there can be no peace of mind. A piece of mind destroys the peace of mind.

The mind is the one that steals our peace. The mind is nothing but toxic thoughts. The mind creates fear and stress, worry and anxiety. It creates regret, shame and guilt and creates depression. In fact, with the aggression of toxic thoughts, it is the mind that triggers the thought of suicide.

If we want peace of mind, we must eliminate the mind, piece by piece, thought by thought. We must still the mind and kill the mind. This is life's biggest challenge.

To understand this secret, we must understand the difference between mind and thought. A thought is not the mind. Everybody thinks. You cannot stop thinking completely but you can kill the mind. The mind is a bundle of thoughts. It is a barrage, a river of thoughts. In the presence of the mind,

thoughts pour like rain and they make us miserable, again and again. When the mind is active, it doesn't knock at our door. It enters uninvited and pushes us on the floor. If we want peace of mind, we have to push the mind out and shut the door.

It is sad that we are seeking peace of mind. We should not! We should only seek peace because the mind cannot create peace. The mind is only meant to steal our peace. With the mind, our bliss is sure to be deceased as it fills us with mental disease. That is why the world is full of psychiatrists. This has become one of the fastest growing diseases in the world. In reality, this is not a disease. It is a disorder caused by the mind and if we learn to still the mind, we can resolve this disorder.

What does the world do to find peace? Meditation. What is meditation? Meditation is nothing but making the mind still. It is moving from a state of mind to a state of Consciousness, Thoughtlessness or Awareness. Unless we tame the Monkey Mind and make it a Monk, we cannot reach this state of being thoughtless. The monkey's tail EY causes the Ever Yelling and Ever Yearning of thoughts. As a monk, we stop this yearning and yelling. Then, we find peace.

The truth is that you don't have to find peace. Peace is within. You have to still the mind. Just like a lake that is disturbed by ripples, our inner peace is disturbed by thoughts caused by the mind. When we still the thoughts, the mind ceases to exist, then there is peace. We have to make this a habit, to practice silence, to stop the monkey from its business of yelling and yearning, to be content and grateful, peaceful and blissful. Let us discover this secret!

# Love Is Not A Human Emotion



*Love is not a human emotion. It is Divine.  
It creates Sunshine. It is our lifeline.*

'I love you'. This may be one of the most commonly used phrases in the world today. It seems like love is an emotion that flows from me to you. We have not discovered this secret that love is not a human emotion.

If love is not a human emotion, then what is love? Love is an attribute of the Soul. It is a Divine emotion. It can be understood through its acronym:

- L - Longing
- O - Of the Soul
- V - Very Passionate
- E - Ecstasy of Joy

Love is a deep yearning and longing. While it appears from the heart, it actually emanates from the Soul. It is not an emotion that can be controlled and it is a very passionate feeling. No other feeling can create the Power or Bliss like love does. The ecstasy is beyond human understanding. Love is, therefore, a Divine yearning from Soul to Soul. While it appears to be an attraction from skin to skin, true love is from the Soul to the Divine that is within.

Very often we wonder why somebody loves somebody. It seems to be beyond all reason and logic. The world then says things like, 'Beauty lies in the eyes of the beholder'. Little do we realize that love has to do little with beauty. Such a relationship may be a crush or just lust but it is not love. True love is Divine. It comes from the God in you and me and is for the God that lives in the temple of somebody's heart. In fact, love is nothing less than prayer. Little do we realize that the deep passion of love that causes an ecstasy of joy is soulful. Those who realize the true meaning of love, they truly enjoy its ecstasy.

We are quite confused when our love is expressed for material things. Somebody may say, 'I love chocolate' or 'I love movies.' This is not love. This is desire. There is a difference between desire and love. Desire is of the material world. Love is of the Spiritual world. Because we have not discovered the secret, we confuse our Spiritual love with love for material possessions and pleasures. This has nothing to do with love. Those who discover the secret of the true meaning of love, enjoy a bliss unknown to man.

Love is not a human emotion. We do not discover this secret because we are confused about the construct of a human being. We think that a human being is the one made of bone and skin. We don't realize that in fact, the human being is a manifestation of the Divine that dwells within. We have not discovered the secret of who we truly are. Those who realize that they are the Soul, a Spark of the Supreme, they love the Supreme in one and all. They are the ones who experience love as a fountain of joy. They realize that love is Divine. It comes from the Divine and it flows to the Divine. Human beings are just instruments through which, love flows.

# Attachment Is Not Love



*Attachment is not Love. It is a disguised greed.  
True Love is Love, not just a need.*

We are quite confused between love and attachment. In fact, we believe where there is love, there is attachment and if there is attachment, it only means there is love. This is a myth. What is the truth? Discover the secret, attachment is not love.

Let us analyze. When you truly love, then you want the best for the one you love. You seek their happiness. But if that results in attachment, it only creates misery for the one you love. It is like putting the one you love in a cage. It seems like this is love. But in no way is it love. Love is giving freedom and letting go. Love is trust. Love is empowerment. Love is seeking to develop the beloved, not to constrict the beloved. Attachment does the opposite. We become so possessive that we do not encourage the beloved to rise. In attachment, there is insecurity and lack of trust. Clearly, attachment is not love.

In the *Bhagavad Gita*, Lord Krishna is asked the question, 'What is the difference between love and attachment?' He is said to have explained, 'Attachment does not arise out of love. Where there is true love, there is freedom. There is no attachment.'

Love is kindness and compassion. It sprouts from the depth of the Soul. Attachment is rooted in the ego. Because of the ego, it appears that attachment is love. But our ego is fooling us into believing the lie, 'I love you.' It actually means, 'I want you. I need you' and not, 'I love you.' True love is, 'I need you only because I love you.' It is not that 'I love you because I need you'. Love seeks joy and peace for the beloved but attachment seeks joy and peace for the self. Attachment is rooted in the ego. Love is rooted in the Soul. Love liberates. Attachment imprisons. How can attachment be love? In fact, it is the opposite of love. It appears to be love, but it is fake! It is attachment disguised as love.

Let us discover the secret – Attachment is not love and let us learn to love, for love is bliss. Let us not be attached to anybody, nor let us create attachment for somebody. Both have the opposite effect of love. Love is bliss. Attachment is unhappiness. This reveals the secret, attachment is not love. If attachment was love, it should not create stress and make our life a mess! Attachment is the opposite of love. True love is trust. It is acceptance. It is surrender. It is not loving the skin but loving the Divine that is within.

If attachment is not love, then why is the whole world becoming attached to the one they love? If love should not create attachment, then why does all love result in attachment? The answer is simple. We have not discovered the true meaning of love. We need to discover the secret of true love to enjoy the bliss of what true love is. True love is an ecstasy, a fountain of joy. But attachment is like loving a toy. This is not love.

# True Love Is Bliss, Not Just A Kiss



*We all believe Love to be a hug and a kiss,  
Those who discover True Love, experience Bliss.*

In today's world, love has been understood and defined as hugs, kisses and Valentine's. Love merchandise floods the shelves of shopping malls and online portals. The heart symbol has become the most popular symbol, when in reality, love doesn't come from the heart. No doubt, the emotion of love increases the flow of blood to the heart, which makes it throb and gives a feeling that it is the heart that loves.

What is true love? Let us discover the secret – True love is bliss, not just a kiss. There is a difference between love and lust. Lust is physical pleasure. A kiss is lust. But love is not just physical. Love may manifest in physical terms as well. But true love is emotional, intellectual, physical and spiritual. Just like a good vehicle needs four wheels, a sturdy table needs four legs, true love sits on the relationship of body, mind, heart and Soul. When there is no Soulful love, there are chances that love will break. Even if there is any aspect of love missing, emotional, physical or intellectual, it makes a loving relationship weak. Therefore, those who discover the secret of what true love is, are able to enjoy the happiness that comes from the fountain of love.

True love was called Agape by the Greeks. The Sufis called it *Ishq-e-Haqiqi*. It was not just a kiss or physical love that the Greeks termed Eros and the Sufis called *Ishq-e-Majazi*. True love is Divine. It is Soulful.

Divine Soulful love can be understood by analysing the rainbow. The rainbow has seven colours that creates VIBGYOR. But these seven colours appear when the white light of the sun splits through droplets of water. So also, white love is Divine and Spiritual. This white love is from the Soul, and it splits through our life with the seven colours of love. Violet love appears between children and parents, indigo love between friends, blue love is romance which is innocent, green love is self-love, yellow love is intellectual, orange love is emotional and red love is physical. Somehow, the world only thinks of love as red when in reality, true love is Divine, Soulful white love that appears right from our birth till the moment of death. True love is bliss, not just a kiss.

It is sad that the world has not understood the true meaning of love. Therefore, we are trapped in red, physical, worldly love. We experience all the seven colours but we don't realize that the source of love, is white love, Divine Soulful love. We don't realize that the emotion of love emanates from the Soul and manifests as the seven colours of love. Have we all not experienced the seven colours of love? Then, why do we think of love only to be hugs and kisses, only physical? It is because we have not discovered this true secret of love. If you want to enjoy True Bliss, then discover what True Love is. Otherwise, you too will be a victim of heartaches and heartbreaks.

# We Can Actually Love God



*Those who realize that God resides beneath the skin,  
They don't love the body, but the Divine that dwells within.*

How can we love God? This is actually very confusing because God is nameless and formless. We can go to a temple or church, a *Gurudwara* or a Monastery. We can pray. We can show our devotion. We can sing hymns and praise God. But how can we love God? Those who discover this secret experience bliss that is greater than any other happiness.

We can actually love God. If only we realize, 'Who is God? Where is God? And what is God?' we can actually love God. Unfortunately, we believe in the lie that God lives in the sky and one day, we will come face to face with God when we die. Then, there will be a day of judgement. Because our mind has completely manipulated our beliefs, we are unable to love God. In fact, most of the world lives in fear of God. But when we discover this secret, we get to love God.

