

AiR - ATMAN IN RAVI

Where are You in this Spiritual Journey?

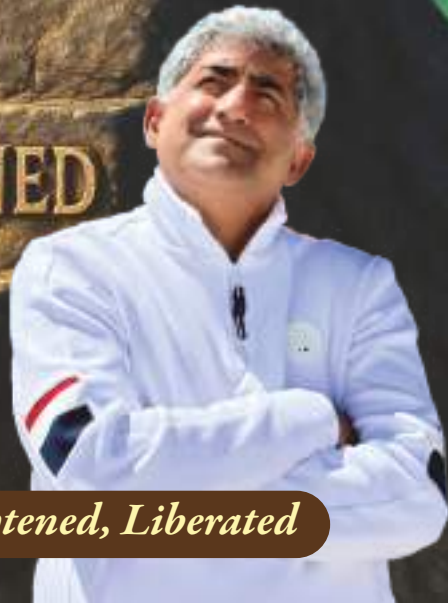
THE 3 STEPS TO ENLIGHTENMENT



LIBERATED

ENLIGHTENED

AWAKENED



Being Awakened, Enlightened, Liberated

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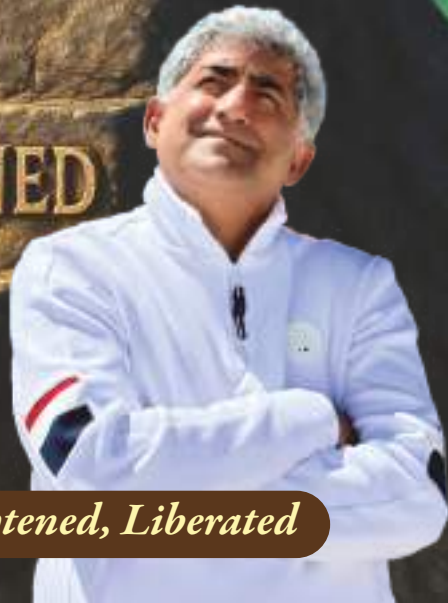
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By



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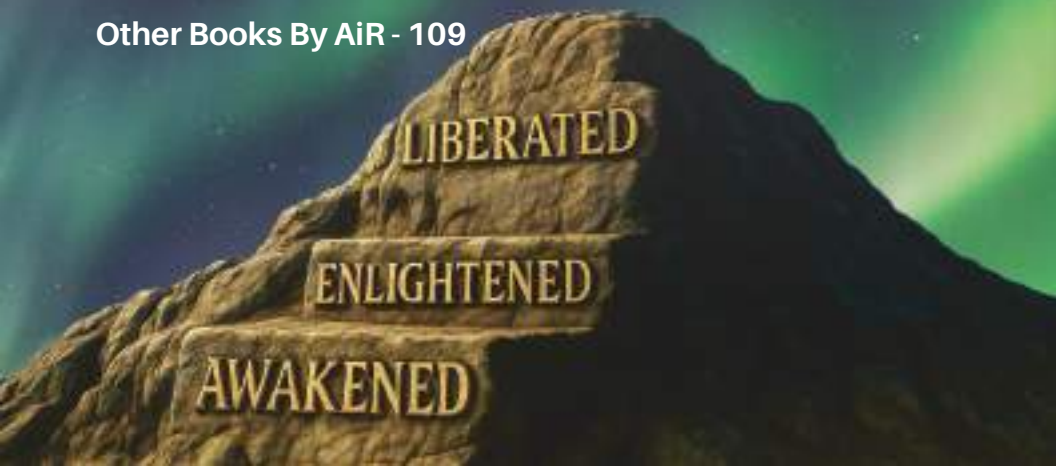
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About The Author

AiR - *Atman* in Ravi



AiR — *Atman* in Ravi, is an Awakened Soul, Transformational Author, Singer, Philanthropist, 'Happppiness' 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 'Happpy' and 'Happppiness' 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 *Songs of Life* "*Jeevan Sangeet*" and written several blogs, quotes and poems. He conducts Spiritual Retreats and organizes talks to help people evolve on their Spiritual journey. He has also done 100 plus podcasts. 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.

Connect with AiR - Atman in Ravi at:



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



AiR Linktree

Preface



***The Journey of Spirituality
Has simple steps, three.
First be Awakened, then be Enlightened,
And then, be Free!***

10 years after my Spiritual Awakening and after writing over 90 books on Life, Happiness, God and Enlightenment, I realized that a spiritual seeker cannot be Enlightened in one 'Aha' moment. The spiritual journey is much more than that. It is a 3-step metamorphosis, a transformation that needs one to evolve, first from Awakening – getting that 'Aha' of 'Who am I?' and then living the Spiritual Awakening and being Enlightened; thereafter, being Liberated from this world of pleasure, people and possessions and being in a state of Eternal Happiness, free from all misery, all suffering.

I have written several books on Enlightenment, right from a book on my *Talaash*, my Quest. I have written about how we must exit the highway of achievement, transcend fulfillment and reach Enlightenment. Enlightenment is the journey of transcending all Karma and going through the process of Self-Realization to reach God-Realization. But how is all this possible? All this can only happen if we go through that process of Purification and Illumination to

get the basic Realization of '*Who am I?*' and '*Why am I here?*' We must answer these two questions. While they seem simple, they are the most difficult Realizations of life. If we must attain this, we must do it in 3 steps.

If we want to climb a six-foot-high rock, it is not easy to do it in one step. But if we climb two feet at a time, it is possible. So it is with Enlightenment. If we divide the spiritual journey into 3 steps, we can reach our ultimate destination. First, we must be Awakened with the Realization of the Truth. Second, we must be Enlightened as we live the Realizations. And finally, we should go beyond who we are not. We must be Liberated and united with the Divine. The Realizations are simple. But as long as we live as the Mind and Ego, ME, we can never be truly free to be our true self. The body will die, and we will return to earth in a rebirth as we suffer and cry because we do not discover, '*Who am I?*'

This book can be the key to your spiritual journey. It can help seekers attain God, step-by-step. It is easy but needs sincere commitment and effort. It needs the guidance of a Guru, an Enlightened Master. But surely, if one follows this as an Enlightenment manual, one will achieve the ultimate goal of Liberation. What is unique in this book is the 3-Step method. Don't try to be Enlightened in one flash. Enlightenment is a journey of Awakening that needs Realization, first. Thereafter, we must put these Realizations into action, making it our mission. If there is enough passion, ultimately, there will be Liberation from all ignorance and Unification with the Divine. We will be free from all misery on earth and the cycle of death and rebirth. We will achieve our ultimate goal as we live as the Divine Soul. Where are you on the spiritual journey? Are you fully Awakened? Are you Enlightened? When will you be Liberated?

Introduction



***Spirituality can be confusing.
We can go round and round.
But with the right guidance,
Liberation can be found!***

What is Enlightenment and how can we attain it? It is the greatest of all achievements. Still, barely 1% of humanity seeks Spiritual Awakening. Why? There is so much ignorance that people don't understand what it means to be Enlightened and how to Awaken to the Truth. We live and die but don't discover, 'Who am I?' We look up at the sky and question, 'Why?' because we believe the lie that God lives in the sky! When will we be Awakened, Enlightened and ultimately, Liberated from all ignorance on earth and the cycle of rebirth?

This book explains Enlightenment in 3 simple steps. First, we must be Awakened, then, we can be Enlightened. Finally, with the grace of God and the guidance of the Guru, if we are sincere in our efforts, we can be Liberated from this world and be united with the Divine. The world calls this *Moksha*, *Nirvana* or Salvation but in simple words, it is Self-Realization and God-Realization.

To begin the 3-Step journey to Spiritual Awakening or Enlightenment, we must first understand that the terms

used may be many. It shouldn't confuse us. Enlightenment has 3 simple steps. Let us begin with the first. We must be Awakened to the Truth. What is the Truth? The Truth is - *I am not the body. This body will die. This body was formed over nine months. I was conceived nine months before. What was I? Am I the mind? Where is the mind? Nobody has seen the mind!* When we begin our journey of Awakening, our ego is Enlightened. When we discover that *I am not this body and I am not the mind*, we realize that *I am the Divine Soul*. This starts our journey of Spiritual Awakening.

In this book, there are 10 simple Realizations for one to be Awakened. But this is just theory. We must take the practical call to live this Realization —not just to realize that we are not the body, mind and ego but to actually be free from these and live as the Divine Soul. Then, we are Enlightened.

The first step is being Awakened. The second step is being Enlightened. A sincere seeker will ultimately be free from the body and from the Mind and Ego, ME. This is Liberation, the ultimate step in the journey of spiritual transformation. It is a metamorphosis. Our wings are no more tied by strings. A worm, a caterpillar transforms into a butterfly. So do we when we go through the 3 steps of being Awakened, Enlightened and ultimately, Liberated.

This book can change the life of a spiritual seeker. It can help not only in Spiritual Awakening but also in completing the journey of Spirituality. Not only will we realize the truth but the truth will also crystallize into action and ultimately, we will rise to that state of Divinity where we will break away from duality and become one with the Divine. It is a book that will take you from Initiation to Realization till the ultimate Liberation and Unification.

THE SPIRITUAL JOURNEY

LIBERATED

ENLIGHTENED

AWAKENED

01. What Is The Spiritual Journey All About?



***The Spiritual Journey is about,
Discovering our Purpose on earth.
And not remaining trapped,
In the cycle of Death and Rebirth!***

Our spiritual journey begins by understanding the meaning of Spirituality. Spirituality is the science of the Spirit. It is the study of life and decoding the mystery of why we came to earth and what is the purpose of this human birth. The word 'Spirituality' comes from the word, 'Spirit', the Divine energy, life, *Prana*, *Chi* or *Atman*. It is the journey of the Soul, the Spark Of Unique Life that is with us from birth to death. It is understanding the Divine Spirit that gives us breath. The spiritual journey starts not on our so-called birth date but nine months before, when we are conceived. In that moment, the Divine Spirit or that Spark Of Unique Life, the Soul, creates a zygote, the very first cell of existence. Then, over nine months, the body is formed and we arrive on the planet.

The spiritual journey is about understanding the essence of who we are. We are not this body that was created over nine months. We are the energy of life that throbs in each cell of our existence. This energy makes the little baby that we started as, become an adult, till one day, we depart. In

that moment called death, when there is no breath, our own loved ones destroy our body. They are absolutely sure that we passed away but who departed and where did the departed go? The spiritual journey is being Awakened to the Truth that we are the ones that leave the body. We are that Power of life, the Divine Spirit or Soul. Unfortunately, we live and die and don't realize, '*Who am I?*' The spiritual journey, therefore, is a journey of self-discovery or Self-Realization.

Of the billions in this world, less than 1% seek Spirituality. These rare ones start a spiritual journey, a journey of Spiritual Awakening or Enlightenment. They are the ones who find the right path and take the help of a Guru, an Enlightened Master. Spirituality is not a religion. Religion is just a kindergarten. Spirituality is the university. The spiritual journey is about transcending the Lower Self and discovering the Higher Self. It is first, being Awakened, then being Enlightened and ultimately, being Liberated. All this makes little or no sense to those who are not on the spiritual path. Most people think that life is about pleasure and fun, and before they realize it, life is done. They are gone and they are reborn and this goes on and on. The spiritual journey is about discovering that we are manifestations of God and becoming one with the Divine. It is about realizing that *we are not the body or the Mind and Ego, ME. We are Divine energy.*

Every human being has the same purpose. It is to discover our purpose, not to be lost in this circus and to realize that we are the Divine Soul. And to achieve this goal, we must evolve in this spiritual journey. First, we must Awaken to the 'Aha' moment and discover, '*Who am I?*' Then we must live with the Realization till ultimately, we are Liberated from this world and united with the Divine.

02. The Ultimate Goal Of Spirituality



***We jump up and down like a clown,
Thinking that Life is a circus!
Our Ultimate Goal is to realize that we are the Soul.
This is our purpose!***

The journey of Spiritual Awakening or Enlightenment is not just about realizing who we are. That is just the first step. But the ultimate goal is attained when our Divine Soul is united with the Supreme. The ultimate goal is attained when our individual Consciousness becomes one with the Supreme Consciousness. Our ultimate goal is not just praying to God but God-Realization. In this Divine moment, just like a river merges with the ocean, we are Liberated from this world and united with the Divine. How can we achieve this?

The merging of the individual Soul, the *Atman*, with God or *Paramatman* is known to the world as *Nirvana*, *Moksha* or Salvation. How will we be able to attain this Unification with the Divine? It is only when there is Liberation from the cycle of death and rebirth that we will be united with the Divine. Most of humanity lives and dies. People are born and then, they are gone and reborn! The ultimate goal of Spirituality is to discover that we are the immortal Soul. We are deathless and therefore, birthless. Unfortunately, because of our ignorance, we live as the body, the actor;

and are directed by the mind and ego, the director, and thus we create Karma, good and bad. We don't discover that we are the Soul. We are a part of the Creator that has no Karma.

Karma is the cause of our birth. Based on Karma, we return to earth. To be free from the cycle of rebirth, we must be free from Karma. The body dies and the Mind and Ego, ME, carries Karma and appears in a new body when the Soul, the Spark Of Unique Life, creates another life journey. When we are Enlightened, we realize that we are not the body that dies. The mind and ego do not exist. We are the Divine Soul. The Soul has no Karma. The Soul is Liberated and united with the Supreme. This is our ultimate goal. Because we are not Spiritually Awakened, we think that we are the body, mind and ego and are trapped in this Karmic cycle of death and rebirth. Our goal is Enlightenment, Spiritual Awakening.

Every human being has the same goal. Every human being is a manifestation of God and each one of us is here on earth to discover the secret of our birth. We are here to open our real eyes and to realize that we are that Spark Of Unique Life, the Soul, which is none other than SIP, the Supreme Immortal Power that we call God. Because of our mind, we remain blind and the truth is left behind. We live, cry, suffer and die! We believe the lie that God lives in the sky but we do not discover, '*Who am I?*' Our ultimate goal is self-discovery, Self-Realization and ultimately, God-Realization — becoming one with God. Because we don't embark on a spiritual journey, we don't take the help of a Guru, an Enlightened One, we go round and round in the merry-go-round of life and then return to earth in a rebirth. Our ultimate goal is to be free and to become one with the Universal Supreme Divine energy.

03. Why Be Enlightened?



***‘Why be Enlightened?’
Is not the right question to ask.
Enlightenment is our Purpose.
We must begin the task.***

The ultimate goal of every human being on this earth is to be free from all misery that comes with the gift of birth and ultimately, be free from the cycle of death and rebirth. Alas! Man does not understand this. Man is born and reborn! Enlightenment is switching on the light of truth and overcoming the myth. It is opening our real eyes as we overcome the real lies that we grow up with in order to Realize the Truth. In fact, we remain a fool because of what we are taught in school. To be Enlightened is to unlearn those false beliefs and learn the scientific truth about life.

Therefore, Enlightenment is the very purpose of our existence. But only a fortunate few among us begin the journey of Spiritual Awakening. Somehow, we have been made to believe that Enlightenment is something mysterious, something magical and beyond the realm of an ordinary man. We don't realize that each one of us is supposed to Awaken, each one of us is supposed to be Enlightened.

Until we attain Enlightenment, we will continue to suffer the physical pain of the body. We all have a fall as we grow tall. To be Enlightened is to realize that we are not the body that suffers physical pain. It is also to realize that we are not the mind. Thus, we can be free from fear, worry, stress and anxiety. In that moment, the ego can be Awakened and as we transcend pride, greed and selfishness, we can be free from anger, hate, revenge and jealousy. The reward of Enlightenment is tremendous. Those who are Enlightened are free from this triple suffering on earth. They are, in fact, free from the cycle of rebirth. Therefore, making a wise choice to prioritize Enlightenment is to live sanely. Life is not a circus. We must discover our purpose. If we just live like a clown, jumping up and down, we will come and go but not discover the true meaning of this show. To be Enlightened is first, to attain the state of Self-Realization and then ultimately, evolve to the state of God-Realization.

Why be Enlightened? Because those who are Enlightened discover the way to live with Eternal Happiness as they live in Truth Consciousness. They find the way to Eternal Peace, Divine Love and Everlasting Bliss. Can there be any greater Happiness? No but unfortunately, we have complicated Enlightenment and we continue to be trapped in the slumber of ignorance. Time is short. Before the whistle blows and one from this world goes, the wise one knows that we must realize we are the Divine Soul — Enlightenment is the ultimate goal. Some people call it *Moksha*, some *Nirvana* and others Salvation. To be Enlightened is to switch on the light of truth, to be Liberated from this world and be united with the Divine. This is the purpose of human existence. Therefore, instead of asking, '*Why be Enlightened?*' we must ask the question, '*How can we be Enlightened and who can help us reach the destination faster?*' We must find a Spiritual Master.

04. Importance Of A Guru



***The Guru is the one,
Who takes us from Darkness to Light.
The Guru helps us to Discriminate,
Wrong from Right.***

In this journey of Spiritual Awakening and being Enlightened with the truth, it is essential to have an Enlightened Master. Otherwise, we will end up in a disaster. A Spiritual Mentor can help us get Enlightened faster. But we must be cautious in finding the right Guru. A Guru is the one who takes us from *Gu* to *Ru*. *Gu* is darkness and *Ru* is light. To be Spiritually Awakened is to overcome the darkness of ignorance and to realize and live in the light of truth. This is only possible when somebody who is already Enlightened can guide us on the path. Enlightenment is the ultimate peak of life.

Anybody can take the help of a success coach and scale the peaks of achievement. The whole world is doing that. People are going from success to success because they believe that success is Happiness. A small minority takes an exit from the highway of achievement and enjoys peace on the plateau called fulfillment. This is the second peak of life. But to scale the ultimate peak of life called Enlightenment, we need a Guru, an Enlightened Master.

The Guru has discovered the purpose of life. The Guru realizes that we are all manifestations of the one Divine. Therefore, the Guru knows the path. It begins with Self-Realization and ends with God-Realization. This leads to Liberation and Unification, our ultimate destination. But without a Guru, we can remain in confusion.

Today, we all explore unknown terrains with a device called GPS, Global Positioning System. But to be able to manoeuvre the jungle of life, we need a spiritual GPS, a Guru's Powerful Signal. When we don't have the right GPS, we get caught in desires and passions. We become prisoners of pleasures, people and possessions. We get attached to people and so, we blink and sink in this world of illusions. We may enjoy pleasure but we will never discover the real treasure. It is the Guru who will initiate us on a quest as we put all our beliefs to the test, and ultimately, we will discover the best in our life.

