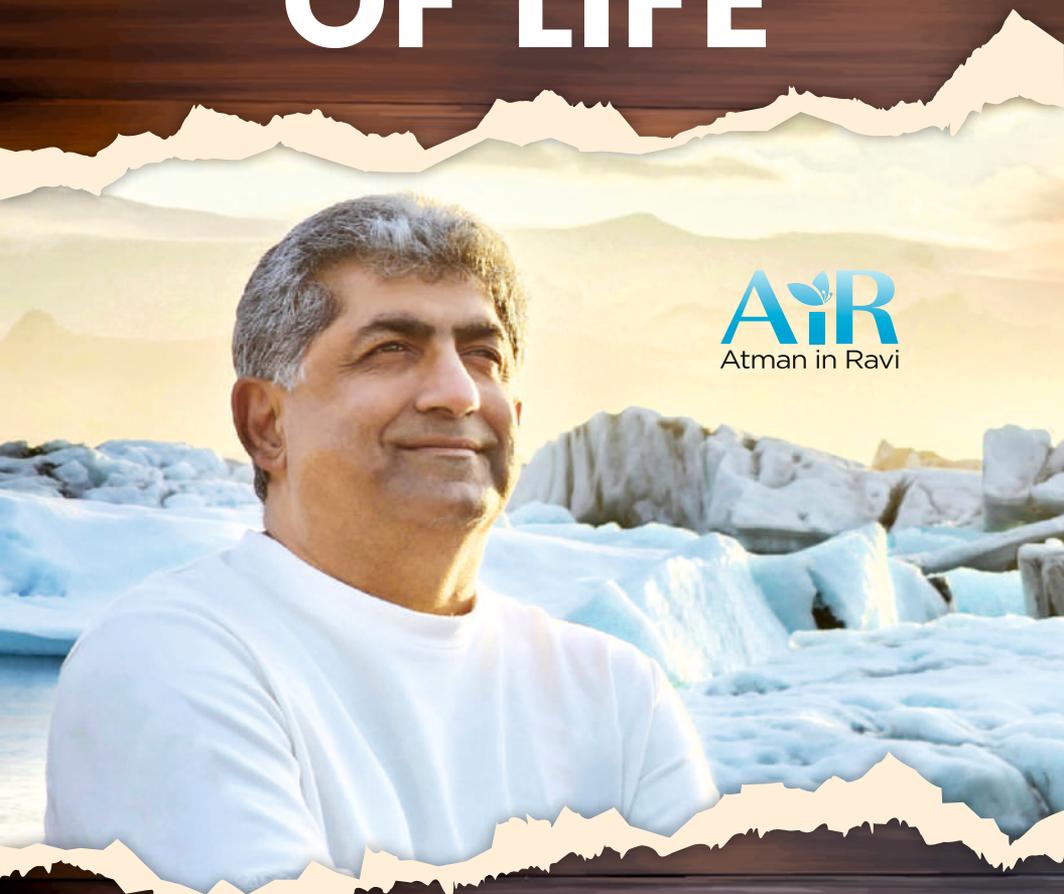


AiR - ATMAN IN RAVI

Live a Life of Peace, Love and Bliss

THE AiR PHILOSOPHY OF LIFE



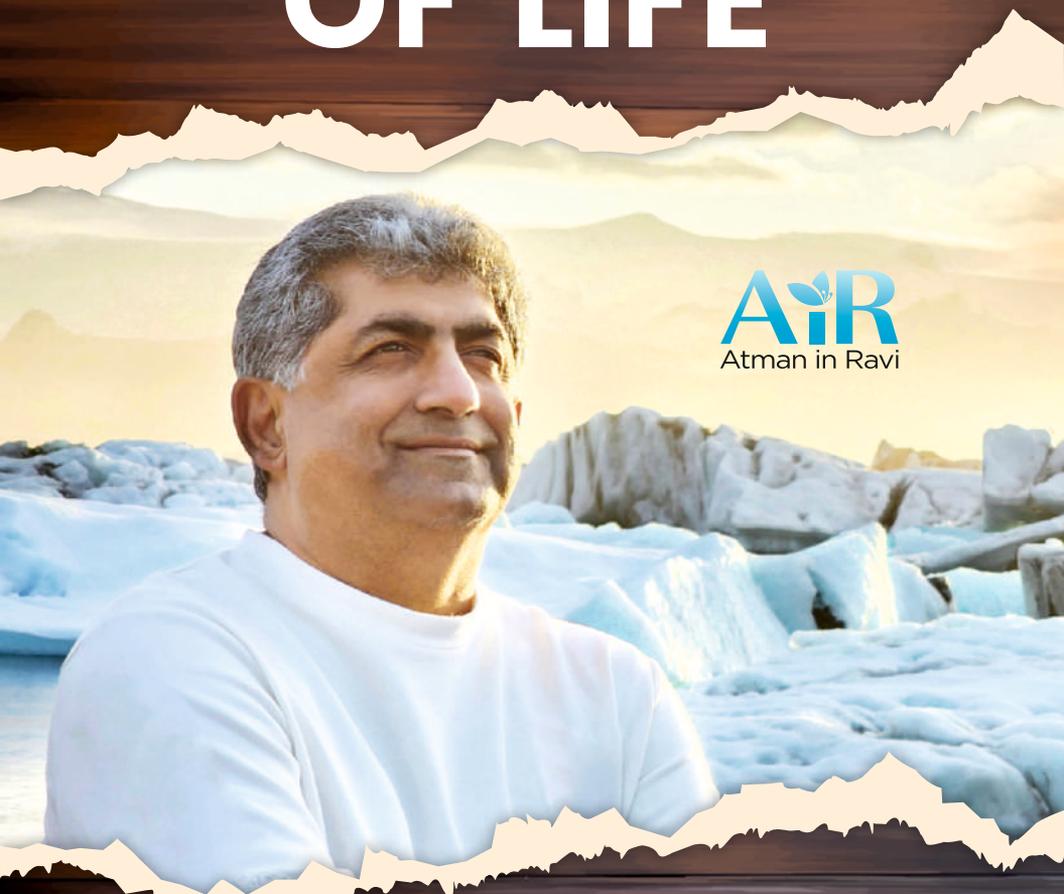
AiR
Atman in Ravi

**Discover the Way to Eternal Happiness
through Enlightenment**

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**Discover the Way to Eternal Happiness
through Enlightenment**

THE AiR PHILOSOPHY OF LIFE

By
AiR
Atman in Ravi
Ravi V. Melwani

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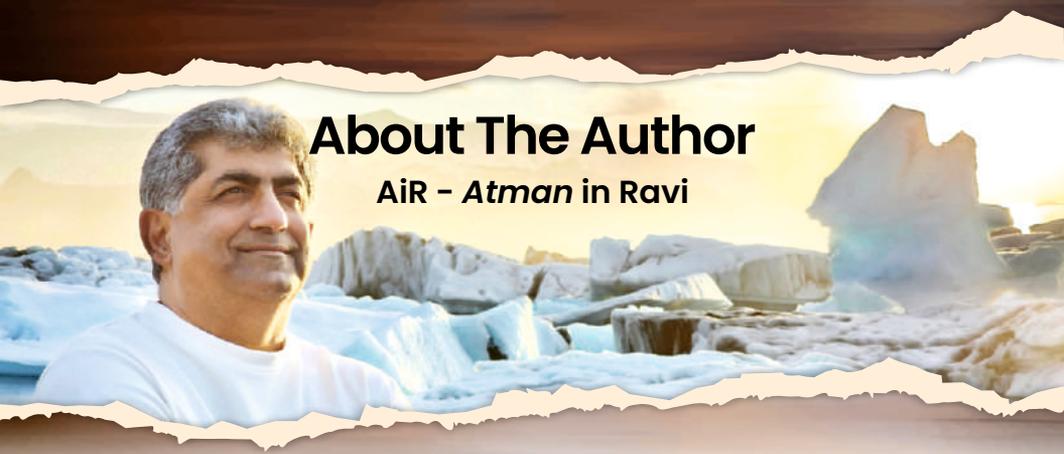
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About The Author

AiR – *Atman* in Ravi

AiR – *Atman* in Ravi, is an Awakened Soul, Transformational Author, Singer, Philanthropist, 'Happiness' Ambassador and a Messenger of True Love. He is on a mission to help people discover the way to Eternal Happiness through Enlightenment. AiR spells the words 'Happy' and 'Happiness' with 3 Ps, because he has realized that True Happiness is evolving from Pleasure from achievement, to Peace from fulfillment and ultimately to Purpose from Enlightenment. This is to live a life of True Happiness!

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 AiR Happiness Secret that reveals the way to Eternal Peace, Divine Love and Everlasting Bliss.

Based on his Realizations, AiR has authored over 90 books, composed and sung about 1500 *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.

“

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

Connect with AiR - Atman in Ravi at:



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Preface

Although I have written 90 books on Life, Happiness, Peace, Love and God, I realized that there was no book that covered everything that I guide people on and on how to live life with peace, love and bliss. The essence of my 90 books, my hundreds of podcasts, 1500 songs and thousands of answers to questions, needed to be knitted together into one philosophy. I decided to call it 'The AiR Philosophy Of Life'.

What is a philosophy? It is commonly understood as a way of living life, a paradigm, a mindset. It is our way of understanding reality. What is the truth about existence? What is morally correct? What virtues should we choose to live by? While the word 'philosophy' comes from the words, *Philos*, meaning love and *Sophia*, meaning wisdom, a philosophy is, in reality, choosing a fundamental way of life through the study of nature, existence and ultimately, it is about living life to its fullest.

Philosophers are intellectual people. They seek to be Awakened to the Truth, to attain the state of Enlightenment. They go through, what is technically called, Metaphysics, Axiology, Logic, Aesthetics, Epistemology, Ethics and Political Philosophy. While this is a technical understanding of philosophy, the AiR Philosophy of Life is simple and teaches us how to live life. One should not get carried

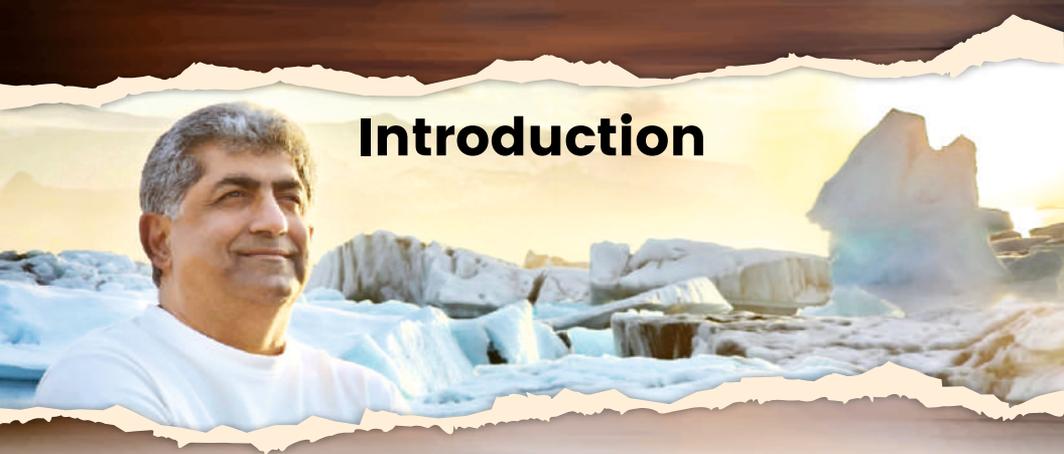
away by what the greatest philosophers of the world, Aristotle, Socrates, Plato, Confucius, Immanuel Kant, Karl Marx, René Descartes or Buddha, amongst others, have said about life. Using the intellect, one should discern and contemplate and accordingly adopt or follow philosophical principles and ideas.

The AiR Philosophy of Life is a simple and practical way to understand life and to live it. It leads us to discovering the purpose of our existence and ultimately, leads us to a life of peace, love and bliss. This is what everybody wants! But how can we achieve this? The AiR Philosophy of Life teaches us how to live life, moment by moment, and make life a celebration. We all must live. There is no choice when it comes to life. But how we live life is a choice. We can choose to be happy or unhappy. We can choose to run after achievement or live with contentment and fulfillment. Life is a choice and what our life is, depends on our philosophy.

The AiR Philosophy of Life teaches us simple ways to be happy, how to find peace of mind, how to discover the truth of who we are and why we are here. Those who want to make the best of their life, will keep this book on their bedside and make it their best friend. When we live life with the AiR Philosophy, we can be free from all misery on earth and from the cycle of rebirth. As the happiest man in the world, I am putting together the AiR Philosophy of Life, which will show people the way to Eternal Happiness through Enlightenment.



***The AiR Philosophy of Life is a way to Peace, Love and Bliss.
It puts together a magical formula for Eternal Happiness!***



Introduction

What is the AiR Philosophy of Life? After 25 years of pursuing a life of success and achievement, travelling to over 100 countries and discovering the world, I Awakened to the Truth and discovered the purpose of life. We all want to be happy. But I realized that Happiness has 3 Ps. We need Pleasure, we need Peace and we must discover our Purpose. Otherwise, we will live life but not enjoy it to its fullest. My personal experience of over 40 years, going from achievement to Enlightenment, made me realize how I could find peace of mind. I discovered the magic of True Love and I realized that success is not Happiness. In fact, Happiness is success.

One day, I had a flash that I should capture the essence of what we speak about every evening on Zoom at 8 pm under the banner, 'Ask AiR'. In this way, I could put my philosophy of life together. Hundreds of people from around the world have asked me questions on Karma, God, Enlightenment, *Nirvana*, Salvation, *Moksha*. Living as a Divine instrument, I have realized many truths about life but there is no document that puts together all the truths in one concise philosophy. This book has it all.

How should we live our life? What must we do and what must we not do? Does life have a purpose or is it just a circus? We know that we bring nothing when we come to this world and we can take nothing when we go. Still, we struggle through this show. We think that pleasure is Happiness and we lose the real treasure of peace. We don't know how to find our true purpose!

We all want peace of mind but where is the mind, we cannot find. There is so much confusion that we don't reach the right conclusion. We don't know how to live in Consciousness, activating our intellect and discriminating between this and that. We don't know how to 'Bring Back Consciousness', which I call, 'BBC' and live a life of Eternal Happiness.

We worry through life and wonder why bad things happen to good people. We don't realize that all trauma is because of Karma that is unfolding in the life drama. So, we live with fear, worry, stress and anxiety, caught in many a toxic thought. The ego stands tall like a wall. Until it has a fall, we will not see the Divine manifesting in one and all.

We all want love but we don't discover that True Love is a Longing Of the Soul, which is a Very passionate emotion that creates an Ecstasy of joy. Ultimately, everybody wants peace, love and bliss and this book shows an easy way to achieve it. Everybody who comes, has to go. But where will we go after we die? The body dies and people say that we passed away. The truth is that we never die. We are the

immortal Soul. We don't realize this. So, we live, die, cry and look up at the sky and ask, 'Why?' We don't discover, 'Who am I?' We don't discover that God lives within, in the temple of our heart. This book, 'The AiR Philosophy Of Life' tells you everything that you need to know about Life!



*If you want the best way to Live, it's in this book.
The AiR Philosophy of Life will change your outlook!*

Chapter

1

What Is A Philosophy?



In simple words, philosophy is a way of life. It is a path, a paradigm, a journey. It is how we decide to live our life. Each of us can choose our own philosophy. Some think that life is fun and we must enjoy till life is done. Others believe that we must make others happy to be happy. Most of the world believes that life is meant to earn money, be successful, rich and famous. Everybody has the right to live their life in their own way. It's an individual's choice.

What is everybody seeking? Whether one wants to be a successful businessman, doctor, engineer, political leader, Prime Minister, President or even an astronaut or a pilot, it is because one wants to be happy. Every human being seeks to be happy. We might be Chinese, who love noodles, Italians, who love pizza and pasta, Americans who love burgers and fries or Indians, who love dosas and biryani. But ultimately, we all want to be happy.

A life philosophy is a fundamental way of living life with choices, ethics, values and morals that put a smile on our face. Some people enjoy pleasure. Some want peace. A very few discover their ultimate purpose. But everybody is seeking Happiness.

Many people in this world have lived by their own philosophies. Mother Teresa made it her philosophy to serve the suffering humanity. The Buddha became the Awakened one and lived to help people attain Enlightenment. Millionaires and billionaires of this world like Bill Gates, Steve Jobs, the Ambanis, the Adanis, Warren Buffet and many more have left a trail of success and achievement - success being their primary philosophy

of life. However, there are many wise men who have evolved from a philosophy of success to a philosophy of significance. Whatever be our philosophy, life cannot be lived with random thoughts and principles. We all tend to create habits, which become a way of our life. Knowingly or unknowingly, we develop a philosophy that becomes like the banks of a river, through which our life flows.

What is your philosophy? Have you already decided what you want your life to be or are you seeking a better way to live, with more meaning, more purpose and more Happiness? The AiR Philosophy of Life is sure to touch, trigger and transform your life!

► What Is Life?

Life is a short journey on earth. We come and we go. It is nothing more than a show. The earth is like a stage and we are actors. We bring nothing when we come and we can take nothing when we go. Still, we continue to earn and earn, only for others to burn what we earn.

What is the reason that we are born? We don't realize this and one day, we are gone. We don't realize that life is Karma. The body dies but we return to earth in a rebirth because of our Karma, our deeds. It could be good deeds or bad deeds. But as long as there is Karma, we will return in a new costume, a new body. Very few people discover the purpose of life. The purpose of life is to discover the purpose of life and to ultimately, attain the state of Eternal Bliss as we live in Truth Consciousness.

► Why Live?

Do we have a choice? We get up every morning, not because we want to but because we have to! Therefore, life happens. We don't 'choose' to live. We breathe. We don't 'choose' to breathe. We think. Thoughts happen. How many of us understand how life is happening, why life is happening and what we must do with life?

Our challenge is not to ask the question, '*Why live?*' rather, ask, '*How to live?*' We must discover a better way to live, finding the way to peace, love and bliss. That is what creates Happiness. But because we don't understand the meaning of life and don't adopt the right philosophy, we just drift through life and before we realize it, we are gone and then, we are reborn.

Everybody who comes to this planet, suffers. We experience the triple suffering – the pain of the body, misery of the mind and agony of the ego. Our philosophy must help us transcend this triple suffering on earth and lead us to achieve the ultimate goal of freedom from rebirth, known as *Moksha*, *Nirvana*, Salvation or Liberation.

► Can We Choose How To Live?

While we do not have the choice to live, we can choose how to live. We can choose to be sad or choose to be glad. We can be caught running this race or we can choose to live with grace. We can live a life of success and achievement or choose peace and fulfillment. Some of us are content,

fulfilling our need, while others are running after pleasures to gratify their greed. It's our choice. We can choose a philosophy. We can choose our life.

Every human being is mortal. The body must die. While our life span is about 100 years, which means that we can easily live up to 100 years, the life expectancy is about 75 years. People in India live an average of 75 years, while in Africa it is below 60. In some advanced countries with good wellness programs and health care, average life expectancy can be about 90 years. But we can't live for 200 years! Therefore, we need a philosophy of life to live from today to the last day of our life. We all want to be happy. We all want peace. But unfortunately, we become unhappy and our bliss tends to cease. This is only because we don't know how to choose, how to live. It is because we have not chosen the right philosophy of life. Remember, how you live is a choice. It is up to you to choose.

► What Are We Seeking From Life?

Everybody who is born, goes through a cycle. First, we learn and then, we earn. We don't realize it but then we burn and we return. What are we seeking? What should we seek? We are all seeking Happiness and therefore, the whole world is running after pleasures. Our 5 senses want instant gratification and the world has evolved to provide us with all pleasures. But in this, we have lost our greatest treasure – peace, the very foundation of Happiness.

We all want to be happy and so, the global evolution has led to smartphones and electronic gadgets like never

before. Luxury airplanes and yachts are offering exotic travels to make us happy. Today, we don't have to restrict ourselves to eating the food of our country. We can choose from among Chinese, Thai, Indonesian, Vietnamese, Mexican, Italian, American, Indian or many more cuisines. The choices are unlimited. But how much we can eat, is limited. *The Happiness offered through pleasures is unlimited. But the number of years that we live is limited.*

In this short journey called life, every human being is seeking Happiness. Whoever you are, whatever you do and wherever you live, this is one common aspiration of every human being around the world. *'We all want to be happy.'*

Because we are seeking Happiness, we wake up each day and try to live it in a way where we can smile, all the while. Unfortunately, because we do not discover the right Happiness philosophy, life escapes us. We go through pleasure and pain, loss and gain, sun and rain and this repeats again and again, till we are gone and are reborn. We don't discover the philosophy of Eternal Happiness.

► **Are We Meant To Live, Just To Die?**

Why do we live and why do we die? We don't understand this because we don't understand the truth of, *'Who am I?'* We think that we are this body but the truth is that the body came later. We were conceived 9 months before, when two cells from our parents fertilized to become one. Then, we arrived on the planet and we call that day our

'birthday'. And so, every year we cut a cake on a birthday that is fake! We don't awaken to Realize the Truth! One day, when we die, the game will be over.

Is this what life is all about? Are we meant to live, just to die? Do we come to earth just to have fun till life is done. No! Life has a purpose. There is a deep meaning to human existence. Every human being is blessed with an intellect to discriminate, to find out, '*Who am I?*' and '*Why am I here?*' Before we die, we must find out who we really are, '*Am I the mind that I cannot find? The ego that says 'I' is a lie.*' Before we die, we must Realize the Truth. By doing this, we will achieve our ultimate objective of Eternal Peace, Divine Love and Everlasting Bliss.

► So Then, What Is Our Philosophy Of Life?

Having understood life and its purpose, we need a philosophy that can give us peace, love and bliss, just as we can live in Truth Consciousness. We must discover a way to live that makes us overcome all misery on earth and frees us from the cycle of death and rebirth. Each one of us has to die. We don't have a choice. But we can choose how we can live. We can choose a philosophy of life. We can follow a path that will lead us to a state of Eternal Happiness, just as it will give our life meaning and purpose.