God is SIP, the Supreme Immortal Power. SIP manifests as the Soul in you and me, the Spark Of Unique Life. Therefore, God is in every Soul, be it a human or any other living being. That is why we find so much beauty in all the living creatures that

walk, crawl, swim and fly. It is because of the Divine presence that the beauty arises. The moment the Soul departs, the beauty is no more. Unfortunately, we don't realize God in God's Creation. We don't realize that this Creation is nothing but a manifestation. It is God appearing as the Soul in every living creature.

When we realize that God is SIP, the Supreme Immortal Power that manifests as the SOUL, the Spark Of Unique Life within you and me, then we can love God. When we love every being as God, then we are not loving the one made of bone and skin. We are loving the Divine that dwells within. This is a secret but unfortunately, not many people know of it.

This secret is unique. Knowing of it is not enough. It has to be realized. Even if you read about it, you cannot experience God in one and all. You cannot realize every individual is God and thus, you cannot love God. To love God is a rare privilege. Only those who go through the journey of Self-Realization and God-Realization realize that we are nothing. We are only Divine energy, manifesting as a human being. This Realization that I am not, only the Supreme exists, ultimately, makes us love the God that manifests in one and all.

Then, not only do we love human beings as God but we also realize God in a beautiful bird that sings and flies. We see God's Divine presence in the underwater world where millions of colourful fish swim. Whenever our little pet dog wags its tail, we feel the love of God because we will not see the D-O-G, but we will see G-O-D. This needs God-Realization and only then can we love God. Those who discover this beautiful secret experience Eternal Bliss and Everlasting Happiness as they love God, all the time.

# Service Is Not Service, It Is Prayer



*Every time we Serve somebody who is suffering in pain,  
We are actually Praying, again and again.*

Many of us serve in some way or the other. We may serve suffering humanity. We may even serve animals and birds. No doubt, service is a good deed. It is good Karma and every act of service will be recorded and rewarded appropriately. But there is a greater secret about service that very few learn - Service is not service. It is Prayer.

As long as we serve with the intention of doing a good deed, it is just service. But when we serve with the Realization that every Soul is SIP, every Soul is a Spark Of Unique Life, none other than the Supreme Immortal Power, then the service is no more service. It is nothing less than prayer. When we realize that the one we serve is none other than a manifestation of God, service becomes prayer.

For over 30 years, I used to serve the downtrodden and the discarded, the abandoned and those orphaned. To me, it was a way of living a moral and ethical life. It also gave me great fulfillment to serve. But I always thought that I was serving the poor. I must have distributed millions of meals, through my

team, in the 3 charitable homes we run. We would pick up people from the street and put them back on their feet. We would find them suffering in gutters, bruised, beaten, bleeding and diseased. We would pick them up, clean them, shave them and bathe them. We would take care of them. We have been doing this for over 3 decades and I always thought that we were doing great service. We still care for the underprivileged, those who are suffering but we have evolved in our spirit of service.

It was after 30 years that I had the Realization that service is not service. It is in reality, prayer. When I got the Realization that every human being is in fact, none other than God, then I realized that each one of these poor, abandoned and sick people that I was serving was God. The truth is that 'Serving humanity is prayer.' Nothing less, nothing more. This is the absolute truth. God appears in every living creature and to serve them is to worship God.

Today, I see God in every living creature. It may be a wounded dog or cow or even a bird that has injured its wing. When I reach out to any creature, man, animal or bird, I serve them with an attitude of prayer. My service is *pooja* or devotion and this gives me that experience of serving God. If only we discover this secret, not only will we serve God but ultimately, we will be liberated from this world and united with the Divine.

Those who serve with the ego thinking, I am serving the poor, they will be blessed with good Karma. They will be rewarded, but they will have to return to earth. Everybody who is born, suffers. They will be rewarded with pleasure but they cannot escape pain. Those who transcend the ego and realize we are all God appearing as living creatures, do not create Karma. They are free, even from the good Karma and will be liberated in that moment of death and united with the Divine.

# Yoga Is Not About Exercise And Breathing



*Yoga is not an exercising and breathing function.  
True Yoga is a state where there is a Divine Union.*

Throughout the world, Yoga is considered to be some kind of magical exercise of the body and mystical breathing techniques. This is a big misunderstanding of the term, Yoga. Yoga comes from the word *Yuj* which means union. Those who believe Yoga to be just physical exercises and breathing techniques, have missed one important secret of life - Yoga is not about exercise and breathing. Yoga is the union of the Soul within, with the Supreme, the Divine.

Yoga is union. It is the Soul within, the Spark Of Unique Life uniting with its source, the Supreme Immortal Power, SIP, that the world thinks is God. It is the ability to be ever-connected and not disconnected. When we get disconnected, we get into a state of *Bhoga*, where our connection is lost because we are immersed in the material world.

It is easily understood when we compare this with a good SIM card that is connected to the satellite. Wherever the SIM goes, its network continues without it being intercepted and

disconnected by some other network. So, Yoga is being in the Divine network and not losing that union, that connection.

A *Yogi* is one who remains in Yoga all the time. He learns the art of being in Yoga. He understands that you don't 'do' Yoga. Some people think that doing some *asanas*, or physical exercises and postures and doing *pranayama*, practising some breathing exercises is doing Yoga. The *Yogi* has realized, that you cannot do Yoga, you have to 'be' in Yoga. It maybe *Dhyana* Yoga, also known as *Raja* Yoga, the Yoga of Meditation, or *Bhakti* Yoga, the Yoga of Devotion, or *Karma* Yoga, the Yoga of Action, or *Gyana* Yoga, the Yoga of Education. A *Yogi* moves from one state of Yoga to the other, seamlessly, without being interrupted by *Bhoga* or the desire of the material world.

As I lived a life of a *Yogi*, living in Yoga, not only did I remain in Yoga, but I was blessed to discover the fifth state of Yoga, *Prema* Yoga, the Yoga of love, of Divine manifestation. This makes me united with the Divine as I experience the Divine presence in every Soul. Be it man or beast, every living creature is a manifestation of the Supreme Immortal Power, SIP, we call God. As I see God in all, I love God in all and this becomes *Prema* Yoga, loving SIP in every manifestation of SIP. This helps me to remain in a state of eternal Yoga, the ultimate goal.

Let us understand that Yoga is a Divine union, a connection with the Supreme. It is unfortunate that the whole world has not only misunderstood Yoga but is misrepresenting it and misusing it in the thousands of Yoga studios and Yoga programs that have in fact, nothing to do with real Yoga. True Yoga is a way to be in Divine Consciousness and is a doorway to realize God. When will we discover this secret of the true meaning of Yoga and live like a *Yogi*?

# With Religion, We Cannot Attain God



*We need Religion to start our journey to God.  
But unless we let go of it, we will not realize the Lord.*

There are hundreds of religions around the world and in fact, millions of Gods. What is the truth about religion and God? No doubt, we are all born into a religion, that of our parents and most of us pray to some personal God. But is that God really God? Which religion is the right religion? It is important to discover this secret.

All religions are good. No religion is bad. Religions teach us to pray to God, to live moral ethical lives. But, somehow, we get caught in our scripture, rituals and dogmas. The followers of religions have created fanaticism that denounces other religions and Gods. Therefore, religion has become a subject of controversy. What is the truth?

God is one God. We may see God in different forms or give God different names. But our common sense will tell us that there is only one God. That God is Universal, Supreme, Immortal. God is a Power, birthless and deathless, beginningless and endless. Somehow, as kids, we were taught to believe in a God with name and form, just to enhance our faith and belief. But, unfortunately,

we remain stuck in the kindergarten of religion throughout life. When it comes to school, we grow out of kindergarten and school and go on to graduate in a college and university but when it comes to religion, we remain in the kindergarten of religion all our life. Very few of us get to graduate in the university of Spirituality.

What is the secret? It is this – With religion, you cannot attain God, just as without religion, you cannot attain God. This secret may seem confusing. But it is not! We need religion to start our journey to God. Without religion, there is no way we can move forward in our journey towards God. However, if we get stuck to a religion, and don't evolve to Spirituality, then with religion, we can never realize God. Why? Because we believe in my God versus your God, my scripture versus your scripture. We are lost in the myth that we grow up with. We cannot realize God.

The only way to realize God is through Self-Realization. Unless we realize that the kingdom of God is within and that God lives in the temple of our heart, we will continue to go around in circles and never find God. We cannot find God. God has to be realized. We have to realize that we are the Soul, the Spark Of Unique Life. The Soul comes from God, the Supreme Immortal Power, SIP. However, when we say God, we think of our personal God, *Shiva, Jesus, Krishna, Buddha* and we get lost in the mythology and fairy tales of religion. To realize God, we have to overcome this ignorance. We must have the deep love and longing for the Divine and go in quest, questioning our religion. Only then, will we reach that state of God-Realization. We will realize that God is in you, God is in me, God is in the butterfly, in the bee and in the tree. God is everywhere. God is in everything.

# Spirituality Is Not Leaving The World



*To be Spiritual, you don't have to get out of the World,  
But you have to get the World out of you!*

Many people think that Spirituality is renouncing the world. You have to give up everything, leave everybody and retreat in the forest or go away into the mountains. This is a myth! This is not Spirituality. Of course, many spiritual people may like to retreat into silence but everybody who goes away into the forest or mountains does not become spiritual.

Let us discover the secret – Spirituality is not leaving the world. *There was once a seeker of God who told his Guru, his Spiritual Master, that in quest of God, he had decided to renounce the world. His Spiritual Mentor explained to him that just by renunciation, there is no guarantee that Realization will be achieved. But the seeker was all set on going into the forest. Although he left the world, he was not really able to give up his desires and passions. However, he was committed to living in the forest. One day, a group of college girls lost their way in the forest and one of them, drenched in the rain, reached the seeker. Seeing her in that drenched condition, his passions skyrocketed. She begged for shelter. At first he refused as he was a renunciate but finally, after much persuasion, he agreed and told her, 'Go to the last room and do not open the room even if I knock.'* As

*passion is, that night, he could not sleep. He went and knocked at her door and she refused to open it as she had been directed. There was a small window, through which the renunciate jumped into the room to satisfy his passion. There he found his Spiritual Master who had actually come disguised as the girl to teach him that Spirituality is not about leaving the world.*

Spirituality is the science of the spirit. It is overcoming the ignorance, and it is Realization of who I am and why I am here. Just by renunciation, one cannot attain Spiritual Realization. It is good to renounce those things that bind us to the material world. But to entirely renounce the world may not be the best way to reach our spiritual destination.

