

AtR - ATMAN IN RAVI

HOW TO LIVE LIFE

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By

AiR
Atman in Ravi
Ravi V. Melwani

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About The Author

AiR - Atman in Ravi

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

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

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 80 books, composed and sung about 1450 *Bhajans* and written several blogs, quotes and poems. He conducts Spiritual Retreats and organizes talks to help people evolve on their Spiritual journey. He is a TEDx speaker and is often invited to speak at several organizations, corporates and universities. He conducts daily webinars on Zoom, Facebook and Instagram Live to help people realize the Ultimate Purpose of life – Enlightenment.

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AiR Linktree

PREFACE



We are alive. We don't have a choice. We breathe automatically. We wake up, eat, work, laugh, love and live. Everybody wants to be happy. But we experience pleasure and pain, again and again. While we live Life, not many of us truly know the meaning of Life and how to really live it.

Life is a gift. It is our greatest treasure, but we waste this treasure by just running after pleasure. We zoom from womb to tomb without making the best of this journey called Life. The journey of Life from our first breath till death is for a purpose. How many of us discover the purpose of Life?

We all want to be happy. This is the intrinsic and essential need of every human being and there are certain things that we do as humans. We breathe, we go about our daily chores, we work, we have fun and ultimately, we die. In this process, there is loss and gain just as there is pleasure and pain. Very few amongst us discover how to live this journey called Life.

When we buy a new gadget, we are given an operating manual. Unless we go through the manual, we cannot effectively use all the features of the gadget. So it is with Life. Unless we discover who we truly are and why we are here, we cannot make the best of Life.

Who are we, in reality? Are we this body? This body will die. We were born nine months before this body was created from the zygote. A little baby that arrives grows into an adult and ultimately dies. Then we leave the body, which is destroyed but throughout Life, we think that we are the body that enjoys pleasure and suffers pain. We also think that we are the mind. A mind that we cannot find! Our ego lives in ignorance, believing the lie that I am 'I'. Therefore, how can we live Life not knowing who we truly are? To live Life, we must realize that we are not the body, mind and ego. We are the Divine Soul. This is our goal.

Just by discovering who we are, how will it change Life? This Realization will liberate us from all misery and sorrow. We will be free from the suffering of the body, the misery of the mind and the agony of the ego. We will no more have fear, worry, stress and anxiety, anger, hate, revenge and jealousy. We will live a Life of Eternal Peace, Divine Love and Everlasting Bliss. Don't we want this out of Life?

Life has a purpose. It is not a circus! We must be free from ignorance and from this constant cycle of death and rebirth, just as we must be free from all misery on earth. This will happen if we discover how to live Life. Therefore, I write this book from my own personal experiences because I discovered how to truly live and in doing so, I became the happiest man in the world!

***We are all alive, but have we learned how to live Life?
We can live in Everlasting Bliss without any misery and strife!***

INTRODUCTION



We learn many things in Life – how to drive, how to cook and how to take care of our body. But has anybody taught us how to live Life? We just slip into this journey called Life and we learn to live based on what we are taught in school and at home. But while we learn science, mathematics and language, we never learn how to live Life.

There is a way to live Life the right way where there is no misery and strife. Unfortunately, we live with misery and sorrow because we let our mind jump into yesterday and tomorrow. Nobody teaches us how to live in Consciousness. We are taught many sciences but we are never taught the science of the spirit. So, we learn physics, chemistry, biology and information technology but we do not learn anything about Spirituality.

We all graduate from school and college and therefore, we have so much knowledge, but we do not know the way to Self-Realization, which can teach us the truth about the meaning and purpose of Life.

What is Life? Why did we come to earth? Is there a purpose for this birth? Nobody teaches us this. We all want happiness, but nobody teaches us the way to Eternal Bliss. Nobody teaches us how to live Life.

What is Life all about? Life is a drama, a show. We are like actors who come and go. But do we ever think about why we live and die? Do we try to discover our Life purpose or do we live like a clown, jumping up and down in this circus called Life? '*Who am I? Why am I here?*' To overcome ignorance is our purpose but instead, we run a race trying to become an ace and we are caught in this maze. Nobody teaches us how to live with grace.

There is a way to live a Life of Eternal Bliss in Truth Consciousness. But nobody tells us that it is the mind that makes us blind and our Happiness is left far behind. Nobody teaches us that I am not 'I' or that I will never die. We live believing many a lie like God lives in the sky. We experience trauma because we never learn that everything is Karma and before we realize, this drama of Life is over!