What is the philosophy of your life? Have you laid out a clear path? Are you seeking achievement or are you content, living with fulfillment? Are you amongst those

rare ones who have embarked on the journey of Enlightenment? Enlightenment is not a complicated word. Enlightenment is to bring in the light of truth. It is to overcome ignorance. Enlightenment leads us to a life of peace, love and bliss. Unfortunately, we are living a life of confusion and therefore, there is no conclusion. Because we do not have a clear direction, we cannot reach the ultimate destination. If only we choose a philosophy that will give us Purification and Illumination, we will experience the Realization of the Truth. Then, there will be Liberation from all misery and sorrow, just as there will be Unification with the Divine and we will experience the state of *SatChitAnanda* or Eternal Bliss living in Truth Consciousness.

Today, you have a choice. You can go through this book, the AiR Philosophy of Life and then decide what philosophy you want for your life. Do you want pleasure or peace or even better, do you want to discover purpose? Or do you want to continue living life jumping up and down like a clown in this circus?



*A Philosophy of Life is a path that we choose to live.
We can be merry or successful or we can choose to give!*

Chapter

2

The AiR Philosophy Of Life



The AiR Philosophy of Life is a philosophy designed and followed by me after 5 decades of experiencing life. After 25 years of success and achievement, 5 years of contentment and fulfillment and having spent over 10 years after being Spiritually Awakened, I crafted the AiR Philosophy of Life, which can lead one to living a life of peace, love and bliss. Ultimately, every human being wants these. So, how can we live the AiR Philosophy of Life?

► Living Life, Moment By Moment

Life is all about the present moment. It is not about yesterday. The past is gone! It is not about tomorrow. The future is not yet born. Life is about this moment. It is about NOW. If we don't live now, we have wasted our life. Every moment is precious. We must make the best of each moment. In fact, all we have is the moment. Nothing else. If we lose the moment, we lose life. One of my favourite poems is —

*Life is just a minute, only 60 seconds in it
Forced upon you, can't refuse it
Didn't seek it, didn't choose it
But it's up to you to use it
You must suffer if you lose it
Give an account if you abuse it
Just a tiny little minute... But eternity is in it!*

Every moment that we live is the most precious gift that we get. That is why it is called 'the present'. Let us not lose the present worrying about what may happen tomorrow or regretting what happened yesterday. I live life, moment

by moment and I urge you to celebrate every moment of your life. There is no guarantee about how many moments we have. But this moment is ours. Let us live it to our best!

► **Evolving From Pleasure To Peace And Then, To Purpose**

Everybody wants to be happy. But unfortunately, we don't even know the spelling of Happiness. To be truly happy, we need pleasure, peace and purpose. Therefore, Happiness has 3 Ps. We must change the way we spell 'Happy' and 'Happiness', just as we must evolve from pleasure that comes from achievement to peace that comes from fulfillment and ultimately, to purpose that comes from Enlightenment.

Most people think that Happiness is pleasure. They are running a race to become an ace because they have been taught that success is Happiness. There are a few people who are blessed, who take an exit from the highway of achievement and attain peace through fulfillment. I did both and ultimately, I discovered the purpose of life through Enlightenment. Anybody can be Enlightened. But most of us don't have this as a part of our life philosophy. We just enjoy life and become a prisoner of pleasures, possessions and people. We don't evolve from pleasure to peace and purpose. The AiR Philosophy of Life is to live a life of Eternal Happiness through Enlightenment, enjoying all the 3 Ps - pleasure, peace and purpose.

► Living Life With Peace, Love And Bliss

What is life all about? Everybody wants Happiness. But not everybody knows that the essence of Happiness is to have peace and experience love. While we may have pleasures, if there is no peace, our joy will soon cease. Peace is the foundation of Happiness and is a very important part of the AiR Philosophy of Life. I have discovered a way of living with Eternal Peace, just as I have discovered the meaning of True Love, which is bliss, not just a kiss.

According to the AiR Philosophy of Life, we must treasure life. We must not lose our peace. We must love every moment that we live. Therefore, we have separate sections in this book for Life, Happiness, Peace and Love, just as we will elaborate all elements of life that are important.

► Going On A Quest

To live life, we must not just zoom from womb to tomb. We must pause to find out the cause of our existence. We must understand that life is not just entertainment. It is ultimately Enlightenment, Awakening to the Truth and discovering our true purpose. For this, we must go on a quest or a *Talaash*, a search.

I went on a quest in 2012 and I Realized the Truth about life. If I had not, my life would have been a waste. Life has a purpose and our purpose is to discover this purpose. Therefore, taking the help of an Enlightened Master, a Guru is the key to living a good life.

► Discovering, '*Who Am I?*'

If we live, die and don't find out, '*Who am I?*' the fact is that we actually did not live. We only existed. We are no better than a table or chair, if we don't contemplate and investigate, '*Who am I?*' and '*Where did I come from?*' and ultimately, '*Where will I go?*' In the AiR Philosophy of Life, I give a lot of importance to the quest, asking important questions and realizing the truth about life. Because I was able to discover, '*Who am I?*' I realized that I was nothing and in that moment, I became everything.

Asking Relevant Questions

Just going on a quest is not enough. We must put together all the important questions that we want answers to:

- (1) Will I die?
- (2) Who dies?
- (3) What happens after death?
- (4) Where will I go?
- (5) Is there a heaven and a hell?
- (6) Who, in reality, is God?
- (7) What is the Soul?
- (8) Does Karma work, in reality?
- (9) Will I be reborn?

I listed several questions in my quest because I wanted to discover the true meaning of life. Those who find the answers to these questions and Realize the Truth awaken to an amazing life. But those who don't, will one day be gone only to be reborn and this cycle will go on and on.

► Overcoming Ignorance

The key to opening the door to a fulfilling life is overcoming ignorance. Somehow, we remain a fool because of what we are taught in school. We don't use our intellect to discriminate what is wrong from what is right. The most important turning point in my life was when I realized the truth of, '*Who am I?*' and '*Why am I here?*' and that happened when I was able to overcome all ignorance.

A blessed sculptor is one, who can chip away the rock to discover the beautiful statue that is within. If we want to discover the real treasure of life, we must chip away all ignorance, little by little, till lo and behold, the truth is revealed as we overcome all ignorance!

► Finding The Right Master

Life is all about finding an Enlightened Guru, the right Master. Otherwise, our life will be a disaster! We must not just drift through life. We must grow, evolve and be Awakened to the Truth and this is not possible without the right Master. Very few people are blessed to find the right Guru.

I was fortunate to come across Dada, my Guru, who helped me to initiate a quest, overcome all ignorance and Awaken to the Truth. If you want to live a life of peace, love and bliss, and find your purpose, living with Eternal Happiness, stop and find the right Master. You will achieve all this, faster!

➤ **Eliminating The Mind**

My key to a happy and successful life began when I tried to find my mind. Where is my mind, I could not find. I discovered that my mind was only MIND - Misery, Ignorance, Negativity and Desire. It was nothing but a bundle of toxic thoughts that troubled me like a monkey, jumping into yesterday and tomorrow, creating misery and sorrow. So, what was the first thing I did? I learned how to kill my mind. It happens when we still the mind, then peace, we find. If we don't kill the mind, the mind will kill us. The mind is a rascal that creates fear, worry, stress, anxiety, regret, shame and guilt. Is this what we want our life to be built on? Let us block the mind and lock the mind, so that we can live with peace and bliss.

➤ **Enlightening The Ego**

Many people think that not only must we kill the mind but we should also annihilate the ego, completely destroy it. I discovered that we cannot kill the ego, the 'I', till we die. The way to live life is to Enlighten the ego, to realize that I am not 'I', I am not the body that will die, not the mind that I cannot find and the ego that says 'I' is a lie. When we discover who is the true 'I', it is only then that life truly begins.

➤ **Discovering True Love**

Everybody loves but not everybody knows the true meaning of love. Love is not just an attraction from skin to

skin. True Love comes from the Divine that dwells within. I was blessed to discover True Love, which I call *Prema Yoga*. I discovered the Rainbow of Love and I enjoyed living with love, every moment of my life.

Love is an ecstasy of joy. We must discover the true meaning of love if we want to truly live. The AiR Philosophy of Life prescribes that we should love the Divine in one and all. How can we do that? This book discusses it in a separate section.

► **Going From Success To Significance**

An important part of the AiR Philosophy is not just to go from one peak of success to another but to go from one peak of life to another. Success is only the first peak. Ultimately, we reach a cliff called death. If we want to grow and go from success to significance, we must learn from the AiR Philosophy that life is not about achievement.

After 25 years of success and achievement, I decided to stop making money and start making a difference. I wanted to grow beyond success to significance. I went from success to significance only to realize that true significance is Enlightenment, not achievement. It is becoming insignificant, becoming nothing which leads us to becoming everything. It is about realizing that we are manifestations of God and thus, this important part of my Philosophy is explained in a separate section.

► **Transcending Karma**

One of the most important aspects of life is Karma. Karma means action. But we can't transcend Karma. We can't escape from action. Transcending Karma means being free from the cycle of action and reaction by discovering the truth behind the Karmic law. Life is not just about doing good Karma. It is much more than that. I went beyond just doing good deeds to realizing that I was not the doer. The AiR Philosophy calls on us to discover the truth about Karma and then, live as a Karma *Yogi* who has transcended Karma. This section of the AiR Philosophy of Life is crucial for living a wholesome life.

► **Realizing The Truth**

Life is all about realizing the truth of *Who am I and why am I here?* We are not just meant to live and die. I realized that I will never die. Of course, the body will die and people will say that I passed away. *Who is 'that', that leaves the body and passes away?* 'That' is the Power, the life energy, the Divine Spirit or the Soul, the Spark Of Unique Life.

I Realized the Truth that I was the Soul, the *Atman* and changed my name from Ravi to *Atman* in Ravi. Not only did I change my name but I also changed my life! It was not just a transformation, it was a metamorphosis.

► **Being Free From Misery**

When we Realize the Truth that we are not the body that will die, we are not the mind that we cannot find, then the ego that stands tall like a wall has a fall and we become free from the triple suffering on earth. Even though the body experiences pain, we don't suffer because we are not the body. Realizing that the mind does not exist, liberates us from fear, worry, stress and anxiety and Enlightening the ego wipes away the agony of anger, hate, revenge and jealousy. I did all this and made it a part of the AiR Philosophy of Life.

► **Living As A Divine Instrument**

My greatest discovery was that I was not 'I'. But I was. I existed. Then who was I? When I realized that I was the Divine Soul, living in this body, I became a Divine Instrument. I transcended my Mind and Ego, ME and dedicated my life to the Divine, in complete surrender. I realized, '*I do nothing. I am just a Divine Instrument,*' and this made me the happiest man in the world, free from all misery and sorrow because I realized, '*I am a Soul, a Spark Of Unique Life and the Soul is SIP, a spark from the Supreme Immortal Power.*' Living as a manifestation of God is the best way to live life. You too can live so if you adopt the AiR Philosophy of Life and reach the ultimate state of living with Eternal Bliss in Truth Consciousness.

► Living The AiR Philosophy

The AiR Philosophy of Life is not just an armchair philosophy. We must live it. I live it and I enjoy Eternal Peace, Divine Love and Everlasting Bliss. The AiR Philosophy of Life is not just some theory, it is my real-life story. This book is not just a collection of concepts. This book is a biography of my life, how I evolved in life and how I discovered this most amazing philosophy, which I am trying to capture in this book as the AiR Philosophy of Life.

May you discover life as you discover Eternal Happiness, Divine Love and Everlasting Peace. May you understand the true meaning of success, as you transcend Karma. May you be Spiritually Awakened, as you go through the journey of Self-Realization and God-Realization to ultimately, reach that destination, which people call *Nirvana*, *Moksha* or Salvation. Each of these is elaborately explained in separate sections. Before I end this book, I will share techniques on how to live life as per the AiR Philosophy. May this book transform your life, liberate you from all suffering and unite you with the Divine, even before you leave the planet as you experience the Eternal Happiness that I do!

“

*The AiR Philosophy fills
our life with Peace, Bliss and Love.
It inspires us to Realize that God is within us,
not in a heaven above.*

Chapter

3

Life



What is life all about? Is it a journey or a destination? Why did we come to earth? Is there any purpose behind getting this human birth? We live and die but we don't know why. We all want to be happy but so often, we become sad. What is life all about?

The word, 'life' reveals the meaning of life. LIFE is Liberation from Ignorance and Finding Enlightenment. It is this secret hidden in the word life that can truly make us live. The AiR Philosophy of Life is about some important tenets that we must live with, to truly enjoy this journey called life.

► **Living Each Day As A Celebration**

We all celebrate life but just on a few days. We may celebrate our birthday, the first day of a new year and maybe a few festival days too. We may have great fun as we celebrate these days. But what about the rest of life? We drag through it. There is pleasure and pain, loss and gain. This cycle repeats, again and again. The AiR Philosophy of Life is about making every day a celebration. Every day must be lived with peace, love and bliss. That is what life is all about.

How can we celebrate life? We can celebrate life only when we truly understand the meaning of life. When there is Illumination and the Realization that we are none other than a Divine manifestation, then every day of life will become a celebration. For this, we must live each day in Consciousness, understanding the true meaning of life. We must overcome all misery and sorrow, living in the present moment and not jumping from yesterday to tomorrow. That is why we really need a great philosophy of life.

► Life Will Not Go On Forever

Life has a limited span. Every 'body' will die, one day. But the AiR Philosophy teaches us that we are not the body that will die. No doubt, this journey will come to an end. But death is just a bend that we have to learn to transcend.

No 'body' can live forever. The body will age and experience decay and disease. But before we reach the end, we must transcend all ignorance. We must be Enlightened with the Truth and for this, we must always remember that the opportunity called 'life' is limited. We must Realize the Truth and enjoy the journey. But let us get this into our head that we cannot get Enlightened after we are dead. We must not miss the bus! A human being is blessed with the unique opportunity of realizing the true meaning of life. But we must not waste even a day in achieving this.

► Discovering The Purpose Of Life

Life has a purpose. But most of us think that life is nothing more than a circus. We go through life, jumping up and down like a clown and soon, life gets over. We can choose to be happy but we remain unhappy because we do not discover the Happiness Secret. We think that life is about success and achievement and we lose sight of the ultimate purpose, Enlightenment. Although we can put all our beliefs to test and go on a quest, we drag through life, living with misery and strife. We do not discover the way to Eternal Happiness through Enlightenment.

The AiR Philosophy of Life is about discovering the purpose of life and making life a celebration. It is Realizing the Truth about who we are, why we are here and making the best use of this gift called life.

► **Nothing Is Mine**

What did we bring to earth when we arrived on this planet? What will we take with us when we go? We don't realize that this world is just a show. We bring nothing and we take nothing. Still, we spend our entire life trying to collect things that don't matter. We end up losing our life and do not discover what truly matters.

Many of us become prisoners of pleasures and possessions. We spend our life collecting things that will ultimately, be left behind. We earn and earn only for others to burn what we earn. We spend our entire life making money and we have no time to spend that money. The story of money is very funny because we can't take back with us even a penny. Happiness doesn't come from making money. It comes from spending it. But we are so lost without a proper Philosophy of Life that we end up wasting our life creating wealth. Then, we lose our health. We forget to enjoy life, to live life. And then, we try to spend our wealth to regain our health. Before we realize it, our life is over.

When we start our life, we have a glass full of life. Slowly, the glass becomes empty and we fill our life-glass with things. Our glass becomes full of money, treasures, properties but what we forget to realize is that nothing of this is ours. And then, one day, we have to go. If we don't

discover the true meaning of this show, we will be gone only to be reborn and this will go on and on. When will we live with the right Philosophy of Life?

► **Nobody Is Mine**

Who do we bring with us when we arrive on earth? Who will go with us when we depart? We all know the answer but instead of discovering the true meaning of life and building a relationship with our true self, we try to build a relationship with people who will not be ours forever. We become attached to people and this clinging causes suffering. We don't discover the truth of, '*Who am I?*' Therefore, we cry and suffer till we die.

What is the ultimate truth? We come alone and go alone. But who is the one that comes and goes? This nobody knows. The AiR Philosophy reveals that we are all manifestations of the Divine. We are the Divine Soul, a Spark Of Unique Life. If only we realize this, our life will be full of bliss. We will not cry when we see somebody die nor will we shudder at the thought of death and worry that one day, we will lose our breath.

The AiR Philosophy of Life makes us aware of who we are and then, unites us with the Divine that manifests as one and all. Although we may be alone, the AiR Philosophy helps us understand that we will never feel lonely. And as we live united with the universal Consciousness, our individual Consciousness will experience peace, love and bliss.

► We Can't Escape Death

Can anybody escape death? You may be a millionaire or billionaire but ultimately, everybody has to die. Therefore, life is like a journey and it starts when we are born and at death, we will be gone. Nobody can escape out of life, alive. Every 'body' has to die but we don't Realize this Truth about life. *We are trying to escape death which we can't but we are not trying to escape from rebirth, which we can.*

The AiR Philosophy of Life is not only about living with bliss but also dying with grace, realizing that we are not the body that dies. We are the immortal Soul. The purpose of life is for us to transcend the Mind and Ego, ME and live as Divine energy. Then, in the moment of death, when we lose our breath, our Soul will unite with the Supreme Soul and we will achieve the purpose of life. Because we do not adopt the right philosophy, we live with fear and are paranoid about death because of the fear of losing everything that we own, everything that is known and the fear of the unknown beyond death. Those who Realize the Truth about life, celebrate life, just as they celebrate death. To them, death is a moment of Liberation and Unification with the Divine.

► Living As The Immortal Soul

Life is all about realizing that I am not the body that will die. I am not the mind that I cannot find. But I am. Who am I? I am that Spark Of Unique Life, the Soul. The Soul is energy. It cannot be created or destroyed. It is immortal. It

is the Power of the Divine. When we realize that we are the Divine Power - not the one that we appear to be and not the one, in the mirror, that we see, then, we become free. We are free from all the misery on earth and free from the cycle of rebirth. Living as the immortal Soul, we attain the state of *Nirvana*, Eternal Bliss in Truth Consciousness.

► **Discovering Our True Birthday**

We all cut a cake on a birthday that is fake! When will we awake? Although our ID card and passport declare our date of birth, that is not when we actually came to earth. We were conceived 9 months before our so-called birthday when 2 cells fertilized and a zygote was conceived. Our Soul already created that spark of life and thereafter, the cells multiplied and the body developed, first, as an embryo, where our critical organs were formed and thereafter, as the foetus which ultimately, arrived on the planet.

Therefore, our birth date is actually 9 months before. What we celebrate as our birthday is, in reality, our arrival date. This discovery will help us contemplate who we truly are and reveal the truth about life.

► **Living In Yoga**

The AiR Philosophy of Life shares everything that life should be. Happiness, peace, love will be covered in detail, just as how we must transcend success and Karma to reach the state of Enlightenment or *Moksha* which is a

journey from Self-Realization to God-Realization. However, to live life, we must start living in Yoga.

What is Yoga? The word Yoga comes from the word 'Yuj', meaning union with the Divine. If we truly want to enjoy this journey called life, we must live ever-united with the Supreme. Just like a good SIM card is always connected with the satellite and enjoys a good network, one who lives in Yoga, a true *Yogi* is always connected with the Divine. Such a *Yogi* experiences no misery or sorrow. He enjoys the bliss of the present moment, without slipping into yesterday or tomorrow. The life of a true *Yogi* is what the AiR Philosophy of Life is all about.

A *Yogi* is not a *Sannyasi* or a *Tapasvi*. He does not have to renounce the world and let go of all pleasures. However, living in Yoga means, not sinking in *Bhoga* and not wasting this precious life becoming a POPPP - a Prisoner of Pleasures, People and Possessions.

One who lives life like a *Yogi*, moves from one state of Yoga to another, from meditation to devotion, from action to education. Whatever the *Yogi* does, he remains in Yoga.

Living as a *Yogi*, I discovered *Prema Yoga*, a unique Yoga of Divine love. It is beyond the 4 states of Yoga - *Dhyana* Yoga, *Bhakti* Yoga, *Karma* Yoga and *Gyana* Yoga. *Prema* Yoga sees the Divine manifest in one and all. We can live seeing God in all, serving God in all and loving God in all. This is a way of living with Eternal Bliss as we enjoy the ecstasy of True Love. Therefore, I live as a *Yogi*. The AiR Philosophy of Life advocates that we must always be in Yoga.

► Uniting With The Divine

What is the ultimate purpose of life? It is beyond living in Yoga. It is to overcome ignorance and realize that we are not the body that dies. We are not even the Mind and Ego that says, 'ME.' We are the Divine Soul. It is to attain Unification with the Divine in the moment of death.

So, the purpose of life is uniting with the Divine, the Supreme Immortal Power, SIP and being free from returning to earth in a rebirth. How can we achieve this?

If we live life realizing its true meaning, if we celebrate each day and live with Detached Attachment, if we overcome the fear of death, realizing that we are the immortal Soul, then, in the state of Truth Consciousness, known as *SatChitAnanda Atman*, not only will we experience Eternal Bliss but in that moment when the body dies, we, the immortal Soul will also become one with SIP. This is becoming one with God and this is what life is all about.

Human beings were not created with such magnificence without any reason. The most unique of all species has a life purpose. We have been blessed with an intellect to discriminate and live life realizing that we are a manifestation of the Divine. If we just live, die and don't find out, '*Who am I?*' we have wasted this life as a human being. It is time to discover the AiR Philosophy of Life and live a life of peace, love and bliss!

“

*Is Life meant for us to just live and die?
We can celebrate life if we find out, 'Who am I?'*

Chapter

4

Happppiness



Everybody wants to be happy but nobody knows how to attain Eternal Happiness. Happiness is not just pleasure that comes and goes. True Happiness is bliss that forever flows. How can we be happy, all the time?

The AiR Philosophy of Life is all about the state of Eternal Bliss. It is living with peace, love and Happiness that are seamless. As per the AiR Philosophy, one can overcome all misery and sorrow if only one learns to enjoy the present moment and not shuttle from yesterday to tomorrow. What is the AiR Philosophy on Happiness? This is a treasure greater than any pleasure. Let us begin our journey to Eternal Bliss with the AiR Philosophy.