There are many people who leave their world, their career, their business and their family and wander like mendicants begging for their existence. Is this the way to attain Spiritual Realization? Spiritual Realization is Enlightenment. It is overcoming ignorance. It is taking the help of an Enlightened Master, a Guru. Unless we live in Consciousness and activate our intellect, we will never be Spiritually Awakened.

In fact, the first thing in Awakening is to stop believing in the myth. We must question everything and not blindly follow the herd. We must fly like a bird, and ask, investigate and realize the truth. First, we need information and then contemplation. Only then, ultimately, there will be Realization of the Truth. We must learn to live a spiritual life in a material world to attain our goal and realize that we are the Divine Soul.

# We Don't *Have* A Soul



*We don't have a Soul. We are the Soul.*

*When we discover this Secret, we achieve our ultimate goal.*

When I discovered this secret that I don't have a Soul, I am the Soul, I was both perplexed and overjoyed. Like everybody else, I believed that we have a Soul. But when I discovered this secret - I am not the body that will die, the body arrived over nine months after I was born, I realized that I am that Spark Of Unique Life, the SOUL that arrived in that moment of conception, in that moment of fertilization that happened nine months before the birth date that is on my birth certificate.

My curiosity led me on to search for the truth. Earlier, I had believed that I was this body that had a Soul. Then I realized I was the Soul that was appearing, manifesting as this body. This was not some hearsay that I just followed. It was backed by scientific facts. Nobody can deny that the body is formed after the zygote grows into the embryo and becomes a little baby, ultimately. The body comes later. Therefore, I had come before. What was I?

In my quest for the truth, I was confronted by the mind and ego that said it was 'ME'. When I tried to search for the mind, I could

not find it. The 'ME' appears but it is something we cannot see. It is due to the ignorance created by the mind that we remain spiritually blind. However, I discovered the secret, 'How can I be the mind that I cannot find?' Therefore, the ego that says 'I is a big lie. 'I am the Soul,' I realized.

Most of us in the world think we have a Soul. But the secret is, we don't *have* a Soul, we *are* the Soul. We are the immortal energy, that Spark Of Unique Life, SOUL that arrives in that moment when we are conceived. The Soul continues to give the body life. Thus, we have breath till our death. Then, in that moment, the Soul departs, and people say that we passed away. Isn't it crystal clear that if we departed, when the Soul left, then we are none other than the Soul?

Although it is so simple, this secret has remained a mystery throughout our history. Because we do not discover this secret, we think we are the body and we suffer physical pain. We believe the mind and experience fear and worry, stress and anxiety. Because we believe the lie when the ego says 'I', we live with anger, hate, revenge and jealousy. The moment we realize we are the Soul, we become free from the triple suffering of the body, mind and ego.

It is unfortunate that this, one of the world's greatest secrets, remains hidden and causes us so much pain. This is one of the world's greatest sins but those who do not discover this secret, I am the Soul, live and die as the body. Then, they carry their Karma as the Mind and Ego, ME and return to earth in a rebirth, only to go through that cycle of pleasure and pain, again and again. Those who discover this secret are liberated from rebirth and united with the Supreme.

# The Soul Is God



*The Soul is nothing but the Power of the Lord,  
When we discover this secret, we realize God.*

When we discover the secret of the Soul, it leads us to a greater secret. In fact, it could be the greatest secret of the world – the Soul is God. How can we believe this? Let us analyse. We have clearly understood that the human being is just like a computer – We are the human computer. Just like a computer is made up of hardware and software, the human computer is made up of the body, the gross physical aspect and the software, the subtle aspect of the mind, intellect, memory and ego. Just like a computer cannot work without hardware or without software, the human computer needs both the gross body and the subtle mind to function. But if there was no Power Supply in the computer, no battery, no UPS, could the computer work? The human Power Supply is the SOUL, the Spark Of Unique Life. Where does the computer get its power from? All Power ultimately comes from the grid, the energy centre that supplies Power not just to our computers and mobiles but to all the gadgets that we use. Even the battery is charged by that Power.

Where does the Soul get its Power from? The SOUL, the Spark Of Unique Life is powered from SIP, the Supreme Immortal

Power. The Soul comes from SIP and returns to SIP. The Soul is never born. The Soul never dies. It is energy and we have all learnt about the Law of Thermodynamics. Energy cannot be created or destroyed. It can only be transformed from one form to another. The Soul, is therefore, this Eternal Energy of SIP.

When we realize that the Soul is SIP, we link this discovery to the Realization that God is not made of bone and skin. God is a Power, a Supreme Immortal Power and just like a computer gets its Power from the Central Power Grid, the Soul is nothing but Power that comes from the universal grid of the Supreme Immortal Power, SIP. Therefore, what is the Soul? Soul is nothing but SIP. It is a tiny spark of that vast Universal energy, SIP.

The secret, the Soul is God, can be further understood when we look at a wave. What is a wave? It is nothing but the ocean. It appears from the ocean and returns to the ocean. The Soul appears from SIP and returns to SIP. It is just like when we blow a balloon, where does the air come from? Some think that it comes from within us. But what if we blow a hundred balloons? The air is coming from the air that is everywhere. When we burst the balloon, the air merges with the air that is everywhere. So does the Soul.

Just like the air is everywhere, the Power of the Soul is universal. When a person departs and the Soul leaves, it doesn't travel anywhere. It only merges with the Power that is omnipresent. We call this Power, God, but in reality, it is SIP, the Supreme Immortal Power of which the Soul is a part. Therefore, the Soul is God. You and me are God. We must discover this secret!

# God Is Inside You



*Because we foolishly believe we are made of bone and skin,  
We do not discover the secret that God is within.*

Throughout life, we believe the lie that God lives in the sky. From the time we are children, we are taught this profound truth, so to say, that there is a God, somewhere up in the heavens. Different religions give their God different names but most Gods have a form, a picture and even a statue that we can touch and feel. This is quite necessary when we are little kids. Otherwise, how would we comprehend God? When we are taught ABC, we are shown an apple, a ball and a cat. These symbolic representations help in the process of learning. But once we go from school to college, our knowledge evolves, and we let go of the symbols. But when it comes to God, we remain in the kindergarten of religion throughout our life.

We live and we die, praying to our personal God. It may be *Jesus* or *Krishna*, *Rama* or *Shiva*, *Buddha* or *Guru Nanak*, the number of Gods is endless. Somehow, we believe God to be this personal God. But the secret reveals something else.

God is not a person who lives on a distant planet. God is a Power, and it is that Power that appears as the Spark Of Unique

Life, the Soul in each one of us. Therefore, the Soul that is within each cell of our existence is nothing but the Power of God, the Power of SIP, the Supreme Immortal Power.

Scriptures of several religions have been screaming this secret, God is inside you. Luke 17:21 - *The Kingdom of God is within you* and Corinthians 3:16 - *Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?* Though the scripture says it so clearly that the kingdom, the temple of God is within, we are searching outside. The *Vedas* and the *Upanishads* clearly state, *Neti Neti Tat Twam Asi*. You are not the body, you are that, the Divine Soul, *Ayam Atma Brahma*.

In fact, this secret is not a secret. It has been known for centuries, but we have turned a deaf ear to it. We have refused to listen to the secret that God dwells within, God is not far away. God is SIP, the Supreme Immortal Power that appears in each one of us, as the SOUL, the Spark Of Unique Life.

From the time we are conceived, it is the Power of God, of SIP, that gives us life. We walk, we talk, we sing, we can do anything. This Power comes from God. God is always with us. It is the God inside that gives us Consciousness. It is because of the SIP within that we have the Power to breathe, to live. It is the God Power that gives us the gift to discriminate. Without the Power of God within, there would be no breath. It would lead to death. Alas! Although God is within, we do not discover the secret and keep on searching for God outside.

# We Are All God



*To discover the Secret, we are all God,  
We must first discover, we are nothing! We are not!*

Throughout life, we live with our identities. 'I am Deepak Gupta,' we say, but this is just our name. By now, we have learnt that we are not the body, mind and ego. We are the Divine Soul. Each one of us is a Spark Of Unique Life. We are energy that arrives from the Supreme Energy in the moment of conception. We are the Soul that gives us breath till our death. In the final moment, when the Soul departs, we lose Consciousness and our body is destroyed. We should have no doubt that we are the Soul.

The second fact that we have realized is that God does not live in the sky. It is a lie! There are millions of Gods but the truth is that God is not God. God is SIP, the Supreme Immortal Power. This discovery along with the previous Realization leads to the greatest revelation of life - We are all God.

Those who are unaware of these great secrets will think of this secret, we are all God, as both obnoxious and blasphemous. 'How dare you say that you are God and everybody is God? This is nonsense! It is a blatant lie!' they will claim. 'Man is man,

and God is God. Man can never be God.' However, those who discover the secret, discover the truth that we are in fact, nothing. Not the body, mind and ego, we are the Soul, and the Soul is SIP. Therefore, we are nothing other than God. The Realization is not that I am God, but rather, I am not. Because I am nothing, I realize I am that Power of SIP that is everything. This is the greatest Realization.

Unfortunately, while this is the absolute truth, and all the ancient scriptures advocate it, we do not correctly interpret it. Genesis 1:27: '*So God created man in his own image.*' What does this mean? We are images, manifestations of God.