This book, '*How To Live Life*' is the way to live with Eternal Bliss as we overcome all unhappiness. It is the way to discover peace of mind as we still the mind and kill the mind! It will teach us how to live with the ecstasy of True Love. This book can become the most important part of our Life's education because it can help us overcome ignorance and lead us to Illumination. Therefore, it can help us attain Self-Realization, the purpose of our existence. Let us learn how to live Life before we die. Let us discover the truth of '*Who am I?*' and '*Why am I here?*'

***There is a Purpose for every human being who takes birth.
We must learn how to live Life, before we leave this earth.***

A vibrant sunset scene with a blue butterfly perched on a yellow flower in the foreground. The sun is low on the horizon, casting a warm glow over the sky and water.

POEM

HOW TO LIVE LIFE

'How to live Life? What must I do?'
Most of us don't have a clue!
We go through Life trying to be glad
But many of us, so often become sad!
Life is a Journey of Peace, Love and Bliss
How can we discover True Happiness?

Life is nothing more than a Divine Show
We are actors, we come and we go!
Everything in Life happens as per Karma
We don't understand this and so, we face trauma!
Through this beautiful journey, we try to zoom
And soon we reach, from womb to tomb!

Life is a choice but this is known only to the wise!
They are the few who learn to prioritize
They start a search, they go on a quest
They put all beliefs of Life to the test
They get to the main question, 'Who am I?'
They learn to laugh, they never cry!

*Everybody wants to be Happpy, who wants to be sad?
But most of us are miserable, aren't we mad?
We think we are this body and the mind
And for Happpiness, we search, but cannot find!
How to live Life, this is our goal
Only few of us Realize that we are the Soul!*

*We suffer the triple suffering on earth
Till death, there is sorrow and it starts at birth
But why did we even come to earth?
We don't discover the value of human birth
We drag through Life, we live and die
Stop and find out, 'Who am I?'*

*Who am I and why am I here?
These are two most important questions, my dear!
Unless we discover the purpose of Life
We will go up and down, with joy and strife
But the moment we Realize that we are the Divine Soul
We have cracked Life's secret, achieved our goal!*

*Life begins each morning, we don't have a choice
Breathing is automatic, let us be wise
But how we live, that we must choose
Otherwise, this precious gift of Life, we will lose
We can either be Happpy and live with Bliss
Or we can fill our Life with unhappiness*

*Some of us live with fear and stress
Worry and anxiety make our Life a mess
Anger, revenge, jealousy and hate
These monsters wander inside our gate
But if we learn to live Life the right way
We can be joyous, every day!*

*Life is not going to go on and on
Let's accept the fact, soon we will be gone!
Before this beautiful Journey comes to an end
We must learn to live it at every bend
Is Life a Journey or a Destination?
Life is about 'now', let's get this Realization*

*Before this Journey of Life is over
We must learn to live it with Power
Life is the most precious gift we get
Still, we waste it, we don't start our quest!
There is a way to celebrate each moment of Life
But we must discover this and overcome all strife*

*Who suffers? It is the Body, Ego and Mind
To overcome suffering, this secret we must find
The body suffers pain but that is not me!
When I Realize this, from suffering, I am free
The Mind creates misery but where is the Mind?
When I try to find, there is no Mind!*

*The Ego that stands tall like a wall
 Destroys our Life, we must make it fall
 The Ego keeps telling us the lie
 That I am the body and mind, I am 'I'
 This Ego, we must transcend, if we want to live
 Then, we will be Blissful, we will learn to give*

*Life is to Realize that we are not different, we are one
 This is Realization, it means Life's battle, we have won
 We are the Soul, not the Body, Ego and Mind
 When this Truth, we ultimately find
 In Truth Consciousness, then there is Eternal Bliss
 We learn to overcome all unhappiness*

*Life is not just about achievements and Success
 The wealthy are often full of misery and stress
 If money was the currency of Happiness and we could buy
 Then, the rich would be Happy, they would not cry
 Let us Realize Success is not Happiness
 But if we are Happy, we have achieved Success*

*Life is all about living with Peace
 It is then that Life's moments, we seize
 But how can we find Peace of mind?
 It is the Mind that leaves Peace behind
 When we learn to move from Mind to Consciousness
 Then, we can truly live with Eternal Happiness*

*Is Life just about being Happy? Is that all?
Or there's something beyond, we must discover before we fall?
Is there some Purpose we must discover on earth?
Was there a special reason for this human birth?
If we don't Realize, soon we will be gone
And before we can blink, we will be reborn!*