► **Be Happy! Don't Try To Become Happy**

Most people think that Happiness is a race. So, they are caught in a chase trying to be an ace. They get caught in a maze as they zoom from womb to tomb. They forget how to enjoy life. They don't realize that *Happiness is like a shadow. The more you chase it, the further it goes away.* They don't learn the art of being happy. Happiness is not something that you must achieve. It is a state of being. Those who are trying to *become* happy, can never experience true Happiness. They think Happiness is pleasure but pleasure is only the first level of Happiness. It is ephemeral and temporary. If we want to be truly happy, we must learn the secret of Happiness.

► Going Beyond Pleasure

Most people think that Happiness is just pleasure that comes from sensory gratification. We enjoy eating something just as we enjoy seeing something beautiful, listening to something enchanting, smelling something exotic or touching something pleasing. No doubt, all of this makes us happy but this pleasure is only for the moment. If you eat a pizza today, you cannot enjoy that Happiness tomorrow, just as the second or third pizza will not give you the same amount of Happiness as the first one.

Therefore, to be happy, we must enjoy pleasure but go beyond to discover the real treasure of Happiness. What is Happiness all about? The whole world is chasing after pleasures. Our shopping malls and supermarkets are lined with goods and merchandise that give pleasure, just as so many things are available to us through online shopping and social media. Retail therapy may give us a shot of dopamine but it is not real Happiness.

► Changing The Spelling Of Happy

Real Happiness is when you realize that Happiness has 3 Ps, not 2. Unless you change the way you spell happy and Happiness, you will not even be conscious of that Happiness, which is beyond pleasure.

The first P of Happiness is Pleasure. It is enjoying all the good things that we like, the things that make us happy.

It may be singing a song or eating, drinking or travelling. Everybody has different triggers and we must know what our triggers of Happiness are. In fact, it is a great idea to make a Happiness card, which can list some of our Happiness triggers. Then, we can pull these triggers in the moments when we feel down and feel like enjoying some pleasures. Some may have a cup of coffee or some may choose a toffee. But regardless, this will only give us Happiness for the moment.

The second P of Happiness stands for peace. Peace is the foundation of Happiness, for where there is no peace, Happiness cannot blossom. Therefore, we must not just enjoy pleasure but also have peace. Some people are trying to find peace of mind. Peace, you cannot find. Peace is within. You have to still the mind. The mind is constantly bombarding us with toxic thoughts. Unless we still the mind and kill the mind, peace we will never find. Therefore, we must tame the monkey mind and make it into a monk. We must learn to live with contentment and fulfillment. Otherwise, we will always be miserable. Remember, *where there is a piece of mind, there can be no peace of mind*. So, we must eliminate the mind and we will find peace, the foundation of Happiness.

Some people are blessed to enjoy both pleasure and peace. They are the happy ones who smile. But they still suffer because they have not discovered purpose, the third P of Happiness. Very few people are blessed. They go on a quest and they discover the true meaning and purpose of life. They find answers to two important questions:

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

This discovery of purpose completes the 3 Ps of Happiness and liberates us from all misery and sorrow. The AiR Philosophy is all about living life with pleasure, peace and purpose.

➤ **Enjoying Pleasure, Peace And Purpose**

If we really want to be happy, of course, we need pleasures. We don't need to give up pleasures. But we must not make our pleasures, our greed. We must learn to live fulfilling our need. We must accept and enjoy the pleasures of life but we must not forget the true treasures of peace and purpose.

Those who evolve from pleasure to peace are happy, even though they are not able to enjoy the gratification of senses at all times. Such people learn to count their blessings, not their troubles. They make life a combination of the excitement that comes from entertainment, with being at peace, a state where miseries cease. Therefore, if we want to be happy, we must not be caught in pleasure, for ultimately, this will make us unhappy. If we are satisfied, content and enjoy peace, our formula of Happiness is more consistent.

Are pleasure and peace enough to be happy? No. We must know that to be happy, there is a third P. It is purpose. It is discovering the meaning of our existence. It is understanding why we came to earth in this human birth. It is trying to find meaning in each day that we live. Those who discover the true purpose of life, enjoy the circus but they do not just jump up and down like a clown. Along with pleasure and peace, discovering purpose makes them live a life of Eternal Happiness.

The AiR Philosophy of Life is all about enjoying all the 3 Ps of Happiness. Any one P will make our Happiness incomplete. How can we achieve all the 3 Ps?

► Going From Peak To Peak

To enjoy pleasure, peace and purpose, we must discover the three peaks of Happiness. The first peak is achievement. Most of the world is trying to achieve success, name, fame and money. With this, we will enjoy a lot of pleasure. But this also creates a lot of misery and stress, which will make our life, a mess. Therefore, while we need money and some noteworthy achievement and success, this is not the one and all for Happiness. Those who realize this, stop going from peak to peak and take an exit from the highway of achievement.

Then, these wise ones pursue the second peak, where they enjoy the plateau of fulfillment. While they enjoy pleasure that comes from achievement, they also enjoy peace that comes from fulfillment. They begin to discover that peace is far more fulfilling than pleasure and so, they stop running after achievement and pleasure. They spend time in silence and enjoy tranquillity that creates bliss. But is this the finale of Happiness?

The ultimate peak of Happiness is purpose that comes from Enlightenment. Even if we enjoy all the pleasures of this world and we live with fulfillment which creates peace and tranquillity, we will continue to suffer the pain of the body, misery of the mind and agony of the ego. Only when we discover the purpose of life, '*Who am I?*' and '*Why am I here?*' will we reach that state of seamless Eternal

Happiness that is beyond all pleasure and even peace.

This third P of purpose is achieved when we evolve from achievement through fulfillment to the ultimate peak of Enlightenment. When we are Enlightened, we are free from the triple suffering and we enjoy pleasure as we live with peace. This is the simple secret of Happiness.

► Overcoming The Triple Suffering

To be happy, we must overcome all suffering. Unfortunately, this is not easy. What is the cause of suffering?

We all experience pain of the body, misery of the mind and agony of the ego. We all experience having a fall as we grow tall, just as the body experiences decay and disease as it ages. This is one of the reasons why we become unhappy. We suffer the pain of the body, again and again and while we may enjoy pleasure, this pain steals our peace, just as our joy of pleasures will cease. How can we overcome the suffering caused by the body that suffers pain?

We also suffer misery caused by the mind. We experience fear, worry, stress, anxiety, regret, shame and guilt. This leads us to depression and sometimes, even to the thought of committing suicide. This suffering can even become a mental disease, a sickness that affects the body and its functioning. Therefore, if we want to be happy, not only must we overcome the pain of the body but we must also wipe out the misery of the mind.

Don't we experience the agony and anguish of the ego? It creates anger, hate, revenge, jealousy, pride, greed and selfishness. All this put together makes us so miserable that our Happiness goes out of sight. Unless we are able to overcome the triple suffering caused by the body, the mind and the ego, we cannot be truly happy.

How can we overcome the triple suffering in life? How can we enjoy the state of Eternal Happiness? When one discovers the true purpose of life, going on a quest with the help of a Guru, an Enlightened Master, one Realizes the Truth that liberates us from the triple suffering. The AiR Philosophy is about overcoming all ignorance and by so doing, overcoming the triple suffering. How can we do it?

► I Am Not The Body That Suffers Pain

The AiR Philosophy reveals to us that the body experiences pain. But we don't have to suffer this pain. If only we realize that we have a body but we are not the body, we will be able to deal with all the aches and pains of the body without suffering them. For this, we must question, *'Who am I? Am I this body that will die?'* When we contemplate birth, we realize that we were conceived 9 months before our so-called birthday. The zygote develops into an embryo, which develops into a foetus. The body develops during these 9 months. The body arrives on earth and ultimately, dies. Then, our own dear ones destroy the body saying that we passed away. When we discover that we are not this body, we overcome the suffering of the body. We fight our pain through several ways so that we don't have to suffer, knowing that we are different from the body.

► **Eliminating Miseries Of The Mind**

The mind creates so much misery. But if we try to find the mind, where is the mind, we cannot find. The mind is nothing but a bundle of toxic thoughts and these thoughts create fear, worry, stress, anxiety, regret, shame and guilt. The mind also jumps to yesterday and tomorrow, creating misery and sorrow. To be happy, we have to kill the rascal mind! How can we do it?

If we can still the mind, we can kill the mind. Unfortunately, the mind is like a monkey that is difficult to still. We have to tame the monkey by cutting its tail, the EY that is Ever-Yelling and Ever-Yearning. If we are successful, then the MIND - Misery, Ignorance, Negativity and Desire disappears and the doorway to Eternal Happiness opens. The AiR Philosophy is all about overcoming the misery of the mind.

► **Transcending Agonies Of The Ego**

Once we overcome the pain of the body and misery of the mind, it's time to deal with the agony of the ego. The ego creates anger, hate, revenge, jealousy, pride, greed and selfishness and this can wipe away all our Happiness. How can we deal with this agony?

To eliminate the misery of the mind, we have to still the mind and kill the mind. But we cannot kill the ego. The ego is that identity that says 'I', 'me' and 'mine'. To overcome the agony of the ego, we must Enlighten it. We have to

realize, *'Who am 'I'? I am not the body that will die. I am not the mind I cannot find. If I am not the body and mind, then I am not 'I'. But I am. Who am I? I am the Divine Soul, the Spark Of Unique Life.'* The moment we are able to realize this, we can be free from the triple suffering of the body, mind and ego. But unless we still the mind and kill the mind, we will never realize that we are the Soul that is free from all suffering.

► Living In Consciousness

To be happy, one has to make a conscious choice to move from the mind state to the state of Consciousness. If we do not do this, we cannot be happy. The mind is constantly trying to trap us, as it wraps us in fear, worry, stress and anxiety. But in Consciousness, neither does the mind exist, nor do the miseries that it creates. Therefore, the AiR Philosophy pays a lot of attention to BBC – Bringing Back Consciousness. We must SAW the mind – Still And go Within, deep into our Consciousness. We must realize that nothing matters. Then, we can enjoy Eternal Peace and Everlasting Bliss. After all, the mind doesn't exist, it is just a bundle of thoughts. Life is meant to be lived with joy and cheer. Then why let our mind shadow our Consciousness, our peace and tranquillity?

It's not easy to live in Consciousness because the mind is constantly creating dark clouds of misery just like the bright blue sky gets covered by clouds to create gloom. If we want to avoid the doom of the mind, we must eliminate the mind and its toxic thoughts and always be in Consciousness. If we lose our Consciousness to the mind, we must make an effort to come back to Consciousness, to the present moment and be at peace.

► Living In *SatChitAnanda*

What is *SatChitAnanda*? It is made up of 3 words – *Sat* or truth, *Chit* or Consciousness and *Ananda* or Eternal Bliss. To enjoy *SatChitAnanda*, one must live in Truth Consciousness. The AiR Philosophy is all about overcoming the myth and realizing the truth. What is this truth all about? The truth is that I am not the body, mind and ego that suffers, I am the Divine Soul. I am immortal. I come with nothing and go with nothing.

All the several truths that are part of the AiR Philosophy can ensure joy and cheer but the mind makes us forget the truths. Unless we lock the mind and block it from its toxic thoughts, we cannot be in truth Consciousness. It is only when we are in *SatChit* that we can experience *Ananda*.

Those who live the AiR Philosophy of Life enjoy the Eternal Peace and Everlasting Bliss of *SatChitAnanda*. They go far beyond pleasure and discover the true treasure of peace and purpose. They transcend the body, mind and ego, and enjoy the *Ananda* of the Soul. Alas, most of the world is ignorant about this Happiness Secret that can transport us to a world of Eternal Bliss, Peace and Love, living in Truth Consciousness.

► Being Blissful, Moment By Moment

The AiR Philosophy of Life is all about living life, moment by moment. In reality, there is no other option. We cannot live in a yesterday that is gone, nor can we go into a

tomorrow that is not yet born. But the mind can. It goes into the past and then to the future and opens a can of worms, creating regret, shame and guilt of the past and fear, worry and stress of the future, making our life a mess! But the AiR Philosophy is all about living, moment by moment, blissfully, as we still the mind and kill the mind.

Life is about this moment and to be happy, the AiR Philosophy tells us to live, moment by moment and not live in yesterday and tomorrow with misery and sorrow. If you want to be happy, you can. All you have to do is to lock yourself in the present moment and unlock the 3 Ps of Happiness.

► Choose To Be Happy, Not Unhappy

Happiness is a choice. But this is known only to the wise. They prioritize. They live the AiR Philosophy of Life and they choose to be glad, not sad.

We have a choice. We can choose to be happy or unhappy. Unfortunately, most of us say, 'I WANT to be happy.' We can't! We must change and say, 'I CHOOSE to be happy.' We can! Nobody can make us unhappy, nothing can cause us unhappiness but only if we live life as per the AiR Philosophy. Unfortunately, we have been taught many a lie and so, we continue to cry. It's time to learn the AiR Philosophy, adopt the AiR Happiness Secret and be happy, living the AiR Happiness *Mantra*.

► The AiR Happiness Secret

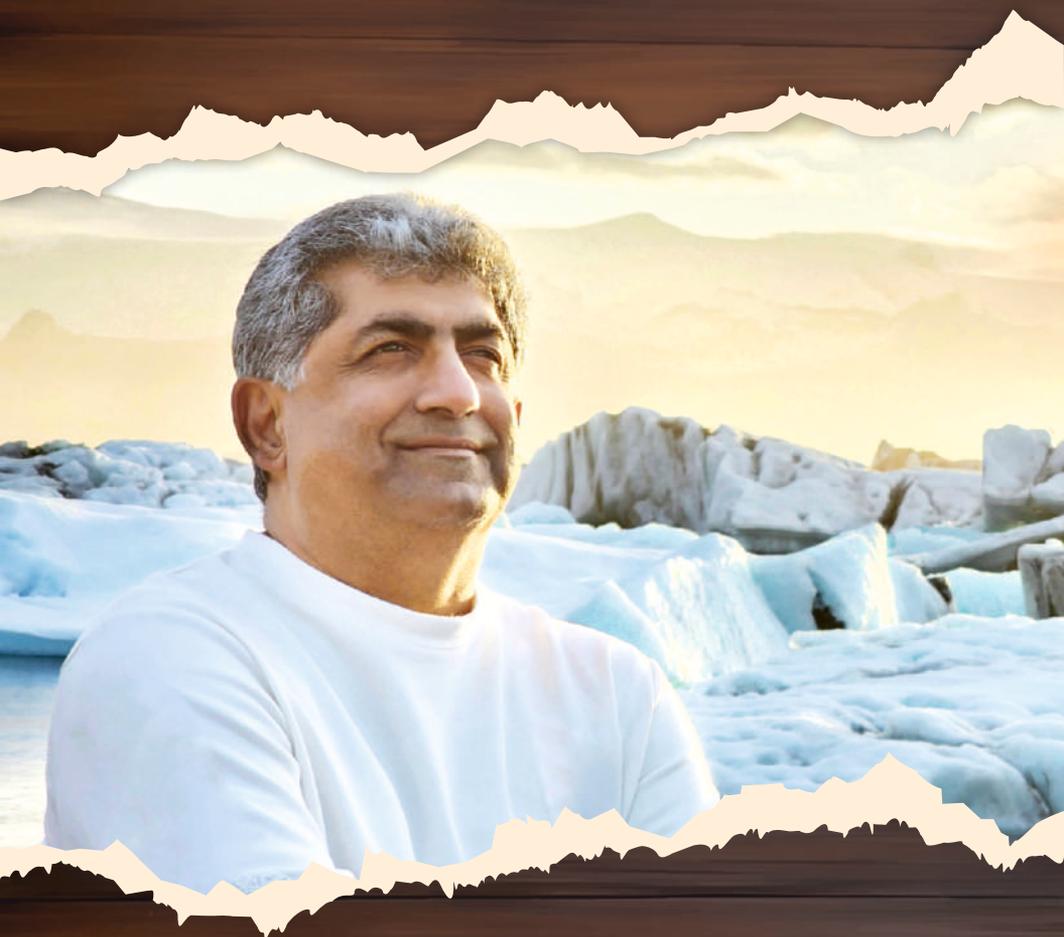
The AiR Happiness Secret is a Happiness philosophy that has 19 letters. It is the acronym 'AiR HAPPINESS SECRET' itself. Briefly, it tells us to be 'Always in Consciousness', use 'Intelligence over Ignorance' and 'Rejoice Life'. HAPPINESS is 'Having Enthusiasm', it is to 'Accept', live with 'Pleasure', be at 'Peace' and discover 'Purpose'. We must live 'In the Now,' flip from 'Negative to Positive', enjoy the 'Ecstasy of True Love', living in 'Surrender' and in '*SatChitAnanda*'. The SECRET is to 'Smile, all the while,' 'Eliminate the mind and its miseries', 'Choose to be Happy', 'Respond, not react', 'Enlighten the Ego' and 'Transcend *Bhoga*, live in Yoga.'

The AiR Happiness Secret of 19 letters discussed above is enough to ensure a life of Eternal Happiness. Unfortunately, even if you give this secret to somebody, they will shuttle between Happiness and unhappiness. But those who live the AiR Philosophy of Life, live with the AiR Happiness Secret and enjoy the gift of peace, love and bliss, every moment they live. Are you ready to live with the AiR Philosophy of Life?

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Life is meant to be lived without misery, anxiety and stress. You can find the key to Bliss in AiR's Secret of Happiness!

Chapter
5
Peace



The AiR Philosophy of Life advocates that peace is the foundation of Happiness. *In fact, if there is no peace, our life will be in pieces. It is for us to choose peace.* Otherwise, we will cease to live a Life of Eternal Happiness.

► **How To Find Peace Of Mind**

Peace, we don't have to find. Peace is within. We must still our mind. Unfortunately, we cannot find the mind. Therefore, it becomes difficult to still it. However, those who live the AiR Philosophy of Life, discover the art of living with peace. They lock themselves in Consciousness and activate the intellect. In this state, there is no mind and so, there is peace. We must remember that where there is a piece of mind, even a tiny piece, there can be no peace of mind. Therefore, the AiR Philosophy is all about eliminating the mind and its miseries.

► **Discovering That There Is No Mind**

If we try to find the mind, where is the mind, we cannot find. The mind is nothing but a bundle of toxic thoughts. It appears to exist but in reality, nobody has seen the mind. Have you ever seen it? What is its colour, shape or size? You don't know! Nobody knows because nobody has seen the mind. Still, it creates a miserable grind! It drills us and kills us with repeated thoughts of fear, worry, stress and anxiety. The moment we realize that there is no mind, we overcome all its miseries.

The AiR Philosophy of Life is all about going beyond the mind and its seven miseries of fear, worry, stress, anxiety, regret, shame and guilt. This is the essential principle on which the AiR Philosophy is built. As per the AiR Philosophy, there is no mind, only thoughts and if we become the master of our illusory mind, we can discover peace, the very foundation of Happiness.

► **Still It, To Kill It**

To live a peaceful life, we have to kill the mind that we cannot find. The mind appears to exist as it bundles together toxic thoughts and attacks us like a dangerous weapon, the MK-50. We have all heard of AK-47 used by terrorists to kill but we pay little attention to the MK-50, the Mind-Killer-50 that shoots at us, about 50 toxic thought bullets every minute. How can we stop these 50,000 toxic thoughts that attack us every day?

The only way to kill the mind is to still the mind. We have to stop the mind from creating the negative thoughts of fear, worry, stress and anxiety that drill us and kill us. The AiR Philosophy of Life is about eliminating the mind, completely destroying it. While we may try to do this, the mind is like a Phoenix that rises from the ashes and reappears. We must still it to kill it! We must lock it and block it so that it does not appear again. Those who live the AiR Philosophy of Life, live in Consciousness, a state where the mind ceases to exist.

► Reducing MTR

What is MTR? It is the Mental Thought Rate. With the mind, the MTR can be 50 thoughts a minute. But when we live in Consciousness, thoughts don't pour like rain to push us down the drain. They appear gently in our Consciousness and we are able to discriminate and control our thoughts. Very few people pay attention to reducing the aggression of thoughts, which is the cause of depression. Instead, we encourage desires and passions and we continue to be lost in the thoughts of the mind, only to suffer. How can we reduce our MTR?

► Spending Time In Silence

The AiR Philosophy of Life encourages silence and meditation. Instead of letting our life be like a roaring ocean, we must be like a still lake, for it is in this state of stillness or peace that we can experience true bliss. Therefore, we must try to spend time in silence.

Meditation is not just about sitting in a position with the back straight and an erect spine. It is about the ability to slow down the MTR and to move from mind to Consciousness. Therefore, meditation is often referred to as Mindfulness and Awareness. The first thing is to become aware of the toxic mind. Once, we are aware of miserable thoughts, we can begin the process of killing the mind by stilling the mind. The AiR Philosophy of Life reminds us that there is illness because there is no stillness. Therefore, we must make it a habit to spend time in silence. The AiR Philosophy encourages 'One Minute Meditation'.

We must regularly spend time in silence and ultimately, try to be in a meditative state for as long as is possible. This means that we must lock ourselves in that state of Consciousness, where there is no mind. Then, peace, we will find.

► **Stop It, Crop It, Chop It, Drop It!**

While the AiR Philosophy is all about living in Consciousness, there will still be some random negative toxic thoughts that will appear in our head. If we don't deal with these thoughts, we will be dead. Therefore, what does one do when a toxic thought appears in our Consciousness?

We must first, stop the thought using the power of our intellect, our tool of discrimination. Then, we must crop it or cut it from our thought chain. Thoughts become feelings that become actions. We must not permit this. We must crop the toxic thought and chop it. Soon after this, we must drop it, flush it and eliminate it from our system. When we are in a state where there is no mind, in this state of Awareness or Consciousness, the intellect becomes powerful and can deal with individual thoughts easily.

The AiR Philosophy understands that we can kill the mind but we cannot eliminate all thoughts. Therefore, we must learn to discriminate and choose thoughts – differentiating between thoughts that we must accept and those we must reject.