Genesis 2:7 : '*Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.*' It is for us to realize that without the life of God, we are nothing but dust. The ancient *Upanishads* and *Vedas*, also say the same thing – *Neti Neti, Tat Twam Asi* - Not this, not this. Thou art that. *Aham Brahmasmi* – I am the Power of God. *Prajnanam Brahma* – The Lord is in every being. Over the centuries, while this truth in the scripture remains embedded, we have not discovered the great secret – We are all God.

This is the absolute truth that we are not human beings having a spiritual experience. We are Divine spirits that are encapsulated in a body, mind and ego complex due to our Karma that continues because of our ignorance. Until we realize the truth, we will not discover these great secrets and therefore, we will not get liberated from the triple suffering on earth and from the cycle of death and rebirth. We will live as the body, mind and ego, and then we will die, only to be reborn, and this will go on and on.

# Nothing Is Created By God



*We are not created by God, we are God.*

*Every cell of our existence is a Manifestation of the Lord.*

The believers of this world believe that everything is created by God. The sun, the moon, the stars, the birds, the animals, the flowers, all these have appeared from some magical, mysterious, amazing Creator. The simple logic is that if there is creation, then there must be a Creator. Alas, they have not discovered the secret, nothing is created by God. Everything is a manifestation of God. What does this mean?

This world is a gross physical reality. It appears to be what it is, but in reality, every molecule of matter in this universe is made up of energy. This is not a spiritual thesis. It is a scientific fact. Quantum Physics and Quantum Mechanics, branches of science advocate the theory of Wave-Particle Duality, that every particle of matter is in fact nothing but a wave of energy. Every particle is just a manifestation of energy. Very few of us are in sync with this latest discovery of science. This new scientific discovery has been in the scriptures for thousands of years. The scriptures say that the world is an illusion. It is just an appearance. It is *Maya*, a projection. Science has only now reached the conclusion! What does this scientific and spiritual statement tell us?

For centuries together, science, religion and Spirituality were at loggerheads. Even today, science refutes religion that has no logic. But Spirituality is the science of the spirit. Today, both science and Spirituality have synergy and that is, they both agree that everything in this world is energy.

Not only is every molecule energy, even the life in every living creature is the SOUL, the Spark Of Unique Life. Again, science agrees that the first cell or zygote of any creature multiplies into 2, 4 and 16, till it is 'delivered' as a baby. Could this cell multiplication happen without life in the first cell? Impossible! Therefore, it is energy that is causing every living creature to be conceived and born. Without energy, there would be no life. There would be no living beings. You and me, the butterfly, the bee and the tree, are all nothing but energy.

When we state this secret, nothing is created by God, what do we mean? It means that nothing is created by God, everything is God. Everything is SIP, the Supreme Immortal Power. You and me are SIP and so is every bird, animal and tree. The mountain and the sea too are nothing but SIP. Everything in this world, that is animate and inanimate, is SIP. But everything is not made by SIP because if that was so, then there must be raw material to create. There is no raw material. It is only energy, power. It is all part of SIP. Therefore, we say that everything is a manifestation of SIP. We appear to be but the truth is that we are SIP in reality. When we discover this secret, nothing is created by God, then we don't need to go and pray in a temple or a church. We need to search for the truth. Unfortunately, knowledge is not enough. We need Realization.

# Death Is Not The End



*Death is not the end, it is just a bend.  
This will go on and on, till Karma we transcend.*

If you ask anybody, 'Will you die?' the spontaneous answer is, 'Of course! We all will die.' But what is the truth behind death?

Some people believe that death is the end. They don't discover the secret, death is not the end. The moment one is gone, one is reborn. The body dies. Every 'body' that is alive must experience death. But what do we say when somebody passes away? Don't we say, 'Let us pray for the departed Soul'? We know for sure that something has happened in the moment of death. We don't know what but there is a difference between life and death. When we are alive, the Power of life is throbbing in every cell of our existence. But in the moment of death, that Power leaves. Then, the body is so useless that our near and dear ones destroy it. They either burn it or bury it.

The secret to discover is — Who departs in the moment of death and what happens thereafter? As we discover the world's greatest secrets, we will realize the truth behind the words, R.I.P. When somebody dies, why do we say, 'Rest In Peace'? Somehow, we believe that God lives in the sky and there is a

heaven and a hell as the scriptures tell. We don't discover that heaven and hell are right here on earth. We do not realize that the Soul does not take rebirth. The Soul is energy. It is a Spark Of Unique Life. It departs in the moment of death to become one with SIP, the Supreme Immortal Power. Then, death should be the end. Why does the secret say, death is not the end?

When we die, we have unsettled Karma, actions that are good or bad. These have to be settled and therefore, when the body dies, the Mind and Ego that is ME, returns to earth in a rebirth. That is why a child may be born blind. It is not because God is not kind! It is Karma! Karma causes somebody to be born in a slum and somebody in a palace. The account of life does not end in the moment of death. When alive, we believe the principle, as you sow, so shall you reap. We must discover the secret that even at death, the same principle applies. The body dies but the story continues. Death is not the end. It is just a bend.

At death, the Mind and Ego, ME, carrying Karma, leaves one body and returns in another body to redeem its past Karma. This cycle will go on and on, and we will be reborn, till that time when there is no Karma. Then, there is no need to be reborn. In such a rare case, in the moment of death, the Soul will become one with the Divine and the mind and ego, will not need to return to earth because it has no Karma. Unfortunately, there is always Karma that remains unsettled. It may be good or bad Karma. How then can this secret teach us that death is just a bend and how can we learn to transcend and be free?

# The Moment One Is Gone, One Is Reborn



*When we die, we don't go somewhere up in the sky.  
When we are gone, the body becomes dust, we are reborn.*

What happens when somebody dies? There is so much noise, so many rituals, so many superstitions! We start to pray for the departed Soul but we don't understand what has happened.

Of course, death is certain. Every 'body' that is born must die. No living creature can escape death. A butterfly may live for 2 weeks, a dog for over 10 years and a human being for up to 100 years. But the truth is that ultimately, every 'body' has to die. But what happens after death? Very few discover this secret.

The secret is simple, the moment one is gone, one is reborn. In most cases, when the body dies, the one who is alive leaves the body and the family destroys the body, either by burning or burying it. The family is absolutely sure that the deceased has departed. If they were not sure, they would never burn the body or put it under the soil. But even after the cremation, we still believe that the person who died, exists. We still presume that the departed one is resting somewhere in peace. We still accept the lie that the one who died has gone to the sky. There is

no God in the sky. There is no heaven and no hell as people tell. What is the secret?

The secret is the truth. It is not anything mysterious. We are sure that the body returns to ashes, just as we are sure that the person who was alive has moved on. The question is, 'Who has moved on and where have they gone?'

As mentioned, in majority of the cases, the one who died, carries Karma and returns to earth in a rebirth. The body dies, but the subtle body, the Mind and Ego, ME, carrying its Karma, appears in a new body to settle those Karma that have not been redeemed. And this happens in a flash of a moment. The moment one is gone, one is reborn. Therefore, to do anything for the deceased is ignorance. All we can do and should do, is respectfully finish what we call the final rites for the body. Understanding the secret, we must realize that the journey of the one who was alive is over. They are gone and now, they are reborn in a new life, a new body, a new journey. They can never be the mother or father that they were. That act in the drama called life is over and cannot be resumed under any circumstances, more so because, we have ourselves destroyed them so completely and put their ashes in the river or let them disintegrate under the soil. Then, to pray for them or to think that they exist somewhere up in the skies is nothing but a bunch of lies.

Let us discover the secret that the moment one is gone, one is reborn. Knowing this simple truth, let us move on. Let us not cling to the ones who depart and bring into our life, needless suffering.

# God Is Not God



*God is not God, but no doubt God is.*

*Who, where and what, our Goal is to realize this.*

We all pray to God, and we must. But we must remember that God is not God. As long as we do not discover this secret, God is not God, we will continue to believe the lie and cry and question, 'Why?' as we reach out to our God in the sky.

From the time we were kids, we have been taught fairy tales about God, about how God was born, and the miracles of God and we have been made to believe in so many myths, which are far from the truth.

The more mysterious the fairy tales, the more impactful is the lesson about God. And so, religions all around the world impart theology that talks of how God flew with a mountain in his hand, how an incarnation of God could split a roaring sea, or how the Gods and Goddesses came flying from a distant heaven on a cow, a bull, a tiger. The imagination is amazing, but what is the truth?

No doubt, God exists, but does God have a name and form? Is God *Jesus* or *Krishna*, *Shiva* or *Rama*, *Buddha* or *Guru Nanak*, or

any one of the millions of Gods that man has created? This is false. There is only one God, and that God has no name, no form. God does not belong to any religion. Religion is manmade. It is meant for us to pray to God. But unfortunately, we have become so caught in the thought that religion advocates that we start praying to a statue or a picture. We even believe that God lives in the temple or church. We do not search for the truth – Who is God? Where is God? What is God?

The truth is that God exists. But God is never born. There is no doubt that there is a powerful Creator of this universe, but that Creator is deathless. When we put a beginning date to God, we are only demeaning our Lord. God is beginningless and endless, birthless and deathless, nameless and formless.

There is no doubt that God exists. But the moment we imagine our God to be the personal God that we have prayed to, we will continue to have faith in God but we will never realize God.

Religion starts our journey to God but unless we let go of religion and the personal God that we believe in, we will never become one with the Lord. If we want to attain God, we must have such a deep love and longing for the Divine, that we must question the existence of God. We must not worry about the fact that religion calls this blasphemy, the biggest crime. We must seek God so much that we go deep and realize the truth about God. God is not God, but God is. We don't know who, where and what, and the purpose of our life is to realize this. God is not God, God is SIP. What then is this God that is SIP?

# God Is SIP



*God is not God. God is the Supreme Immortal Power, SIP.  
Let us start this trip on an inner voyage. Take the ship to SIP.*

God is not God. God is SIP, a Supreme Immortal Power. By now, we are aware of this secret. It is no more a secret. It is the ultimate truth of life. The fact is that God exists. But the moment we think that God is God, we start believing all the lies and we imagine so many Gods in the skies. Then, we get caught in rituals and superstitions, in dogma and fairy tales. We don't realize that God is SIP.