The journey of Enlightenment has two challenges. First, to find a Guru and second, to make sure he is the right Guru. There are several Gurus who may guide us but we will go round and round in the merry-go-round of life if they are not true Spiritual Masters. We will continue to remain a 'Gugu', going from darkness to darkness! Therefore, just as it is important to have the right Master, a wrong Master is a disaster! Spirituality is a science and we must be in Consciousness at the time of selecting our Guru. If we are slaves of the body, mind and ego, we will never get the guidance of the right Spiritual Mentor. This means that we will be caught in this cycle of *Samsara* and we will continue to return to earth in a rebirth. Blessed are the ones who find the right Guru, the right Master. They climb the steps of being Awakened, being Enlightened, being Liberated and ultimately, being united with the Divine.

05. The 3 Steps To Enlightenment



***Enlightenment is easy,
With steps — one, two and three.
Then, from all misery and all sorrow,
We will be free!***

The journey of Enlightenment often seems impossible to attain in one lifetime. It is too steep, too difficult a peak to scale. This is because we are trying to jump into Enlightenment as though it is just one 'Aha' moment, one discovery or just one achievement. If one truly wants to attain Spiritual Awakening, one must choose the 3-Step method to Enlightenment. First, being Awakened, then being Enlightened and ultimately, being Liberated and united with the Divine. When we attempt to do all this in one step, the task becomes very daunting and practically impossible.

If you want to climb a 6-foot-tall boulder, can you do it in one go? A normal man will think that it is impossible. But if there were 3 steps to climb this boulder – first, a 2-foot platform and then, a 2-foot rock, it would not be so difficult for one to climb the 3 steps. In fact, it would be easy!

To be Enlightened, one has to cover many aspects. The first is to overcome ignorance and Realize the Truth. The

second is to live this Realization with conviction. Ultimately, it is the Illumination that will lead one to Liberation from this world and Unification with the Divine. How can we attain this? The first step is to be Awakened – to wake up from the slumber of ignorance and realize who we truly are. This process needs Purification and Illumination. Once there is complete Realization, we climb from being Awakened to being Enlightened. We become free from the ignorance that imprisoned us. We cut the strings that tied our wings, and we are able to fly in the sky as we overcome every lie and discover without any doubt the truth of, '*Who am I?*' This is still the second step. The first step is to be Awakened. The second is being Enlightened. The third and ultimate step is to be Liberated.

When we are Spiritually Awakened and go through the transformation, in fact, a metamorphosis, then our irreversible change leads us to freedom from all misery on earth and freedom from the cycle of rebirth. This is to be Liberated. This is the purpose of humanity. Alas, more than 99% of us just live and die! We suffer, cry and don't discover, '*Who am I?*' We continue to come back to the world because we did not climb these 3 crucial steps - being Awakened, being Enlightened and being Liberated. It is impossible to be Liberated unless we are Enlightened. So also, it is not possible to be Enlightened unless we are Awakened. Time is limited. If we do not start the journey, our life will soon be over. Then we will return to suffer and be caught in this cosmic drama. We will continue to do Karma but we will not be free from the trauma. Therefore, it's time to begin our spiritual journey, get the initiation from a Guru, a true Spiritual Master and before we lose our breath, get into the depth of discovering our true self!

06. Realization Or Reincarnation?



***Most of us live with ignorance.
And so, there is Reincarnation.
A few become one with God,
Because there is Realization.***

For every human being, there are two possibilities: Reincarnation or Realization. Most of us continue to be reborn because we do not Realize the Truth. If there is Realization, there will be no need for Reincarnation. Let us understand this.

Death is certain. Every 'body' has to die. Also, birth is a certainty. Every day on this earth, lakhs of new infants take birth. But what is this cycle all about? To decode the mystery of birth and death, we must discover the history of Karma that causes us to take a new birth. When we die, we have unsettled Karma, actions that may be good or bad. To settle these actions, we have to come back to the planet. But how does this work? The body dies and returns to dust. It cannot be reborn. Then, who is reborn? Our body is like the hardware of the human computer. The software is the Mind and Ego, ME. The body is the instrument of action, the actor. The Mind and Ego, ME, is the director. The Karma belongs to the director. When the body returns to dust, the subtle body, the Mind and Ego,

ME, is not free from its Karma. It is reincarnated in a new body to settle its Karma.

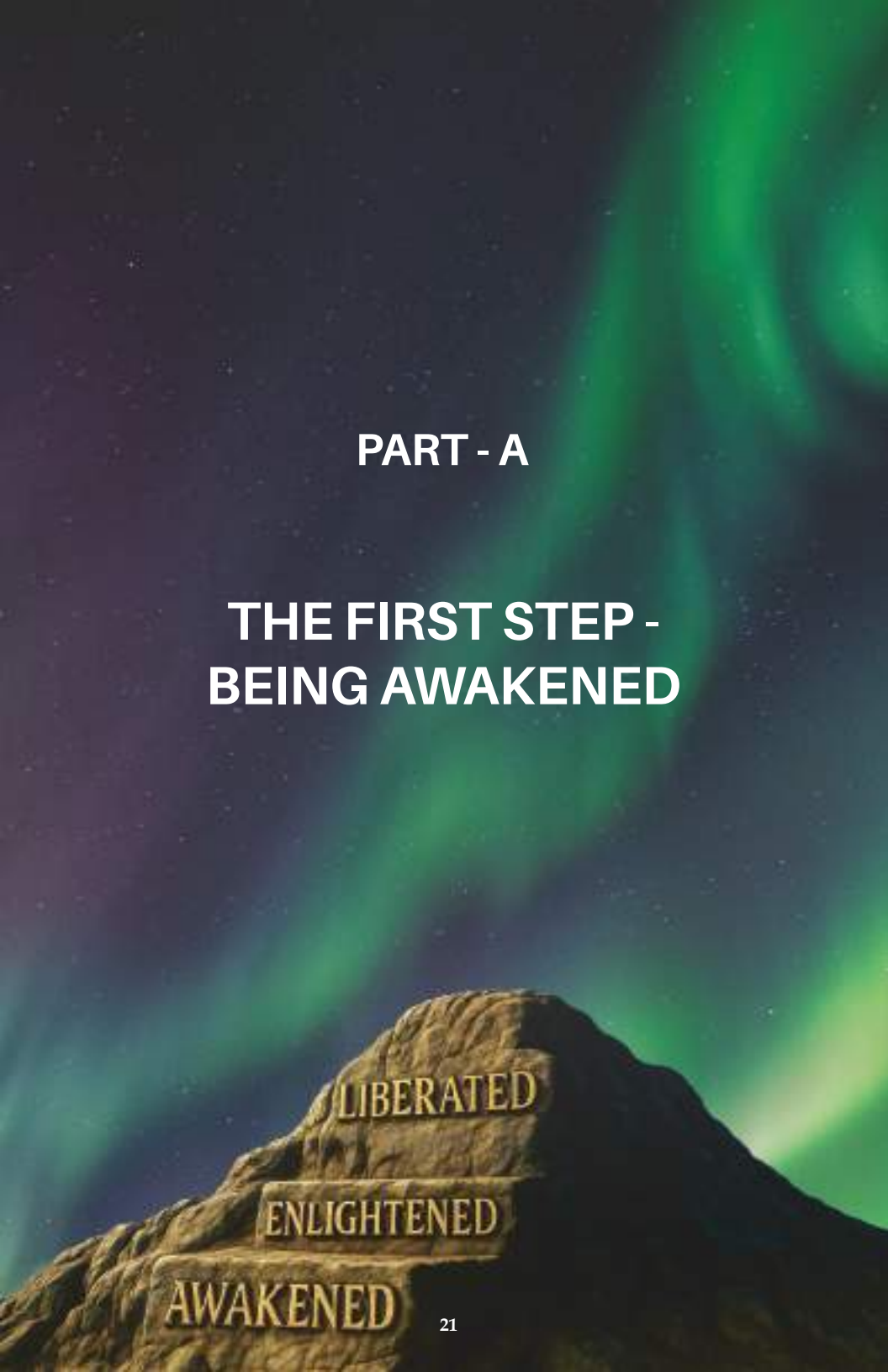
Ultimately, the purpose of every human being is to be Awakened to the Truth that we are not the body that dies. We are not the Mind and Ego, ME. We are the Soul, the Spark Of Unique Life. We are the Divine energy that is throbbing in every heartbeat, in every breath. Just like a computer not only needs just hardware and software but also needs power supply, the human computer, too, cannot function without its power supply, the Soul. The truth is that we are not the body that dies. We are not even the Mind and Ego, ME. This is Enlightenment. This is Spiritual Awakening. If we experience this Realization, there will be no Reincarnation because there is no mind and ego to carry Karma and come back in a Reincarnation. We achieve this ultimate goal when we realize that we are the Divine Soul. Unfortunately, while it seems so simple, we remain blind because of the mind. The truth is left far behind. We are gone and we are reborn, and this goes on and on.

Life has a very simple purpose, to discover who we are. We are that Spark Of Unique Life, the SOUL that comes from SIP, the Supreme Immortal Power. Because we do not realize this, we experience Reincarnation. However, if there is Realization, then there is Liberation and Unification with the Divine.

The truth is that we are all manifestations of God. But we don't realize it. A wave appears to be a wave but is nothing but the ocean. A gold ring appears to be a ring but it is nothing but gold. You and me, appear to be the bodies that we wear but we are nothing but manifestations of God. If only we get this Realization, we will be free from Reincarnation and experience a Divine Unification. Let us begin the journey and become one with God!

PART - A

THE FIRST STEP - BEING AWAKENED



LIBERATED
ENLIGHTENED
AWAKENED

What Is It To Be Awakened?



***We wake up every morning,
And get out of our bed.
Alas! We are not Spiritually Awakened,
And soon, we will be dead!***

Most of us wake up every morning and get out of our bed but very few of us are Awakened in our head. We are filled with toxic thoughts of the mind that make us blind. We are unable to see that we are not the body that we appear to be nor are we the Mind and Ego, ME. To see that, we need to be Awakened, Spiritually Awakened.

Of the 3 Steps of Enlightenment, the first step is to be Awakened. It is only when we are fully Awakened that we can go to the second step of being Enlightened and ultimately, being Liberated. What is this Spiritual Awakening all about? It is the Realization of 'Who am I?' It is the elimination of, 'Who I am not,' which reveals the truth. Then, we wake up from our ignorance. We get that 'Aha' moment, the feeling that we have suddenly discovered something amazing! Awakening is Self-Realization and God-Realization. But it is not an easy process.

Anybody can get knowledge from a college. But just knowledge is not Realization. Just like water does not

become ice till there is crystallization, we cannot become wise until our knowledge crystallizes into Realization. Of course, knowledge is the raw material. Just like a master chef can take ingredients and create a great meal, we need the help of a Spiritual Master, the Guru, to peel away all ignorance and stamp us with the seal of being Awakened.

There are 10 important Realizations that together help a spiritual seeker to Awaken to the Truth. In this section, we will cover all of them. Once we are aware of who we are not and who we truly are, we truly embark on the journey of Enlightenment. Without being Awakened, we cannot be Enlightened. Awakening is realizing the truth, and being Enlightened is living it. Therefore, the journey is long and the time is short. We cannot wander. We need to make this a passion. We need to fight our greatest enemies. Who are these?

The greatest enemies that stop us from Enlightenment, from Spiritual Awakening, are the body, the mind and the ego. The body and its 5 senses crave for the outside world and do not let us start the inner voyage of self-discovery. The mind bombards us with toxic thoughts and creates confusion and stops us from arriving at the right conclusion. Then, the ego that says, 'I,' makes us believe many a lie. We believe, *'I will die and God lives in the sky.'* Together, the body, mind and ego, who we believe ourselves to be, stop us from being free from ignorance and being Awakened.

To be Awakened is to wake up from the slumber of ignorance that keeps us in darkness, oblivious to the truth. Layers and layers of ignorance trap us and wrap us. Then, how can we break free and be Awakened?

A1. I Am Not The Body



***Our Body forms over nine months,
After we arrive in the womb.
Are we the one who is cremated,
Or buried inside a tomb?***

'Who am I?' in reality? We think that we know this better than anything else. We can look at an old photograph with 50 schoolmates and within seconds, we can identify where we are in the photograph. Every morning, we wake up and as we brush our teeth, we recognize the 'I' in the mirror. How many of us question, '*Is this truly me?*'

We live and die without Realizing the Truth of '*Who am I?*' We confidently say, '*I am Robert or Rachel,*' but that is just a name given to the body after it is born. One day, this body will be gone. Then what happens to the 'I'? We are dead. Nobody calls the dead body by name. It is the body of the one who has departed. But where did the deceased one go? Do we know?

We celebrate our birthday and cut a cake on a date that is fake! We think that it is our birth date and add it in our passport and identity card. But in reality, it was the day when we arrived on earth. So, when did we actually take birth? We were conceived 9 months before, when a sperm

and an ovum from our parents fertilized. The moment the zygote was created and implanted in our mother's womb, our journey of life began. Thereafter, could we change our parents? No. Little do we realize that we are not this body that we appear to be. The body is formed over 9 months and arrives as a little baby of 25-billion cells. Ultimately, it grows into a 35-trillion celled adult. But it all starts with one cell, the zygote.

Can we deny that our life's journey begins with the zygote? Science endorses it. The zygote grows into an embryo and then, into a foetus. Modern technology helps us see critical organs that develop over the 9 months that the baby is in the mother's womb. Though we know this truth without a doubt, we don't realize that we are not the body. We *have* a body but we came much before the body. One day, this body will die and people will say that we passed away. Our family is so sure that we have left the body and departed that they will destroy the body. If we were still in the body, would anybody dare to burn or bury us?

While it is clear beyond doubt that we are not the body, although we have a body, which is our habitat, we don't Awaken to the Truth that *I am not the body*. We live as the body and suffer pain in vain. We cry in fear of death because we believe the lie that I will die. When we Awaken to the Truth that we are not the body, we start our journey of Enlightenment.

Isn't it simple to Realize the Truth? We have a body but we are not the body. Our birth and death clearly reveal this truth. Alas! We are not Awakened to it. Unless we realize, '*I am not the body*,' we will never discover our true identity — '*Who am I?*'

A2. I Am Not The Mind



***The mind fools me into believing,
That I am 'me'.***

***When I discover that there is no mind,
I become free.***

Have you ever seen the mind? What is its size, its shape and its colour? Now think about the brain, the heart, the kidneys and the lungs. We know what they look like and we know exactly where they are located. But nobody has seen the mind. How can anybody see a mind that does not exist?

No doubt, we all appear to have a mind. But what is the mind, in reality? The mind is nothing but a bundle of toxic thoughts. It is best understood as MIND – Misery, Ignorance, Negativity and Desire. When toxic thoughts bundle together and pour on us like rain, the mind creates misery and pushes us down the drain. Thoughts that create fear, worry, stress, anxiety, regret, shame and guilt, make us miserable again and again. Nobody can deny the existence of the mind. Still, where is the mind, we cannot find!

When we spend time in meditation or silence, the mind seems to disappear. As we slow down the MTR, the Mental Thought Rate, the mind, which is like a monkey, becomes a monk. This happens because we remove the

junk, the toxic thoughts of the mind. Then the mind disintegrates and thoughts gently enter our Consciousness, submitting themselves to the intellect for us to discriminate and choose.

In the journey of Spiritual Awakening, the first step is to realize that *I am not the body*. The second step is to discover the truth that *I am not the mind*. The mind along with the ego traps us into believing that we are ME. To be Awakened is to be free from this ignorance. When we realize that there is no tangible mind and are Awakened to the Truth that the mind is nothing but a bundle of toxic thoughts, we realize what the scriptures reveal as '*Neti Neti*,' meaning, '*Not This Not This*.' We are not this body. We are not this mind. This takes us to the next step of being Awakened. But we cannot get to step three until we are free from the body and the mind.

The mind tries very hard to convince us, '*I am 'I'*. *This is mine*,' because the moment we discover there is no mind, the mind will be dead. So, the mind fights very hard to exist in our head. It confuses us and makes us believe that our brain is the mind. It makes us blind and pushes the truth behind. If we must be Awakened to the Truth, we must be absolutely sure that we are not the mind that appears to be. The mind fools us by saying, '*I am depressed. I am tired. I am happy*.' Who is the real 'I'? When we discover, '*I am not the body, I am not the mind*,' we move forward in the journey of Awakening. While we cannot be the mind that does not exist, the toxic thoughts of the mind create fear and worry, anxiety and stress. These thoughts steal our Consciousness. They deactivate our intellect that is the tool for discrimination and Realization. We must still the mind. We must kill the mind! Then, who we truly are, we can find! And then, we can be Awakened.

A3. I Am The Enlightened Ego



***As long as I continue to believe,
That I am 'I',
I will never be Awakened to realize,
That I am not 'I'.***

If I am not the body and I am not the mind, who am I? By now, we should be wide awake, and we should be absolutely clear that we have a body but we are not the body. The mind appears to be, but it is nothing but a bundle of toxic thoughts. However, if I am not the body and I am not the mind, who am I?

We exist. Is there any doubt? No, there is no doubt. We are born and one day, we will be gone. Who are we, in reality? The ego that says, 'I,' discovers the lie. The ego now says, 'I am not 'I' but I am. I exist. So, who am I?' This is the third step in the journey of being Awakened.

From the time we are conscious of our existence, we say, 'I', 'me' and 'mine'. We know the difference between me and you. We appear to be two different bodies. So, we are different. We clearly understand this. But who are we, in reality? If we are not this body that forms over nine months and ultimately, returns to dust and if we are not

the mind which is nothing but a bundle of toxic thoughts, then who are we in reality?

The mind tries very hard to create a false ego that calls itself, 'me'. Every human being thinks that they are the body, mind and ego. But when the ego realizes that I have a body but I am not the body, I appear to have a mind but there is no mind, then the ego is Awakened. The ego is Enlightened. It begins to ask the question, '*Who am I, in reality?*'

The third step in the journey of being Awakened is for the ego to be Enlightened. For us to discover the fourth step of who we are, the first three steps are very important. First, I am not the body. Second, I am not the mind. The third step is to discover, '*Who am I?*' If I am not 'I' but I am, then who am I? This will be revealed in the fourth step, provided we are absolutely clear that we are not the body, we are not the mind. In fact, we are nothing! When we realize that we are nothing but the energy that appears in the first cell, the zygote, we are Awakened to realize that *I am not 'I'*. When we discover that we will leave this body that will die, then we will realize that *I will not die. I am not 'I'*. When we realize that *I am not the mind that I cannot find*, we realize that *I am not 'I'* and the ego is Enlightened.

Unless the ego that stands tall like a wall has a fall, we will continue to crawl. We will live as the Mind and Ego, ME, and when the body dies, we will carry our unsettled Karma and return to earth in a rebirth. We will never be Awakened. However, when we realize that *I am not the body that will die, I am not 'I'*, we are Awakened. We discover that we are the Power of life that arrives at birth and departs at death. We are the Power that gives breath!