*Everybody who comes to this world, suffers pain
There is misery and sorrow again and again
But how can we live Life without misery and sorrow?
How can we stop shuttling from yesterday to tomorrow?
We must learn to live Life, in the 'now'
'I will live Life moment by moment, 'take this vow!*

*Life is about 'Today', there is no tomorrow
When we think of the future, we are filled with sorrow
There is no point in living with regrets of the past
When we live in yesterday, our joy doesn't last
How to live Life? It's to live in the 'now'
Those who believe 'Life is 'Today', 'their Life is wow!*

*Life is all about living with Love
But True Love is loving the one above
We break our heart loving skin to skin
But there is Eternal Bliss when we Love the Divine within
Love is not just a hug and a Kiss
Discover True Love in Life, it's Eternal Bliss*

*How to live Life, why must I ask?
Why to add one more tedious task?
If we don't ask, this gift will be gone
We will suffer now and then be reborn
But there is a way to live with Eternal Bliss
Don't you want Peace, Love and Happiness?*

*Then, stop and read each line of this book
Grab hold of Life, catch the hook!
You can make every day of Life a celebration
You can live with Divine inspiration
If only you discover 'who you are, why you are here'
Your Life will be filled with Peace, Love and Cheer*

*How many of us learn how to live Life?
This book has the secret of how to overcome strife
From Pleasure to Peace, it shows us our Purpose
Then we can enjoy every moment of this circus
Life has a Purpose, we must discover this
Then, we can live with Eternal Happiness!*

By

Atman in Ravi

PART - A

WHAT IS LIFE?

- What is Life all about?
- Why did we come to earth?
- Is there a Purpose for this human birth? Or are we meant to live like a clown that is jumping up and down?
- Do we truly live or do we just exist?
- We experience pleasure and pain, but we don't realize that all trauma is because of Karma.
- We zoom from womb to tomb without realizing what Life is.
- We have an intellect that can discriminate but we just blink and sink without discriminating what we think.

LET US DISCOVER LIFE!



1. What Is Life All About?



We all live but not all of us discover the true meaning of Life. Why are we alive? Why are we human beings? What is the purpose of our existence?

Everybody wants to be happy. But are we happy all the time? We experience pleasure and pain, just as there is loss and gain and sun and rain that alternate throughout Life. We do not realize the way to Eternal Bliss. We do not know the meaning of living in Truth Consciousness. We are taught many things in Life, but we are not taught about Life itself. We learn the sciences and the art of making money. We develop skills that can create wealth that we will ultimately leave behind. We are concerned about our health, but we are not concerned about finding out the truth about the human body. Where did it come from? How were we conceived? What will happen when this body dies? Death is a reality and Life is a journey from our first breath till death when we have no breath. How long do we live? Why do things happen in our Life? We do not stop to ponder. We just wonder when we see bad things happening to good people! We do not realize that all trauma in this drama called Life is because of the Law of Karma. We believe in luck, fate and serendipity and we think that everything is controlled by a God who lives up in the sky. Little do we realize that this is a lie!

Most of us pray to a God, a God with a name and a form who is our personal God. But a very few go on a quest to find out who is God, what is God, where is God. We pray when we have problems and we also pray when we want something which is beyond our capability. We believe God is a magician who can transform our Life without realizing the truth about SIP, the Supreme Immortal Power that we call, God.

We live, we die and then we are born again. Most of us believe in Karma and rebirth. Some of us believe that we will go to a heaven or hell somewhere up in the skies, but we don't pause to ponder that these are lies. We continue to believe the myth because we don't Realize the Truth and soon, Life escapes us.

Can we live forever? As human beings, we cannot. Every living being has a Life span. For a human being, it might be 100 years. Dogs may live a little over 10 years while butterflies live for about 2 weeks. Such is Life! Everyone who is born must die. But Life expectancy is different for each one of us. Some may die as kids while some grow very old. It is said that in Africa, the average Life expectancy is around 50 years while in Japan it is 90 years. The average Life expectancy for human beings today is less than 75 years. What are we to do in this period called Life? Is Life meant for us to just come and go or must we discover the truth about this show? We all want to be glad but we so often become sad! When will we discover how to live Life?