God is a Supreme Immortal Power. God is Supreme. There is no super God that created God! We cannot question where God came from. God is the ultimate cause, beginningless and endless. There is nothing or nobody greater or more powerful than God. So, we say, God is Supreme. Some people wonder about the creator of God – who has created God? If it was a Super God, then, who created the Super God? If the answer is a Super, Super God, then this question will never end.

God is Immortal. The Supreme Power is birthless and deathless. Around the world, because we are ignorant of two secrets, God is not God, and God is SIP, we continue to celebrate

the birthday of God. How could God ever be born? God is the Creator. If God was born, then there is somebody greater than God and this puts the entire truth of God into confusion. How can God die? If God is all powerful, then God cannot die and if God dies, has an end, then who manages the universe after God's death? Therefore, the one who dies may be a Saint, an incarnation or manifestation. But actually, God is SIP, that is both Supreme and Immortal.

God is a Power. God is not made of bone and skin. God is not African or American, Chinese or Indian. God has no form and no name, because God is a Power. Therefore, we must realize the truth, discover the secret, God is SIP, the Supreme Immortal Power. Those who want to realize God, discover the truth that God is SIP. They start an inner voyage on a ship, and they make this trip the priority of their life. They do not lose their grip and SIP is on their lip. They let go of God, only to realize SIP. They love their God so much that they realize SIP in the temple of their heart. They discover that God is not in the sky. God is SIP. SIP is everywhere, omnipresent. SIP is all powerful, omnipotent. SIP knows everything, is omniscient. Those who realize SIP do not limit SIP to be a mortal God that is limited to a religion. They discover the truth that the Supreme Immortal Power is everything. Everything else is an illusion, a manifestation of the Divine. In fact, this is the greatest secret of the world.

From today, discover the secret and stop praying to God. Rather, pray through God, to SIP, the Supreme Immortal Power that is everywhere, in everything, in you and me. In the butterfly and the tree, in the mountain and the sea, everything is a manifestation of SIP. Everything is SIP, nothing else is!

# This World Is Nothing But Energy



*What is this world made up of? What is the Truth?  
Everything is made up of Energy, we must get to the root!*

If God is SIP, a Supreme Immortal Power that is everywhere, in everything, then what is this world all about? What about all the billions and trillions of creatures that walk, crawl, fly and swim? Let us understand the truth and discover this secret.

For thousands of years, the saints and the sages from several countries and continents have spoken about the Soul being Divine energy. The Soul is a Spark Of Unique Life. They have said that this world is a Cosmic Illusion. It appears to be but in reality, everything is energy. What do they mean?

While we are lost in this modern world, in structures, temples and churches, monasteries and *Gurudwaras*, synagogues and other institutions, we have lost sight of the truth. We have started to believe the lie. These are not the places where God dwells. The Divine is not made of bone and skin. The Divine is the power that dwells within. God is energy and it is this energy that appears in every living creature.

Let us analyse. First of all, there is a world where people are born. Where did this world come from? Not just the earth, but even the sun, the moon, the stars, the empty space in which there is Mars? Don't we get flabbergasted when we look up at the night sky and see the magic of twinkling stars? What is the Power that causes the sun to glow, the wind to blow and the water to flow? The whole universe is made up of 5 elements, earth, air, water, fire and space. And what are these 5 elements made up of? Energy. This is not just a spiritual statement. It is a scientific fact that every molecule of matter is in fact, nothing but energy.

Having discovered that this world, this universe is nothing but energy, we get to the next question about all the life that exists on the planet. Where does this life come from? This life too is nothing but energy, energy that cannot be created or destroyed, energy that is birthless and deathless. It is energy that causes the fertilization of the zygote, the first cell of existence. It is the same energy that makes the first cell multiply and create a living creature. It may be a human being, a chick, a bird or a rabbit. We are amazed at the beauty of a little one that is born. But what is causing the birth and the beauty? It is energy. Remove the energy and there is nothing, no life, no beauty. What, therefore, is this energy that is creating life in all that is animate and what is this energy that is in every molecule of matter that is inanimate?

The only secret that remains undiscovered is this, there is no answer to this secret. What is this Power that is SIP? What is the energy that scientists say fills the entire universe, the cosmos? Man is incapable of comprehending this secret - This world is nothing but energy. But what is it?

# Science And Spirituality Have Synergy



*Science and Spirituality were at loggerheads and had no synergy. Today, they both believe that the world is full of Power or Energy*

For hundreds of years, it was always believed that Science and Spirituality are at loggerheads. They go in opposite directions. But today, the world has discovered a new secret, Science and Spirituality have synergy. Both believe that everything in this world is energy.

Let us understand this secret. When the subject of God is discussed, Science rejects it outright. Why? Because the subject of God has been shrouded in mystery over the history of this world. How many Gods? How many religions? The entire subject is full of superstitions and rituals, fairy tales and dogmas. When people believe in angels and ghosts, in heaven and hell, Science questions these beliefs and does not accept any of them. However, there is a distinct difference between Religion and Spirituality.

Religion is to do with a particular God, scripture, rituals, and dogma. But Spirituality has nothing of this sort. Spirituality is the science of the spirit. It is an enquiry to realize the truth. It is based on logic, not some religious magic. Therefore, Spirituality

has moved more towards being a scientific subject, just as religion has moved away from it. Science and religion are at loggerheads. They are worlds apart. But Science and Spirituality, both believe that every molecule of this world is nothing but energy. Therefore, they have synergy.

In 2022, the Nobel Prize for Physics was awarded to 3 physicists for their work in Quantum Physics and Quantum Mechanics. These branches of science have under their study, recorded the theory called Wave-Particle Duality. It states that a particle of matter is in essence nothing but energy, just as energy manifests as matter. Spirituality has been saying this for thousands of years that everything in this world is a Cosmic Illusion or *Maya*. Everything in this world is a projection of SIP, the Supreme Immortal Power.

Today, Science and Spirituality have come very close, and it seems like it is only a matter of time before Spirituality will be accepted as the scientific study about the truth of life. What is the only difference that persists? Science says that this entire universe is full of energy. Science calls it dark matter or dark energy. Spirituality says that this full universe is nothing but a manifestation of the Supreme Immortal Power. Science calls it energy. Spirituality calls it Power. The fact is there is no difference, except the paradigm of how science looks at the Power that Spirituality believes in. Science says that this energy cannot be created or destroyed. Spirituality says that the Power is immortal. Both are saying the same thing. The only difference is that Science believes that this entire magical universe came out of nothing. But Spirituality believes that it has a source, a Power beyond human definition and comprehension.

# Only Self-Realization Can Lead To God-Realization



*There is only one way for us to attain God,  
If we realize, 'Who am I', we will be one with the Lord.*

What is the last, but not the least important secret of the world? The last of the greatest secrets is that you can attain God, you can realize God, you can become one with God. But there is only one way. The way to God-Realization is through Self-Realization.

Let us understand the secret, only Self-Realization can lead to God-Realization. Without Self-Realization, there cannot be God-Realization. Billions of people around the world believe in a God and they pray. They go to a temple or a church, a monastery or a synagogue or to a place of worship that is created by the religion they follow. These billions of people believe in the lie that God lives in the sky. Some of them pray to God because of their faith and some because of fear. But all of them live and die, believing that one day, they will meet their God who is somewhere up in the sky. They do not start their journey to God, which begins with, 'Who am I?'

Unless we realize that we are nothing, we are not the body that will die, we are not the mind that we cannot find, we are not the

ego that says 'I', we will never discover the truth that God does not live in the sky. Our first goal is to realize we are the Divine Soul. When we realize we are a Spark Of Unique Life, when we discover this secret that we were born 9 months before the date on our birth certificate, when we realize that our body will die, but we will never die and people will say that we passed away, then we will realize that we are that immortal energy, the Spirit, *Prana*, or Soul. Whatever we may call it, we are not this that we appear to be. We are that Immortal Energy. This is Self-Realization.

When we have Self-Realization, then we can attain God-Realization. First, we realize that 'I am a Soul'. Then, we realize that the Soul is nothing but the Supreme Immortal Power, SIP. The Soul is energy that comes from the Divine and returns to the Divine. Therefore, we are none other than Divine manifestations. What does this reveal? That God is the Soul in you and me. God is the Power in every living creature. This truth further leads us to the Realization that every molecule of matter too is nothing but energy. Therefore, everything animate and inanimate, in the final analysis, is nothing but energy or Power. What is this Power? What is this Energy? It is God. It is SIP, the Supreme Immortal Power. This is God-Realization.

God-Realization is possible only after Self-Realization. Without realizing that we are God, we will always live with duality that God is separate from us. But when we realize we are nothing, but manifestations of God, of SIP, we realize God. This is not a belief. It is a scientific fact. But it remains one of the World's Greatest Secrets because we are ignorant. Our mind makes us blind and thus, this truth we cannot find. We must realize this truth!

# Afterword



*The World's 50 Greatest Secrets will transform your Life,  
Just as I Realized God and I was able to overcome strife.*

Over the last decade, I discovered so many secrets. My life too, was shrouded with mystery and I was ignorant through my history. I believed in angels and ghosts, in fairy tales and heaven and hell but none of this took me to the truth. For 40 years, I prayed to a God in a temple. But my search led me nowhere. Then one day, I decided to go on a quest to find out, 'Who am I?' Then I achieved my ultimate goal; I realized that I was the Divine Soul. My quest led me to Self-Realization and God-Realization. I realized that our ultimate destination is Liberation and Unification with the Divine.

For over 40 years, I suffered the pain of the body, misery of the mind and agony of the ego because I had not realized the truth. I lived with confusion and was unable to reach the conclusion. I was a prisoner of the mind. It made me blind. The mind I could not find, yet it concealed these secrets, and they were left behind! The secrets revealed that the ego that says 'I' is a lie. When I transcended the ego, I realized that I was nothing and in that moment, I became everything.