A4. I Am The SOUL - The Spark Of Unique Life



***If I am not 'I', but I am,
Then, who am I?'
I am the immortal Soul,
That will never die!***

In the journey of being Awakened, the first part is to discover who we are not. *'I am not the body. I am not the mind.'* Then the ego is Enlightened to realize, *'I am not 'I', but I am something, what am I?'* Then comes the fourth Awakening, *'I am the Soul. I am that Spark Of Unique Life. I am that energy that caused the fertilization of two cells to become a new seed of life. I am that energy, the Soul, the Spirit, the Atman, known by so many names.'* This Awakening can only come after the ego is Awakened.

How many people go on a quest to be Awakened? How many people ask the question, *'Who am I?'* The Mind and Ego, ME, fools us into believing that we are me. We live and die without discovering we are Divine energy. To be Awakened, we must be established in Soul Consciousness. We must be absolutely clear about *Neti Neti Tat Twam Asi. Not this, not this, I am that.* To go forward in the journey of Enlightenment, to move from being Awakened to being fully Awakened, the Realization that *I am the Soul*, is the turning point.

'What is the Soul? Where does it come from? Where does it go?'
These are the Realizations that will follow. But first, we must be fully Awakened to the Truth, *'I am not the body. I am not the mind. I am not 'I', but I am. Who am I? I am the Soul.'*

The Soul is the Spark Of Unique Life. It is that spark of energy that give us a unique life from birth to death. The Soul itself is birthless and deathless, for it is life energy. Energy cannot be created or destroyed. It can only be transformed from one form to another. The Soul is the first sign of our existence. It is that spark that causes the zygote to be born. It is the energy that divides the cells to become 25 billion cells. It is the Power that creates our body and organs. One day, when the Soul will depart, there will be no breath. That is death! While we understand that the Soul energy is the life energy throbbing inside us, what we don't discover is that *we are the Soul*. We think we have a Soul. But this is wrong. *We don't have a Soul. We are the Soul.*

The body-mind-ego is conditioned to believe that we have a Soul. Those who are Awakened, realize that the Soul manifests as the body. There is no mind. When the ego is Enlightened, it realizes that *I am not the body that will die. I am not the mind I cannot find. I am the Soul*. This is Awakening to the Truth and going forward in discovering further that we are all manifestations of God. Unfortunately, the mind does not let us Awaken to this Truth. The moment we are Awakened, the mind is defeated and destroyed. It fights hard to stop us from being Awakened and realizing that we are all Souls, immortal Souls. Each one of us is a Spark Of Unique Life. This is what is called Self-Realization. Where does the Soul go after we die? Just like when we burst a balloon, the air in the balloon merges with the air that is everywhere, so does our Soul merge with SIP, the Supreme Immortal Power that we call, God.

A5. The Soul Is SIP, The Supreme Immortal Power



***Where does the Soul come from,
Where does it go?
From the Supreme Immortal Power, SIP!
Be Awakened to know!***

Where does the Soul come from? Where does the Soul go? To be Awakened to this Truth is the key that takes us from Self-Realization to God-Realization. In the beginning, it may appear to be impossible. But as we Awaken and see the light of truth, we discover a profound truth that we are manifestations of the Supreme.

The Soul is the Spark Of Unique Life. This life energy comes from a source and ultimately, it goes back to its source. We understand that air is everywhere. We don't need to go somewhere specific to breathe. We just breathe. But our Soul is unique. My Soul is different from your Soul. But ultimately, every Soul comes from one source of Divine Energy. The power in your television has a different switch just as the lights have different switches. But the energy in your house is coming from the main switch, the source. So also, every Soul is coming from the Power that is omnipresent, that is Supreme, that is invisible but immortal. We call this Power, SIP, the Supreme Immortal Power. That is why, when somebody

dies, we know that the Soul leaves the body. The Soul, like electricity, is invisible. But it merges with the Power that is omnipresent, present everywhere.

Where does the Soul come from? When we strike a match from a matchbox, where does the fire come from? That strike of the match creates the fire. So also, the strike of the Soul creates life in the zygote. When we blow out the fire in a matchstick, where does the fire go? Similarly, when the body dies, the Soul becomes one with SIP, the Supreme Immortal Power. This truth must be realized. It is not knowledge you can learn in a college. We must Awaken to this Truth.

How can we be Awakened to the Truth that the Soul is SIP? Only when we realize that we are not the body or mind, when the ego is Enlightened that *I am the Soul* can we be Awakened to the Truth of where we come from and where we will go. As long as we are in the body, mind and ego state, we can never Awaken to the Truth that *I am the Soul and the Soul is SIP*.

The energy makes our heart, beat. There is energy in every breath. Where is this energy coming from? This energy is within us. When we Awaken, we realize that we are the energy. We are not what we appear to be. We are the energy that appears as every cell of the body. At death, the body returns to its five elements. There is no mind. The Soul becomes one with SIP. Those who don't get this Realization, return in a reincarnation. Because they believe they are the Mind and Ego, ME, they carry Karma that is unsettled and return to earth in a rebirth. The moment we Awaken to the Truth that I am the Soul, we achieve our goal. When the body dies, the Soul becomes one with SIP. This is *Moksha, Nirvana*, Salvation, Liberation and Unification.

A6. Every Soul Is SIP, None Other Than God



God is not in heaven.

God is not in hell.

God manifests as every Soul.

Don't believe what people tell!

When we Awaken to the Truth that *I am not the body, mind and ego, I am the Soul*, we realize that every human being is a Soul. Even though others may not be Enlightened, the Awakened One knows that every living being is a Soul. You, me, the butterfly, the bee and the tree, every living creature is alive because of the Soul. Therefore, Awakening reveals the Soul in every animate being.

If every living creature is the Soul and the Soul is SIP, the Supreme Immortal Power, we are Awakened to the Truth that everybody alive is SIP, the Supreme Immortal Power that we call God.

A question that would naturally arise in anyone's mind would be, '*How can every living human being be God?*' It is sad that we remain a fool because of what we are taught in school. We grow up believing the lie that God lives in the sky. We don't Awaken to the Truth that God is a Power, a Power that is nameless, formless, birthless, deathless, beginningless and endless. God is omnipresent, present

everywhere; omniscient, all-knowing; and omnipotent, the all-powerful supreme intelligence. Nobody can doubt the qualities of God, though God is beyond description, definition and comprehension. All we need to realize is that we are not the five elements that make the body. We are the Power, the Spark Of Unique Life and this Power flows into the Universal Power that fills the whole world. This Power comes from the omnipresent Supreme Immortal Power. When we realize that we are this Power and every Soul is this Power, we discover the truth that God manifests as every Soul.

Those who Awaken to the Truth that we are all Souls and each Soul is SIP, are able to see God in all. Thus, they are able to serve God in all and love God in all. This is God-Realization. God-Realization is possible only with Self-Realization. We must discover *who we are*. When we realize, *'I am not 'I',* we Awaken to the Truth that *I am the Soul and the Soul is SIP*. We discover SIP in every living creation. When we see birds that fly, we see SIP everywhere in the sky. When our little dog wags its tail, we see God manifesting as SIP in it. The mystery is solved! We have found God! But this needs us to be Awakened, otherwise the mind will continue to bombard us with ignorance and keep us blind. Although we are manifestations of God, the Mind and Ego, ME, will never let us realize that we are, in fact, Divine energy.

Those who are Awakened, live as the Divine Soul. They experience the Supreme manifesting as every Soul. However, to be fully Awakened, one must discover God, the Supreme Immortal Power, everywhere, in everything. Is this possible? Yes, it is possible with Spiritual Awakening!

A7. SIP Is Everywhere, In Everything



God is everywhere, in everything.

God is SIP.

***The Supreme Immortal Power is in every element,
In every chip.***

We all grow up praying to a personal God. We all grow up into a religion and believe in heaven and hell. But these are real lies. We must open our real eyes. We must realize that God cannot die. God cannot be like you and me. God has no mother and father. God is beginningless and endless, birthless and deathless. God is a Power that is nameless and formless. However, God manifests or appears as you and me, just as God appears as the mountain and the sea. Every molecule of matter is nothing but Divine energy.

While Spirituality has been saying this for thousands of years, today, science endorses this through its branches of Quantum Physics and Quantum Mechanics. In recent experiments, scientists declared, through the theory of Wave-Particle Duality, that every particle of matter is ultimately, energy. Therefore, science has concluded that matter and energy are interchangeable. Energy appears as matter and matter is nothing but energy. With this recent Nobel Prize-winning scientific discovery, a profound synergy is revealed between Spirituality and the scientific

truth. Both believe that this whole world is nothing but energy. According to science, when everything that we see is broken down to its most fundamental level, beyond molecules, atoms, electrons, protons and neutrons, the smallest known particle, the Quark is ultimately, nothing but energy. Spirituality calls this energy 'Power'. But both are the same. Spirituality believes that this is SIP, the Supreme Immortal Power. Scientists also believe that there is some intelligence in the omnipresent energy that they conclude is dark energy and dark matter.

What has this got to do with being Awakened? With this scientific discovery, Spiritual Awakening is easier to comprehend. Just like a ring is made of gold, a wave is made of water and a pot is made of mud, everything that we see is ultimately made from the 5 elements of nature. What are these 5 elements? These are earth, water, air, fire and space. Each of these elements is, in essence, that energy or the Power that we call SIP. SIP, the Supreme Immortal Power manifests in every molecule on this planet and everywhere in the universe. This whole universe is thus, nothing but a manifestation of Divine energy, SIP.

Those who are Awakened to realize the Soul and SIP, are able to comprehend that everything beautiful in this world is nothing but a Divine manifestation. Spiritual Awakening creates this Realization that SIP is everywhere, in everything. Everything animate has a Soul, the life energy of SIP. Everything inanimate is made of molecules that are none other than SIP. Therefore, this whole universe is SIP. SIP is everywhere and in everything. Those who are not Awakened, ask the question, '*Where is God?*' But those who are Awakened, ask, '*Where is God not?*' God is SIP and SIP is everywhere and in everything.

A8. I am SIP



***We live in ignorance,
And continue to pray to our personal God.
We must Awaken to Realize,
That we are manifestations of the Lord.***

From the time we are kids, we are taught the lie that God lives in the sky. We are made to imagine that God created this universe and one day, we will go to heaven or hell to face God and receive the final judgement. Little do we realize that the truth is something else. The journey of Spiritual Awakening makes us realize that God is SIP, the Supreme Immortal Power. That Power is omnipresent, omniscient and omnipotent. *That is the Power in me. I am that Power. When I realize that I am not the body that will die, I am not the mind that I cannot find, then the ego is Enlightened and I realize that I am the Soul.* We may repeat this to ourselves a thousand times but the knowledge that we are the Soul is different from the Realization that we are the Soul. When we are truly Spiritually Awakened and realize that *we are not this, we are that*, we Awaken to the ultimate Truth of, 'I am SIP, I am God.'

Those who hear this for the first time will be shell-shocked! How can I be God? Ironically, this is the truth. You, me, every fruit and every flower on every tree, is nothing but

Divine energy. But when we remain in the slumber of ignorance, we don't attain Self-Realization. The journey of self-discovery is the most challenging journey of life. Our three enemies - the body, mind and ego stand as three roadblocks, telling us, '*I am 'I',*' and constantly reminding us of the Mind and Ego, ME. The Spiritually Awakened One realizes that I am nothing. A simple contemplation on birth and death reveals that we come from nothing and we go back into nothing. Just like a wave is nothing but the ocean, the Awakened One realizes that *I am SIP. Therefore, I am God. I am not the body, mind and ego. I am the Soul. The Soul is SIP. Every Soul is SIP. SIP is in every molecule of this universe. SIP is everywhere, in everything. There is no place where SIP is not.* Unfortunately, 99% of this world will deny this. But it doesn't mean that it is not the truth. The Eternal Truth is that we are not the bodies that we appear to be. We are all manifestations of Divine energy. This is the greatest Realization that man can have – '*I am nothing! Thus, I am that everything that fills the universe.*'

In fact, man's greatest sin is that he doesn't realize who he is. He lives, dies, suffers and cries because he doesn't open his real eyes. He doesn't go deep within to realize that he is not the one made of bone and skin. He is *that*, the Power that throbs within, that very Power called SIP, the Supreme Immortal Power. Man realizes that he is neither the shirt he wears nor the car he drives, nor the home he lives in. But he does not realize that his body is nothing but a temple of God. Although the scriptures have been screaming for thousands of years that the *Kingdom of God is within us, Shivoham, Soham, Tat Twam Asi, Aham Brahmasmi*, so on and so forth but man continues to live in ignorance without realizing that he is SIP, that he is God.

A9. I Am A Divine Instrument, I Create No Karma



Awakening frees us from Karma.

There is no trauma!

We live as the Divine Instrument,

Enjoying the Drama.

The journey of Spiritual Awakening takes a turn when we discover what we are not and ultimately discover that we are none other than a Divine manifestation. We are then, immediately free from the triple suffering on earth. We become free from the body, mind and ego. In that moment of Divine Awakening, we get a spark that we are not the Karmic beings that came to this earth. Awakening makes us free from rebirth. This happens only when we Awaken to the Truth. *As I am not the body, mind and ego, I have no Karma. I do no Karma. I am a Divine instrument. Whatever I do, SIP is doing through me. I seek nothing. I desire nothing. I live in that Eternal Bliss of being a Divine manifestation.*

How many people can Awaken to this Truth? Not many! The journey of Spiritual Awakening has 10 steps. Unless we cross steps 1 to 8, we will never be Liberated from Karma and never be able to live as a Divine instrument. Because we cling to the wrong identity of the body and mind, the ego is not Enlightened. We remain prisoners of pleasures, people and possessions and experience the trauma that unfolds in

the everyday drama because we are still subject to our Karma. But who does the Karma belong to? Does Karma belong to the body, the actor? Or does Karma belong to the mind and ego, ME, the director? But when we realize that we are none of these, we are the Divine Soul, we become a part of the Creator. The Soul has no Karma. So, we become free from Karma.

Those who are not Awakened, wonder, '*How can we be free from Karma?*' After all, these are the actions that we have done. They cannot understand the concept of being free from all their sins because they have not Awakened to the Truth that they are not the sinner. Knowledge is not enough. Those who just read these steps of Awakening cannot be Awakened. They must go through the process of Awakening. Only when we realize that we are the *Atman*, the Divine Spirit or the Soul, can we be free from Karma. Otherwise, we will continue to live as the body, mind and ego, continue to desire and continue to be trapped in our Karma. We will just live and die. We will be gone and will be reborn because we will still have unsettled Karma as the body, mind and ego.

The moment we realize that we are not the body, mind and ego, we are free from all Karma. The moment we realize that we are the Divine Soul, we start living as a Divine instrument, seeking nothing and doing nothing. The Awakened One has completely surrendered and experiences no misery and pain. Every action performed is performed as a Divine instrument. Such an Awakened One moves towards the ultimate goal of Liberation and Unification with the Divine. Unfortunately, while we are all God, we are all manifestations of SIP, we continue to be caught in the cycle of Karma and experience trauma because we do not Awaken to the Truth of this Divine *Leela*, this Cosmic Drama.

A10. My Ultimate Goal Is Liberation And Unification



***We will continue to suffer,
If our goal is achievement.
We must switch from entertainment,
And seek Enlightenment.***

What is the ultimate destination of Spiritual Awakening? It starts with Purification and overcoming ignorance and goes on to Illumination of the truth. One by one, every Realization takes us forward towards our ultimate destination of Liberation and Unification with the Divine.

Every 'body' must die but most of us return to earth in a rebirth. Only a rare few are Spiritually Awakened. Their Self-Realization, which leads them to God-Realization, helps them achieve the ultimate goal of Liberation from the cycle of death and rebirth. When one is Awakened to the Truth that *I am the immortal Soul, not the body, mind and ego*, he is free from Karma. Once there is no Karma, there is no need to return to earth in a rebirth. In the moment of death, there is Liberation from Karma and from rebirth. In that moment of death, there is Unification with SIP, the Supreme Immortal Power.

At death, there are only two possibilities. In most cases, when the body dies, the Mind and Ego, ME, carries Karma and returns to earth in a rebirth. When one is Awakened,

there is no mind and ego, ME, to carry Karma. When the body dies, the Soul unites with SIP and that is our ultimate goal. In fact, every human being on earth has this one purpose - *to be free from the cycle of rebirth*. People call it Salvation, *Nirvana* or *Moksha*. This is the ultimate reward of Spiritual Awakening. If we are not Awakened, we can never be Liberated from the cycle of death and rebirth. This cycle will go on and on and we will be reborn. We will experience pain of the body, misery of the mind and agony of the ego. If we don't realize that we are the Divine immortal Soul, we will never realize that we are SIP. We will never be reunited with SIP, our source. Ignorance will make us live as the illusory body, mind and ego, and we will continue to return to redeem our unsettled Karmas. What is the way out? The only way out is through Realization and being Spiritually Awakened. Then, we don't have to return and suffer in this world.

Most people fear death because they don't realize that they are the Divine Soul. The Awakened One makes death a moment of celebration because there is Liberation from all suffering and Unification with the Divine. Alas, most of us live in deep ignorance and do not discover the simple truth. We do not answer the two most important questions of life – *Who am I? Why am I here?*

The whole world is running after achievement. We are so enamoured by entertainment that we do not pay attention to Enlightenment. Even though, deep within us are the treasures of peace, love and bliss, we are constantly running after Happiness. We are so busy in this race that we are caught in the maze and ultimately, we don't live with grace. We are so busy in the worldly journey that we do not start the inner journey to Awaken to our true identity. We must make Spiritual Awakening our mission.

From Being Awakened To Being Fully Awakened



***If these 10 Realizations,
Are firmly rooted in your head,
You are then ready to be Enlightened,
A to Z!***

The 10 Realizations must be lived for one to be Enlightened. We must move from being Awakened to being Enlightened. But unless we are fully Awakened, we cannot get to the second step of being Enlightened.

Now, we have finished the first step. It is just 10 simple Realizations. But just knowing these Realizations is not enough. We must be fully Aware, fully Awakened. We must not have any doubt that pushes our Spiritual Awakening out. We must still the mind, kill the mind, lock the mind and block the mind. Unless we live in Consciousness as the Divine Soul, how will we move from Spiritual Awakening to Enlightenment?

Spiritual Awakening is not just knowledge. Anybody who reads the 10 steps on the first step of being Awakened, does not become Awakened. Knowing that *I am not the body and mind* is not enough. The ego must Awaken. It must be Enlightened with the Truth of, *'I am the Divine Soul, I am SIP.'* If we are not established in SIP Consciousness, we

will not be able to see SIP in all. We will not be able to see everything beautiful as a manifestation of the Divine.

The 10 steps of being Awakened constitute the first step of the 3-Step journey to full Enlightenment. Until we are fully Awakened, we can never be fully Enlightened and we will never attain Liberation, the ultimate goal of Enlightenment.

It's time to stop and go through the 10 points of being Awakened. The 10 truths must vibrate in every cell of our being, in every breath. Every heartbeat must echo the truth that *I am the Soul. I am SIP*. Then, we will be ready to climb the second step of being Enlightened.