► Learn The Mantra, ‘Stop It, Stupid!’

The mind makes us stupid. When it is active, it bombards us with thoughts and we helplessly feel so stupid! We repeat the same worry, again and again and we are paralyzed by fear. Haven't we noticed that our mind makes us go into a bad mood and we lose all that is good? It's all because of the stupid mind.

As per the AiR Philosophy, another method other than silence and meditation is to look at yourself in the mirror and tell yourself, ‘*Stop it, stupid!*’ Face the toxic thought that has enslaved you and challenge yourself, ‘*Don't be stupid. Stop it, stupid!*’ Resolve not to repeat that toxic thought of the mind. If we are determined, we can definitely still the mind and kill the mind and if we become the master of the AiR Philosophy of Life, we will completely eliminate the mind.

► Discovering The Meaning Of Thought

We all talk of thoughts. But what is a thought, in reality? *A thought is nothing but an impulse, which is an expression of an emotional impression in our Consciousness.* Therefore, as long as there is Consciousness, there will be thoughts. But we can still the mind, which is nothing but a bundle of toxic thoughts.

As per the AiR Philosophy, thoughts are needed so that we can contemplate and elevate to the state of the Realization of the Truth. But we don't need the mind. Once we destroy the mind and its toxic thoughts, we can remain in

Consciousness and control those impulses, ensuring that they are positive impulses. Some people think that all thoughts are evil, when in reality, it is only the mind that is evil. MIND – Misery, Ignorance, Negativity and Desire, steals our peace.

► **Going Within**

To find peace of mind, we don't have to go on a search. Peace is within. We have to still the mind. Every human being has nine doors, nine openings but they are all looking outside – eyes, nose, ears, mouth and organs of excretion and reproduction. Unless we make a conscious effort to shut these doors from constantly taking us into the outside world, we will never be able to go within and experience peace. Because of so much noise that is on the outside, we do not hear the Divine voice that is inside. Those who develop the habit of meditating or being in silence, begin to enjoy the enchanting peace that becomes the very foundation of Happiness. This is a slow practice but slowly and steadily, this practice can make our life eternally blissful.

► **BBC – Bring Back Consciousness**

It is common for the rascal mind to return like a Phoenix and rob us of our peace. In fact, it is the mind that steals our peace. What is the solution? Bring Back Consciousness.

How can we come back to Consciousness? First, we must become aware that we have been captured by the mind.

Then, immediately, we must be still, withdraw our senses and go within. We must move from a state of mind to a state of Consciousness. The moment we are able to BBC or Bring Back Consciousness, we can lock the mind and block the mind with our intellect, eliminating all toxic thoughts. But if we don't BBC, the mind will destroy our peace.

► **Making The Monkey, A Monk**

As long as the mind within us is jumping from a yesterday to a tomorrow, we will continue to live with misery and sorrow. Therefore, the monkey mind needs to become a monk.

As per the AiR Philosophy, how do we tame the monkey mind and make it a monk? We cut the monkey's tail, the EY. The MonKEEY is EY, Ever-Yelling and Ever-Yearning. It is always creating noises and desires. How can we be at peace? The moment we stop the monkey from its Ever-Yelling and Ever-Yearning, we become a silent monk. Then we will be able to live peacefully. It is unfortunate that most of us let our monkey mind become a gorilla. Therefore, we are constantly troubled by fear, worry, anxiety and stress, and life becomes a mess! Tame your monkey mind into a monk. Then, you can live with peace.

► **Realizing That Nothing Matters**

The AiR Philosophy asks us to remain in Consciousness with the Realization that ultimately, nothing matters. This world is just a show. We come and we go. When we let the

mind create misery, we lose our peace and bliss. If only we live in Consciousness, we will realize that it is meaningless to entertain toxic thoughts of the mind.

► Enjoy The Show

The AiR Philosophy is all about enjoying the life drama and eliminating the mind and its trauma. The world is an illusion, a show. We are actors who come and go. We remain ignorant about this because of our mind. Without the AiR Philosophy, we will be troubled by the mind, a mind that we cannot find. We will be unable to live life moment by moment and instead of living with peace, our Happiness will cease because we have opened the door of our life to the mind. Therefore, it is important for each one of us to consciously choose peace and joy. Peace is our birthright but we lose this treasure because we let the mind run after pleasure. Instead of being content and living with fulfillment, we let the mind run after success and achievement.

Far more important than anything else in this world is peace, for peace is the very foundation of Happiness. But as long as we let our mind ride our life horse, we are no more the boss. This loss is our greatest loss. Let us tame the monkey mind, Bring Back Consciousness and enjoy the bliss that comes with peace every moment of this life show.

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*When there is a piece of Mind,
There can be no Peace of Mind.*

Chapter
6
Love



Love is one of the most beautiful emotions in the world. It creates a fountain of joy, an ecstasy of bliss. Unfortunately, we don't know what True Love is. The AiR Philosophy of Life defines LOVE as a Longing Of the Soul, which is Very passionate and creates an Ecstasy of joy. Those who discover True Love can enjoy the state of Eternal Happiness.

► Going Beyond Worldly Love

While the world talks about the basic needs of air, water and food, we also need love to live. Just like we need a shelter to be comfortable and we need sunshine to blossom, life without love will ultimately make us wither and die.

But love is not just the worldly love we know of. Love is not just a crush or an attraction from skin to skin. Love is not marriage or relationships. True Love is beyond all this. Because we have not discovered True Love, we experience heartaches and heartbreaks. The AiR Philosophy inspires us to go beyond love of the world to the state of Divine Universal Spiritual Love.

What is the worldly love that we know of? The love that we know is associated with hugs and kisses, Valentine's Day and red hearts. But this is worldly love. We get attracted to somebody and think that it is love but very often, it is just LUST – Love Underestimated as a Sexual Transaction. This is not True Love. That is why marriages end in divorces and many relationships fail because they are just based on worldly love which says, *'I love you only because I need you.'*

► **Discovering True Love**

True Love is Transcendental Love. It is a Rainbow of 7 colours. It is Unconditional and Eternal. This acronym of TRUE along with the acronym of LOVE, Longing Of the Soul, which is Very passionate and creates an Ecstasy of joy, defines the AiR Philosophy of Love.

It is sad that most of us don't even know that the heart is not the organ of love. Love throbs in every cell of our existence. But because love is a very powerful emotion, our blood gushes to the heart and makes us feel like the heart is the organ of love.

► **Longing Of The Soul**

True Love is Longing Of the Soul. This Longing is Very passionate and it creates an Ecstasy of joy. The longing need not be only between a man and a woman. Love exists between friends and between parents and children too. Love is a Divine emotion that creates bliss, cheer and joy.

The AiR Philosophy reveals that the Soul is none other than SIP, the Supreme Immortal Power that we call God. Therefore, love comes from God and the ones we love are none other than the manifestations of God. Only this love from Soul to Soul is True Love that creates Eternal Bliss.

► The Ecstasy Of Joy

Why does love create so much bliss? Love is one of the greatest sources of Happiness because it is not just pleasure of the skin. The joy of love makes our eyes twinkle. We get enchanted when the voice of our beloved falls in our ears. When we touch with love, we enjoy an ecstasy of joy. Therefore, love vibrates in every cell of our existence. Love is not just physical, it is also emotional, intellectual and spiritual. True Love flows through every aspect of life.

The AiR Philosophy of Life is about discovering True Love. It is going beyond worldly love to universal love. Centuries ago, the Sufis called it, *Ishq-e-Haqiqi* or Divine Love as opposed to *Ishq-e-Majazi* or worldly love. The Greeks called it Agape and Eros, respectively. In fact, the Greeks had several Gods and Goddesses of love. The world, however, has a very shallow understanding of love. To most people, love ends up in a relationship and possibly a contract of marriage and thereafter, creating a family. But relationships and marriages can also be without the presence of True Love and thus, not create the kind of magical bonding that love does. True Love is an ecstasy of joy, a bliss greater than any other Happiness.

► Love From Soul To Soul

The AiR Philosophy reveals that love emanates from the Soul. Soulful Love is True Love. Thus, we don't just love a physical being. Such love is not True Love. It is when the Soul within loves another Soul and the love flows through

body, head, heart and Soul. Such a love truly blossoms to Eternal Happiness.

What do we see in the world of love today? People love and then, people leave! As per the AiR Philosophy, *'If you love, you don't leave and if you leave, it only reveals there was no True Love.'* Soulful Love is eternal. It is not a transaction. It is not quid pro quo, meaning, *'I love you only if you love me.'* Divine Love flows from the Soul and it flows to the other Soul, which is none other than a manifestation of the Divine. Therefore, True Love, as per the AiR Philosophy, is to love from Soul to Soul. Such a love is unconditional, eternal and not based on any expectations.

► **Loving The Divine In All**

What is the love that emanates from one Soul and flows to the other Soul? The Soul is a Spark Of Unique Life. It is the energy that makes our heart, beat. This Soul energy comes from SIP, the Supreme Immortal Power. Therefore, when there is true Divine Soulful Love, it is loving none other than God, the Supreme Immortal Power, SIP, that manifests as the Soul.

The AiR Philosophy reveals that God is in all. God is SIP that appears as the Soul and when we love from Soul to Soul, we are actually loving God or SIP. Those who live the AiR Philosophy are able to see the Divine in one and all. So, they love the God that appears in every Soul. They transcend toxic emotions like anger, hate, revenge and jealousy because their ego is Enlightened as they discover the Divine within, in the temple of their heart. The AiR Philosophy of Life is all about loving the Divine that dwells in all.

► Discovering The Rainbow Of True Love

True love is like a rainbow. Just like the rainbow appears from the white light of the sun and manifests as the 7 colours of VIBGYOR, True love also manifests from the time we are born, till the time we are gone. True love appears from White, Divine, Universal, Soulful Love but it manifests as Violet love between parents and children, Indigo love between friends, Blue innocent romantic love, Green self-love, Yellow intellectual love, Orange emotional love and Red physical love.

Throughout life, we experience these 7 colours of love. But we forget to realize that just like the rainbow, the source of love is White Divine Love. It is this White love that appears as the 7 colours of love. Unfortunately, the world thinks of love as primarily, Red love or the erotic physical love. Very few people experience emotional and intellectual love. While we love our parents and friends, we don't realize that the source of every colour of love is White Divine Love.

► Being In *Prema* Yoga

The AiR Philosophy of Life inspires people to live in union with the Divine through loving the Divine that manifests in all. This is called the Yoga of True Love or the Yoga of Divine manifestation.

Yoga means being united with the Supreme and people usually practice *Dhyana* Yoga or meditation, *Bhakti* Yoga or devotion, *Karma* Yoga or Action or *Gyana* Yoga or education. I was blessed with *Prema* Yoga, the ecstasy of

Divine Love. *Prema* Yoga or the Yoga of Love keeps me ever-united with the Divine as I experience the Divine in every living being and I love them as I love God.

The AiR Philosophy of Life is about living a life of peace, love and bliss. For this, we must Realize the Truth. If we don't, we will struggle through life, just as we will struggle through love. The Divine emotion of love, which should create an ecstasy of joy becomes toxic when it falls to the level of thinking of love as just a physical emotion. Blessed are those who live a philosophy of life realizing that love is Divine. Love comes from the Divine that dwells within and true love flows to all. Each one of us is none other than God in a human form or manifesting as a living creature that vibrates Divine Love. Love is being able to love a DOG as a GOD. It is the ability to love a beautiful flower or a singing bird, realizing that they are God, the Supreme Immortal Power, SIP. Therefore, as per the AiR Philosophy, the only way to love God is to love all of God's manifestations, beginning with our near and dear ones, our beloved, our family and reaching out to every living being that breathes.

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*True Love is not just a physical attraction,
that is only lust.
True Love is from Soul to Soul, it is selfless,
full of faith and trust.*

Chapter

7

Success



The whole world is seeking success because we believe that success is Happiness. We have been taught this in our school and so, we remain a fool. We run after success, money and achievement because we believe that success and wealth are the ways to Happiness. Little do we realize the true meaning of success.

The AiR Philosophy of Life reveals that success in life or Happiness has 3 peaks. It is not just achievement, which is the first peak. Thereafter, there is fulfillment and Enlightenment. Those who make the best of their life, evolve from peak to peak to achieve true success.

► **Discovering True Success**

Success is not just name, fame, money and wealth. Success is to discover the purpose of life. Of course, we all want to be happy and we must be. But we must discover that state of Eternal Happiness, where there is no misery and sorrow. True success is not just winning the race. It is living with grace. Unfortunately, we human beings have become 'human doings'. We have become machines. We spend our life running after achievement and are so lost in the world's entertainment that we don't discover the ultimate success that comes from Enlightenment.

True success is discovering, '*Who am I and why am I here?*' It is ultimately living a philosophy that enjoys pleasure, peace and purpose. The AiR Philosophy takes us to a state of Eternal Happiness.

► **Going Beyond Achievement And Pleasure**

What is the whole world running after? We want more money, more success, more achievements. Why does a millionaire want to become a billionaire? Why do people want more name and fame? Because they believe that this will give them more pleasure and more Happiness. But is this true?

No doubt, pleasures give Happiness but is it true that more pleasure, more money and more success is the way to more Happiness? If this was true, the rich should have been glad. Why are many of them so sad that they even commit suicide? This startling revelation reminds us that true success is not just pleasure that comes from achievement.

The AiR Philosophy of Life teaches us to go beyond pleasure from achievement. It shows us the way to enjoy peace that comes from fulfillment and ultimately, purpose that comes from Enlightenment. It inspires us to evolve beyond achievement and reach the ultimate success of Enlightenment, where we will discover the purpose of our existence.

► **Success Is Not Happiness**

I spent 25 years of my life going from success to success. I enjoyed the glitz and glamour of achievement. But after 25 years, I discovered the truth. I was earning more and more but I realized that what I will earn, others will burn. One

day, I will have to leave everything behind and depart. The ultimate peak of success, when we are pursuing achievement, is a cliff called 'death'. Every 'body' has to die and running after money and pleasure was not giving me increased Happiness. I realized that success is not Happiness. I shut down my business, took an exit from the highway of achievement and started living a life of contentment and fulfillment.

If we look around, what do we see? We see successful people running after pleasures of this material world. They want the best of brands and they can afford it. But are they happy? They live a life of anxiety and stress and their life is in a mess. The purpose of success is Happiness but alas, they have success but no Happiness!

► **Happiness Is Success**

Those who discover the secret of life realize that Happiness is success. If you are happy, you are already successful. You don't need to run after achievement. The objective of being successful is to be happy and if we can achieve this without all the stress that comes with success, why not choose the direct route to Happiness?

The AiR Philosophy of Life reminds us that success is not Happiness. Happiness is success. It leads us from pleasure to peace to purpose and opens the door to a life of peace, love and bliss.

► Don't Earn For Others To Burn

Can we take anything with us when we are gone? We may be the richest on the planet but don't we know beyond doubt that we bring nothing to this world and we can take nothing? Still, we continue to spend our entire life earning more and more.

True Happiness does not come from making money. It comes from spending it. But most people are doing otherwise. They earn and earn and earn, only for others to burn what they earn. Unfortunately, the moment we die, we no longer have control over our money. Why not spend before our end so that we can live a life of meaning and purpose? We must give before we are gone because by doing good Karma, even if we do not achieve the ultimate goal of Liberation, at least we will be reborn with a good life after this life is over. A truly successful person will not waste life achieving material success, and then after he's gone, let others waste what he created.

► The 4 Quarters Of Life

The AiR Philosophy reflects on the 4 quarters of life that have been mentioned in ancient scriptures. Inspired by the 4 quarters, the AiR Philosophy has revised them for modern-day life. What are they?

The first quarter of life is to learn. We all go to school and college to learn and we must. But thereafter, we go into the second quarter to earn. When we earn, we create a family,

build a house and finish half of our life in achieving whatever aspirations we have.

In the ancient days, the third quarter was about people leaving the worldly life and going into the forest to discover the purpose of life and thereafter, in the final quarter, living a life of renunciation. Life, today, has completely changed. It seems ridiculous to leave this world and live in seclusion. But the least we can do is to discover the purpose of our life. Most people, after they learn and they earn, they burn and they return! This means that they die and come back to earth in a new birth. The AiR Philosophy suggests that after we learn and earn, we must turn or change and then, yearn or seek our true purpose - Liberation and Unification with the Divine. This is achieving true success in life.

► Not Letting Need Becoming Greed

We live through life forgetting the simple truth of life. *Who are we? Why did we come here? What did we bring with us? What will we take?* These are the most critical questions of life. We all want to be happy but instead of living with contentment and fulfillment and being happy, we let greed overtake our need and become miserable. Of course, we must fulfil our need just as we must enjoy pleasure. But when we create a fire of desire, we don't realize that our passions and obsessions make us prisoners and ultimately, we become disappointed when we are unable to fulfil our expectations. Greed is like an empty well, which can never be filled. Ignorant people want more and more, till one day, they are pushed out of the door. They

enjoy the pleasure of achievement but they never enjoy peace that comes from contentment. Far happier is he, who is content, fulfilling his need than one who is successful but who has unfulfilled greed. The AiR Philosophy is all about enjoying life but not becoming a puppet to the mind and its desires.

► **Money Is Important But It's Not Everything**

Of course, we need money to exist. But we can't eat or drink money. Most of the world is only chasing after money. But the story of money is very funny! We cannot take with us even a penny! Instead of enjoying what we have, we yearn for that which we don't have and become miserable.

The AiR Philosophy of Life talks of noteworthy success, to earn enough money to fulfil our need but not be trapped in the race and get caught in that maze of money, pleasure and possessions. Some people call it the 'middle path', where we earn enough. Neither are we dependent on others for our existence nor do we make money, our God. Unfortunately, because we do not have a clear philosophy of life, we end up at one extreme. We don't live life respecting money and using it wisely, to live with fulfillment. Most of us make money, our everything!

► **Is Life A Journey Or A Destination?**

Most people are confused – is life a destination, is it something that we have to arrive at or is life just a journey, a path or a way?

The AiR Philosophy of Life believes that life is all about 'now'. It is about the present moment. It is neither the journey nor the destination. If we live life meaningfully, moment by moment, we will have an amazing journey. If we live with a good philosophy, we will automatically reach the right destination. However, we have no control over the destination but we have control over the present moment. We can discriminate and choose our current actions but we have no control over our past actions, which may have some bearing on our destination.

Some people are looking at the past that is gone and a future that is not yet born and then trying to make their life journey a pleasant journey. We can't change yesterday and we can't go to tomorrow. Our journey will unfold, based on the way we live every moment. Therefore, life is all about the present moment. It is about today, about now. The AiR Philosophy says that if we spend every moment productively, we will have some great 'yesterdays' and we will also arrive at our chosen destination.

► **True Success**

True success in life is finding your purpose. Life is not just to zoom from womb to tomb. It is not just about becoming

rich and famous. True success is to find out why we came to earth and what is the purpose of human birth.

The AiR Philosophy of Life talks about success but not just material success. True success is Realization, Liberation and Unification. True success is discovering our life purpose. *True success is not about having wealth, which we will leave behind, but rather about leaving this body behind and becoming one with the Divine.* This success gives us far more Happiness than the pleasures we can get from money, name and fame. Unfortunately, we do not taste the Eternal Bliss that comes from transcending pleasure and living with peace and purpose. We are so enamoured by achievement that we do not achieve the true success of Enlightenment.



*Success is not just the pleasures
that come from achievement.
True success is Eternal Bliss
that comes from Enlightenment.*

Chapter

8

Karma



The AiR Philosophy of Life is about living life, accepting everything unfolding as Karma. It goes beyond just doing good Karma to ultimately, transcending Karma and attaining *Moksha*. The world is unclear as to why bad things happen to good people. Bad things can't happen to good people just as apples can't grow on mango trees. What does the AiR Philosophy say about Karma?

➤ Understanding The Law

Karma is a law, the Law of Action and Reaction. Just like other universal laws, it governs this world. Nobody can circumvent this law. '*As you sow, so shall you reap.*' Just like the seeds you plant decide the fruit on the tree, our deeds, good or bad, decide our destiny.

The word 'Karma' itself means action. But today, when we talk about 'Karma', we refer to the Law of Action and Reaction. The law that controls everything that is happening on earth. Nothing happens by luck, chance or serendipity. Everything is Karma. What you do comes back to you. What you give is what you get. Karma is like a boomerang, what goes around, comes around.

➤ Everything Is Karma

As per the AiR Philosophy, everything that is happening in life is Karma. Life is Karma. Why did we come to earth? Why did we get this human birth? It is because of Karma. So also, whatever is unfolding in our life, good or bad, is a result of the Karma that we brought to earth and the

Karma that we did after our birth. Let us be clear that everything is a reaction of our past actions. Just like there can be no root, shoot or fruit on the tree without a seed, without a deed, nothing will happen. Thus, Karma is the Law of Action and Reaction, the Law of Cause and Effect. If there is a reaction, there must be an action. If there is no cause, how can there be an effect?

➤ **As You Sow, So Shall You Reap**

Good or bad, whatever you do, it will come back to you. It may come back to you in this life or a future life. Death happens suddenly and we do not settle all our Karma before we are gone. All unsettled Karma becomes the cause of us being reborn. Nobody can exactly define how Karma works. But one thing is clear, good for good and bad for bad. Karma makes no mistake. That is why the world shows us that the fruit on the tree doesn't appear randomly. It depends on the seed. So also, our destiny doesn't unfold by chance. It all depends on our Karma, our deed.

➤ **The 3 Accounts Of Karma**

There are 3 accounts of Karma. The first account is the Karma that we bring to earth. This is our opening balance and is known as the *Prarabdha* Karma. The second account of Karma is the current account known as *Agami* Karma. It is the Karma that we do after our birth. We human beings have free will and so, we are the only blessed creatures who can create Karma. At death, our opening balance and

current account is adjusted with what unfolds in our life. But all unsettled Karma, good or bad, is transferred to the third account of Karma, known as *Sanchita* Karma. This is a corpus, a warehouse of the closing balance of each life we live. The body dies but the Mind and Ego, ME, out of ignorance, continues to carry Karma, birth after birth.