As I discovered the World's 50 Greatest Secrets, one by one, they showed me the way to Eternal Happiness, to that state of Truth Consciousness. They helped me overcome the myth and realize the truth. I discovered things that I had never known before. I realized, 'I am not 'I'. I will never die.' I realized that God does not live in the sky. The mind and ego, is not me. I am Divine Energy. There is no heaven and no hell. There are many lies that people tell. Success is not happiness, rather happiness is success. The greatest achievement is not achievement. It is Fulfillment and Enlightenment.

Without discovering these secrets, I would have lived and died without finding out the purpose of life, without finding out, 'Who am I?' Without these secrets, my life would have had no meaning, no purpose. It would have been no better than a circus. Discovering these secrets led to my irreversible transformation, a metamorphosis. From Ravi, I became the *Atman* in Ravi. Now, I live in a state of Bliss and Peace. When it is time for my life journey to end, it is my entreaty, my prayer that I become one with the Supreme Immortal Power, SIP, that we refer to as God.

Now it is time for you to discover these secrets. Stop and ask the questions - Why did I come to earth? What is the purpose of this human birth? These 50 secrets will lead you to realizing that this world is nothing more than a drama. Everything is unfolding as per Karma. When you discover these secrets, there will be no trauma. These secrets will lead you to the ultimate destination of *Nirvana* or *Moksha*. These 50 secrets have the essence of life, of peace, love, joy and bliss. They will not only lead you to Eternal Happiness in Truth Consciousness but will also lead you to becoming one with the Divine.

# Poem

## WORLD'S 50

### GREATEST SECRETS



*I am not 'I', but then, who am I?  
I will not die, but then, who will die?  
Because we believe the lie, we just cry  
We look at the sky and we ask, 'Why?'  
There are Secrets in Life, we must find  
Alas! Our mind makes us blind*

*We just follow the herd, we don't fly like a bird  
We don't realize the truth, we don't get to the root  
We believe in a heaven and a hell  
We believe everything that people tell  
Let us start a special task  
The World's Greatest Secrets, let us unmask*

*Secret, Secret, Secret, but what is true?  
Why do we get miserable, why get blue?  
The biggest enemy is the mind  
But where is the mind, we cannot find!  
And we are all searching for peace of mind,  
When we still the mind, peace we will find!*

*We are all searching for Happiness  
 But why then is our Life a mess?  
 We live with fear, worry, anxiety and stress  
 We don't discover true Consciousness  
 Is there a way to Eternal Bliss?  
 Yes, Joy is our right, we should not miss*

*But first, we must overcome all the lies  
 Lies like God lives in the skies  
 We must start an earnest search  
 Not just go to a temple or church  
 The first secret is to find out, 'Who am I?'  
 To discover that I came to earth, but why?*

*Do we know why we were born?  
 We don't discover and then, we are gone!  
 The truth is, we will be Reborn  
 And this will go on and on and on  
 Our purpose is to be free from all misery on earth  
 And to be free from the cycle of Rebirth*

*For this, the secrets of life we must discover  
 What is the truth, we must uncover  
 Because we just believe in any fairy tale  
 Our life is over, and we just fail  
 We now have secrets, there are fifty  
 Let's discover them all, do it swiftly*

Poem

*When we discover these Secrets of Life  
We will be free from misery and strife  
We get attached to our husband or wife  
We don't cut the lies with a knife  
We don't discover true love that is Bliss  
We break our hearts and find unhappiness*

*God is in you. God is in me  
We don't realize we are Divine energy  
We don't discover the Secret, God is within  
We believe God is made of bone and skin  
When we discover that God is in all  
Our Life is transformed, and we grow tall*

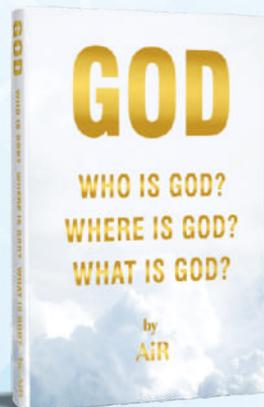
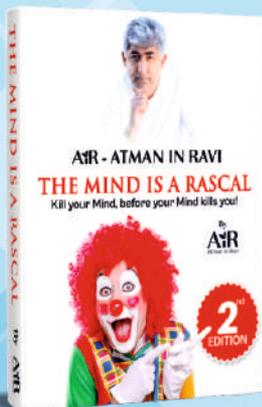
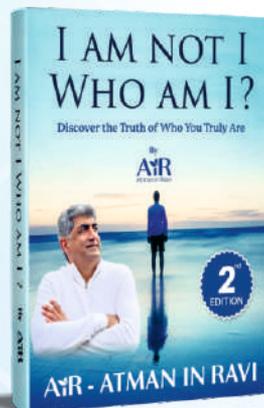
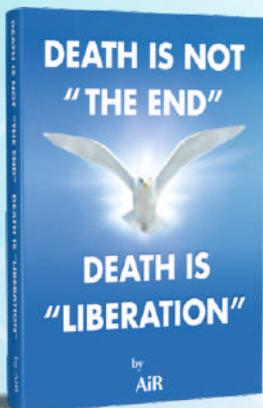
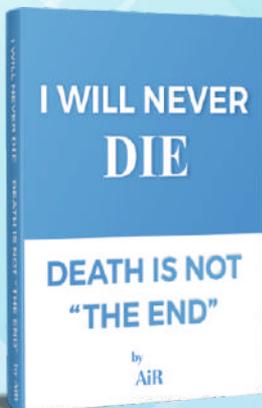
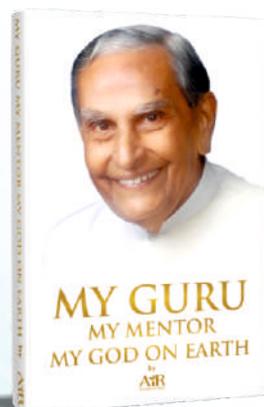
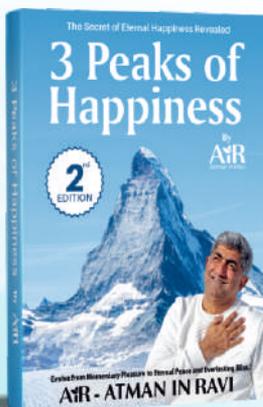
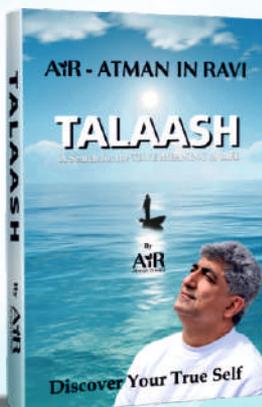
*It's time to achieve our ultimate goal  
To realize we are the Divine Soul  
To discover the truth, death is not the end  
Every 'Body' will die, but it's just a bend  
The Secrets will make us discover, 'Who am I?'  
And will liberate us when this body will die*

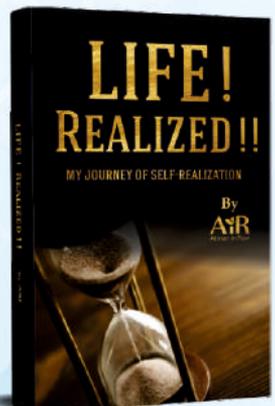
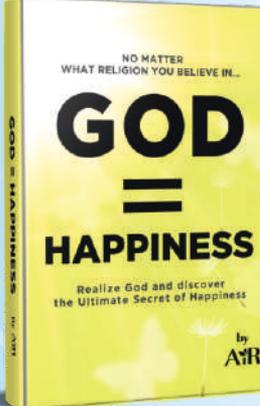
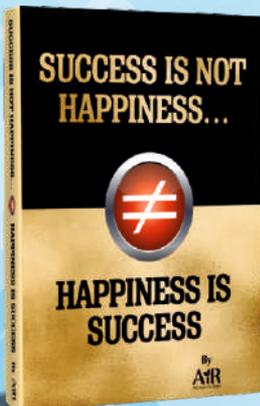
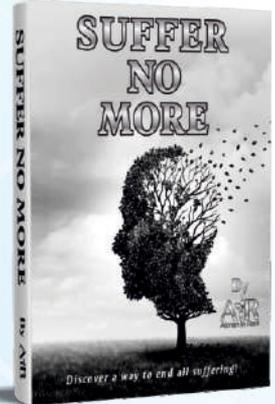
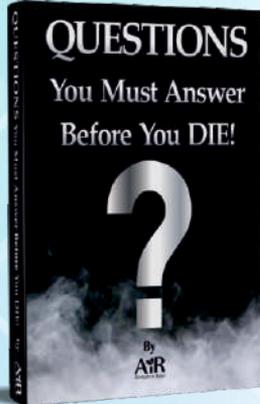
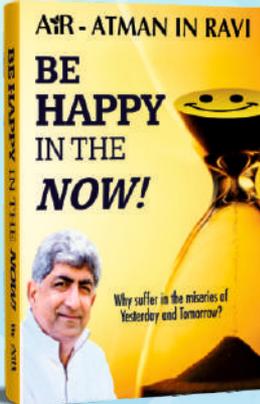
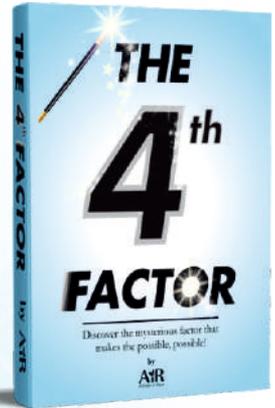
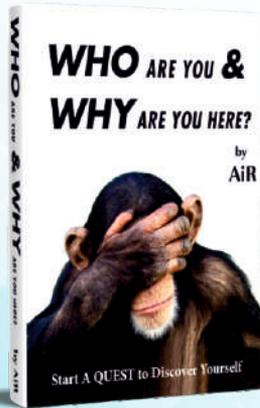
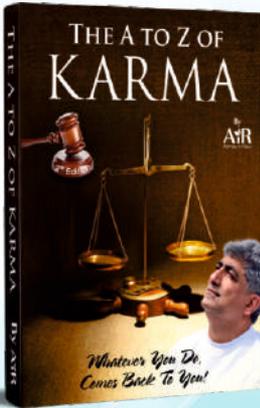
*But without the Secrets we will fail  
In Ignorance, we will live and die in a jail  
We will be imprisoned, we will not be free  
We will be bound to the ground like a tree  
But when we discover we are not the Mind and Ego, ME  
We will discover that we are Divine energy!*