What if we are swinging like a pendulum, sometimes in Consciousness and sometimes in the state of mind? Then Enlightenment, we cannot find! We must be fully established in Truth Consciousness. We must be free from the body, free from the Mind and Ego, ME. Then, we can climb the second step and get ready for Liberation and Unification.

Why has Enlightenment been divided into 3 Steps? It is to make the journey of *Moksha, Nirvana* or Salvation, easy. First, there must be full Awareness of the truth. Only then can we live the truth. Living the truth is being Enlightened. But full Awareness is being Awakened. Are you Awakened? Stop and search within. Are you absolutely clear about what you are not and who you are? Do you doubt *Neti Neti Tat Twam Asi*? If there is any doubt, you can be pushed out. So, go back to the steps of being Awakened and be fully Awakened. Then, you will be ready to be Enlightened.

THE 10 STEPS TO BE FULLY AWAKENED

AWAKENED

1

I am not the Body

2

I am not the Mind

3

I am the Enlightened Ego

4

I am the SOUL - Spark Of Unique Life

5

The SOUL is SIP, the Supreme Immortal Power

6

Every SOUL is SIP, none other than God

7

SIP is everywhere, in everything

8

I am SIP

9

I am a Divine Instrument, I create no Karma

10

My ultimate goal is Liberation & Unification

PART - B

THE SECOND STEP - BEING ENLIGHTENED

LIBERATED

ENLIGHTENED

AWAKENED

What Is It To Be Enlightened?



***The first step is Realization,
Which makes us Awakened.
When we live our Realization,
We are Enlightened.***

Being Awakened is the first step. Being Enlightened is the second step. When we are Awakened, we become aware of the truth – *Who am I? I am not the body or mind.* The ego is Awakened. We realize that we are the Soul and the Soul is SIP. Thus, we realize that we are SIP. The Supreme Immortal Power manifests as every Soul, as every molecule. This Awakening leads us to realize that we have no Karma. We are a Divine instrument and our goal is Liberation, *Moksha* or *Nirvana*. This is to be fully Awakened.

To be Enlightened, we must live this Awakening. The Awareness is the Realization of who we are not and who we are. But when the Awareness becomes action, we are Enlightened. We actually become free from the body. We eliminate the mind. We *live* as the Enlightened Ego. The theory of Awakening is put into action and becomes, practically, our life. When we are Enlightened, we live as the Divine Soul. We experience God in the temple of our heart. Thus, we don't pray *to* God, we pray *through* God. We experience God as SIP, the Supreme Immortal Power

in every Soul. Every human being, to us, is none other than the Divine. When we look at something beautiful, we experience an ecstasy of joy. This is to be Enlightened. All beauty, we realize, is nothing but the Divinity that we earlier called God.

Once we are Enlightened, we live as the Soul, not as the body or mind. We live as SIP. We treat every being with reverence and respect. Because we can see through *Maya*, the Cosmic Illusion, we see everything as a manifestation of God. Therefore, we are no more the one who was doing Karma. The doer ceases to exist. Although we continue to inhabit the body, the body is only an instrument and creates no Karma. The mind does not exist. We live in Consciousness, activating the intellect. Therefore, when the body dies, there is no Mind and Ego, ME, that returns to earth in a rebirth. We live as a *Karma Yogi*, a Divine instrument, offering all our deeds to SIP and surrendering our life to the Divine.

We are free. The Enlightened One is a *Jivanmukta*. Such a being has not only discovered the purpose of life but is living it too. The moment we move from being Awakened to being Enlightened, we are qualified to be Liberated from this *Samsara*, the cycle of death and rebirth. Having realized that we are nothing and being Enlightened that we are the *Atman*, the Soul, that is none other than *Paramatman*, the Supreme, we live in a state of Eternal Peace, Divine Love and Everlasting Bliss.

However, we cannot be Enlightened without being Awakened and fully Awakened. Only then can we become fully Enlightened, just like a caterpillar becomes a butterfly.

E1. I Am Free From The Body



***When Enlightened, we are free.
We realize that the Body is not me.
There is no suffering though there might be,
Pain in the foot or in the knee!***

It not enough to know that *I am not the body*. We may be Awakened to realize that *this body will die, this body is not 'I'*. We may discover the truth that *the body comes into being in the 9 months after fertilization and that the zygote becomes the embryo that develops into the foetus before the baby arrives on earth as 'me'*. We may also understand that *this is my body, it is not me*. However, to be Enlightened, we must be free from the body. Just knowing that I am not the body is not enough.

What does it mean to be free from the body? Enlightenment is being able to separate ourselves from the body - *I am the Divine Soul. The body is like a habitat. Although I manifest in every cell of the body, I am not the body. This is my hand. This is my foot. This is my head, my brain and my heart. But it is not me. I am not this. I am that. I am the Power that is throbbing in every cell of this body*. When we live this Awakening, we are free from the body. There is a distinct difference between me and my body.

To be free from the body means that we are free from the cravings of the 5 senses. Our eyes, ears, nose, tongue and skin yearn for pleasure that comes from sense gratifications. When we realize that *I am not the body*, we are able to switch off the desires and passions of the body, which would otherwise make us a slave, till we reach our grave. When we are free from the cravings of the body, we are free from suffering.

Realizing we are not the body does not eliminate the pain of the body. But once we are Enlightened, we are free from all suffering that is caused due to body pain. The body may continue to experience pain but we will not suffer. We live with Consciousness, with Awareness that we are the Divine Soul that is above suffering caused by the pain of the body. This is moving from being Awakened to being Enlightened. In this state, we are unafraid of the death of the body. We realize that the body will die but that is not 'I'. We are the immortal Soul.

The journey of being Awakened to being Enlightened is a journey from living as the body, to first, being aware that *I am not the body* and ultimately, being completely free from the body. One may wonder how this is even possible! How can we be in the body but be free from the body? This Realization is being Enlightened. It is not just being Aware of the truth that *I am the Soul, not the body*; but transcending the body and its attributes, the attributes of the Lower Self and evolving to the Higher Self that we truly are. The Enlightened One is above exhaustion of the body, tiredness, disease and disorder. These may continue to happen to the body but they do not affect the Enlightened One. The body is cared for as the temple of the Soul, not as a cage that continues to age. We are free when we realize that we are not the one in the mirror that we see.

E2. I Am Free From The Mind



***We are Enlightened,
When there is no Mind and Ego, ME.
Then, from the seven miseries of the mind,
We are free!***

An Awakened One realizes that *I am not the mind*. There is no mind. It is just a bundle of thoughts, toxic thoughts that pour like rain. But when we still the mind during periods of silence and meditation, we kill the mind. It disappears. Unfortunately, the mind reappears. It is not so easy to eliminate the mind and its toxic thoughts. However, an Awakened One realizes that nobody has seen the mind because there is no mind. So, how does the Awakened One get Enlightened?

When the Awakened One realizes that *I am not the body*, there is no mind, *I am the Divine Soul*, he starts living in Soul Consciousness. In this state, he activates the intellect. The intellect builds a dam to stop the gushing river of toxic thoughts of the mind, which acts like a deadly weapon, MK-50, the Mind-Killer-50. It shoots about 50 toxic thoughts in a minute like bullets that drill us and kill us. The intellect, de facto, locks the mind as it blocks the mind. Such an Enlightened person has thoughts that appear gently in their Consciousness but not in the mind because the mind, no

more exists. Only thoughts exist. This is an indication of being free from the mind and being Enlightened.

When we are free from the mind, we live in a state of Consciousness. Only one can exist at any point of time. When there is no mind, in that stillness, there is no mental illness. We overcome fear, worry, stress and anxiety. We experience peace and tranquillity as we eliminate regret, shame and guilt. The mind that normally creates desires and passions is no more jumping like a monkey, from desire to desire. The Enlightened One has tamed his monkey into a monk. Instead of running after greed, he is fulfilled satisfying his need. These are the hallmarks of being Enlightened.

Anybody can say, '*I am not the mind.*' It does not mean that we are free from the mind. We may Realize this Truth but to be Enlightened, we must be able to eliminate the rascal mind. Whenever a toxic thought appears, the intellect, the tool of discrimination will shoot it down. Thus, there is no mind. There is peace. If one is Enlightened, one does not let toxic thoughts recreate the mind. Through intellectual contemplation in Consciousness, one will continue to enjoy the treasure of peace, love and bliss. He is able to BBC – Bring Back Consciousness, every time there is an attack from the mind. Thus, the Enlightened One is free from the mind. However, the truth is that there is no mind. Toxic thoughts group together and appear to attack us as the mind. Although we are Awakened and realize that there is no mind, we are not powerful enough to be mind-free till we are Enlightened. Once Enlightened, we are able to lock the door. The mind cannot enter. We experience Eternal Peace and Seamless Bliss. Only when Enlightened, can we still and kill the mind, which we cannot find. We can catch it, latch it, detach it. The mind is no more!

E3. I Live As The Enlightened EGO



***Once Enlightened, there is no pride,
No greed, no shame.
We transcend anger, hate and revenge.
We win the game!***

What is it to be Enlightened when it comes to the ego? The ego cannot be killed like the mind. We cannot eliminate it. We can only Enlighten it. When we realize that *I am not the body that dies and there is no mind*, in that moment, the ego is Enlightened. We realize, 'I am not 'I'. I am not this, I am that!' So, what is the difference between Awakening and being Enlightened when it comes to the ego?

The Enlightened One who has an Enlightened Ego is free from the seven monsters that trouble every human being. There is no anger, hate, revenge or jealousy. When the ego is Enlightened, one drops pride, greed and selfishness from his life. However, it is not an easy task. We humans are conditioned to live with the 'I'. The Enlightened One is blessed. His ego that stands tall like a wall, has a fall and he is able to experience the Divine in one and all. It is only when one kills the monsters of the ego and is free from them that one can live as the Enlightened Ego.

The Enlightened One lives in a state of Eternal Peace, Divine Love and Everlasting Bliss. Such an Enlightened

One has eliminated the mind. Although we live in a body, there is a clear understanding that *I am not the body*. In our usual life in the material world, we are always trying to be better than others, trying to impress others. But an Enlightened Ego is free from all this because there are no others. When we start living without duality, realizing that we are nothing, our individual Consciousness merges with the universal Consciousness and we become one with everything. The sign of a truly Enlightened One is immediate forgiveness even without being asked. When Enlightened, we do not carry a grudge. We forget all hurts. We don't rehearse a hurt, rather, we reverse it. We vibrate Divine Love to one and all. Living as the Enlightened ego is giving up the passion and desire for name, fame, wealth and possessions because the Enlightened Ego knows that *nothing is mine*. It lives with this Realization.

When we are Awakened to Realize the Truth of, '*Who am I?*' we realize that *we are the Soul and the Soul is none other than SIP*. But to live this is not easy. Unless we are thorough with the truth, '*Neti Neti Tat Twam Asi*,' we can easily fall back to the Lower Self of the false ego. The Enlightened Ego completely eliminates the traits of the Lower Self and transcends to the Higher Self. This evolution replaces all ignorance with intelligence, all miseries with ecstasy and all anxiety with tranquillity. The Enlightened Ego lives without any revenge. It accepts and surrenders, living in the Consciousness of truth. Attachment is replaced with Divine Love as the Lower Self of the false ego evolves to the Higher Self of the Enlightened Ego. A truly Enlightened One is Liberated from the pain of the body, misery of the mind and agony of the ego. Not only is he free from all misery on earth but is also free from the fear of death and rebirth.

E4. I Live As A Divine Soul



***What is it being Enlightened,
And Living as a Divine Soul?
When we stop living as the body, mind and ego,
We achieve this goal.***

To live as a Divine Soul, the Enlightened One has to stop living as the body that craves for sensual pleasures. If one is still a slave to what the senses crave, then one is not Enlightened. To live as the Soul is to be able to be free from the Mind and Ego, ME. Only when we transcend the body, mind and ego can we start living as a Divine Soul. The Soul is none other than SIP, the Supreme, the Divine. The Soul seeks nothing. It lives with Eternal Peace, Divine Love and Everlasting Bliss. Although we are alive in a body-mind complex, living as a Divine Soul is about transcending the body, mind and ego, the Lower Self and evolving to the Higher Self. The Enlightened One not only knows, '*I am not the body, mind and ego,*' but also lives it. If we are unable to live as the Divine Soul, then we may be Awakened but we are not Enlightened. Not everybody is blessed to be Enlightened, to live as a Divine Soul. Realizing that we are not the body, mind and ego is not as difficult but to actually live as the Soul is the challenge of Enlightenment. The body, mind and ego constantly create roadblocks for seekers of Enlightenment, holding them back from this

turning point in life. Once we are Enlightened and we start living as the Soul, we will flow to become one with SIP, the Supreme Immortal Power, like a river merges with the ocean. Then, we will become what we truly are.

How do we know that we are living as a Divine Soul? When we become the master of our body and its senses, and they do not crave, then, we will know that we are living as the immortal Soul. Living as the Divine Soul, we activate the intellect that discriminates thoughts one by one. We do not let the mind ride our life horse. The Soul is the boss. Transcending the body and mind, the ego is Enlightened, '*I am not I. I am the Soul, the Spark Of Unique Life.*' We start living as the Divine Soul.

What are the attributes of a Divine Soul? Peace, love and bliss. If we have this, we are Enlightened. Peace can flow only when we make the mind go. Love can exist only when it is true love from Soul to Soul. It is universal Divine Love. Living as the Divine Soul, we will not swing like a pendulum, swinging from the past to the future. Living as the Divine Soul is being established in Consciousness. The body may enjoy pleasure but the Soul enjoys the ecstasy of peace as the Enlightened One is free from the seven miseries of the mind and the seven monsters of the ego.

Anybody can be Awakened to realize that I am a Divine Soul. But not everyone can live as the Divine Soul. This is truly ecstatic! One who is Enlightened and lives as a Divine Soul, lives as a *Yogi*, united with the Divine. He realizes that his Soul is a manifestation of SIP, the Supreme Immortal Power.

E5. I Experience SIP In The Temple Within



***We can be Awakened
That God is not made of bone and skin.
When Enlightened, we experience God as SIP,
As the Soul within.***

One who is Enlightened, does not pray *to* a God. The Enlightened One prays *through* God to the Divine that manifests in one and all. How does this happen?

When we are Enlightened, we become free from the body and the mind. The ego is Awakened. It realizes that *I am the Divine Soul*. We start living as that Spark Of Unique Life, a manifestation of the Divine. The journey of Enlightenment reveals the profound truth that every Soul is, in reality, SIP, the Supreme Immortal Power. In fact, SIP is not a God that lives in the sky. The Enlightened One not only realizes this but discovers SIP in the temple of the heart.

It is not enough to realize that the kingdom of God is within. We must experience God. God is not far from us. God is within us. God is vibrating as that Soul Consciousness, in every cell of our existence. It is not that God is a different entity that we have found inside us. When we experience SIP in the temple within, the

profound Realization will be that *I am not the body or mind. I am the Soul and the Soul is none other than SIP.*

Haven't we heard of the musk deer that spends its entire life hunting for that fragrance of the musk, which all along was within its own navel? Ultimately, it falls off the cliff and dies but it does not realize the musk within. Hunters below wait to tear open the navel and pull out the precious musk. The Awakened One realizes that God does not live in a temple or church. The Awakened One stops his search for God. But it is the Enlightened One that experiences God's presence as SIP, the Supreme Immortal Power that is the very life throbbing within him. This experience of SIP within is not a flash that comes and goes. The Enlightened One eternally flows with SIP Consciousness in every cell of existence. Therefore, there is no seeking SIP or God. The Enlightened One has realized that he is SIP.

As long as we are not Enlightened, we give importance to our heart, our brain and our organs that make us function. The moment we are Enlightened, we surrender to SIP that dwells within us. We experience SIP in every breath we take. SIP beats as every heartbeat. The truly Enlightened One does nothing. Realizing SIP within, the Enlightened One lives as a Divine instrument in complete surrender. There is no 'I', only SIP, only the Soul, that Spark Of Unique Life that flows in every cell, in every moment of life.

It is not enough to be Awakened and to know that the Soul is SIP. To be Enlightened, the Soul dissolves and loses its identity. It is no more contained within. The individual Consciousness becomes one with universal Consciousness. This is to be Enlightened and to experience SIP in the temple within.

E6. I Experience Each And Every Soul As SIP



***Every Soul is SIP.
When this experience does not slip,
We are Enlightened.
We have started the real trip!***

Being Enlightened is not just switching on the light. That is being Awakened. We may be Awakened that every Soul is SIP, that every human being is a manifestation of the Divine. But to be Enlightened means to experience this. Everybody we meet is not what they appear to be. What they appear to be is what we see. What strikes our eyes is their Mind and Ego, ME. But this is not their reality. Every Soul is SIP and when we Awaken to this, we experience SIP, the Supreme Immortal Power, none other than God, in every Soul.

Awakening makes us realize that we are not the body, mind and ego. We are the Soul. So is every living being, man or beast, bird or fish. Every living creature is none other than SIP. When we start experiencing this, we are Enlightened.

The Enlightened One does not see anybody as a devil, although some may appear to be lacking Divinity. The Enlightened One sees through the bone and skin and experiences the Divine within. Therefore, our reaction to each Soul is no more based on their action, rather, on our

Realization. These Souls are Divine manifestations and we treat each one of them no less than we would treat God.

In several Eastern traditions, people greet others with folded hands and by bowing down. In India, we say, '*Namaste*.' Little do we realize that this act is symbolic of the truth that the one we bow down to is not the physical entity that we see but in reality, God that appears as their Soul within. While we may do this, for many of us, it might just be a ritual, not a spiritual Realization.

It is not just that human beings have Souls but every living creature, every animate being has the energy of life and is a manifestation of the Divine. It may be a butterfly or bee, or even just a tree. We see through the elements of nature to that which creates the animate being. We experience SIP as the Soul within. What happens to each animate being ultimately? The physical aspects disintegrate into nature just as the being grows because of the integration of the 5 elements. However, without the Soul, which is none other than SIP, this living entity would never be conceived, never exist and subsequently, die. The cycle of life that blossoms all around us is none other than SIP, manifesting as a Soul, a throbbing life.

To be Enlightened is not only going beyond the body, mind and ego, it is not only realizing that the Soul within is SIP but Enlightenment is also seeing God in every Soul. When I see a beautiful bird fly high in the sky, I see God. I experience God when my pet dog wags its tail. I experience God when I see beautiful roses or tulips. Each experience of life brings alive the Enlightenment that *this is SIP*. I see SIP on every lip. To be Enlightened means, not to slip, for this truth we grip, as we are established in SIP Consciousness.