At the end of a life, there is no *Prarabdha* and *Agami* Karma. This opening balance and current account of Karma ends in the moment of death with the net Karma being transferred to the third account, the cumulative carry-forward account of *Sanchita* Karma, from which a new life starts, with a new *Prarabdha* Karma, which is part of the *Sanchita* Karma, our corpus or warehouse. As long as Karma exists, we will be gone and we will be reborn. When we are free from all Karma, then we attain *Moksha* in the moment of death and we are free from rebirth.

► Twin Karma

Everything that is happening in life is a result of our Twin Karma. The combination of our *Prarabdha* and *Agami* Karma. The Karma that we bring with us at birth does not solely decide what happens to us on earth. We have free will and we can choose our actions, our Karma. These Karma of the current account merge with our opening balance and together, the combined Twin Karma decides our destiny. Everything happening to us in life is unfolding as per our combined Twin Karma. Nothing happens by chance or luck. We pluck what we plant. The AiR Philosophy is all about doing good Karma and living a happy life, till we are free from all Karma.

► **Accept Joyously**

Some people accept whatever happens in life, while many protest. They don't understand the Law of Karma. They look up at the sky, cry and question, 'Why?' Those who follow the AiR Philosophy of Life accept whatever is happening joyously, knowing that it is their own Karma returning and thereafter, they will not have to suffer for their Karmic debt, which is now being settled. They look forward to good things unfolding because of the good Karma that they are doing. The AiR Philosophy urges us to accept life joyously and to do good Karma, till we can ultimately transcend all Karma.

► **Surrender To The Divine Will**

What should we do when it comes to the future? Should we live with worry, stress and anxiety about what will unfold in our life? The AiR Philosophy guides us that it is meaningless to worry about what will unfold because what will happen is only a reaction of our action. If we have planted thorns, we have no option but to accept thorns. Therefore, why worry?

The AiR Philosophy gives a lot of importance to Karma, the Divine law that is responsible for everything that has happened in the past, just as it is responsible for whatever will happen in the future. Therefore, how should we live our life?

Whatever actions are done, are done and dusted. They cannot be changed. But there is hope. We can choose our

actions today. These deeds can become new seeds that will bear fruit. But once we plant new deeds in the garden of our life, we have no other option but to surrender. We must accept whatever has happened and do our best every moment that we live. Thereafter, we must surrender. We have no other choice! Whatever is unfolding, is the Divine will that unfolds as per Karma. So, accept, do your best and surrender – *whatever will be, will be*.

► Transcend Karma

The AiR Philosophy goes into the depths of the topic of Karma because as long as we do not transcend Karma, we will have to suffer. We will not only suffer on earth due to our Karma, but we will return to earth in repeated rebirths. Even if we have done good Karma, we still must be rewarded for that good Karma. Therefore, the challenge of life is not just to do Karma, but rather, to evolve and transcend all Karma and attain the state of Liberation called *Moksha*. All this is part of the AiR Philosophy. It is realizing that we are not the body that does Karma, the actor. We are not even the Mind and Ego, ME, the director that directs all Karma. The truth is, we are the Divine Soul. We are a part of the Creator. When we Realize this Truth, we are Enlightened and we are liberated and united with the Divine. This is our ultimate goal.

One wonders how we can be free from Karma. As long as we are alive, we have to do Karma. No doubt, none of us are free from doing actions. But we can perform our actions as a Divine Instrument or Karma *Yogi*. By doing so, we will not be creating any Karma for we are not seeking

any fruits from our deeds. Transcending the body, mind and ego, one can be free from all Karma, living as a Divine instrument and acting on behalf of the Divine. Such a Karma *Yogi* is not only free from new Karma, but having transcended the body, mind and ego, becomes free from all 3 accounts of Karma and is free from the cycle of *Samsara*, of rebirth. A true Karma *Yogi* is liberated in the moment of death and united with the Divine. This is *Moksha*, our ultimate goal.

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*As long as we are caught in Karma,
there will be Trauma!
When we are free from this drama,
we attain Moksha.*

Chapter

9

God



Who is God? Where is God? What is God? The AiR Philosophy leads us from a journey of Self-Realization to God-Realization. There is no other way of realizing God other than by first realizing our true self. While we pray to God, we don't know to whom we are praying and what we are saying. This is not praying. It is braying. The ultimate tenet of the AiR Philosophy is to overcome ignorance and realize God. It is to reach the state of Spiritual Awakening - Enlightenment - and with this Realization, attain Liberation and Unification with the Divine.

► How Can We Find God?

God is not somebody who lives in the sky. God is not one we can find in a temple. God is a Power. God is Supreme and Immortal. The only way to find God is to realize God. What does this mean?

There is no doubt that God exists. There is a Creator. Without the Creator, how could there be creation? Therefore, the first step of God-Realization is to accept that God exists. But God does not belong to any religion. God is beyond religion. God is a Power, a Power beyond human comprehension and definition.

When one follows the AiR Philosophy of Life, one begins the journey to God-Realization. This is the ultimate step in the AiR Philosophy but not everybody will be fortunate enough to reach here. However, a sincere seeker who loves God and takes the help of an Enlightened Master, a Guru, will definitely attain God. The funny thing is that God is in you and God is in me. Unfortunately, instead of

going on an inner voyage to realize God, we are searching outside. How can we ever find God?

► Who Is God? Where Is God? What Is God?

As young kids, most of us pray to the God of our religion. We are taught that God has a name, a form and God becomes our *Ishta Devta*, our personal God. My personal God was Lord Shiva. From the time when I was 8 years old, till I was 48 years old, for 40 years, I prayed to Lord Shiva, till one day I realized that Lord Shiva was just an image of the Divine that I was praying to. I realized that there cannot be so many Gods. There are many religions but God cannot be one with a body, one who dies. God is birthless and deathless. God cannot have a mother and father. God is beginningless and endless. God is not a person. God is a Power. This has become the foundation of the AiR Philosophy for us to realize that God is SIP, the Supreme Immortal Power that is omnipresent - present everywhere, omnipotent - the all-powerful and omniscient - knows everything.

► It's Good To Pray

Many people wonder, '*What is the benefit of prayer?*' Whatever be our age and whatever be our stage of life, prayer is good because through prayer we connect with God. In the beginning, we don't know the truth about God, but it is through prayer that we believe in God, we love God and we attain God. First, our prayer to God is asking for help to solve our problems. We think of prayer as a way

to make our dreams come true. This is a good starting point because it creates that bond with our personal God, which makes us seek God and ultimately attain God. Therefore, it is good to pray.

As per the AiR Philosophy, prayer may begin with ignorance but ultimately, it is prayer that opens the door to heaven to realize God within, in the temple of our heart. The AiR Philosophy shows us how to evolve in prayer, to love God so deeply that we go on a quest for God and with the help of a Guru and ultimately, attain God.

➤ **Having Faith, Hope And Trust**

The journey with God and to God is all about having enthusiasm, which creates faith, hope and trust. FAITH - Full Assurance In The Heart, HOPE - Having Only Positive Expectations and TRUST - Total Reliance Unconditional Surrender to the Almighty are the pillars of a good life. Without these, we cannot progress in achieving the ultimate purpose of life, which is first, to realize our true self and then, to realize God.

➤ **God Does Not Live In The Sky**

It is a lie to believe that God lives in the sky but unfortunately, this is what we are taught in school. So, we remain a fool till we find the right philosophy that goes beyond theology and makes us realize God. God is SIP, the Supreme Immortal Power, that manifests as every Soul. God is a Power that is present in every molecule of matter.

Even science endorses that this whole world is nothing but energy. Every molecule, every atom is energy. God is everywhere and in everything. There is no place where God is not. But the AiR Philosophy teaches us not to call God, 'God' because when we do, our focus goes to our personal God, that image of God, which stops us from realizing God is SIP, the Supreme Immortal Power. When we realize, '*I am not 'I'. I am the Soul,*' we realize that God is SIP. SIP is within us. Then we overcome the lie that God lives in the sky.

➤ Climbing The Ladder To Heaven

Heaven and hell are not what people tell. They are right here on earth and we experience them when we take birth. But unfortunately, we do not realize this because we follow a wrong theology. When we learn the AiR Philosophy, we will learn to climb the ladder to heaven. It starts with praying and believing in God, having faith, hope, trust and enthusiasm. But the real journey to God begins when we actually love God. We seek God. Then the deep love and longing for God will take us on a quest.

To reach destination heaven, we need the help of a Guru, an Enlightened Master who will take us on a quest for the self. Then we overcome ignorance and realize God within, in the temple of our heart. This is the essence of the AiR Philosophy. While alive, we experience God everywhere and in everything, and in the moment of death, our Realization leads to Liberation from rebirth and Unification with the Divine, as we become one with the Supreme.

► Evolving From Religion To Spirituality

To attain God, we must evolve from religion to spirituality. Religion is just a kindergarten. The university is spirituality. Just as we all go from school to college, we have to crystallize our knowledge to realize God within, in the temple of our heart. For this, we must follow spirituality, the science of the spirit, which is not a religion. With spirituality, we can attain God.

► From Self-Realization To God-Realization

The only way to God-Realization is Self-Realization. Unless we realize, *'Who am I? I am not the body that will die. I am not the mind I cannot find. I am not the ego that says 'I' but I am, so who am I? I am the life that is throbbing within, the Power, the energy, the Atman, the Soul.'* When we realize that we are that Soul, the Spark Of Unique Life, this is Self-Realization.

Self-Realization with the AiR Philosophy becomes God-Realization. When I realize, *'I am a Soul,'* I realize that every human being is none other than a Soul. We are all energy. We come from SIP, the Supreme Immortal Power and we go back to SIP, just like waves that come from the ocean and go back to the ocean. We appear to be the one we see in the mirror but in reality, we are the Divine energy. When we see the Divine in one and all, it is God-Realization.

► It Starts With *Mumukshutva*

The journey to God starts with the deep love and longing for God. A true *Mumukshu* yearns for God and ultimately, following the AiR Philosophy, discovers God as the very power that exists in every cell of his existence. However, without that deep love or yearning called *Mumukshutva*, we will never overcome ignorance and realize God. We will live and die. We will be gone, we will be reborn and this will go on and on. A true *Mumukshu* loves God, wants God, seeks God and realizes God. He develops a deep passion, an obsession for the Divine and ultimately, becomes one with the Supreme. He develops the triple yearning, which leads to God-Realization.

► Realizing, '*I Am The Divine Soul*'

Without realizing, '*I am the Divine Soul*,' we cannot realize God. It is this Self-Realization that transcends the body, mind and ego. It is the body, mind and ego that limits us with our ignorance and separates us from God. It creates duality and we wonder, '*How can I be God?*' We have been taught that God is a celestial being, far away in the skies and we are caught in this ignorance. Therefore, we need the Realization of, '*Who am I?*' and for this, the AiR Philosophy helps us discover, '*Who I am not.*' Then comes the revelation, '*I am the Divine Soul, a Spark Of Unique Life.*'

► **The Soul Is The Supreme Immortal Power, SIP**

What is the Soul? It is life energy. Even science confirms that energy cannot be created or destroyed. So, our Soul is immortal. It is a spark that comes from SIP, the Supreme Immortal Power and goes back to SIP. Every cell of our existence is nothing but Soul energy and science endorses this today through its branch of Quantum Physics, through the Wave-Particle Duality theory. Therefore, with the AiR Philosophy, we Awaken to the Truth, '*I am the Soul and the Soul is nothing but SIP.*'

► **God Is SIP**

The AiR Philosophy of Life answers every question logically. Therefore, the question of God is understood clearly by those who follow the AiR Philosophy. Of course, God exists. God is everywhere, in everything. But the moment we say, 'God,' our thoughts take us to a God with a name and form. Those who follow the AiR Philosophy, therefore, use the term, 'SIP,' when it comes to the Supreme Immortal Power. This is the ultimate truth. It is not just some theology or philosophy. This is the essence of all important scriptures that have been, unfortunately, wrongly translated and interpreted. With the AiR Philosophy, there is complete clarity. God is everywhere, in everything. God is the Power in every Soul, just as God is the Power in every atom of this universe. Science calls this dark matter or dark energy but in reality, it is SIP, the Supreme Immortal Power.

► Realizing God Within

The purpose of life is to discover the ultimate truth that God is the Power that is throbbing within. God is not in the sky. It's a lie! But first we must find out, '*Who am I?*' Man's greatest sin is that he thinks, '*I am 'I'.*' When he realizes, '*I am not 'I'. I am the Immortal Soul that will never die,*' he not only realizes that he is the Soul but also that the Soul is SIP.

Each one of us is a living manifestation of God. But because we do not have a clear philosophy of life, we do not Realize this Truth. The AiR Philosophy is very clear. It is a logical way of realizing God within.

► I Am Nothing, God Is Everything

As long as we think we are everything, we will remain nothing. The moment we realize we are nothing, we become everything. However, the ego does not allow this and the mind does not want this because the moment we realize we are not the body, mind and ego, it leads to the destruction of the mind and ego. Therefore, the mind stops the ego from being Enlightened, from realizing, '*I am nothing and God or SIP is everything.*' This is the truth and the AiR Philosophy explains how we come from nothing and go back into nothing. Why don't we realize that we are part of that everything? The AiR Philosophy of Life uses the analogy of the wave to make us realize that we are none other than the ocean.

► We Are All God

The moment we realize the truth of the AiR Philosophy, we realize the ultimate truth that we are all God. We are all part of the Supreme Immortal Power. We are Divine Souls, having a human experience because of our ignorance that caused us to create Karma and trapped us in the body, mind and ego.

The AiR Philosophy of Life is not only realizing who we are but also being able to see God in all, love God in all and serve God in all. When we realize that we are nothing, that humility leads us to realizing that we are all God, we are part of that one SIP, the Supreme Immortal Power.

However, unless we understand the AiR Philosophy, we follow it, we trust it, we question it and we realize it, we cannot realize we are all God. But the moment we do, we enjoy the ecstasy of bliss unknown to the common man.

► *Satyam Shivam Sundaram*

Satyam is truth. *Shivam* is God. *Sundaram* is beautiful. The AiR Philosophy explains this age-old *Mantra* in simple words. The beauty that surrounds us, the sun, birds, the flowers, everything that is beautiful in this world is beautiful because of the Divine Power of SIP. The moment SIP leaves, the beauty disappears. Isn't this true? Unfortunately, while we may sing the song, '*Satyam Shivam Sundaram*,' we don't realize the profound meaning of the words. God is beautiful. Everything beautiful in this

world is a manifestation of the Divine and when we see everything beautiful as Divine and the Divine as everything beautiful, our life becomes beautiful, peaceful, blissful and full of love.

Living the AiR Philosophy is evolving from a journey of Self-Realization to God-Realization. It is experiencing the presence of the Divine everywhere, in everything. It is being able to love God as we love all the manifestations of God and this gives us the gift of peace, love and bliss.

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*It is a lie to believe that God lives in the sky!
We realize God when we discover, 'Who am 'I'?'*

Chapter

10

Enlightenment



Most of the world thinks that Enlightenment is something mystical, something impossible to attain. But those who follow the AiR Philosophy realize that Enlightenment is our right. Every human being is blessed with an intellect that can discriminate and Realize the Truth. Therefore, we can be Spiritually Awakened or Enlightened. However, it is not for all. But those who are sincere obedient seekers, can attain that state of freedom, that Liberation from all misery, realize the self and God.

► Realizing The Purpose Of Life

The journey of Enlightenment begins when we want to discover what the true meaning of life is and what our purpose is. Most of us are lost in this worldly circus. We are trying to amass wealth and possessions, which we will ultimately leave behind. Barely 1% of humanity seeks the true purpose of life. But they are the ones who go on an inward voyage and discover, '*Who am I?*' and '*Why am I here?*' Many of us may have this intention but we don't discover our true self. We just live and die. Who are the ones who discover their life purpose? Those who find a Guru, an Enlightened Master and who start a quest.

► Going On A Quest

The quest for our life purpose begins when we initiate a spiritual journey. This can only happen with an Enlightened Master or Guru. It is the Guru who begins our initiation of Self-Realization. He helps us question everything we have believed in and with his guidance, we

overcome all myths as we Realize the several Truths, one by one. When I began my quest, I had 9 major questions:

1. Why did I come to this world?
2. What will happen after I die?
3. Will I be reborn?
4. Will I go to a distant heaven and hell?
5. Who is God? Where is God? What is God?
6. Is the doctrine of Karma real?
7. Is there something called a Soul?
8. What is my purpose of life?
9. What is Enlightenment?

These 9 key questions evolved as I questioned my Guru on achievement, fulfillment and Enlightenment. One day, he provoked me and asked me whether I was just going to live till I die or whether I was going to find out, '*Who am I?*' and '*Why am I here?*'

► Finding The Right Guru

The journey of Enlightenment can never be completed without the help of an Enlightened Master. Any other effort will end in a disaster. It is only an Awakened Guru, who can help us reach our destination faster. The Guru has already tread the path and he knows the ways to get to the destination. Most likely, he has had an Enlightened Master himself too. One lifetime is too short a period for us to Realize the Truth on our own. But with a Guru, it's more than enough. It is for us to be sincere and obedient, just as we must use our intellect to discriminate. Once we have the right GPS, the Guru's Powerful Signal, we can reach

our destination. Beware! A wrong Guru may only create confusion.

► Initiating The Journey

The AiR Philosophy is all about Realization that leads to Liberation and Unification. But it all starts with Initiation. Initiation is not about getting a magic Mantra and being formally enrolled on a spiritual journey. It is the inner commitment of a disciple and the sincere guidance of a Realized Master that together initiates one's spiritual journey.

When a true seeker is initiated, they make Enlightenment their only priority. Nothing can supersede their quest for the truth. Their passion for Realization becomes an obsession. This is true Initiation. It is like lighting a fire and the fire never extinguishes. It only grows bigger and bigger, till the desire to be Enlightened is attained. Once we have the right Guru, and there is a commitment to Realizing the Truth, we can be Spiritually Awakened.

► Overcoming Ignorance

The journey of Enlightenment is switching on the inner light. There is darkness within. Enlightenment is about overcoming the darkness and lighting the light of truth. Then, one is Enlightened.

We remain a fool because of what we are taught in school. Our mind makes us blind and while it seems that we are

growing up, in reality, we are going down the valley of darkness by accumulating all the lies. Unless we open our real eyes and overcome the real lies, we will never Realize the Truth. For this, we need the help of our intellect to discriminate. Thus, we need to move from a state of mind to a state of Consciousness and if we are not alert and committed, we will be caught in rotten thoughts and never be Enlightened.

The journey of Enlightenment is about overcoming ignorance. Many of us lose the battle because of even one of the many roadblocks to Enlightenment. We believe the lie that it is blasphemous to question religion, or we get attached to some pleasure, person or possession. Whatever be the roadblock, the AiR Philosophy helps us to overcome our ignorance, one-by-one, till ultimately, we see the light of truth.

► Realizing The Truth

What is Enlightenment? It is Realization. First, Self-Realization, '*Who am I?*' and '*Why am I here?*' Then, God-Realization, realizing, '*I am the Soul, the Spark Of Unique Life and the Soul is SIP, the Supreme Immortal Power we call God.*' This is Enlightenment.

If this is Enlightenment, why is it so difficult to attain it? It is because we are prisoners of the body, mind and ego. We are unable to Realize this Truth. The AiR Philosophy helps us, step-by-step, to overcome our ignorance and Realize the Truth. But until we live this Philosophy, day in and day out, we cannot do it. The mind does not knock at our door.

It enters uninvited and pushes us on the floor. It is the AiR Philosophy that brings us back to Consciousness and helps us lock the door. As long as toxic thoughts pour like rain, we will be pushed down the drain and we will be overcome by our ignorance, again and again. The AiR Philosophy helps us build a dam against the gushing river of the toxic thoughts of the mind. This is living in Consciousness and by doing so, we can activate our intellect and discriminate and ultimately, Realize the Truth.

► Getting That '*Aha!*' Moment

Enlightenment is a spark of light. It is a sudden Realization. The knowledge was there with us all along but most often, we need that spark. That is why, it is known as Spiritual Awakening. Suddenly, there is a flash of light. There is an '*Aha!*' moment that we call Enlightenment.

To be Enlightened is possible but it is not easy. It needs sincere efforts. It needs the right Guru. But if we continue seeking the truth with deep love and longing for Liberation and the Divine, that light will be kindled and that '*Aha!*' moment will be achieved. There is no fixed time for getting this '*Aha!*' moment. I got it when I was on a flight, Air France AF 192, on the 31st of August 2014, flying from Paris to Bangalore. Each seeker will have their own unique '*Aha!*' moment to be Enlightened.

► Self-Certifying

The journey of Enlightenment needs both Initiation by an Awakened Master, a Guru and self-certification by a sincere seeker. The seeker must consistently evaluate his Awakening in the several tenets of the AiR Philosophy, realizing, '*I am not the body, mind and ego, I am the Soul,*' and be able to see God in all and love God in all – these are some of the pointers that can help one self-certify their evolution in the Enlightenment journey. Ultimately, we need a Guru to finally help us through the Self-Certification process and reach the state of Enlightenment.

The AiR Philosophy of Life identifies the milestones in the journey to Enlightenment to make sure that we have not lost our path.

► Intellectualization Is Not Realization

There are many people who have a lot of knowledge. We can get knowledge in any college. Today, it is easier with the internet and AI technology. But is all this information enough for Realization? No! This is only intellectualization. In this process, the mind can easily fool us and make us believe that the myth is the truth. Unless we use our intellect to discriminate in Consciousness and take the help of an Enlightened Master, we may have all the intellectualization but never reach that state of Realization. In the former, we *know*, but in the latter, *we do*. Our life is a testimony to our Enlightenment, not just our words. Anybody can 'talk' Enlightenment but the one who is truly Enlightened, has undergone a transformation, which has led to a metamorphosis, an irreversible change.