*It's time to stop living with trauma  
To realize Life is nothing but a drama  
Everything that is unfolding is as per our Karma  
Our ultimate goal is to achieve Nirvana or Moksha  
But because we are caught in Maya, the illusion  
The truth remains a secret, there is no Realization*

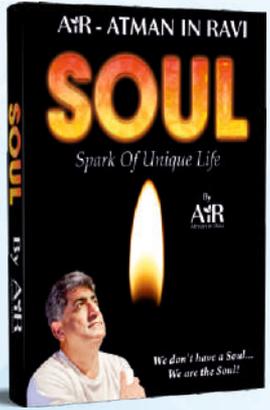
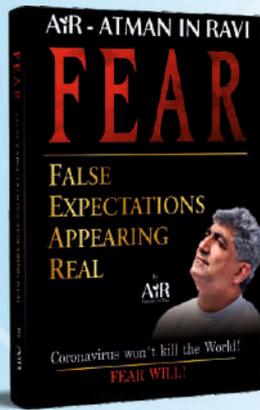
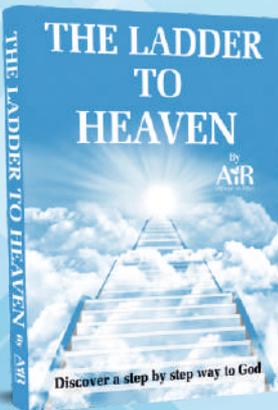
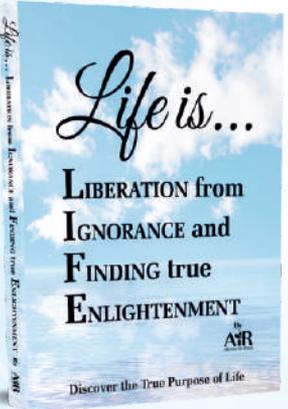
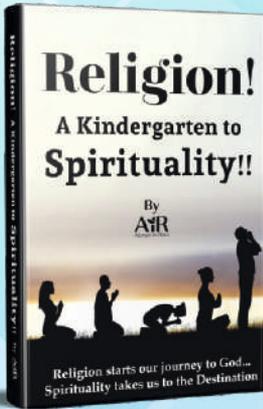
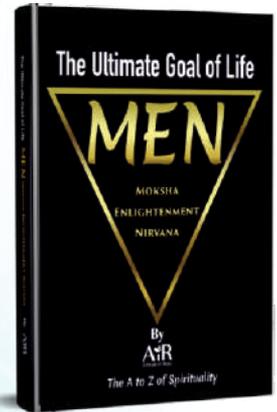
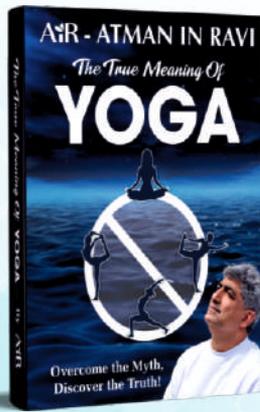
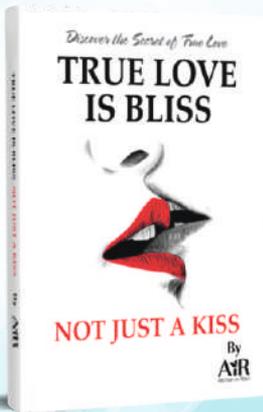
*These Secrets will remove all our confusion  
These Secrets will make us arrive at a conclusion  
There will be Purification, and then Illumination  
And of the truth, there will be Realization  
And from this world of misery, there will be Liberation  
And ultimately, with the Divine, Blissful Unification!*

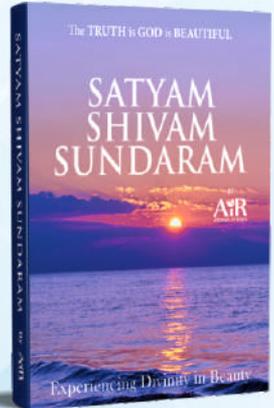
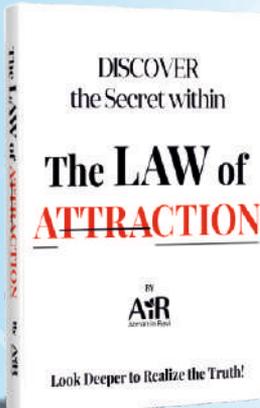
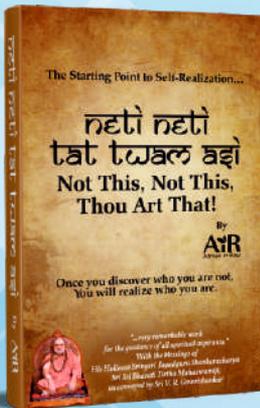
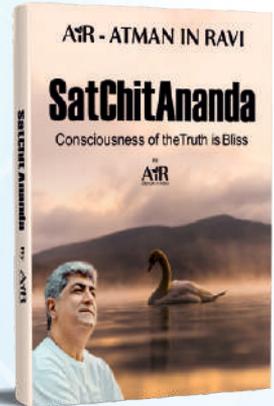
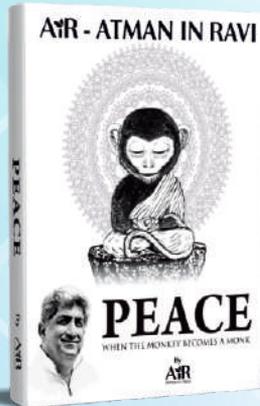
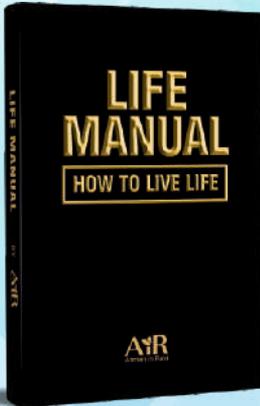
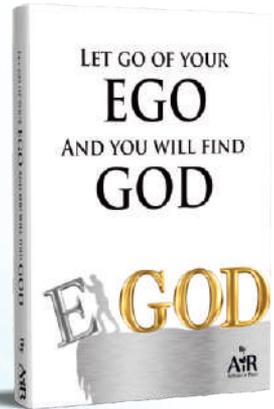
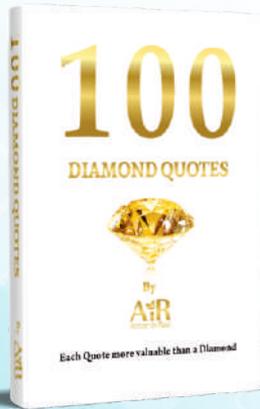
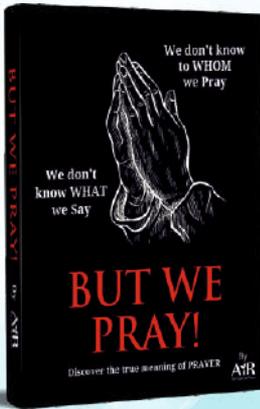
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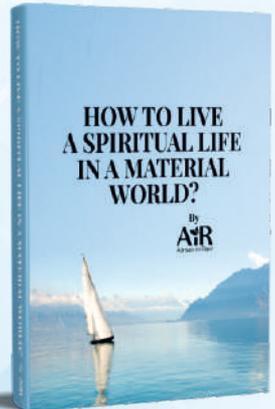
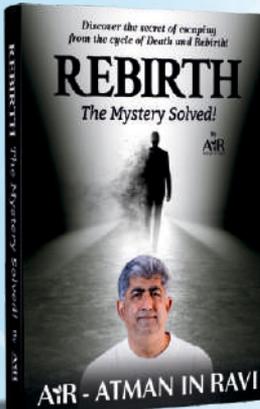
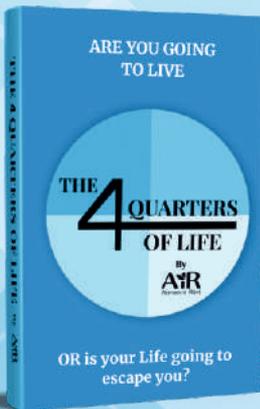
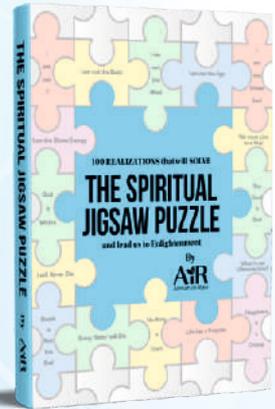
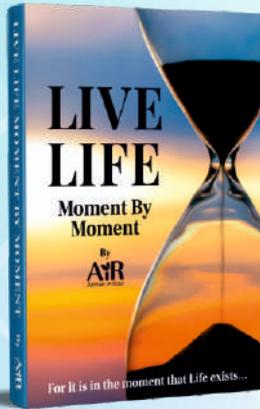
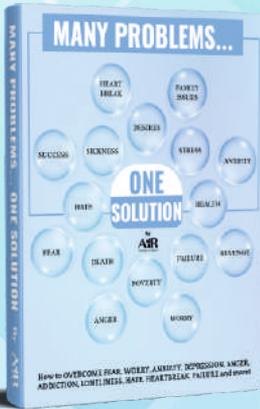
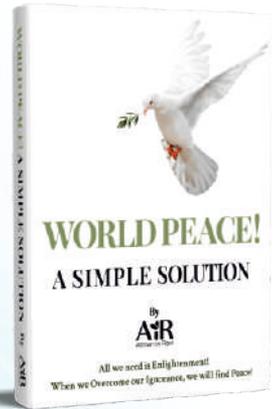
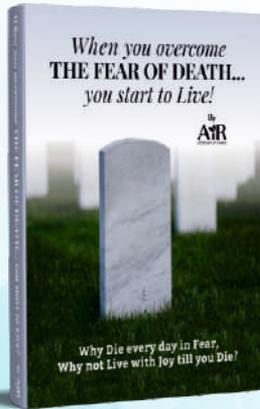
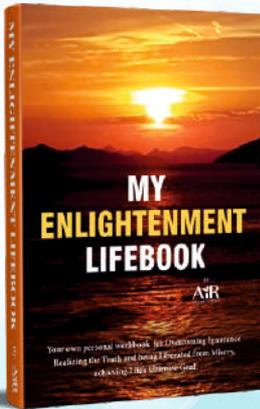