E7. I Experience SIP In Every Atom



***When we see,
God in every molecule, every atom,
We are Enlightened.
The Truth we fathom.***

The Enlightened One sees this whole world as the most beautiful, the most amazing manifestation of the Supreme. At first, we believe that this world is created by God. Then, we Awaken to the Truth that SIP is everywhere, in everything. We realize that the Soul is SIP. But we also go beyond to understand the scientific truth of Quantum Physics and its theory of Wave-Particle Duality.

When we Awaken to realize that SIP, the Supreme Immortal Power manifests not just in the animate but also in the inanimate, we start a new trip with SIP. We realize that every molecule of matter is nothing but energy, as science proclaims. What is this energy? It is none other than SIP, the Supreme Immortal Power. When does this Awakening become Enlightenment?

The intellectualization that the Supreme is in every molecule, animate and inanimate, gives us the Awareness that God is everywhere, and in everything. But when we are Enlightened with this truth, whatever we see, we see it

as a manifestation of God. All our actions are transformed to Divine prayer. We don't need to go to a temple to pray. We don't need to search for God in a church. God is everywhere, in everything. Once Enlightened, everything becomes beautiful and Divine.

I used to love to see a beautiful sunrise. I felt an ecstasy of joy in a sunset. Little did I realize that my Awakened Soul was experiencing an ecstasy of bliss because I was experiencing the Divine every moment of my life. Now, when a little bird is chirping a song, I hear God sing. When I dip under the turquoise waters of the ocean, I start snorkelling but end up praying. In every colourful fish that swirls in and out of the corals, I experience the drama of God, of SIP. This bliss is beyond what words can express. Enlightened beings *don't look* for God. They *have realized* God. If you ask, '*Where is God?*' They'll say, '*There is no place where God is not.*' They pick up a little pebble and dance in the presence of God. In every human being, they see God, feel God and talk to God.

But what about something ugly? Once Enlightened, nothing appears ugly. While a common person may think that a lizard is ugly, the Enlightened Ones shift their paradigm and see it as another lizard would see it. Then, immediately, it becomes so beautiful. There is no separation, no duality for the Enlightened One. Everything is a seamless manifestation of the Supreme. Everything is beautiful. Everything is Divine. Because the Enlightened Ones have eliminated the mind, the intellect does not permit rotten thoughts to germinate. Only Divine impressions in their Consciousness emerge as ecstatic expressions of peace, love and bliss. This is to be Enlightened!

E8. I Live As SIP



***The Enlightened One Realizes,
'I am Nothing.'
He lives as SIP.
And becomes Everything.***

How can we live as God? Somebody reading this will think that we have lost our head. Man is man and God is God and never the twain can meet! But an Enlightened person thinks differently. He has realized that he is nothing. He has Awakened to the Truth that he is a manifestation of SIP. What next? The Enlightened One starts living as SIP. This is not about ego or arrogance. This is the humble Awakening of the truth of our existence. The Enlightened human being stops being a human. He starts being the Divine.

If God were to walk on earth, what would God be like? God would be all caring, loving and forgiving. God would be the epitome of joy, love and bliss. This is exactly what the Enlightened One shows in every moment of life. Having eliminated the mind, the Enlightened One is free of toxic thoughts. He is fearless and without stress and anxiety. So, he glows with the radiance of peace and tranquillity. Having transcended regret, shame and guilt, every moment of an Enlightened One is full of enthusiasm,

humour, laughter and celebration. The Enlightened One has an Awakened Ego. There is no 'I'. The ME has reversed to WE. The individual Consciousness has merged with the universal Consciousness. Such an Enlightened One has no anger or hate. Revenge and jealousy are out of the gate! The Enlightened One is free from pride, greed and selfishness. In that Awakening that *I am nothing*, the Enlightened One becomes everything! *Nothing is mine. Everything is Divine*. This is the life of an Enlightened One.

The truth is that we are all God. Alas! We have forgotten this. So, we live as man. We suffer as the body, mind and ego. But the Enlightened One does not. Every moment, every breath is established in SIP Consciousness. Although he is very much alive and has bone and skin, every breath is that of the Divine that dwells within.

Living as SIP means treating everyone as SIP. Living as SIP does not create any superiority. There is universal oneness. There is an ecstasy of joy as we experience everything as Divine *Maya*, a Divine projection or a Divine manifestation. We enjoy the Divine *Leela*, the Divine drama, that is unfolding as per Karma. We experience no trauma.

The Enlightened One has now completed the journey that started with Self-Realization and has ended with God-Realization. When one is fully Enlightened, one loses all signs of 'I', 'me' and 'mine' and they are replaced by the Divine. If this God Consciousness has any element of ego or pride, it is fake. When I live as SIP, I live with the Realization that *I am nothing. Everything is SIP. Everybody is SIP*. Living as SIP is having a firm grip that this entire universe is SIP. One continues to dance in the ecstasy of SIP till one is Liberated and ultimately united with the Divine.

E9. I Live As A Karma Yogi, I Have No Karma



***Once Enlightened,
We are Liberated from this Drama.
We become a Karma Yogi,
One who is free from all Karma.***

What is the ultimate sign of an Enlightened One? A fully Enlightened being lives as a *Karma Yogi* in complete surrender. Such a human being becomes a Divine instrument, desiring nothing, seeking nothing, just surrendering life to the Divine. It is not easy to reach this state where one is completely Liberated from all Karma. Not just the Karma that we brought to earth and the Karma we did after our birth but also all the Karmic debt that we might have carried forward over several lifetimes. Having reached this point, being free from Karma, the Enlightened One is eligible to attain *Moksha*.

Enlightenment is not an easy task. First, it is to be Awakened, by overcoming all ignorance and Enlightening the ego. Thereafter, it is being free from the body and mind. All this takes a lot of effort. Awakening is not so difficult. It is realizing that Karma does not belong to us. Being Liberated from all Karmic debt means that one has completely surrendered themselves to the Divine. Is this possible? Yes, though it is very rare but the one who becomes free from

the body and mind, and starts living as the Enlightened Ego, can ultimately reach the state of a *Karma Yogi*.

What are the attributes of a *Karma Yogi*? A *Karma Yogi* considers that he does nothing. Whatever he does, is being done by the Divine. He acts as an instrument, seeking no fruits for his actions. All his deeds are surrendered at the lotus feet of the Supreme. All actions are in total SIP Consciousness. Thus, a *Karma Yogi*, although not free from action, becomes free in action. None of his actions create Karma for none of his actions are done for himself. He is free from the body, the doer of Karma, just as he is free from the Mind and Ego, ME, that carries Karma forward. He has killed the mind and his ego is Enlightened. Thus, his Karmic account is deleted. This is possible only when one is fully Enlightened.

In this world of pleasures and possessions, it is not easy to live as a Divine Soul, as a Divine manifestation. To live without desires and passions, in complete surrender as a Divine instrument, can be the greatest challenge for a seeker of Enlightenment. It comes after complete Awakening and transcending the body, eliminating the mind and Enlightening the ego. This is a lot. It means that one becomes nothing and dissolves into the Supreme, although one is alive in a body-mind complex. Having transcended the false self, a *Karma Yogi* is free and all set to be Liberated and united with the Divine in that moment when the body is no more. Being Enlightened is not just realizing that we are a Divine instrument and that we create no Karma. It is living it. Unless the ego truly transcends the Lower Self, it is next to impossible for one to live without the doer-ship of action. Only a truly Enlightened One is eligible to live as a *Karma Yogi* without any Karma.

E10. I Live As A *Jivanmukta*



***The Enlightened One lives as a Jivanmukta,
Completely free!***

***The Lord is everywhere, in everything.
The Divine is all he can see.***

What is it to be fully Enlightened? It is a state where we are completely free from the body and mind. The Enlightened Ego lives as a Divine Soul. Experiencing SIP within, the Enlightened One experiences SIP in every Soul and in everything. He himself becomes SIP, the Supreme, the Divine. Being free from all Karma, the *Karma Yogi* lives as a *Sthitpragya*, firmly rooted in Consciousness with the intellect in command. The Enlightened One becomes a *Jivanmukta*, free from the allure of the material world.

Just like a ripe fruit naturally falls off the tree, the Enlightened One gets Liberated in the moment of death. When the body dies, there is no rebirth, no returning to earth. However, just like the fruit has to be ripe before it is Liberated from the tree, the Enlightened One must be completely Awakened and Enlightened, without an iota of ignorance or worldly attachment.

In the 3 Steps to Enlightenment, therefore, first, one needs to be Awakened, then, be Enlightened. Only then can one

be Liberated. Before being Liberated, one must be free from the prison of pleasures, people and possessions. The one who is not, may fall and give in to the attractions of the material world, to the distractions of the mind. This is possible! Therefore, the journey evolves in a manner where there is no turning back.

Just like water needs a non-return valve to ensure that it doesn't flow back, the Enlightened One needs a metamorphosis or an irreversible transformation. Just like a butterfly cannot return to its former state as a caterpillar, a truly Enlightened One, a *Jivanmukta*, is completely free from material life. By now, not only has he changed his name, but he has also changed his life game! He lives in *SatChitAnanda*, Eternal Bliss in Truth Consciousness. This is not easy. It is a rare feat for it is easy to lose the battle to our senses that crave and the mind and ego, who go with us till our grave. The Enlightened One eliminates the mind and realizes - *I will never die. I am the Immortal Soul*. Being completely free, the *Jivanmukta* lives like God walking on the planet, till that Divine moment where he is Liberated and united with SIP, the Supreme Immortal Power. But for this, the Enlightened One must live as a *Buddh* or the Awakened One, a *Sthitpragya* or someone with a steady intellect, a *Jivanmukta*, free from the world and a *SatChitAnanda Atman*, a Divine Soul that revels in the bliss of Truth Consciousness experiencing Eternal Peace and tranquillity and enjoying the ecstasy of Divine Love.

The truly Enlightened One Sees God in all, Serves God in all and Loves God in all. He has uprooted all duality and lives with his individual Consciousness merging with universal Consciousness. He enjoys every moment of the Divine *Leela*, the drama, that unfolds as the magical *Maya*, the Cosmic illusion, which is all a Divine manifestation.

THE 10 STEPS TO BE FULLY ENLIGHTENED

AWAKENED

ENLIGHTENED

1

I am not the Body

I am free from the Body

2

I am not the Mind

I am free from the Mind

3

I am the Enlightened Ego

I live as the Enlightened Ego

4

**I am the SOUL -
Spark Of Unique Life**

I live as a Divine SOUL

5

**The SOUL is SIP,
the Supreme Immortal Power**

**I experience SIP in
the temple within**

6

**Every SOUL is SIP,
none other than God**

**I experience each &
every SOUL as SIP**

7

**SIP is everywhere,
in everything**

**I experience
SIP in every atom**

8

I am SIP

I live as SIP

9

**I am a Divine Instrument,
I create no Karma**

**I live as a Karma Yogi,
I have no Karma**

10

**My ultimate goal is
Liberation & Unification**

I live as a Jivanmukta

PART - C

THE THIRD STEP - BEING LIBERATED



LIBERATED

ENLIGHTENED

AWAKENED

The Journey From Being Enlightened To Being Liberated



***Being Awakened and being Enlightened,
Doesn't make us free.
We must be Liberated;
This is Step Three!***

The journey of Enlightenment is not complete until we climb all the 3 steps. First, we must be Awakened, fully Awakened that we are not the body or mind. The Enlightened Ego must realize that we are the Soul that is SIP. When we are fully Awakened to realize that *SIP is everywhere, in everything*, we evolve from Self-Realization to God-Realization. We discover the secret that we can be free from Karma and rebirth. But this is just the beginning of the journey. The ultimate goal is Liberation.

Liberation is not possible until the Awakened One is Enlightened. The Realization must crystallize into action. We must, in reality, be free from the body, from the Mind and Ego, ME. We must live as a Divine Soul. This transformation must become a metamorphosis as we become a *Jivanmukta*. We must cut all strings that tied our wings, all attachments with the material world and start the journey of Liberation and Unification with the Divine. When does this happen? This happens when we live as a *Jivanmukta* where our paradigm changes completely as we

dissolve all duality and experience SIP everywhere, in everything. Then, we are ready to climb the third and ultimate step of being Liberated.

What is this third step of being Liberated, the ultimate step in the journey of Enlightenment? Unlike a butterfly that cannot return to being a caterpillar, even if it wants to, the human metamorphosis does not have this no-return possibility. The Enlightened One still lives in a body and still has senses that can crave. The mind continues to be like a Phoenix. Although one would have stilled the mind and killed the mind, it can return and kill his Enlightenment. The ego that realizes that *I am nothing*, is capable of wanting everything and wanting to become everything. Therefore, beware! The third and most important step of Enlightenment is being Liberated. Once Liberated, there is no chance of returning into the material world. Such an Enlightened Master who is Liberated does not return to the material world. If he does, it only indicates that he was never truly Liberated. If one steadily climbs the first step and becomes Awakened, the second step and becomes Enlightened, then he can climb the third step and be Liberated. This is rare but possible.

What does it take for a person to climb the third and the final step of Enlightenment? What does it take to be Liberated? This cannot be understood by those who are not Awakened. When one is trying to climb a peak, it may seem like there is only one peak. But when he reaches the peak, far in the distance emerges the second peak. Once again, it seems that there is nothing beyond that. But there is! From peak to peak, the journey of Enlightenment reveals the final peak. Then, there is Liberation and Unification. There is no reincarnation because the Immortal Soul becomes one with SIP. This happens when one is Liberated.

L1. The Body Frees Me



***When Liberated,
We are free from all Cravings and Desire,
The body frees us,
From all passions, all fire.***

To be Liberated, it is not enough to realize that *I am not the body*. This is just the first step of Awakening. If one cannot see that they are not the body that will die, they must be blind and a slave of the mind. There was no body when we were conceived. The body came later. One day, we will leave the body. This Realization is just the first step. We must move forward. Enlightenment is not only the Realization that *I am not the body*. One must be free from the body as well. What does this mean? To be free from the body means that one must not be a slave to the senses that crave. Then, one is Enlightened. Not only does one realize that he is not the body, but he does not live as the body either. When one realizes that *I am not This, I am That, the Divine Soul*, when he achieves this goal, he is Liberated. One becomes free from the body. What are the indications? The body frees the Enlightened One.

It is very normal for any human being to have desires to eat, see, touch and feel. These are the basic instincts of every human being. However, these basic instincts lock us

and block our Enlightenment. Unless the body frees us from desires and passions, we cannot be Liberated. If we keep on seeking the material world, how can we seek and attain the Divine? Therefore, in the third step of being Liberated, the body lets go. We transcend the senses. Not momentarily but permanently.

We all have our favourite food, our favourite people and possessions. The desire for these is a sign that we are not Liberated. The cessation of all sensual desires is a sign of being Liberated. Does it mean that the Liberated One will not eat and drink, will not enjoy any pleasures? No! *When Liberated, we will neither seek pleasure nor crave and have desires and passions.* We will accept every pleasure as a *Prasadam*, a Divine benediction, not as an addiction. Thus, we are not just free from the body but through our own efforts and Realization, we are rewarded the Divine gift of freedom from the body. There is no sensual passion and there is no attachment. We live with detached attachment. From the outside, we may look like a common person but deep within, we are detached, dispassionate. We have renounced all cravings of the body because we are Enlightened. We are not the body. We are free from the body. The ultimate state of Enlightenment is that the body frees the Enlightened One. This is to be Liberated.

The 5 senses of the body are like horses. Without the reins, the 5 senses will go wild. The Enlightened One controls the 5 horses or the 5 senses. But the Liberated One is free from the cravings of the senses. When Liberated, one controls the 5 senses and arrives at the destination of Liberation. The Enlightened One transforms the cravings of the senses to only craving the Divine and Liberation. When the body frees us, we become a *Mumukshu* with deep passion for the Divine. The body frees us and therefore, becomes a tool in helping us to attain Liberation.

L2. The Mind Frees Me



The Liberated One is filled with SIP.

There is no empty space.

So, the Mind disappears.

There is no trace!

As we evolve from step one to step two to step three, we become free from the mind. In fact, in step two, we attain freedom from the mind but in step three, there is no mind! The mind is nothing but a bundle of toxic thoughts. As we evolve through the steps of Enlightenment, we eliminate all toxic thoughts. If there are no toxic thoughts, there is no mind! When one toxic thought appears, the Enlightened One who is established in Consciousness, shoots down the toxic thought. The mind, which is our biggest enemy, attacks us when we are on the first step of being Awakened. It attacks us even more, after Awakening, till we are Enlightened. When we become free from the mind, we start living in Consciousness. We activate the intellect. We lock the mind and block the mind. The mind is weakened. When we cut off oxygen to the mind, stop its supply of nutrients, the mind is decimated and eliminated.

Not every Enlightened One is blessed to burn the mind and turn into Divine Consciousness. Unless one is Liberated, the mind does not free us. However, when the mind can see

that we have transcended the ME, the mind that does not exist, in reality, dissolves and disappears too! What is the MIND? Misery, Ignorance, Negativity and Desire. When we are Enlightened, the mind ceases to be. It exists till we are Enlightened and it does not give up till we are Liberated. Once we are Liberated from the body and mind, we will find that the mind Liberated us. The mind, which is a bundle of toxic thoughts, is replaced by pure and Divine thoughts. Every thought is a thought of SIP. When SIP is on the lip and we have a firm grip, where is there space for the mind?

The mind frees us because we have no empty space. We are filled with the Divine. Everywhere, in everything, in every thought, there is SIP. If we take a bottle of water and we drink the water, what fills the empty space in the bottle? Air, right? But as long as the bottle is full, there will be no vacuum for air to enter. So also, the Enlightened One is like a bottle, full of Divine thoughts. There is passion and desire only for Liberation. When the mind sees that there is no space for it to enter the life of the Liberated One, the mind lets go. It does not return. De facto, the bundles of toxic thoughts that are transformed to Divine thoughts, help us in our journey of Liberation and Unification with the Divine. We are no more a victim of fear and worry, stress and anxiety. The Enlightened One who is free from the mind, uproots every trace of the mind. There is no regret, shame and guilt.

Once Liberated, we live in the moment, we don't shuttle to the past or future. We are so established in SIP Consciousness that the mind frees us from all yearning. We are blessed, as the monkey mind becomes a monk, eliminating all junk. When the mind frees the Enlightened One, he is Liberated and united with the Divine.

L3. The Ego Frees Me



***When Enlightened,
The Ego Is transcended,
The 'I' dissolves into the Divine,
And is Liberated.***

When one is Liberated, the Enlightened Ego, the identity that realizes - *I am not the body or mind, I am the Divine Soul* - starts living as SIP, the Supreme Immortal Power. This is possible only when the false ego is transcended and one attains the Higher Self. The 'I' no more talks of 'me' and 'mine'. The 'I' has realized that *I am not 'I'*. After living as the Enlightened Ego, the Enlightened One is ultimately, Liberated from the false ego.