► Enlightenment Is Spiritual Awakening

What is this metamorphosis all about? A caterpillar cannot say that it is a butterfly until it metamorphoses and is able to open its wings and fly in the sky. So is Enlightenment. We become free from the Mind and Ego, ME, just as we begin to live our life as a manifestation of Divine energy.

The AiR Philosophy is ultimately about reaching this final peak of life. It is a journey of Eternal Peace, Divine Love and Everlasting Happiness that comes from Spiritual Awakening. Everybody in this world seeks this. But unfortunately, we are lost in that journey of achievement which has no meaning, no purpose. We waste our life, running after things that don't matter and then, have no time for the things that really matter. The AiR Philosophy helps us reverse this.

Enlightenment is Awakening from the deep sleep of ignorance. It is Spiritual Awakening. It is Self-Realization and God-Realization. To achieve this, one needs an Enlightening Philosophy, otherwise each day, we will wake up into this material world and get lost, only to consume our life and return to this earth in a rebirth. This is not our purpose. Our purpose is Liberation from the cycle of death and rebirth and Unification with the Divine. For this we need Spiritual Awakening or Enlightenment.

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*Most of us are lost in the quest for achievement.
A rare few are blessed to attain Enlightenment.*

Chapter

11

Moksha



The AiR Philosophy of Life is about achieving that ultimate goal, the ultimate purpose of human existence. Some people call it *Moksha* or *Mukti*, while some others call it *Nirvana* or Liberation, just as the Western world calls it, Salvation. What does the AiR Philosophy believe? Let's find out.

We are alive. One day, every 'body' will die. Nobody can deny this. But what is this cycle all about. While death is certain, is rebirth a reality? We are born but what is the reason for our birth? Why did we come to earth? Was it just random luck or chance? The AiR Philosophy logically explains that there is a connection between our birth, our Karma and death. Death doesn't mean 'the end'. We are reborn. And this goes on and on. The purpose of life is to be free from this cycle of reincarnation through Realization.

At death, one of two things happens. Either there is Realization or Reincarnation. The Realization that I am not the body, mind and ego, I am the Soul, leads to Liberation and to Unification with the Divine. This is rare. But those who live the AiR Philosophy, who ensure their personal Spiritual Awakening, can attain this ultimate purpose. Most of humanity will just live and die. They will not discover, '*Who am I?*' They will be gone and then, be reborn but this is not what life is about.

The AiR Philosophy of Life explains the cycle of birth, life, Karma, death, rebirth and *Moksha*. In this cycle, nobody can stop the former part but the end is in our hands, rebirth or *Moksha*. It is for us to choose, to decide what we are seeking and work towards achieving it.

► Realization And Enlightenment

The AiR Philosophy leads one to the state of Realization through Purification and Illumination. Unfortunately, not many go on a quest and thus, while we hear of the terms, Self-Realization and God-Realization, a rare few experience this and are Spiritually Awakened or Enlightened. They are the ones who can ultimately attain *Moksha*. How does this happen?

Moksha can only happen in the moment of death. While one is alive, one can live as a *Jivanmukta*. Although one is still in the body, one realizes, 'I am not this body that will die. Although I do Karma, I do not accumulate Karmic debt because it is not 'my' Karma.' One lives as a Divine instrument realizing that I am not the Mind and Ego, ME. Such a *Jivanmukta*, a free human being does not return in a rebirth. At death, when the body dies, the Soul is united with the Supreme. There is no mind and ego. The mind and ego only existed because of ignorance. So, there is no Karma and there is no rebirth. This is *Moksha*.

► The 4 Doors To Liberation

The AiR Philosophy explains that Liberation happens when one passes through the 4 doors. The first is discrimination. The second is dispassion or detachment. The third is discipline and the fourth is a deep desire for the Divine. Unless one goes through these 4 doors, one will not arrive at the ultimate destination. We have an intellect to discriminate and we must use it. We must live with Detached Attachment. We must discipline our thoughts,

eliminate the mind, Enlighten the ego and take control of our senses. Discipline is about withdrawing from the bewitching material world, just as it is to live with forbearance, faith and focus. These are needed to reach *Mukti* and *Moksha*.

➤ The Journey Of PIRLU

While the ultimate goal is Liberation or *Moksha*, which leads to Unification of the Soul with SIP, the Supreme Immortal Power, there is a process called PIRLU that takes us to it. First, there must be Purification, the elimination of the myths. This leads to Illumination, where we start Realizing the Truth. Several such Illuminations will lead to that state of Realization. Thereafter, at death, there can be Liberation, if there is the guidance of a Guru and the grace of God. Without this, there can be no *Moksha*, no Liberation and Unification.

➤ 8 Stages Of Spiritual Awakening

The AiR Philosophy explains that there are 8 stages of Spiritual Awakening. It starts with deep love and longing for the Divine. Such a person is called a *Mumukshu*. Then, one becomes a *Jigyasu*, a seeker of the truth. Thereafter, one becomes a *Gyani*, one who converts knowledge into wisdom. This leads to the stage of a *Yogi*, where one lives in Yoga, in union with the Divine – the individual Consciousness with the Supreme Consciousness. Such a *Yogi* who has crossed these 4 stages and follows the guidance of a Guru and has the grace of the Divine, may attain that state of Awakening or Enlightenment to become a *Buddh*.

However, there is more to it. The *Buddh* or Awakened one, must live as a *Sthitpragya*, one with a steady intellect. Then one becomes a *Jivanmukta*, one who is free from the body, mind and ego. Such a liberated being ultimately becomes a *SatChitAnanda Atman*, which is the ultimate stage of Spiritual Awakening. Such a Divine Soul lives in Eternal Consciousness and Happiness. At death, such a being will not return to earth in a rebirth.

► Getting Freedom From Rebirth

The AiR Philosophy is clear. We must attain freedom from rebirth. We must go from *Mukti* to *Moksha*. But *Mukti* is in our hands. *Moksha* is beyond our control. However, a *Jivanmukta* who lives in *SatChitAnanda*, is most likely to attain *Moksha* because rebirth happens only if there is Karma. One who lives as a *Karma Yogi*, passing through the 8 stages of Spiritual Awakening does not return in the cycle of death and rebirth. One is Awakened to the Truth that one is a manifestation of the Divine. One sees God in all, loves God in all and serves God in all. This leads to a life of Eternal Peace, Divine Love and Everlasting Bliss.

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*Most of us will be Reborn after we are gone!
But one who is free from Karma, will attain Moksha.*

Chapter

12

How To Live The AiR Philosophy Of Life



After understanding life, it is not enough just to have a Philosophy. The most important challenge is to live it. One has understood what life all is about, why we came to earth in this human birth. What is the secret of Happiness? How can we find peace of mind? What is the true meaning of love? True success is not just money, name and fame. It is acceptance and surrender, living as a master of Karma. Ultimately, life is about realizing, *'Who am I? I am not 'I'. I am that, a manifestation of the Divine.'* The AiR Philosophy of Life is all of this. But to enjoy the rewards of the AiR Philosophy, one must live it. What are the tenets that one must follow?

► **Transforming Life**

Life is precious. We must not just consume it. We must live it. We must not just understand it. We must transform it. Life must be a celebration. We must live life in the moment, in today, as a Divine manifestation. We must live in a state of Consciousness, enjoying pleasure, peace and purpose. The AiR Philosophy is all about living with peace, love and bliss. This book has the recipe, everything that we need to do. Now it's time to get into action. Change your life from today. Transform it. Adopt the AiR Philosophy. Adapt to a new way of life and start living a new life of Eternal Happiness!

► **Understanding The Metamorphosis**

A transformed life means that we must no more crawl like a worm. The caterpillar exists, no more. Now, we have wings and there are no more strings. The AiR Philosophy

inspires us to fly in the sky like a butterfly. It is freedom, liberation and bliss. The AiR Philosophy is all this. But the metamorphosis is a process we need to be committed to in order to live the AiR Philosophy. Just reading and knowing it, is not enough.

► *Neti Neti, Tat Twam Asi*

The two key words that can transform our life are, '*Neti Neti, Not This, Not This.*' Along with this, there are three other important words – '*Tat Twam Asi, That Thou Art.*' These are the 5 most important words of life and they come to us from the ancient scriptures written thousands of years ago. *We are not what we appear to be, not the mind and ego that says, 'ME'. We have a body but that is not 'I'.* This Realization is the key foundation of the AiR Philosophy. Everything is built on this Eternal Truth of the *Upanishads* and the *Vedas*. Living this is living life. Those who don't discover this, will live and be gone, only to be reborn. Therefore, we must never forget '*Neti Neti, Tat Twam Asi.*'

► *Sanatana Dharma In 12 Words*

Along with *Neti Neti, Tat Twam Asi*, there are 7 more words in *Sanatana Dharma* that form the essence of life. They are known as the principal statements or *Mahavakyas*. Putting them together, they are:

Neti Neti, Tat Twam Asi
Ayam Atma Brahma
Aham Brahmasmi
Prajnanam Brahma

If we are not the body, mind and ego, who are we? We are that, a manifestation of the Divine, the Soul. '*Ayam Atma Brahma*,' the Soul is the Supreme Immortal Power, SIP, we call God. Therefore, who are we, in reality? We are none other than that Power, the Divine – '*Aham Brahmasmi*.' Once we realize that we are not the wave, we are the ocean, we become one with the Supreme. We can then experience the Divine wisdom and Consciousness in every living being, '*Prajnanam Brahma*.' This whole world is a manifestation of God. The AiR Philosophy leads us from realizing this truth to living a life of fulfillment and Enlightenment.

➤ The Essence Of The AiR Philosophy

The 12 key words of the *Sanatana Dharma* form the essence of the AiR Philosophy. So, what is the essence? Simply put, it is:

I am the Soul

The Soul is SIP

I am SIP

SIP is in all

We must live life as the Divine Soul. This is the only way to live with peace, love and bliss. It is the truth that we are not the body that will die. There is no mind. Nobody has ever seen the mind. Therefore, the ego realizes, '*I am That, the Divine Soul*.' What is the Soul? The Soul is a Spark Of Unique Life. It comes from SIP, the Supreme Immortal Power that we call God. Therefore, who are we, in reality? We are SIP. We are Divine. This may sound strange. But it is the ultimate reality and this SIP, this Power is in every

living creature. Every Soul is God. Every *Atman* is *Paramatman*. The AiR Philosophy clearly explains this. One needs nothing more in life!

► IASTIBEM

What is IASTIBEM? The AiR Philosophy explains that one of two things happens in life. Either we realize IASTIBEM – I Am Soul Trapped In Body Ego Mind and we suffer or IASTIBEM – I Am SIP Transcending Ignorance of Body Ego Mind. Both the acronyms are possibilities. In the beginning, we realize we are the Soul. But we are trapped. Living the AiR Philosophy liberates us. We realize that we are SIP. We transcend ignorance. We are free from the body, ego and mind. We are liberated from all misery on earth. IASTIBEM is a good word to remember in the AiR Philosophy.

► Taming The Animals Within

The AiR Philosophy can be beautifully understood with the story of the old lady, who used to go up the hill, telling her teenage nephew that she had several animals up there to take care of. She would go in the morning and return late evening. One day, the nephew followed her up the hill. He was surprised when he saw that there was nobody up there. The old lady quietly sat in silence with eyes closed. After waiting for an hour, the nephew confronted her and asked her, 'What are you doing? Where are the animals that you always spoke of?' Then she explained, 'I have two hawks, my two eyes that I try to tame. I have a snake, my tongue that emits so much poison. I have to control the two eagles, my two hands that are like talons, always trying to grab. I

have two wild rabbits, my feet that run here and there. I have one lazy body, the donkey that I must activate.' Smilingly she added, 'I have a monkey mind that jumps from thought to thought and I have an ego that believes it is the king of the jungle. I have so many animals within me! I come up the hill every day, to spend time taming these animals that are within.'

The AiR Philosophy of Life is all about being the Master and overcoming our animal instincts that make us lose our peace and bliss. If we do not transcend the body, mind and ego and live as the Divine Soul, our true identity, we will suffer.

➤ **Living With Detached Attachment**

To live a life of peace, love and bliss, the AiR Philosophy teaches the art of Detached Attachment. We all love people but if we are attached, we will have expectations, which will lead to disappointments. Therefore, we must live with Detached Attachment. On the outside, it may seem that we are attached but deep within, we must be detached. The AiR Philosophy prescribes the 10 Commandments of Detached Attachment. These Commandments inspire us to be free, happy, love all, have no expectations, never lose our peace, accept and surrender, not be miserable, overcome ignorance, live with a purpose and live as the Divine Soul. If we follow these, we can practise Detached Attachment.

► **Changing Your Name**

If you really want to change your game, your life, you must change your name. We all grow up saying, '*I am Susan,*' or '*I am Rajesh.*' But this is not 'I'. This is just our name. The AiR Philosophy teaches us to live as the Divine Soul, in peace and bliss. Therefore, those who want to live the AiR Philosophy may choose a new name and thus, a new life.

We are conditioned to live as the body, mind and ego, which we are not. We believe that we are the one in the mirror that we see. But in reality, we are something else. How will we live that new transformed life? A new name is the trick! Those who are ardent followers of the AiR Philosophy choose a new Divine Soulful name to change the game of their life.

► **Realizing The Truth Of *Maya***

This whole world is a projection of Divine energy that appears as you, me, the butterfly, the bee and the tree. Even the inanimate mountain and the sea are manifestations of Divine energy. How does one explain this? The AiR Philosophy explains that this is *Maya*. *Maya* has two powers. It conceals the truth and projects the myth. Just like the white screen in a theatre is hidden when the movie plays, *Maya* projects the movie called life, when in reality, everything is a manifestation of Divine energy. To realize this is the ultimate Realization of the AiR Philosophy.

► **Enjoying The *Leela***

This world is a show. We are actors, who come and go. The earth is a huge stage. In reality, everything is *Maya*. It appears to be but it is actually a manifestation of Divine energy. We come with these human bodies to this world because of our Karma, our unsettled deeds. But ultimately, everybody has to go. Such is the show. The AiR Philosophy guides us to be free from this *Leela*, this cycle of death and rebirth and not get attached to pleasures, possessions and people and become a prisoner in this jail, this *Leela* of the Lord.

► **Going From *Dvaita* To *Advaita***

The AiR Philosophy is all about moving from a life of duality to non-duality. Duality is *Dvaita*. The whole world believes, '*I am different from you. I am different from God.*' Once we realize the truth of the AiR Philosophy, we overcome *Dvaita* or duality. We realize we are not the bodies that we wear. We are the Divine Soul. We are all effects. There is one cause. Ultimately, we are all one. This is non-duality or *Advaita*. Adopting the AiR Philosophy is living a life of non-duality and realizing that we are all tiny specks of SIP, the Supreme Immortal Power that we call God.

► **Discovering The Divine In Every Molecule**

Science in its branches of Quantum Physics and Quantum Mechanics has accepted the theory of Wave-Particle Duality. As per science, every particle of matter is ultimately energy.

Therefore, this entire universe is, in reality, energy. Science may call it dark matter or dark energy. The AiR Philosophy creates synergy with science and spirituality to endorse that this whole world is energy. The 5 elements of matter are, in reality, nothing but that one Supreme energy that the AiR Philosophy calls SIP. The Soul is SIP and every particle of matter is SIP. SIP is everywhere, in everything. There is no place where SIP is not. This Realization creates Eternal Bliss.

► Living With MAGIC

To live the AiR Philosophy, one must remember the acronym MAGIC. It is:

M - *Mumukshutva* - long for Liberation and the Divine

A - Ask questions and be a *Jigyasu* or seeker

G - **GGGG**, live with Grace of God and the Guidance of the Guru.

I - Intelligence, overcoming Ignorance

C - Consciousness over Mind

When one lives with MAGIC, one evolves in the AiR Philosophy to ultimately reach the state of Self-Realization and God-Realization.

► Being Established In SIP Consciousness

What is SIP Consciousness? It is being in the Awareness that we are all manifestations of SIP, the Supreme Immortal Power that the world knows as God. We must be established in such a Consciousness, as per the AiR

Philosophy. It means that we should not let the mind wander into the illusory world of *Maya*. We must not be affected by the Divine drama or *Leela*. We must be in *SatChitAnanda*, a state of Eternal Bliss living in Truth Consciousness. In this state, we will experience peace, love and bliss. With the AiR Philosophy, one can be established in such a SIP Consciousness and be ever-united with God. One can be free from all misery on earth and ultimately, free from the cycle of rebirth.

➤ **Overcoming Roadblocks To Enlightenment**

What are the roadblocks that stop us from being Spiritually Awakened, from being Enlightened? The AiR Philosophy lists about 25 specific roadblocks - ignorance, doubt, duality, desires, achievements, attachment, mind, ego, body, relationships, *Samsara*, duty, lust, shame, *Maya*, *Leela*, fear, knowledge, religion, Karma, longing for the world, lack of a Guru, wrong priorities, being unaware that one is Enlightened and thinking that there is no need of Enlightenment.

The AiR Philosophy has several methods to help a seeker reach that state of Awakening. If a seeker follows all the tenets of the AiR Philosophy, there is no way that such a seeker will not be Enlightened.

➤ **Living Like A Lotus**

The lotus flower lives in a dirty pond but does not sink in it, just like a boat that stays afloat on the water and sails in

the water, till it reaches its destination. The boat always remains above the water. The AiR Philosophy inspires us to live like a lotus, to be in this world of desires and distractions but not sink in it. We must live like a *Yogi*, ever-united in Yoga, never sinking in *Bhoga*.

► Moving Through The 5 States Of Yoga

What is Yoga? It is *Yuj* or union, union with the Divine, union between the Soul and SIP, union of individual Consciousness with supreme Consciousness.

The world knows of 4 states of Yoga – *Dhyana* Yoga or Meditation, *Bhakti* Yoga or Devotion, *Karma* Yoga or Action and *Gyana* Yoga or Education. I was blessed with the 5th state of Yoga, *Prema* Yoga, the Yoga of Love or the Yoga of Divine Manifestation. When one lives as a *Yogi*, one does not sink in the material world or *Bhoga*. One is in eternal Yoga, moving from meditation to devotion, constantly in union with God. Then, getting into action that creates union, followed by education. One may even choose the Yoga of Love, seeing everything as a Divine manifestation. But one must always be in Yoga.

► Valuing 1440 Minutes Of The Divine

We all know that we have 24 hours in a day. But not many of us contemplate the 1440 minutes that we have. The AiR Philosophy reminds us to live every minute, moment by moment. Each minute is a precious and valuable gift from the Divine. We must not waste a minute and the 60 seconds

in it. We must use it before we lose it! It may be a tiny minute but eternity is in it. This is what life is all about, living each minute with the AiR Philosophy, being conscious of our true existence, enjoying pleasure, being at peace, discovering purpose and living as the Divine instrument. If we lose the minute, we will lose the hour, the day, the month, the year, and ultimately, life itself! Let us get a hold of our 1440 minutes and invest each minute productively, happily and peacefully.

► **Making SIP *The* Priority Of Life**

We have so many priorities that we forget our main priority, SIP, the Supreme Immortal Power. We do so many things that don't matter that ultimately we don't have time for the thing that matters the most. Our priority is SIP that manifests as the Soul, the Spark Of Unique Life, that is making our heart, beat, moment by moment. God lives in the temple of our heart. The kingdom of God is within. We are running after pleasure and losing this greatest treasure! We are continuously searching for Happiness, for peace and love and even for God in the outside world, when in reality, everything is within us. If we cut the noise of the outside world, we will hear the Divine voice in our inner world. This is possible if through the AiR Philosophy, we make SIP *the* priority of our life.

► **Not Sailing On Two Boats**

The AiR Philosophy compels us to question whether we are living in confusion or whether we have a clear direction

to reach our destination. We cannot sail on two boats. We cannot drive on two roads. We cannot ride on two goats. We must not live with confusion. The AiR Philosophy of Life is the conclusion, the way to move in the right direction and reach our destination. If we are on the boat that sails north today and tomorrow, we take the boat that is sailing south, we will reach nowhere! We must not go round in circles. We must not drift like a sailboat. We must be persistent and passionate on achieving our priority of discovering the purpose of our life.

► SLS

What is SLS as per the AiR Philosophy? It is to See God in all, to Love God in all and to Serve God in all. How can we do it? As long as we believe in the lie that God is in the sky, we can live with *Bhakti* or devotion but we will never realize God. God is not made of bone and skin. God is the Power that is throbbing within. When we live the AiR Philosophy, we experience God in every Soul. Therefore, we are able to see God every day. We see God in every living creature. We love God as we love every Soul and when we want to pray, we just choose to serve that God that dwells in the destitute, the suffering humanity. Therefore, we must live with SLS - Seeing God, Loving God and Serving God in all.

► ABCD

The AiR Philosophy has several Mantras, several secrets, several acronyms that seekers who follow the AiR Philosophy live by. One such mantra is **ABCD**.

A is to **Accept**, don't protest. Accept everything because life is unfolding as per Karma, our own actions.

B is doing your **Best**. It is using your willpower and your intellect to do the best possible you can.

C is **Consciousness**, being in Consciousness and surrendering life and whatever is going to be, into the hands of the Divine.

D is **Divine Instrument**. We must live as the Divine Instrument.

Therefore, A – Accept, B – Best, C – Consciousness, D – Divine Instrument is a formula that we can use to live a peaceful and blissful life. Whoever you are, wherever you are and whatever be your life circumstance, this ABCD formula can help you live a fulfilling life.

► **Learning To Say, 'No!'**

Most of us are always saying, '*Yes, Yes and Yes!*' Of course, we must say, 'Yes' to the good things in life. But we must also learn to say, 'No!', because life is about discrimination. Everything cannot be, 'Yes!' We must discriminate black from white, wrong from right. We must learn to live with the 4 F Formula, being Friendly, Frank, Fair and Firm. When it is time to be Firm, we must learn to say, 'No!' When we are caught in a wrong thought, we must say, 'No!' When there is a fire of a wrong desire, we must learn to say, 'No!' We must learn to use our intellect to choose to say, 'No!' and not lose this beautiful opportunity of life.