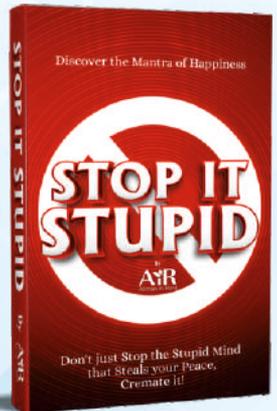
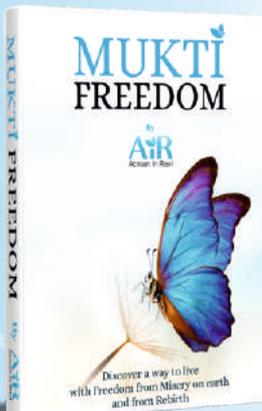
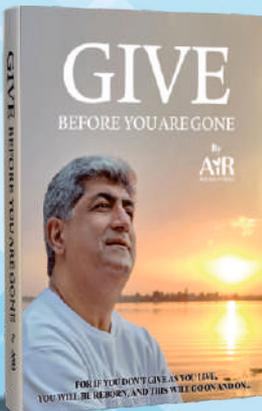
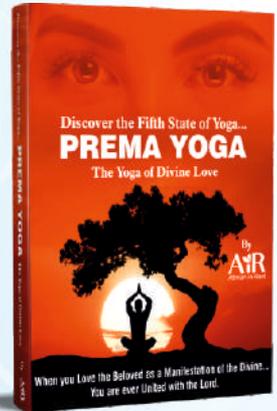
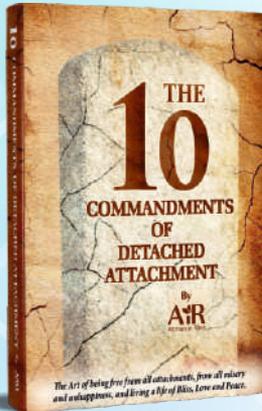
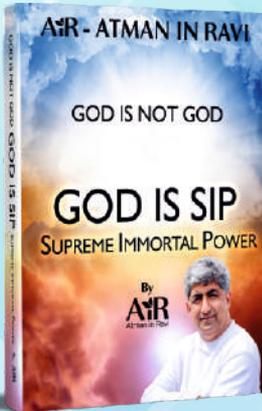
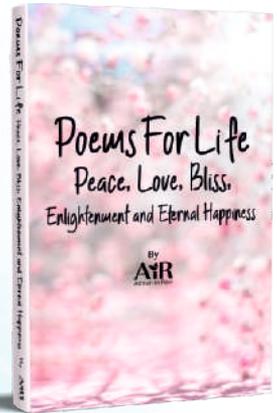
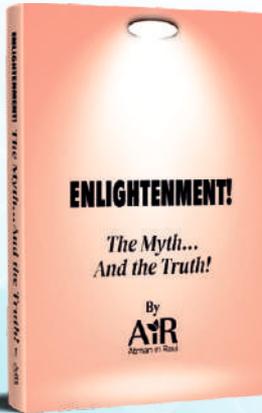
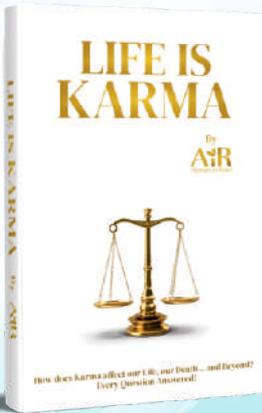
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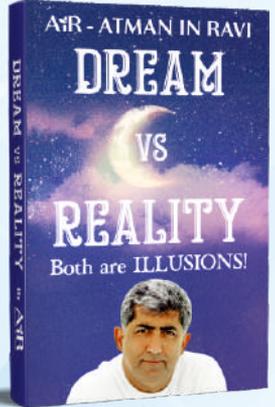
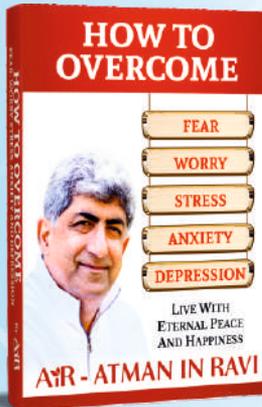
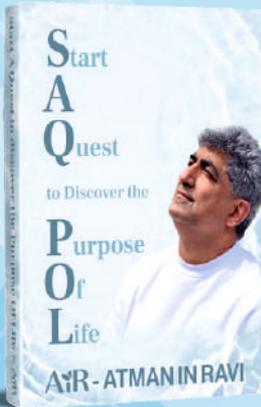
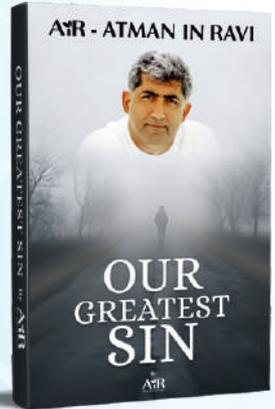
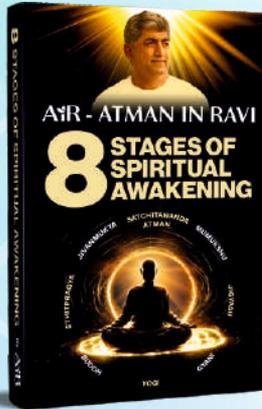
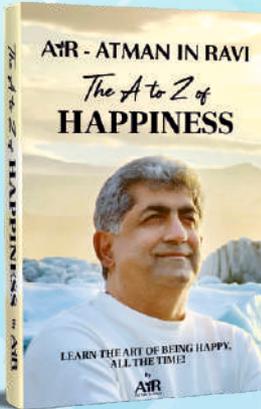
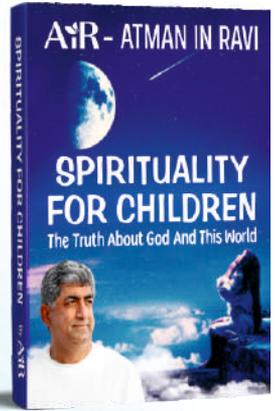
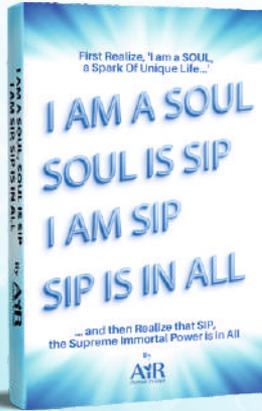
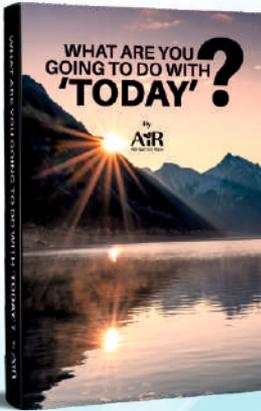


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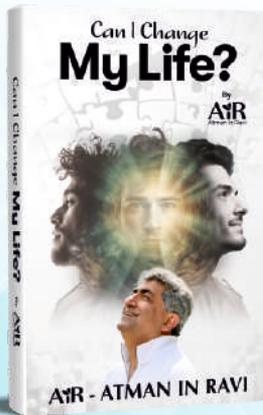
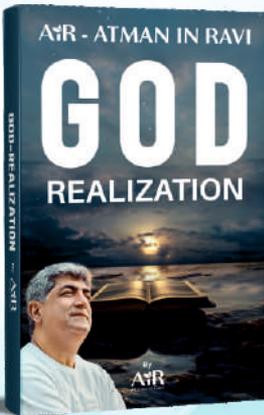








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*If you have any questions on  
Happiness, Suffering, Life, Death, Rebirth,  
Karma, Liberation, Enlightenment or  
anything related to Spirituality,*

***YOU CAN DIRECTLY***



**Ask • AiR**

at 8 pm every day

on  zoom

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# AiR - ATMAN IN RAVI

# WORLD'S 50

# GREATEST SECRETS

I am not 'I'. I will never die. God does not live in the sky. When we discover these Secrets of life, our life will be transformed. This metamorphosis will not only liberate us from all suffering on earth, but also free us from the cycle of rebirth.

There are 50 Secrets in the world that we must discover before we are gone. Why were we born? Why did we come to earth? What is the purpose of our human birth? We just live and die, but we don't find out why. The Greatest Secrets remain Secrets and our life escapes us without us finding out what the true meaning and purpose of life is.

Why should we discover these Secrets? Because these Secrets will give us Peace and Bliss. The truth will be revealed, and we shall no more be ignorant. In fact, we will discover that there is no mind! We will discover the Secret – Who is God? Where is God? What is God?

Either we can just live and cry and die, and not discover, 'Why?' or we can discover, 'Who am I?' and use the World's 50 Greatest Secrets to make our life a life of Eternal Bliss, Divine Love and Everlasting Peace. The choice is ours! We have 50 Secrets to choose or lose this treasure called life.



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