What happens when the ego frees 'me'? Not only are we free from the cravings of the senses, not only are we free from the toxic thoughts of the mind but we also drop all duality and all assumed identities. There is no more resistance from the ego as an individual identity seeking an exclusive existence. The ego, the sense of 'I', 'me' and 'mine', disappears. The *Jivanmukta*, the Liberated One completes the metamorphosis. What are the signs that the ego has freed one?

The Enlightened One is free from anger, hate, revenge and jealousy because living as the Enlightened Ego means

being free from pride, greed and selfishness. However, the Liberated One is beyond this. There is no 'I'. Although the existence is in a physical body, there is complete surrender. In this state where one has surrendered to SIP, the individual Consciousness has merged with the universal Consciousness. When the river becomes one with the ocean, where is the identity of the river? It ceases to exist. So also, the Liberated One, free from the ego, has no identity. Although the body is alive, the Liberated One lives as a Divine instrument, a *Karma Yogi*, without being pulled by the 'I'. The ego, which is now Awakened, gets Liberated. When one is Liberated, the ego does not know the meaning of pride. One transcends to humility. Where is the question of greed, when the 'I' has dissolved and disappeared? When the ego frees one, it also takes with it all selfishness. Never can the Liberated One ever experience anger or hate, revenge or jealousy. Who will get angry at whom? Therefore, when everything becomes one, the ego disappears. It frees the Liberated One from its individual existence.

How does the Liberated One live free from the ego? The Liberated One has no mind. Living in the body, the Liberated One has mastered the senses of the body. Thus, being Liberated, one is like a kite that has no string. It is free to fly in the sky. The gas balloon rises in the air, when liberated from the bondage of the thread that held it captive. So, when the ego frees the Liberated One — the Liberated One who is fully Awakened, completely Enlightened, lives moment by moment, not as 'I', but as a Divine instrument doing the Divine Will, seeking nothing, claiming nothing and expecting nothing. When the ego frees the Liberated One, what remains is the Enlightened Soul in a human body, living as a Divine instrument, doing the Divine Will. There is no other objective but for the Liberated One to be united with the Divine at death.

L4. I Transcend The Body, Mind And Ego



***When the Body, Mind, Ego are transcended,
The Soul is Liberated.
It appears to be captive,
But soon, with the Divine, it is United.***

The journey of Enlightenment evolves from first being Awakened to being Enlightened. First is the Realization that *I am not the body or mind*. The Enlightened Ego Awakens that *I am the Divine Soul*. Thereafter, the Awakened One evolves and lives as the Divine Soul. The Awakened One, thus becomes Enlightened. When the Enlightened One is Liberated, the Soul, the Spark Of Unique Life, our true self, transcends the body, mind and ego. Of course, the body exists. The Liberated One is free from the body and free from the toxic thoughts of the mind. Having eliminated the mind, the Liberated One disowns the body. *I am not the one in the mirror that I see*. The Liberated One transcends the Mind and Ego, ME. All this happens when the Soul, the Divine energy within supersedes the manifestation, the body, mind and ego, that hitherto appeared to be the one seeking Enlightenment.

When the caterpillar completes its metamorphosis, where is the caterpillar? It was always there, wasn't it? But the

moment the transformation is complete, the crawling worm becomes a beautiful butterfly. So also, the ignorant one, who is Awakened and then Enlightened, is Liberated. There is no more crawling – suffering as the body, mind and ego. The Soul has transcended the physical existence that was just a manifestation. Now, the Liberated One lives as the source, the cause, no more as the effect.

Free from the body, the mind and the ego, the Enlightened Soul is Liberated to unite with the Divine, the moment the body ceases to exist. However, as long as the body continues to breathe, the Liberated Soul is free from the pain of the physical body, the misery of the mind, the agony and anguish of the ego. What distinguishes the Liberated Soul from the Enlightened One? The Enlightened One needs to make an effort to live as the Divine Soul. Every day, the Enlightened One is confronted by the body, its senses and by the toxic thoughts of the mind. Although free to a great extent, the Enlightened Ego needs to be Liberated for the Soul to completely transcend all physical existence. Thereafter, the Liberated Soul, although confined in the human body's existence, is no more tied down by the body and mind.

To be Liberated is an evolution far greater than to be Awakened or Enlightened. It takes a long walk after being Enlightened to reach destination Liberation. Can the Liberated One ever reverse the metamorphosis? No! If he ever does, it only means that the Liberation process was not complete. Once Liberated, when the Soul attains freedom from the body, completely escapes the clutches of the mind and finally, transcends the ego, there is near annihilation or destruction of the ego. Thus, the Liberated One lives as that Spark Of Life, completely free.

L5. I Live In SIP Consciousness



***Liberation Liberates me,
From the Body, the Ego and the Mind.
In every breath, in every deed,
The Divine presence, I find.***

To be Liberated is to live in a state of *SatChitAnanda*, a state of *Ananda*, Eternal Bliss, living in *SatChit*, Truth Consciousness. What is this Truth Consciousness that creates Eternal Peace, Divine Love and Everlasting Bliss?

The journey of Awakening takes us to the Realization that *I am the Soul, the Spark Of Unique Life and the Soul is SIP*. Thereafter, one is Enlightened. One starts living as the Divine Soul. One even experiences God in the temple of their heart. One discovers SIP, the Supreme Immortal Power in the kingdom within. When the Enlightened One evolves further, the Soul transcends the body, mind and ego. Being Liberated from the senses of the body, the illusory mind and the false ego, the Soul is now firmly established in SIP Consciousness.

What is it to live in SIP Consciousness? The Liberated One is free from all ignorance. Thus, the body frees the Liberated One who eliminates the mind and transcends the ego. The Liberated Soul is completely Awakened, fully

Enlightened that it is none other than SIP, the Supreme Immortal Power. Self-Realization of the Enlightened One transcends to God-Realization of the Liberated One. The Liberated One feels no difference between the self and the Supreme. It takes a lot for a human being to transcend being human. Only the Liberated One becomes the Divine. This is to live in SIP Consciousness, in Divine Consciousness that *I am that, not this. This body is made of 5 elements which are none other than 'that'. The life force throbbing is none other the Supreme Immortal Power. If the body is a manifestation of the Supreme, and the Soul is none other than the Supreme, then, I am the Supreme.*

However, living in SIP Consciousness can overturn an Enlightened One, creating pride and arrogance. Then, there will be no Liberation. Unless humility prevails, one can never be Liberated. Intelligent humility realizes that *I am nothing and therefore, I am everything.* Instead, if *I am everything* prevails, there is no living in SIP Consciousness. One becomes nothing.

Some Enlightened Ones have the audacity to say, '*I am God.*' The Liberated One says, '*I am not, only God is.*' Such a Liberated One lives in the omnipresence of the Supreme Consciousness that is all-pervading, omnipotent and omniscient, intelligent and powerful. However, never will the Liberated One say, '*I am God.*' The wave is none other than the ocean but it can never say, '*I am the ocean.*' The Liberated One surrenders completely to become one with the Divine. Free from the ego that says 'I', the Liberated Soul lives in Consciousness of its true identity but continues to fulfil its responsibilities till such time that the body is Liberated from breath. In that Divine moment of Liberation, there is celebration because the Soul merges with SIP. There is no bondage for the Liberated One!

L6. I Live In Universal Consciousness



***When Enlightened,
I experience SIP in every Soul.
When Liberated,
Everything is one; I achieve my goal.***

The Liberated One is not limited to the body that he adorns. Of course, he is alive in that body which is seeking Unification with the Divine. But to be Liberated means that the Liberated Soul that lives in Soul Consciousness is united with Consciousness everywhere. How is this possible?

The Enlightened One is free from the body, mind and ego. But the Liberated One goes beyond that. The Liberated One transcends the body, mind and ego, and connects with the Consciousness that manifests as every Soul. The Liberated One has no duality. You and me, the butterfly and the bee, all become one. Living with universal Consciousness means the individual Consciousness is not limited within the body. It merges with the Consciousness that is everywhere. Not just animate beings, even all that is inanimate, is united with the Liberated One. The mountain and the sea are none other than me. When one is able to live with the omnipresent Consciousness, intertwining human Consciousness with Divine Consciousness, one is Liberated.

The world talks of the superconscious. What is it to experience this state? It is a state of creativity and telepathy, which is also referred to as the sixth sense, a hunch or intuition. While humanity is unaware of the source of this magic, the logic is that when our individual Consciousness expands and unites with universal Consciousness, the imagination flows as creativity to the Liberated One. The Liberated One is fearless. There is no fear of death for Consciousness is eternal and immortal. Because one has appeared as a manifestation in this body, one continues to live in the body, till one is Awakened, then Enlightened and ultimately, Liberated.

When one is Liberated, first, the Soul feels the presence of SIP. That Spark Of Unique Life within connects with SIP, the Supreme Immortal Power, that is its very source. But it flows further to connect with SIP in every Soul. One sees beyond bone and skin, one sees the Divine that dwells within. One serves every Soul as God and loves every Soul as God because there is only God, only SIP, nothing else. This is a state of complete Liberation, a state of total Yoga, living in union with the Divine. One who lives with universal Consciousness moves from one state of Yoga to another, from *Dhyana Yoga* or meditation to *Bhakti Yoga* or devotion. Then, they evolve to *Karma Yoga* or action, *Gyana Yoga* or education and finally *Prema Yoga*, the Yoga of Divine Love that loves every manifestation as SIP. A *Yogi* dissolves into nothingness as he is Liberated from his individual self and united with the universal Consciousness that appears to dwell in individual beings. The Liberated One is able to see individual beings floating in universal Consciousness. Alas! The birds are asking, '*Where is the air?*' The fish are asking, '*Where is the water?*' But the Liberated One has no questions. He experiences that universal Consciousness everywhere.

L7. I Enjoy The *Leela* As The Divine *Maya*



This world is not real, not even an illusion.

It's a manifestation.

***The Liberated One enjoys the Leela,
The Maya, after full Realization.***

What is this world all about? This world is a Divine Drama, a *Leela* of the Lord. Man doesn't understand it. He lives as the body, mind and ego and suffers, until one day he Awakens to realize that everything is SIP, SIP is everywhere. The Enlightened One starts seeing everything beautiful as the Divine. But the Liberated One goes a step ahead. He enjoys the *Leela*. He experiences the Divine *Maya* with peace, love and bliss. How does this happen?

When one is Liberated, he has crossed that state of acceptance and surrender. He has completely surrendered. There is no expectation. The Liberated One is a *Yogi*, ever united with the Divine. He enjoys the *Maya* that unfolds as Karma in this drama on earth. Being free from all trauma, the Liberated One living with universal Consciousness, lives moment by moment enjoying the projection of *Maya* and the unfolding of the *Leela*, the Divine Drama. Let us understand how.

When one is Liberated, one is free from the body, mind and ego. One is living in SIP Consciousness, united with

the universal Consciousness. Therefore, everything happening in the world is just a Divine projection. Individual actors are performing their part, their Karma. But the Liberated One is free from Karma. The Liberated One has transcended *Dharma*, his duty. He knows that ultimately, he will attain *Moksha*. The Soul, the *Atman*, will merge with the *Paramatman*, the Supreme. However, till the Liberated One is alive, he enjoys every scene of the *Leela* as it unfolds. He doesn't see it as an illusion. He is aware of it is a manifestation. Each human being is God. He has realized God but he sees individuals praying to God, seeking God, a journey he has already completed. So, he enjoys the drama as it unfolds, the *Leela* of the Lord. The *Maya* seems too real because every actor in the *Leela* has been given the opportunity to choose. One can choose God and live in Yoga or one can sink in *Bhoga*. The Liberated One, having finished his role in the *Leela*, now enjoys the *Leela* as a witness, an observer, united with universal Consciousness.

In the journey of Enlightenment, we start without any idea of the *Leela*, the *Maya* of the Lord. First, we are Awakened and become Aware of the truth. Then we are Enlightened, free from the *Leela*, the *Maya*. It is not until we are Liberated that we can truly enjoy the Lord's *Leela*. Everybody is God! Everything is God! Alas, man does not know! Therefore, man suffers. The Liberated One, however, first Awakened and then Enlightened, starts to enjoy every moment of life, living in universal Consciousness. But for this, one must realize that *I am not 'I'*. One must live as the Soul, transcending the Lower Self and enjoying the bliss of our true identity — *the Soul that is none other than SIP*. Once we enjoy the *Leela*, we will not sink in it. We become free from *Maya* and start living as a *Jivanmukta*.

L8. I Become One With SIP



***Even the Enlightened One,
Can desire and slip.
But the Liberated One, who becomes nothing,
Becomes one with SIP.***

Our journey starts as nothing. Slowly, we become something. If we are fortunate, we achieve everything. But what happens in the end? We all become nothing! Every 'body' must die. The body returns to its 5 elements with which it was created. The Liberated One becomes one with SIP, the Supreme Immortal Power.

Most of humanity is confused. How can we become God? Man is man and God is God. Due to ignorance, we commit the greatest sin — we don't discover our true identity. The fact is that we are that Spark Of Unique Life, the Soul that fertilized as a zygote, the first sign of our existence. The energy of SIP is manifested in each cell of our existence. We don't realize it. We live and die.

The Awakened Ones realize that *I am SIP. I am nothing but God.* Some, who are passionate for the Divine and obsessed with Liberation, live as SIP, the Supreme Immortal Power. Very few, become one with SIP. These Liberated Ones are those who become nothing. In this

state of nothingness, they become everything. To be Liberated, Realization is not enough. Many people have the Realization but one must walk the talk. Not only realize that *I am SIP* but we must also *live* as SIP. Even that is not enough. *As we live as SIP, we must become one with SIP.* Only then are we truly Liberated.

To become one with SIP, what is the criteria? We should not be the body, mind and ego. We must become free from the senses that crave. We must bury the mind in its grave. The false ego must be completely annihilated, transformed, replaced with the Enlightened Ego. We must start living as the Soul. When we live in SIP Consciousness, merging with universal Consciousness, we can become free from all misery on earth and free from the cycle of death and rebirth.

The Liberated One is free from Karma. Having become one with SIP, there is no existence of the Mind and Ego, ME. Normally, the Mind and Ego, ME, carries unsettled Karma at death and is reborn. But the Liberated One has been freed from the mind and ego. Therefore, the Liberated One has deleted his Karmic account. The Mind and Ego, ME has Liberated him from all Karma. Being free from Karma, he becomes free from returning to earth. But this is possible only when he is completely dissolved into the Divine. There is no sign, no trace of his original identity. Although he lives in the body, he lives as God, not as man. The Liberated One becomes one with SIP. Being Liberated from the body, mind and ego, the Liberated One is none other than the Soul. The Soul is none other than SIP. The Liberated One becomes SIP, the Supreme Immortal Power. This is to evolve from being Awakened and Enlightened to being Liberated. This is moving from Self-Realization to God-Realization. This is completing the journey of Enlightenment.

L9. I Am Free From Karma And Rebirth



***Due to unsettled Karma,
We continue to return in the cycle of Rebirth.
But the Liberated one
Does not come back to earth.***

The Liberated One is free from Karma, completely free from all accounts of Karma. When we are born, we start with an opening balance of Karma called *Prarabdha Karma*. Then, we create fresh Karma from our free will. That is the current account called the *Agami Karma*. In the moment of death, when the body dies, the Mind and Ego, ME, carries all residual Karma that is unsettled, good and bad, into a Karmic account known as *Sanchita Karma*, the warehouse that stores the unsettled Karma of every life lived. This becomes like a corpus from which an opening balance or *Prarabdha Karma* is carved out for a new life.

When we are Awakened, we realize that we are not the body or mind. We are the Soul and the Soul creates no Karma. As we evolve and are Enlightened, we live as a *Karma Yogi* who is free from creating new Karma. However, the existing Karma still unfold as we live. The Liberated One is free from all Karma because the Liberated One ceases to exist as the body and mind. The *Sanchita Karma* or the account of all previous lives is deleted for him because

the one who owned the Karma, no more exists. Thus, Karma frees the Liberated One.

Not only is the Liberated One free from the triple suffering on earth but he is also free from the cycle of death and rebirth. It all happens as the body frees us, the mind is annihilated and the ego is Enlightened and transformed to reveal that we are the Soul. The Soul is free from Karma. The Soul is SIP. Therefore, with this Realization, the Liberated One is free from any future reincarnation.

Sometimes, it is not easy to comprehend the state of Liberation without Spiritual Awakening. The Awakened Ones understand that in the journey of Karma, we are all bound till we realize that Karma only causes trauma for those who are bound in this drama. Once Liberated from the drama, we enjoy the Divine *Leela* living as manifestations of the Divine. Nothing matters. The Liberated One who has surrendered completely lives as the immortal Soul that has transcended Karma. The Liberated One lives as SIP in Truth Consciousness, realizing that this *Maya*, this Divine manifestation of the entire universe will unfold till the moment the body Liberates us and we are united with the Supreme.

The journey of Enlightenment, thus, is traversing the peaks of being Awakened and being Enlightened. Those who are not Awakened will wonder, '*How can a living being free themselves from the Karmic accounts of several lives of the past?*' They cannot fathom the simple truth that the one who was said to be responsible for all the Karma of all lifetimes has been Liberated from the Karmic cycle. First, one was Awakened. Then, one was Enlightened. Only then could one be Liberated from Karma.

L10. At Death, I Will Be United With SIP



***The Liberated One seeks nothing,
But to become one with God.
At Death, his Soul, his Atman,
Becomes one with the Lord.***

The one who climbs the 3 Steps to Enlightenment is Liberated and united with the Divine in the moment of death. Having realized the truth of 'Who am I?' and living the truth as an Enlightened Soul, the *Jivanmukta*, the Liberated One lives life, moment by moment with peace, love and bliss in Divine Consciousness, till that moment when the body dies and he is united with SIP, the Supreme Immortal Power.

How can one be sure that one is Liberated and will be united with the Divine? The 3 Steps of Enlightenment that one climbs will ensure that first, he is Awakened, fully Awakened. Then, he is Enlightened, fully Enlightened. Then, the transformation is completed. When the Enlightened One takes the final step towards Liberation, in that state of being, the body, mind and ego frees the Enlightened Soul to never return to this *Leela*, this Divine drama. The Liberated One is completely free and has completely surrendered to that SIP Consciousness within. The Liberated One has lost all identification with the body,

mind and ego. The identification of the Liberated One is with the universal Consciousness that manifests in every Soul. The Liberated One feels that oneness with every molecule of nature that surrounds him. It is only when the Liberated One becomes nothing that he becomes everything. When the ego ceases to exist and the Liberated One becomes one with SIP, there is no turning back.

The Liberated One, living as a *Karma Yogi* has, for long, stopped creating Karma. He is Liberated from all accounts of Karma and therefore, cannot return to earth. Having no Karma, the Liberated One is not qualified for rebirth. What next?

When the body dies, it returns to dust. The mind does not exist. The ego has dissolved. The Liberated One is united with the Supreme Immortal Power, SIP. This is our ultimate purpose on earth – we need to be free from rebirth.