► Living As A *Sthitpragya*

A *Sthitpragya* is one who lives with a steady intellect. Although this is part of the AiR Philosophy, it is advocated in many scriptures, including the *Bhagavad Gita*. It means that we should not use our intellect once in a way. We must always be in a discriminating state — *this or that*, must be on the top of our hat! We must never flow with a river of rotten thoughts of the mind. We must pause and choose through discrimination. The AiR Philosophy is about locking the mind and blocking the mind in a state of Consciousness, activating the intellect and living as a *Sthitpragya* – one with a steady intellect.

► Living As A Karma *Yogi*

Who is a Karma *Yogi*? It is one who lives as a *Yogi*, ever-united with God, doing what the Divine Will is. Therefore, it is living like a Divine Instrument.

A Karma *Yogi* does not create Karma. Such a person, as per the AiR Philosophy, does not desire any fruit for his actions. Such a person realizes, '*I am not the body, the actor, nor the mind and ego, the Director, I am the Divine Soul, a part of the Creator.*' Living as a Karma *Yogi* means living as a liberated being, free from the triple suffering on earth. Ultimately, a Karma *Yogi* is free from the cycle of rebirth. At death, a Karma *Yogi* becomes one with the Divine. Therefore, the AiR Philosophy urges us to be a Karma *Yogi*, living as a Divine instrument, being free from all Karma and from the cycle of rebirth.

► **Making Enlightenment Your Greatest Entertainment**

We are all lost in the pleasures of this world, thinking that this entertainment is true Happiness. The AiR Philosophy warns us and stops us from this ephemeral and momentary pleasure. It shows us the path to Eternal Bliss. It leads us to live with peace and to discover our purpose. As per the AiR Philosophy, far greater than the pleasure we get from entertainment, is the Eternal Bliss that comes with Enlightenment. Therefore, we must choose Enlightenment over entertainment.

As per the AiR Philosophy, there is a way to live with Eternal Happiness. We must spell happy with 3 Ps. We must not *want to be 'happy' with entertainment*, but rather *choose to be 'happy' being Enlightened*. It is a choice. Those who live the AiR Philosophy, live life, moment by moment, with peace and bliss. They don't jump into a yesterday that is gone. They don't worry about 'tomorrow', it's not yet born. They live in the moment. They make the best of 'today'. They make the most of life, living as a Divine Instrument, as a manifestation of the Divine, Enlightened with the truth of life.

► **Living Life With Peace, Love And Bliss**

What is the essence of the AiR Philosophy of Life? It is enjoying this beautiful life, moment by moment, as it unfolds. It is living with peace, love and bliss. The whole world is seeking this but unfortunately, we don't realize that peace, we don't have to find. We just have to still the

mind. True Love flows from our Soul but instead, we make it a physical bodily goal. Bliss is a choice but instead, we choose unhappiness. With the AiR Philosophy, all this is sorted. We can live with peace, love and bliss just by choosing to live with the AiR Philosophy. It is a way of life. It is a testament from the happiest man in the world. It is a time-tested formula of living 5 decades evolving from achievement to fulfillment and finally to Enlightenment!

There is no need to reinvent the wheel. We have a ready-made *Mantra* for life, peace, love and bliss. This is all we need. We don't need to search for anything else. We must not get caught in the maze running a race. We can choose to live with grace. We don't need to suffer on earth and return in a rebirth. We can choose the AiR Philosophy of Life and live with Eternal Peace, Divine Love and Everlasting Bliss!

“

*You can struggle with misery, sorrow, suffering and strife,
Or you can just choose the AiR Philosophy of Life!*



Afterword

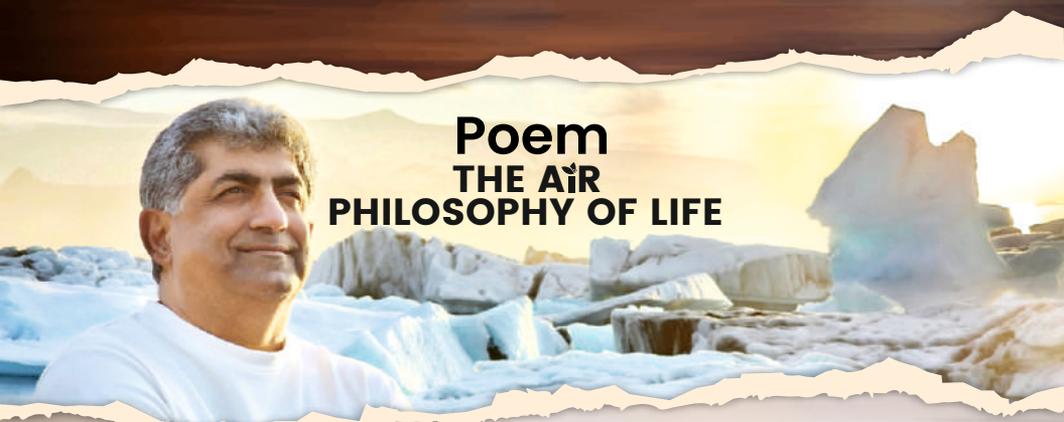
As I put together the AiR Philosophy of Life, I myself wonder how beautiful it would be if some of us could live this philosophy every moment of our life. But most of us never do and therefore, are miserable! Only some people are blessed to follow the AiR Philosophy and experience the state of Eternal Happiness. Life is a challenge. While it is an opportunity to discover our true self, it is only Divine grace and the guidance of a Spiritual Master that can Spiritually Awaken us and lead us to live life with the truth. If only we still the mind, kill the mind and come back to Consciousness, we can live with the Realization that God is within, in the temple of our heart. We can be free from all misery and sorrow if we learn the art of living life, moment by moment. Alas! We jump into a yesterday or tomorrow. We lose the present moment of life.

I live the AiR Philosophy and because I teach it, day in and day out, it is also a refresher course for me, reminding me not to slip into any negativity. After all, we live in a bewitching world. Each one of us has a body that seeks sensory gratification. We live with people and we face problems in our relationships. But the fact is, everything is a *Leela*, a show. Everything is *Maya*, a Divine manifestation. We come with nothing and we go with nothing. In fact, nothing matters! But we lose this precious gift called life because we do not follow the right philosophy.

Was it my past Karma or my present actions that led me to this or just my *Bhakti*, my devotion for God? Probably both. I evolved in the journey of life to formulate this philosophy of life. The formula is clear. We must live it now. The philosophy is documented. We must not deviate from it. We must Realize the Truth. God does not live in the sky. We realize this when we discover, 'Who am I?' I am grateful that I realized this when I went on a *Talaash*, and thereafter, got all answers from my Guru as I contemplated the purpose of life. I am very grateful that I was blessed to have an Enlightened Master.

We can just live and die without finding out, 'Who am 'I'?' But then, we are sure to cry with the pain of the body, misery of the mind and agony of the ego. We can overcome all these sufferings with the right philosophy. The AiR Philosophy is my personal experience and a magical formula to live with peace, love and bliss. It is not mere theory. It is a set of practical ways to Realize the Truth about life using the science of the Spirit, Spirituality, to show us the path to discover our purpose. Now, it is our choice. We have a life manual in our hands. We can live it and be happy forever or we can ignore it and struggle through life, facing misery and strife. Life is an opportunity. Soon we will be gone, but without the right philosophy, we will be reborn. Do we want this to go on and on or do we want to return to our source, the Supreme, the Divine – the ultimate and true reality? Let us make the best of this Soulful philosophy that will show us a magical way of living with pleasure, enjoying peace and discovering purpose as we celebrate each moment of life.

*Without the AiR Philosophy,
I lived with misery, sorrow and tears!
Now I live with Peace,
Love and Bliss, after 48 years!*



Poem
THE AiR
PHILOSOPHY OF LIFE

*Why have a Philosophy? Why not just have fun?
Why not enjoy and celebrate till Life is done?
Is it necessary that our Life must have a Purpose?
Wouldn't it be better to enjoy like a clown in a circus?
Life is not just Happiness that is momentary Pleasure
It is Peace and discovering Purpose, that's the real treasure
Let us discover the AiR Philosophy of Life
Live with Eternal Happiness without misery or strife!*

*Is Life a Journey or is Life a Destination?
Life is about this moment, get that Realization
We can't go to Yesterday, it is already gone!
Nor can we go to a Tomorrow that is not yet born!
But still, we go because of the rascal Mind!
We suffer due to a Mind we cannot find!
Let's live with the AiR Philosophy of Life
Celebrate every moment, eliminate all strife!*

*We all want to be Happy, who wants to be sad?
If there are a few, then they are surely mad!
Happiness is not a chase, it is a choice
But this Eternal Bliss is experienced only by the wise
They evolve through the Happiness peaks, three
And from the triple suffering of Life are free
Are you going to be blissful with the AiR Philosophy of Life?
Or are you going to suffer and die, after so much strife?*

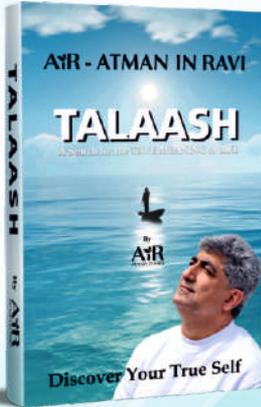
*Peace is within, Peace we cannot find
 Peace is experienced when we still the Mind
 The Mind bombards us with thoughts that pour like rain
 Toxic thoughts that make us miserable again and again
 We must be in Consciousness, we must still the Mind
 Then, Eternal Bliss and Peace we will find
 But first we must learn the AiR Philosophy of Life
 We will be at Peace, without any strife!*

*What is the true meaning of Love?
 It is loving God, knowing God doesn't live in the sky above
 Love is not just from skin to skin
 True love is for the Divine that dwells within
 It's not, 'I love you because I need you'
 It is, 'I need you because I love you'
 True Love is part of the AiR Philosophy of Life
 In True Love there is bliss, there is no strife*

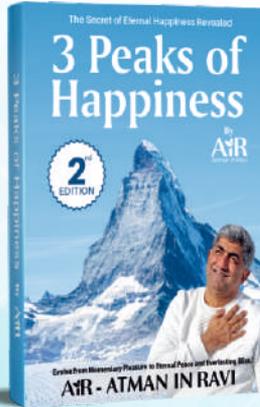
*We have been taught that Success is Happiness
 But the truth is that Happiness is Success
 We believe that we must live and do good Karma
 But we get caught in this drama and face trauma
 We go through Life seeking entertainment
 We don't seek God, don't attain Enlightenment
 The ultimate goal is in the AiR Philosophy of Life
 Discover you are the Soul and be free from strife!*



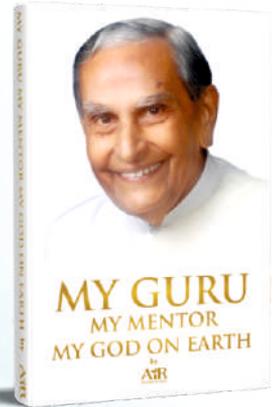
Other Books By AiR



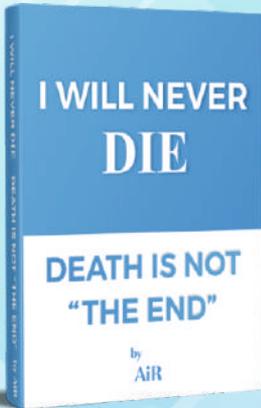
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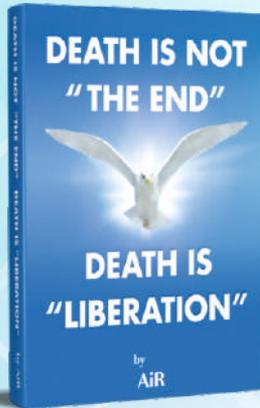
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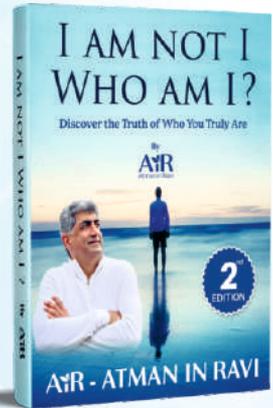
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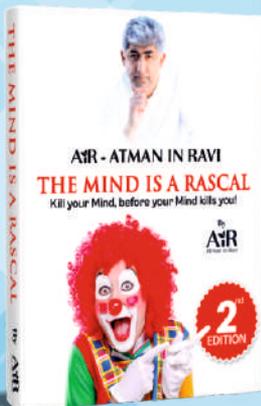
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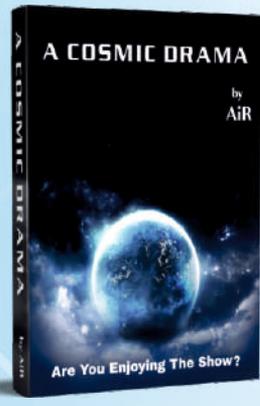
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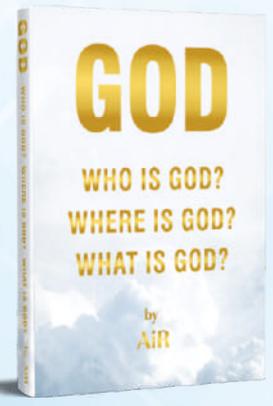
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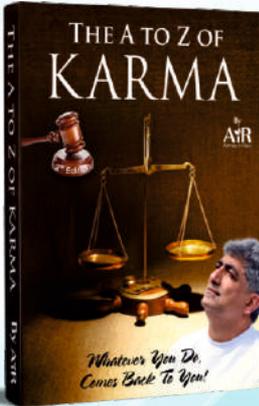
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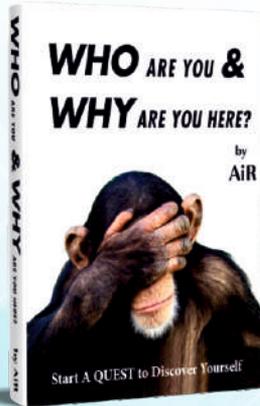
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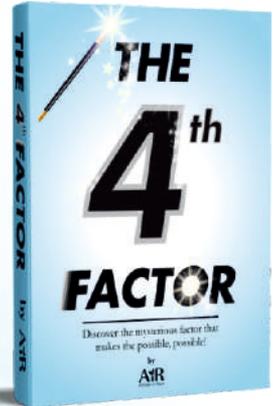
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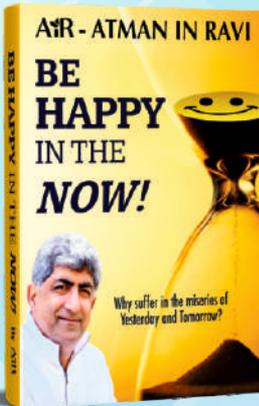
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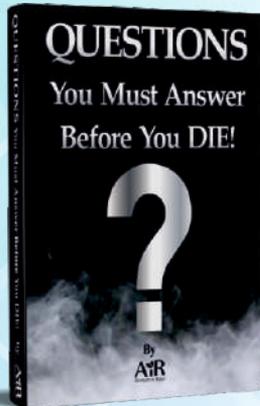
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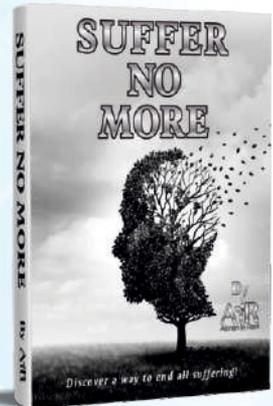
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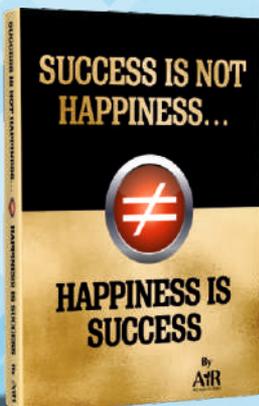
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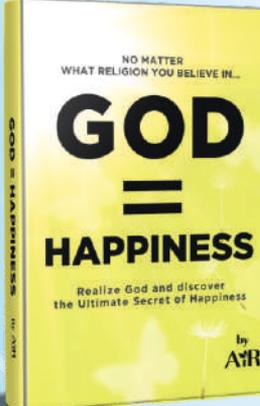
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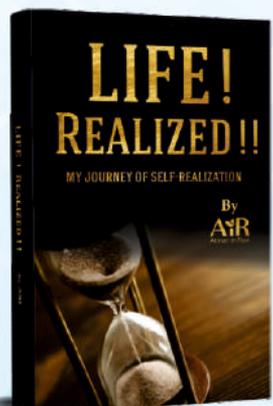
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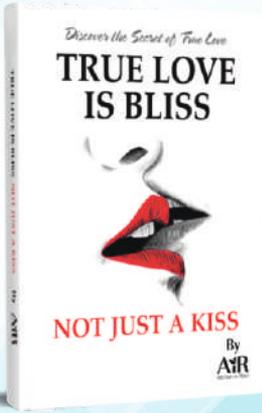
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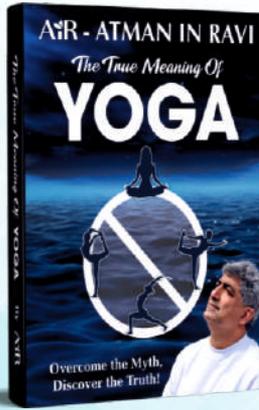
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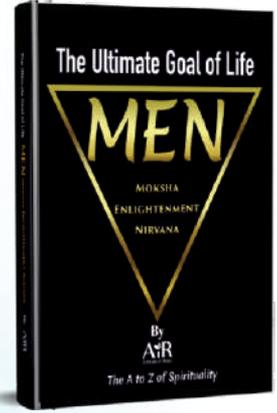
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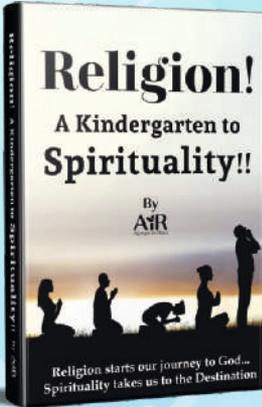
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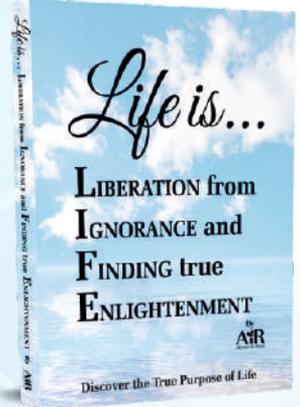
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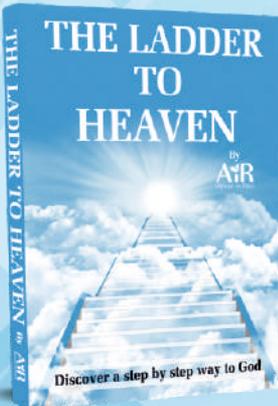
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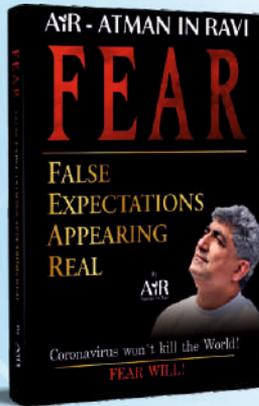
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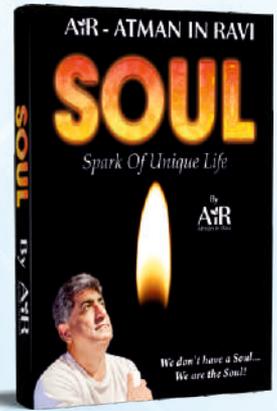
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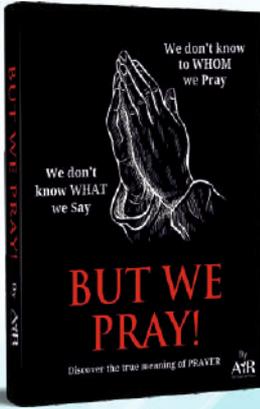
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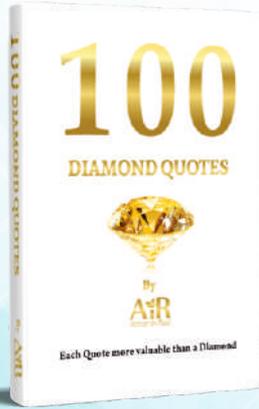
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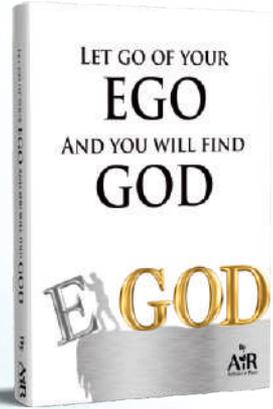
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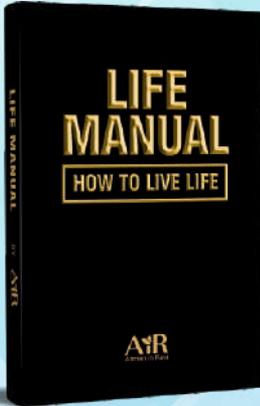
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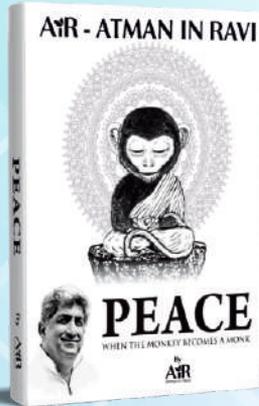
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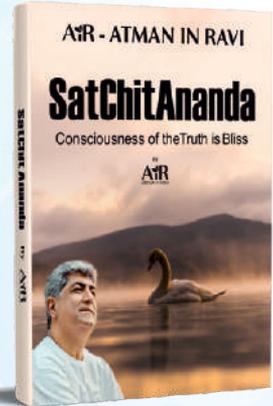
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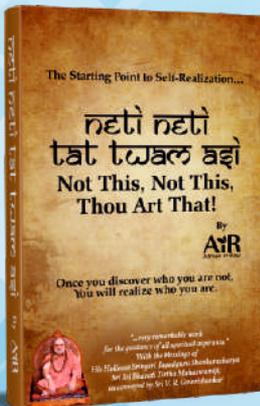
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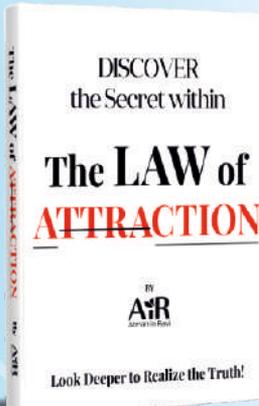
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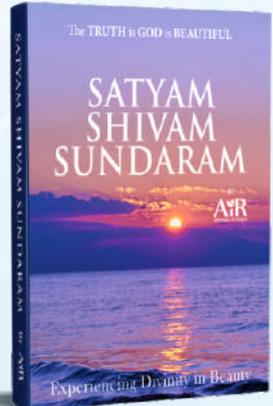
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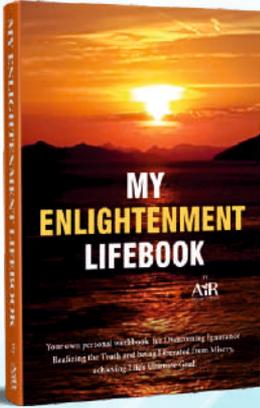