It is not easy to reach this third and ultimate step of being Liberated. The body may fail even after being Enlightened. The mind may return, although it is eliminated. The Awakened Ego can get trapped in the body and mind. The Liberated One may have attained the Spiritual MBA – Mind Body Awareness, but unless there is a strong bond between the Soul and SIP, and there is seamless Yoga without any trace of *Bhoga*, the Liberated One can still slip. However, a truly Liberated One will not slip. He will live every moment with SIP. He will not create any Karma because he has annihilated his ego. His narrative is always - *I am not 'I'*. He revels in the ecstasy of SIP Consciousness and loves SIP and serves SIP, moment by moment, as he is conscious of all the manifestations of SIP around him. Only SIP is, nothing else exists! Thus, the Liberated One is undoubtedly united with the Supreme when the body dies.

THE 10 STEPS TO BE LIBERATED

AWAKENED

ENLIGHTENED

LIBERATED

1

I am not the Body

I am free from
the Body

The Body frees me

2

I am not the Mind

I am free from
the Mind

The Mind frees me

3

I am the
Enlightened Ego

I live as the
Enlightened Ego

The Ego
frees me

4

I am the SOUL -
Spark Of Unique Life

I live as
a Divine SOUL

I transcend the
Body, Mind & Ego

5

The SOUL is SIP,
the Supreme
Immortal Power

I experience
SIP in the temple
within

I live in SIP
Consciousness

6

Every SOUL is SIP,
none other than God

I experience each
& every SOUL as SIP

I live in Universal
SIP Consciousness

7

SIP is everywhere,
in everything

I experience
SIP in every atom

I enjoy the Leela as
the Divine Maya

8

I am SIP

I live as SIP

I become
one with SIP

9

I am a Divine
Instrument, I
create no Karma

I live as
a Karma Yogi,
I have no Karma

I am free from
Karma & Rebirth

10

My ultimate
goal is Liberation
& Unification

I live as
a Jivanmukta

I live as
a Divine Instrument

The background of the entire page is a photograph of the Aurora Borealis (Northern Lights) in shades of green and blue, dancing across a dark night sky. In the foreground, the dark, silhouetted peak of a mountain rises. On the mountain's face, three stone-like plaques are arranged in a staircase pattern, each bearing a word in gold, serif, all-caps font. The words, from top to bottom, are 'LIBERATED', 'ENLIGHTENED', and 'AWAKENED'.

**WHERE ARE YOU IN THIS
SPIRITUAL JOURNEY?**

LIBERATED

ENLIGHTENED

AWAKENED

01. Are You Awakened?



***Are you Awakened?
Are you fully Aware of the Truth?
If you are not,
Go back to the root!***

Everybody in this world is not blessed to be Awakened. To be Spiritually Awakened, you must be a seeker, passionate about Realizing the Truth. Then, with the grace of God and the guidance of the Guru, you can be Awakened.

How will you know if you are Awakened? 99% of the world is not interested in knowing. So, you are already among that 1% that is seeking Enlightenment, wanting to be Awakened. To be Awakened, you must have started a quest, seeking answers. Spiritual Awakening is not like waking up from bed, which happens automatically. Everybody eventually wakes up unless they are dead! But to be Spiritually Awakened, one must make an effort to Realize the Truth.

Are you Awakened? If you are, you will be absolutely clear that you only have a body but you are not the body. You have thoughts but you are not the mind that bundles toxic thoughts. Your ego is Enlightened. You have realized that you are the Divine Soul. Pause and reflect. Are you

clear about all this? It needs an effort to be fully Awakened on these Realizations. If you are completely Awakened that you are not the body or mind, if you are Awakened that you are the Divine Soul, it's time to look at the next step. Do you realize that the Soul, the Spark Of Unique Life throbbing inside you is nothing but the Power of the Supreme, the Divine, the Supreme Immortal Power that we call God? If you are completely Aware that you are not this, you are *that*, then your Awakening should make you realize that God is everywhere, in everything. Everything in this world that is beautiful is a manifestation of the Divine. If you have come this far, to this Realization, then you are Awake. But when you are fully Awakened, you realize that you are God. Your Realization is complete intellectualization that you are not the one in the mirror that you see. You are, in fact, Divine energy.

If you are not Awakened, your mind will not let you realize all this. It will activate your ego and not let you believe that you are a Divine instrument and you are not creating any Karma. You will not believe that in this lifetime, you can attain *Moksha*.

Are you Awakened? If you are, you are ready to be Liberated and united with the Divine. If you are fully Awakened, you have started the journey of being Enlightened. If you have climbed the first of the 3 Steps, you are ready to embark on the journey to climbing the second step. But if you are unclear about the truth, if you fluctuate between mind and Consciousness and if your ego is in control of your life, you are not fully Awakened. Being Awakened is not being Enlightened. It is just being Aware of the truth — the truth of who you are and who you are not. The next step is walking the talk, living the Realization. Be sure about this before you take the next step.

02. Are You Enlightened?



***Are you Enlightened?
Or are you being fooled by the Mind?
Only a Guru can endorse
Whether you are Enlightened or still blind!***

If you are completely Awakened that you are not the body or mind, you are the Divine Soul, you are SIP, you are creating no Karma, then you are ready to climb the second step of being Enlightened. But without being completely Awakened, you cannot climb the second step. You may simultaneously start the journey of Awakening and Enlightenment but the steps are very clear. First, you must climb the first step, be fully Awakened. Only then can you be fully Enlightened.

To be fully Enlightened is not just having Awareness, knowledge, intellectualization. It is Realization that transforms into action. It is a transformation. Not only do we know that *I am not the body or mind* but we also become free from the body and mind. As we live in Consciousness, we still the mind, kill the mind and become the master of our senses. The Enlightened Ego lives as the Divine Soul. It is not just Awareness but actually experiencing the Divine within. One does not just pray to God, one starts experiencing God everywhere, in everything.

The Enlightened One has no doubt that God is SIP, the Supreme Immortal Power and we are manifestations of that. The Enlightened One is not just aware that everything beautiful is Divine. The Enlightened One sees all beauty as Divinity. When a little bird is flying and chirping, the Enlightened One is able to see God in the bird. He starts experiencing this whole world as a Divine manifestation. *Who am I?* The Enlightened One is absolutely clear that *I am not 'I'*. *I am the Soul. I am SIP.* The Enlightened One has no hesitation. Not only does he know that he is not creating Karma but he also lives as a *Karma Yogi*, transcending all Karma. As he sees God in all, he starts to serve God in all and love God in all, while living as a Divine instrument.

Are you Enlightened? If you are, you are a *Jivanmukta*. You are living a life where nothing matters. You are free from all fear, worry, stress and anxiety. You are free from anger, hate, revenge and jealousy. As an Enlightened One, your life is full of peace, love and bliss. You have moved from being Awakened to being Enlightened. This means that you have transcended the Lower Self and attained the Higher Self. One who has crossed the first step of being Awakened and the second step of being Enlightened, has already started the journey towards Liberation. But unless one is fully Enlightened, one cannot be Liberated. Just as without being fully Awakened, you cannot climb the second step of being Enlightened. How can you be sure that you are Enlightened? If you are still a slave of your mind and your ego craves for name and fame, you are not Enlightened. If you have transcended the body and mind, and you live as the Divine Soul, as SIP, maybe you are Enlightened. However, this can only be certified by a Guru, a Spiritual Master who is fully Enlightened.

03. Are You Liberated?



***Are you Liberated
Or do you doubt you will slip?
It all depends on whether or not,
You are living as SIP.***

Only 1% of this world is Awakened. Of that 1%, only 1% is Enlightened. This means, practically, there will be barely a few thousand Enlightened people in this world. As for Liberated people — we don't even know! Liberation happens in the moment of death. If there is no Realization of the Truth, there is reincarnation. But the Liberated One is not chosen by God. Of course, you need the grace of the Supreme to be free from the cycle of *Samsara*, the cycle of death and rebirth. But it is not possible without the guidance of a Guru and self-effort. Unless one follows a spiritual *Sadhana*, the routine of an Enlightened One, Liberation is not possible.

To know if you are Liberated, you should have first climbed the step of being Awakened. Not only should you be Awake but you should also be fully Awakened to the Truth. There should be no iota of doubt or hesitation. Only then can you climb the second step of being Enlightened. If you have not climbed the second step of being Enlightened, you cannot be Liberated. However, the

second step of Enlightenment itself means that the fully Awakened One has become fully Enlightened and thus, is ready to climb the third and final step of being Liberated.

You must be absolutely sure that you are fully Enlightened. Otherwise, you cannot be Liberated. You should be completely free from the senses of the body and not have any cravings or passions. You should have eliminated the mind completely and you should be established in Consciousness. Although you live with the identity 'I', you should have annihilated and eliminated the 'my' and the 'mine' from your life. If you are fully Enlightened and have climbed the second step, not only do you live as a Soul but you also treat every Soul as SIP. You live with SIP, as SIP, as you serve SIP and love SIP in all.

If you are Liberated, you are fully Enlightened and you see every leaf, every flower, every fruit, every tree, every bird, every fish and everything as God. You experience God in the mountain and the sea, just as you feel the presence of the Divine in the trees and the breeze. It is not easy to be Liberated for the Liberated One lives as SIP. The Liberated One is Liberated from all Karma, not just the Karma of this life but the Karma that has been carried forward from so many lives. These are signs that you are Liberated. But in reality, only the Guru can guide us and confirm this. In fact, even the Guru cannot guarantee this. Such is the Divine magic of Liberation.

Are you Liberated? If you are fully Awakened and fully Enlightened, you can be. If the body has freed you, the mind has freed you and you live enjoying the *Leela*, the *Maya*, as a manifestation of SIP, you are Liberated. But being Liberated is not easy. However, it is our ultimate goal and destination.

04. Awakened, Enlightened, Liberated - The 3 Steps To Enlightenment



***Without the Three Steps,
There can be no Enlightenment!
Our prayers, our good Karma,
Will just be entertainment.***

At the end of this journey of the 3 Steps to Enlightenment, what have you realized? Have you realized that Enlightenment is not just one 'Aha' moment? Have you realized that you need to climb the 3 Steps to destination Liberation? Have you understood where you are on the journey? Are you Awakened or still trying to get there? Do you realize that there are 10 specific Realizations that will make you Awakened? If yes, then it's for you to be fully Awakened before you take the next step.

If you are already Awakened with the 10 Realizations, you must try to be Enlightened. You must live the Spiritual Awakening till you are fully Awakened and climb the second step.

Remember that the first step is largely your efforts. But the second step needs the help of a Guru, an Enlightened Master. Otherwise, you will go around in circles. You will not achieve anything. Have you realized this? Have you found the right Master? Otherwise, your journey to Enlightenment will end up as a disaster!

In your hands is a treasure that can lead you, step-by-step, to Liberation, *Nirvana*, *Moksha*, Salvation. The terms are many, but the spiritual destination is one. It needs Purification and Illumination. It needs Realization. First, Self-Realization and then, God-Realization. It needs *Sadhana*, your personal commitment and discipline. But more importantly, you must know where you are in the journey.

If your initiation is wrong, your destination cannot be right. Whichever Master you follow and whatever path you choose, the Enlightenment journey must first answer one question – *Who am I?* If you do not pass this milestone, you cannot attain Liberation. After Realization, there must be a Transformation. You will need a metamorphosis. You will need action and freedom from the body and mind. You will need to live as the Divine Soul. You must experience God as SIP, the Supreme Immortal Power. Only then will you be able to see God in all, love God in all and serve God in all.

It is the grace of the Divine that we have discovered the 3 Steps to Enlightenment. Those of us trying to leap into Enlightenment with one 'Eureka' moment can try till eternity but we will never get there. We will be dead and gone, and we will be reborn, and this will go on and on! We will do good Karma and we will be tied in golden handcuffs. But if we are Enlightened, the Soul will have no Karma. The Soul is SIP. We become one with SIP. This is our challenge – to attain *Mukti* or freedom to become a *Jivanmukta*, Liberated as we live on earth. Then, in that ultimate moment when the body dies, where there is no mind, there is no Karma, the Enlightened Ego will dissolve as the Soul becomes one with SIP. This is *Moksha*, *Nirvana*, Liberation, our ultimate goal. This is Enlightenment!

Afterword



***I found Enlightenment is easy,
When we climb Steps, three.
I was Awakened and then Enlightened.
Now, I am free!***

I attained Spiritual Awakening on the 31st of August 2014, after two years of sincere seeking and being cut off from the world. With complete focus on Self-Realization and God-Realization, I was Awakened and I Realized the Truth. I thought that I had been Enlightened and Liberated but it was only after several months of interaction with my Guru that I realized that I was only halfway there and that there were 3 Steps to Enlightenment.

Of course, Enlightenment comes when we get the 'Aha' moment, that feeling of a spiritual Eureka. But that is only an Awakening. It is like a spark of fire from a match. But that flame must burn brightly for us to attain the complete light of truth. Enlightenment is not only Awakening. It is also living an Awakened life. When I told my Guru that I experienced God everywhere, he said, 'Very good. Soon you will realize God.' I was confused when I heard that.

Earlier, several years ago, my Guru, Dada, had told me, knocking on a table, that God is in the table and chair. I had spontaneously blurted out, 'Don't joke, Dada!' Years later, I

realized what he had meant. So, it is only after living like an Awakened One that we are ultimately Enlightened and then, Liberated to be united with the Divine. Sure, *Moksha* only happens at the moment of death. But unless one lives like a *Jivanmukta*, free from the body, mind and ego and as the Liberated Divine Soul, one will never be free from the cycle of *Samsara*. One will never attain *Moksha*. Today, a decade after my Spiritual Awakening, I am able to write a book on these 3 Steps to Enlightenment. Anyone can be Enlightened. But first, one must be Awakened. It is my personal experience that I am sharing in this book. It is also the experience of dozens of sincere seekers who have Awakened, attending our Zoom calls every day at 8 pm for the last 5 years. Many of them have started their journey of being Enlightened and I am sure, some of them will be Liberated.

Those trying to attain Enlightenment at one go may try till eternity. It won't happen! It can't happen. Enlightenment is possible only when we climb the 3 Steps. First, we must be Awakened. Then, we must live that Awakening to be Enlightened. Once Enlightened, our Realization must experience crystallization. The transformation must become a metamorphosis, which is irreversible. For a truly Enlightened One, it is impossible to sink back in *Samsara*. But an Awakened One may get caught in the entanglement of pleasures, people and possessions. If you are truly seeking Enlightenment, it's time for you to evaluate where you are on this spiritual journey. Have you climbed the first step? Are you Awakened, fully Awakened? Have you started the second leg of your journey? Are you free from the body and mind, living as the Divine Soul, as the Enlightened Ego? Once you are fully Enlightened, it will be time to climb the third and ultimate step of being Liberated!

Poem



THE 3 STEPS TO ENLIGHTENMENT

Being Awakened, Enlightened, Liberated

*Enlightenment is easy if you break it into steps, three
First, you must be Awakened to realize, 'I am not me'
Ultimately, you will be Liberated, you will be free!*

*Where are you in your Spiritual Journey?
What have you learned about Spirituality?
Have you started your Quest? If so, to what degree?*

*Many people drift through life on a ferry
They get caught in a life that is worldly
They don't discover the Truth that Life is just a movie!*

*If we are sincere, then on the path, a Guru, we will see
He will make us Enlightened, without collecting any fee!
Without the Guru, the path will be slippery*

*Trying to jump straight to the peak of Enlightenment can be ghastly!
We will fall and drag through the journey dreadfully
Thinking that it is just one 'Aha' moment, is insanity!*

*The first step is to Awaken, I am not the body
I am not the Mind and Ego that says, ME
The ego is Enlightened, free from all fallacy*

*I am the Divine Soul — Infinity
I am a manifestation of God, absolutely!
I am a Divine instrument, I live passionately*

*Being Awakened is knowing that it's just the key
Then, living this Awakening is getting mastery
Being free from the mind and ego, patiently*

*To be Enlightened is step two, do it faithfully
Are you Enlightened? Reflect consciously
Climbing the second step means complete stability*

*One who is Awakened and Enlightened is not yet free
He has to complete the journey with step three
Only then at the top, will he be*

*To be Enlightened, we have to pay a fee
We have to face the storms of this world courageously
We must hold the hand of our Guru, faithfully*

*We must experience God everywhere, effortlessly
We must serve God in all, naturally
We must love God in all, passionately*

*An Enlightened One is free from Karma. He is a Karma Yogi
He sees everything beautiful as Divine, consciously
From this drama, this Leela, he is then free*

*Awakened, Enlightened, then Liberated are steps, three
But without the first two, the third, you can't see
You must discover the Divine within, Divinity you must be*

*The third step is to be Liberated. It's not easy
We become one with the Divine, it's the greatest glory
The 'I' is annihilated—no more self, no more selfie!*

*When I am not 'I', I experience ecstasy
I live with God every moment, intimately
This whole world becomes Divine instantly*

*I will never die, I live fearlessly
I am none other than the Divine, I say confidently
I love with Peace, Love and Bliss, but with simplicity*

*It's not difficult to be Enlightened with Steps, Three
Don't cut corners, do it morally!
You will live with Eternal Bliss, each moment merrily*

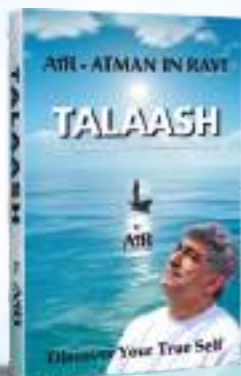
*Where are you on this Spiritual journey?
Are you Awakened or drifting aimlessly
If you have Realized the Truth, move forward passionately*

*If you are Enlightened, from the body-mind-ego, you are free
You live as the Divine Soul, as Divine energy
You see everything that is beautiful as Divinity*

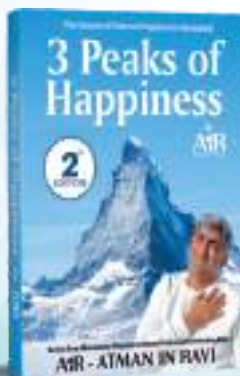
*Once you are Liberated, you complete Steps, Three
You have peaked Spiritually
There's nothing more. You have attained glory!*

*Remember, the journey of Spirituality is easy
If you, with the help of a Guru, break it into Steps, Three
You will be Awakened, Enlightened and free!*