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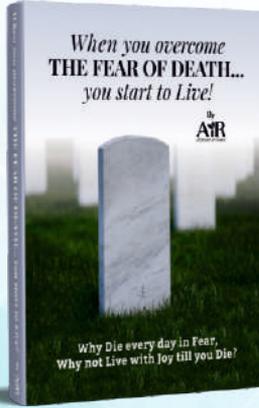


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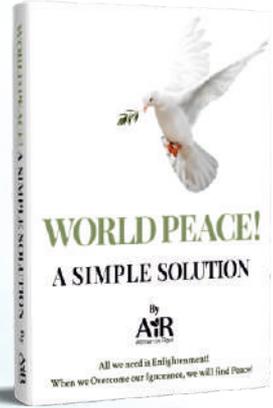
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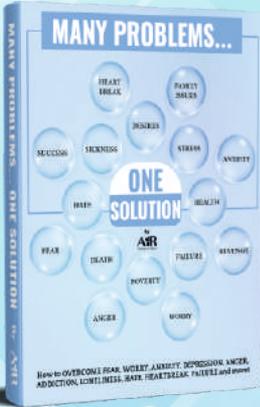
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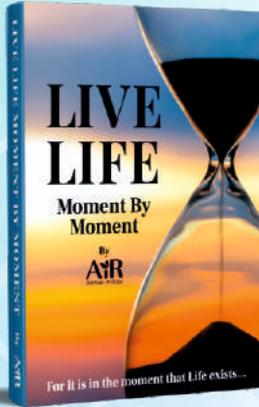
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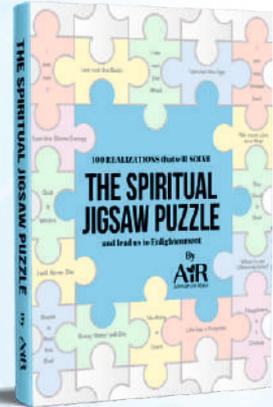
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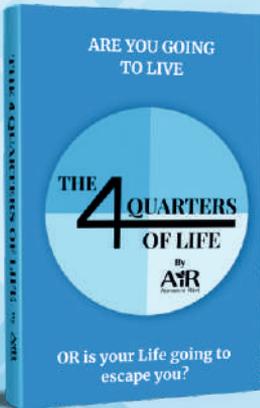
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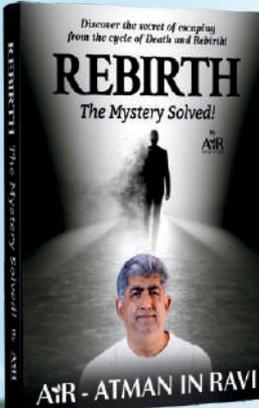
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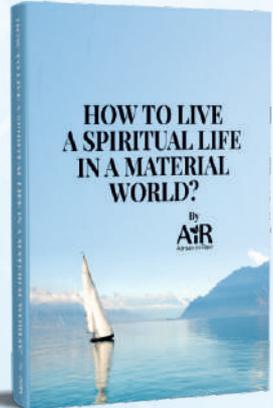
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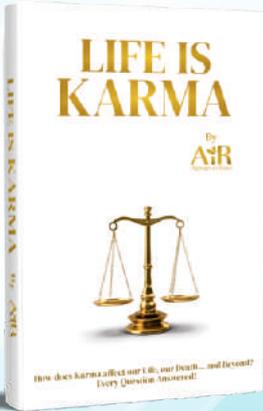
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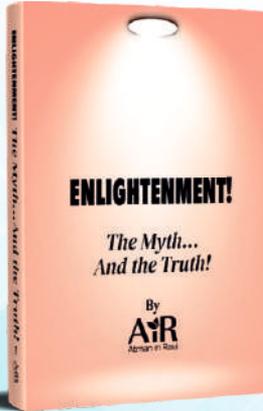
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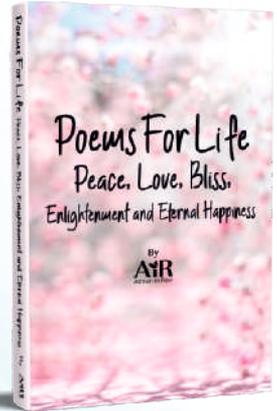
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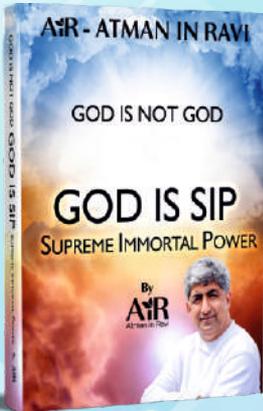
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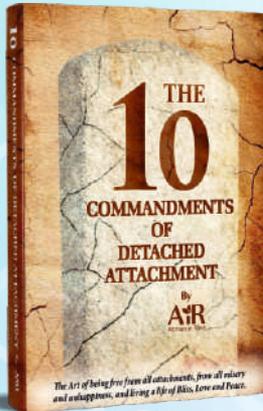
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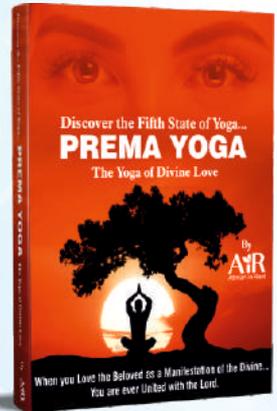
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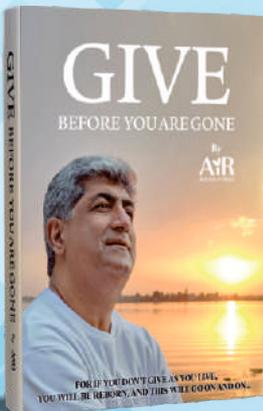
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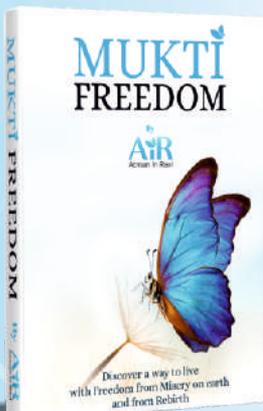
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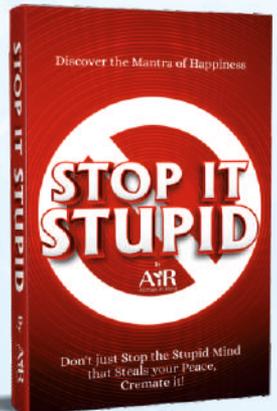
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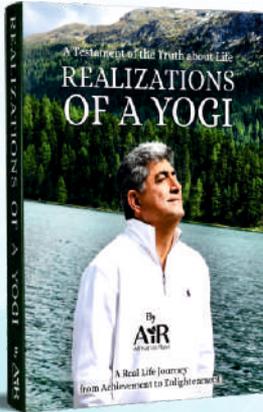


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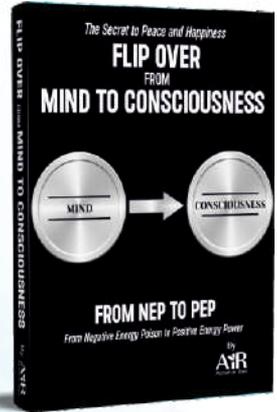
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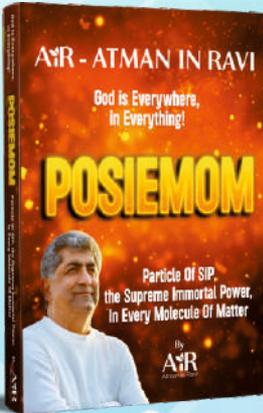
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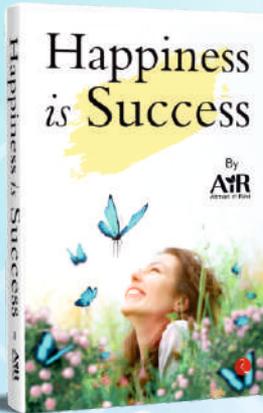
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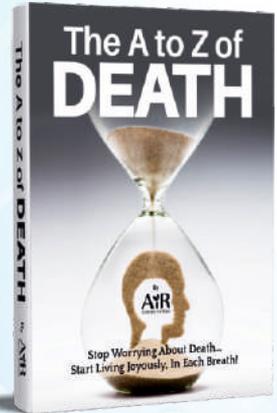
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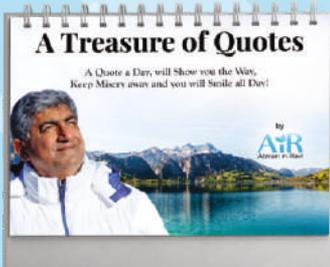
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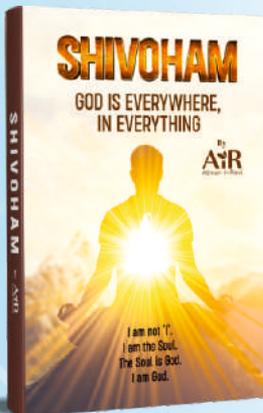
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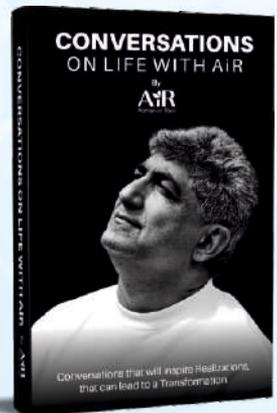
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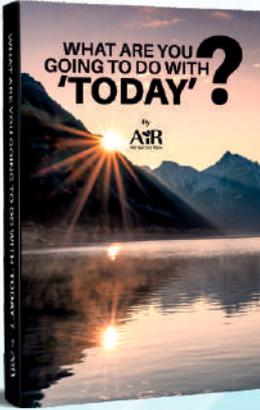
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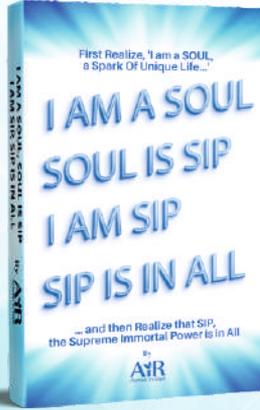
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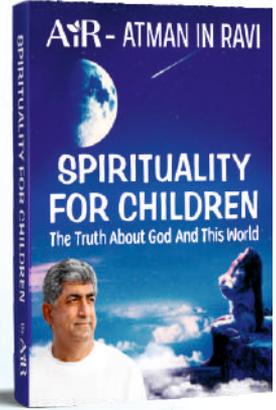
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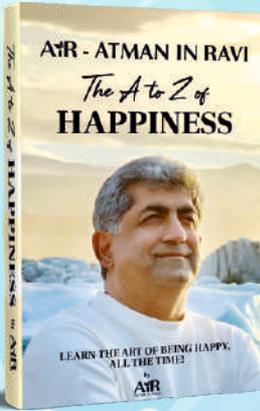
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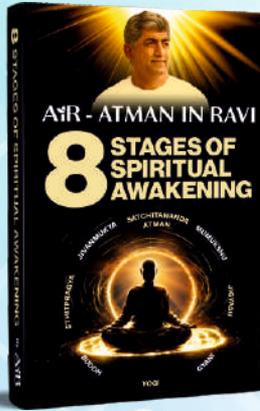
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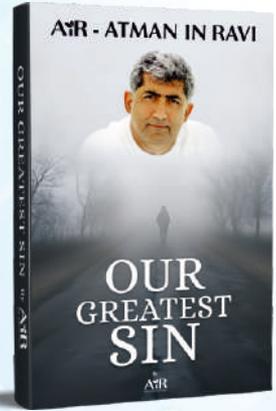
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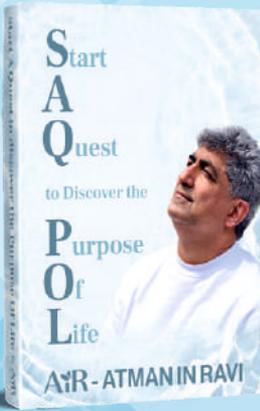
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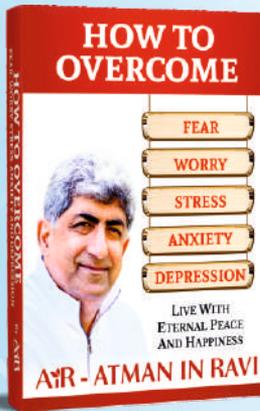
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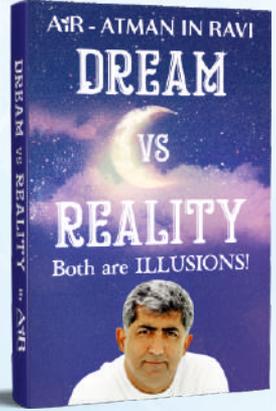
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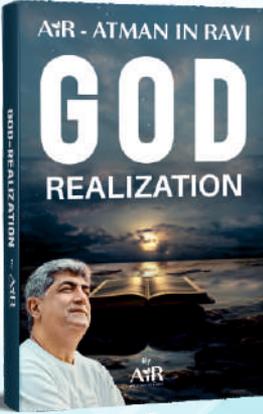
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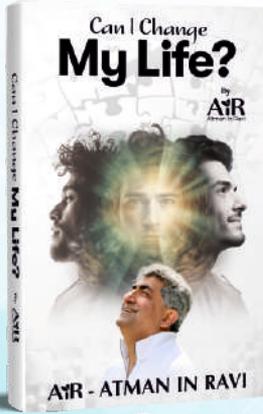
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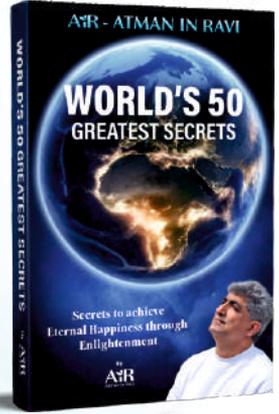
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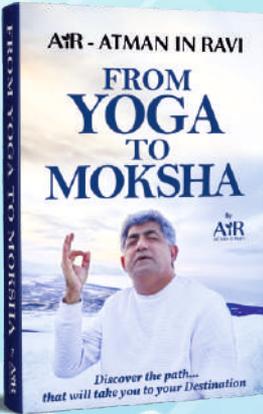
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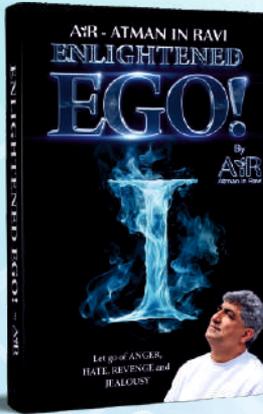
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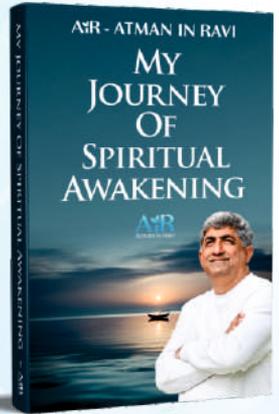
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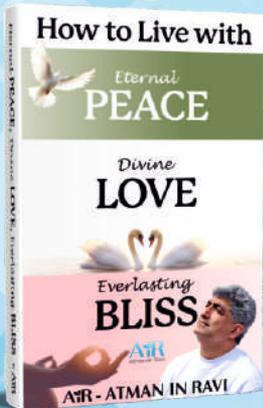
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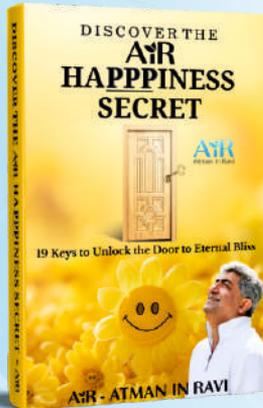
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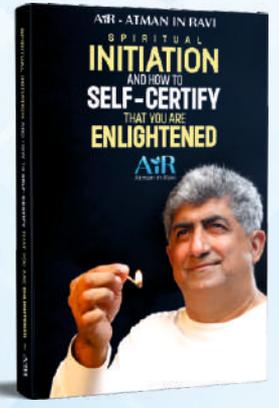
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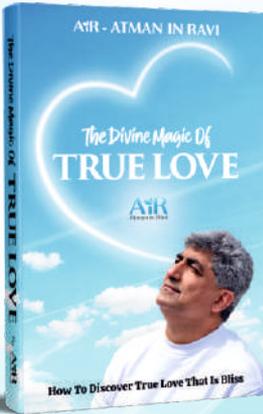
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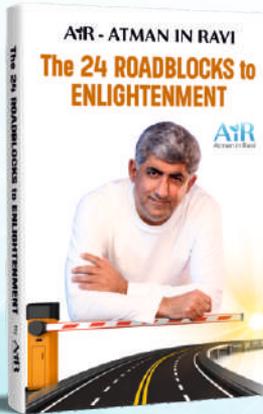
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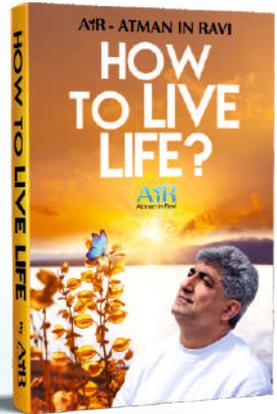
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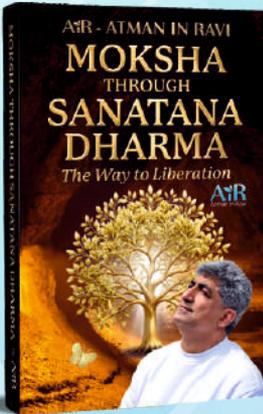
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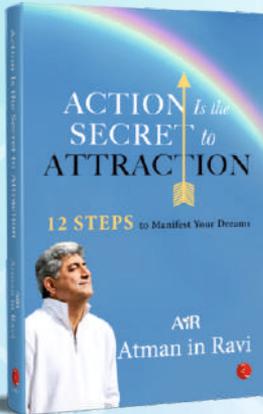
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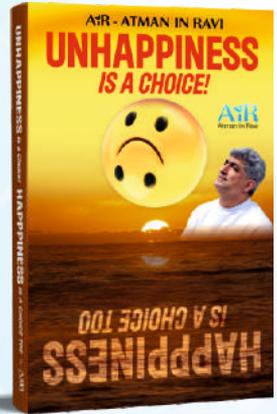
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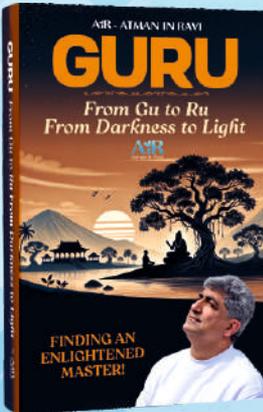
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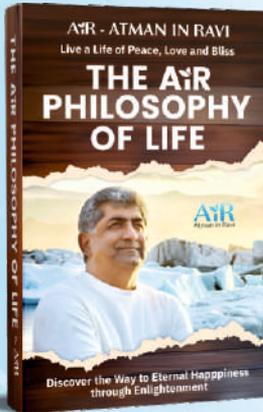
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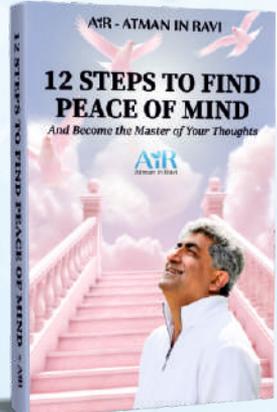
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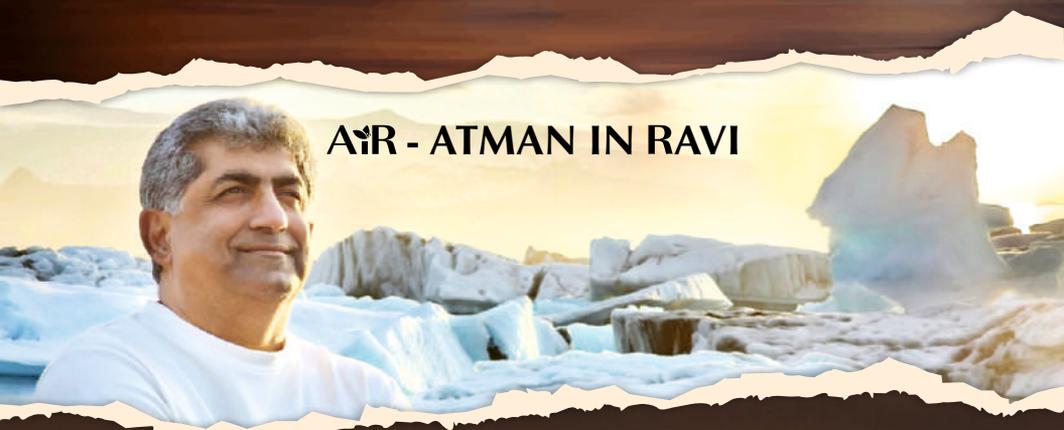
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