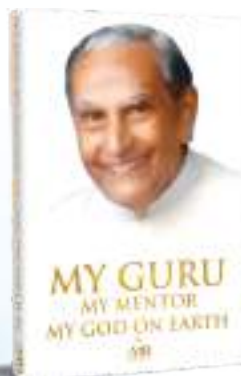
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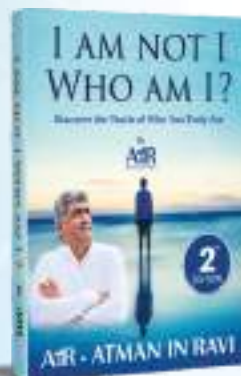
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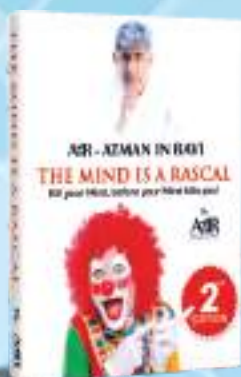
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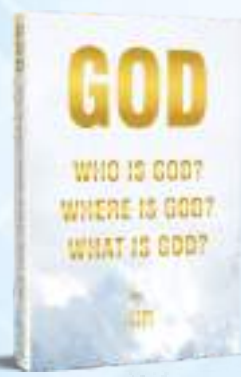
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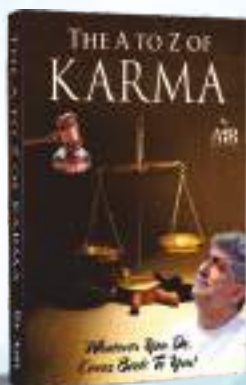
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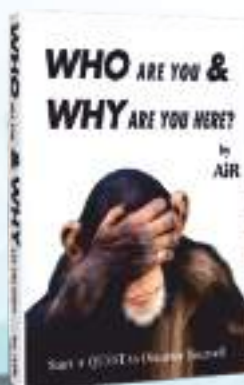
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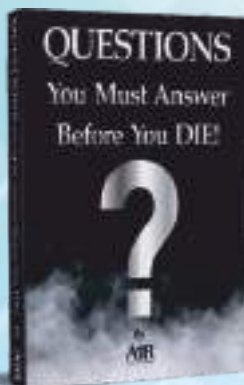
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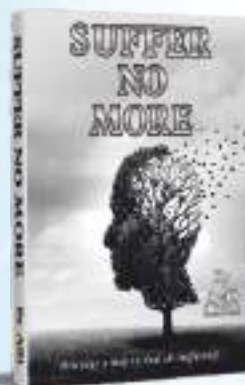
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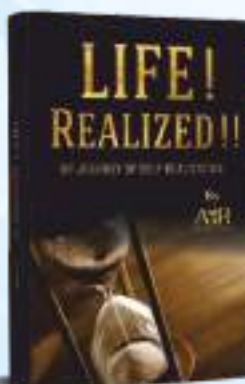
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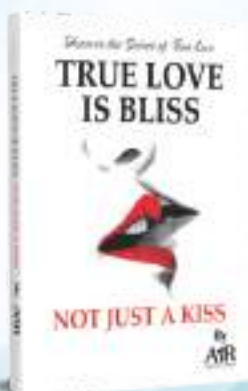
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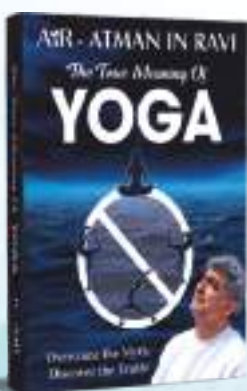
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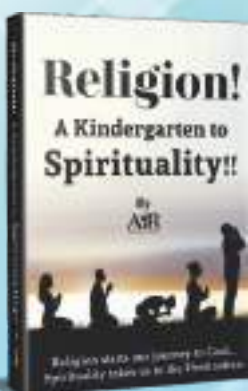
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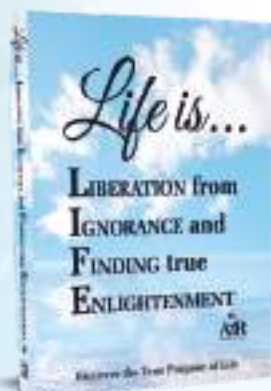
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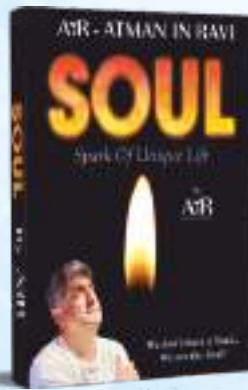
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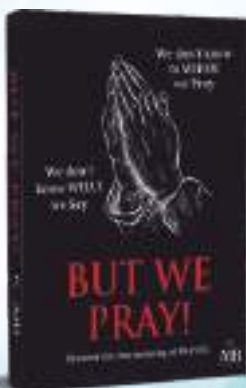
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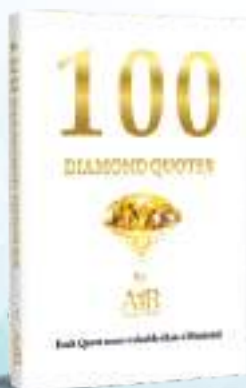
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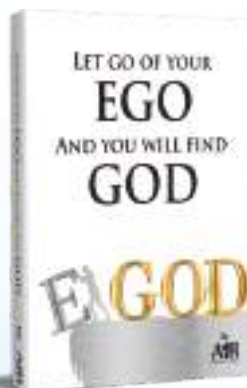
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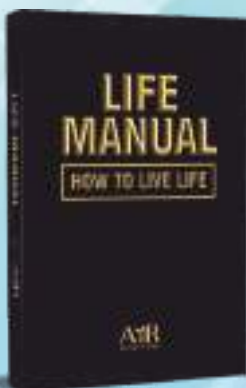
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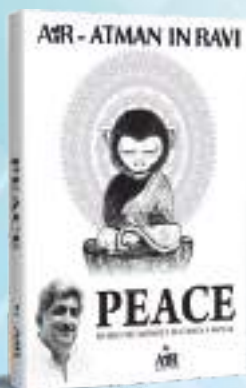
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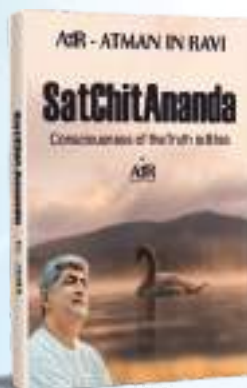
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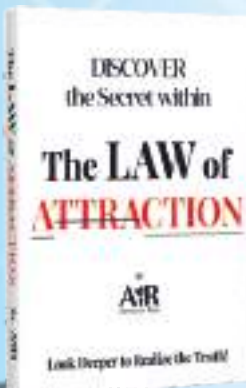
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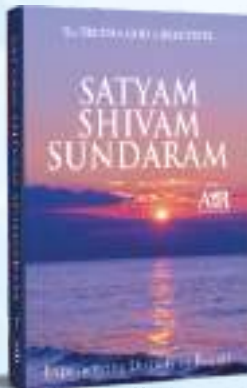
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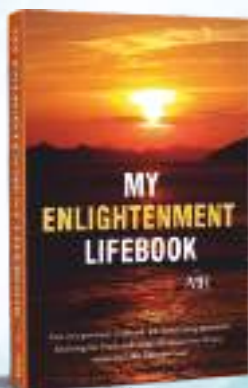
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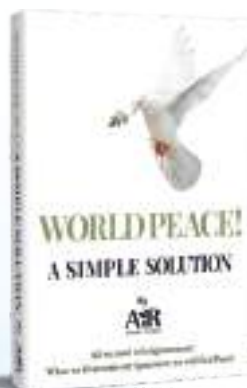
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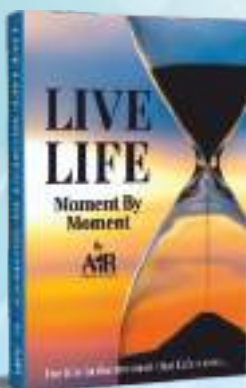
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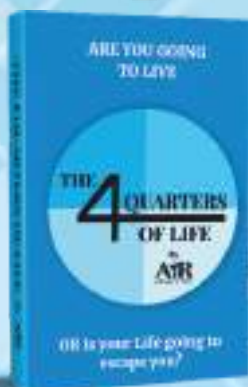
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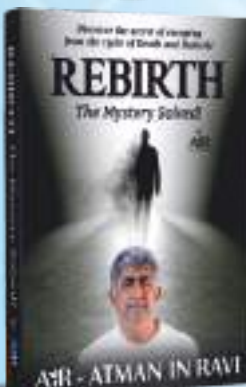
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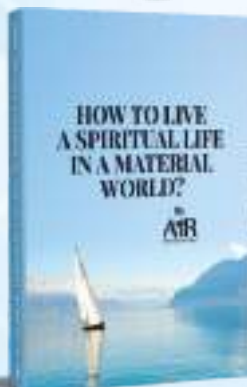
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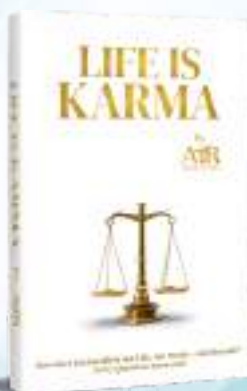
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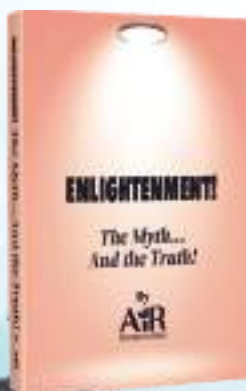
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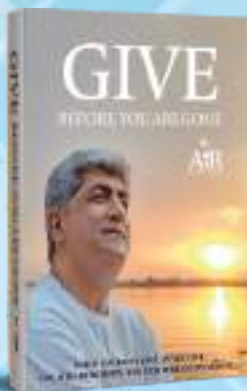
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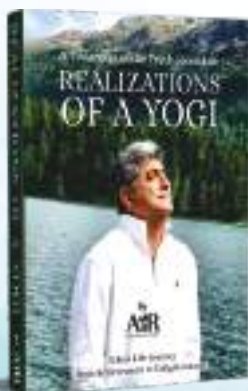
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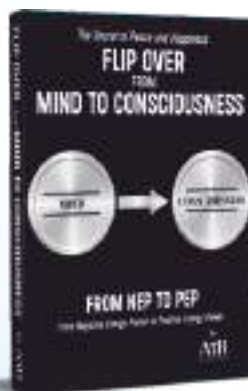
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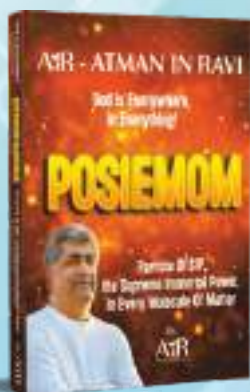
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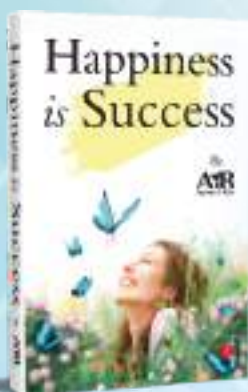
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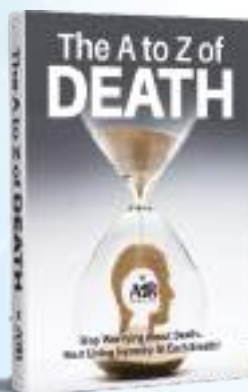
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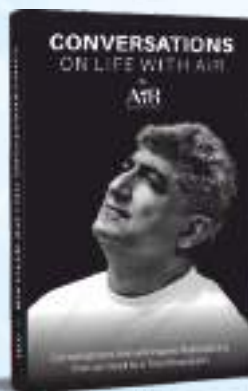
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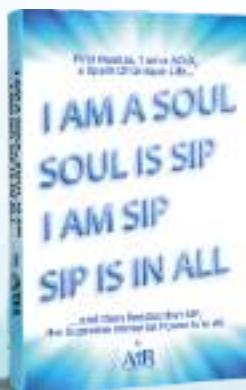
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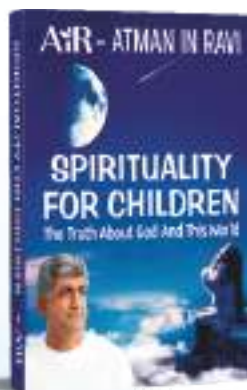
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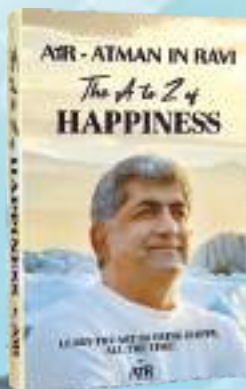
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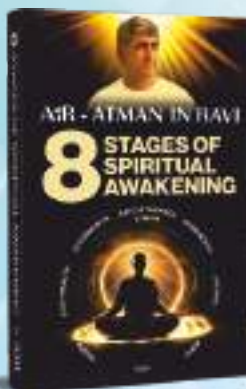
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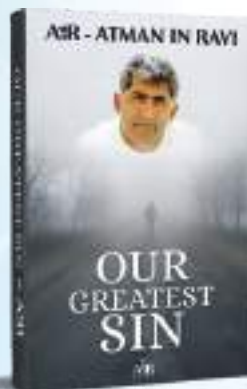
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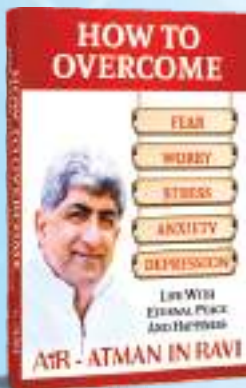
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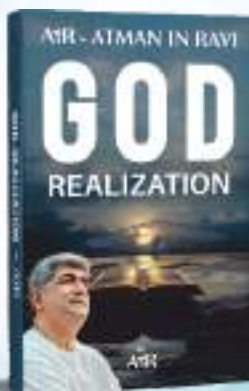
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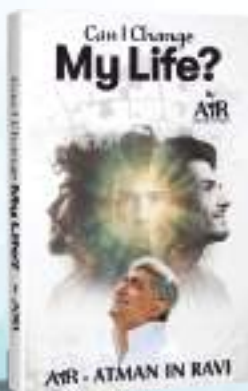
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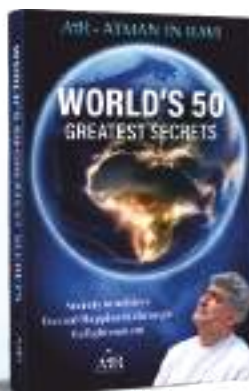
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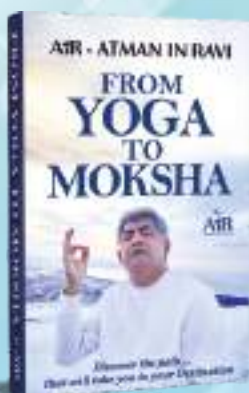
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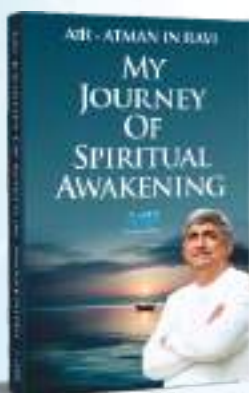
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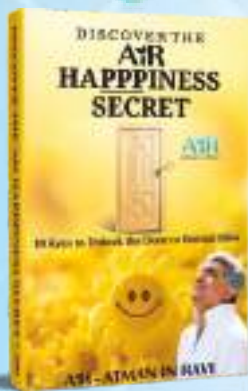
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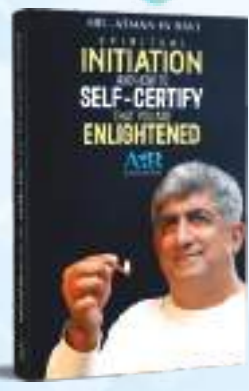
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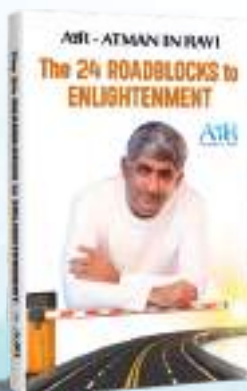
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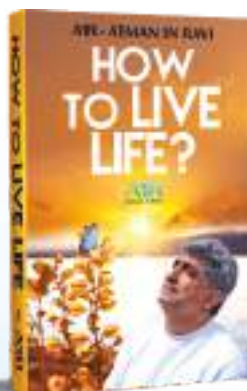
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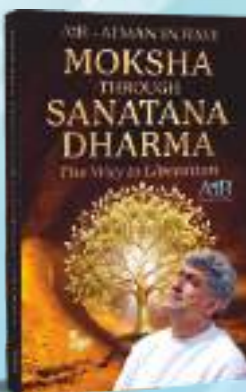
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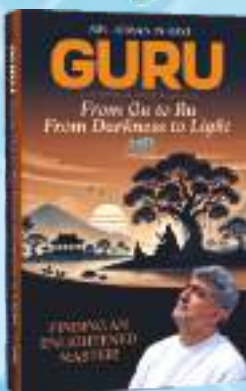
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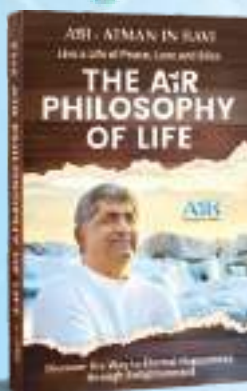
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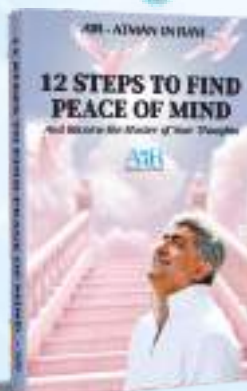
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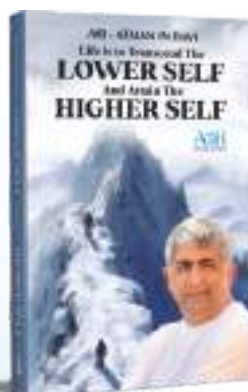
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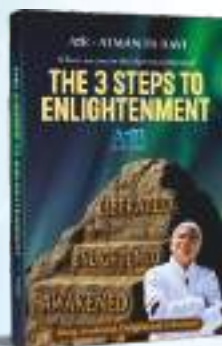
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THE 3 STEPS TO ENLIGHTENMENT

Being Awakened, Enlightened, Liberated

Are you seeking Enlightenment? Here is some good news! You can be Enlightened if you break up the Enlightenment journey into three achievable steps. The first step is to be Awakened, to realize that *I am not the body or mind. I am the Divine Soul. I am a manifestation of SIP, the Supreme Immortal Power that the world thinks of as God.*

Once we are Awakened with the help of a Spiritual Master or Guru, we can be Enlightened. This is the second step. We will be free from the body and mind, and we will live as a *Karma Yogi, a Jivanmukta*, experiencing the Supreme in the temple within. If a sincere seeker who is fully Awakened lives a life that is fully Enlightened, with the guidance of the Guru and the grace of God, he will be free and Liberated to be ultimately united with the Divine. Enlightenment is not something mystical. It is within the reach of every sincere seeker who follows the right path. One can attain Self-Realization and God-Realization. Start your journey today, and don't mislead yourself into thinking that just one 'Aha' moment is Enlightenment!



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