***Is Life just about fun? Is Life just like a circus?
Or is there a deeper meaning? Does Life have a Purpose?***

2. Why Did We Come To Earth?



Have you ever stopped to think, '*Why were you born?*' Soon you will be gone. But what is causing this cycle of birth and death? What is the reason for this human birth? Does it depend on the whims and fancies of a God who lives somewhere up in the skies? These are lies! How do 8 billion people come to the planet? There has to be a systematic method. And yes, there is. It is based on a Universal Law. It is called the Law of Karma.

Many of our scriptures tell us, '*As you sow, so shall you reap.*' We also see this Universal Law governing what happens on earth. If we plant mangoes, we get mangoes. We cannot get apples. Such is the law. What you give is what you get. And so, what you do will come back to you.

The Law of Karma is the Law of Action and Reaction. It is like a boomerang. What goes around comes around! Therefore, all our actions, good and bad, are recorded and if they are not settled during our Life, then we have to return to earth in another birth to settle our past Karma. Everything in this world is controlled by Karma. Therefore, we come to earth in this human birth because of Karma. It is not luck! We pluck our destiny. We create our fate. We have an opportunity to choose our Life.

Life is Karma. We did not come to earth because our parents gave us Life. That is also a myth that we grow up with. We are

made to believe that we are the creation of our parents. But we are not! We are here because of the Law of Cause and Effect, the Law of Karma. No doubt, our parents were involved in the act of copulation but the fertilization of the sperm and the egg is a Divine benediction controlled by Karma. Karma is a Divine Law, a Universal Law. Whoever has created this universe has created it with several other Universal Laws so that the universe is governed by these principles. For instance, the Law of Gravity makes sure that whatever you throw up in the air is pulled back to earth. So also, there is the Law of Cycles, the Law of Rotation and the Law of Action and Reaction. Our coming to earth is because of our Karma, our deeds. Just like the seeds that we plant decide the fruit on the tree, our deeds decide our destiny. It is our Karma that is responsible for our birth, who we are, who our parents are, what our nationality will be, our religion, our gender and even our circumstances. Everything is controlled by the Divine Law of Karma.

Not only does Karma control how we come to earth, but it is also responsible for our death and when will be our last breath. Everything happening to us is happening because of Karma. But we have two types of Karma working simultaneously. First is the Karma that brings us to earth and second is the Karma or the actions that we do after we take birth. But it is our cumulative Karma that is accumulated Life after Life that decides our birth on this earth.

***Do you know what is the reason that you came to earth?
It was your Karma that gave you this human birth.***

3. Is There A Purpose For Human Birth?



While we now know that we came to earth because of our Karma, do we know if there is a purpose for this human birth? We think that Life is just to have fun till it is done. While we know that we are born and one day, we will be gone, we do not stop to ponder why we came to earth.

If we reflect, a human being is one of the most complex machines ever created on the planet. Just imagine what a human being is made of! We are made of 35 trillion cells and all this starts when two cells are fertilized in an act of Divine conception. Then, as if by magic, all our critical organs are created, the heart, the brain, lungs, kidneys and the several other organs that give us sight, smell, taste, hearing and touch. We arrive into the world about nine months after we are conceived and celebrate it as our birthday. We remain a fool because of what we are taught in school and while we learn everything else, we do not learn what the purpose of our Life is. This complex human being will one day die. But why? Why this birth and death? Why were we created as humans?

We see so many other species. There are cats, rats, dogs, frogs, butterflies, bees and even trees. They are all living creatures. They also live and die. But what makes human beings so special? We are the only ones who have been given the willpower to choose. We are the only ones who have a fully developed intellect to discriminate and realize our purpose.

Unfortunately, we also live like other animals, without discovering our Life purpose. One day, we will be gone and then we will be reborn based on our Karma. How many of us pause to find the cause of our birth on earth?

The purpose for human birth is two-fold. First, to be free from all misery on earth and second, to be free from the cycle of rebirth. We all suffer and cry but we do not realize that we are not the body that will die. Because our mind makes us blind, we continue to experience misery and sorrow. Our purpose is to discover who we are. We are not the body, mind or ego that says, 'I'. This is a lie! We are the Divine Soul and to realize this, is our Life goal.

Once we discover who we are, we should move forward to be liberated in that moment of death. Our purpose is Self-Realization - to realize that we are the Soul and God-Realization - to realize that the Soul is none other than SIP, the Supreme Immortal Power that we call, God. Unfortunately, we do not discover who we are and why we are here. So, we cry and die and return to earth to suffer again. This is not what we are meant to do. We are meant to realize that we are Divine Souls and to live with Eternal Peace, Divine Love and Everlasting Bliss. This is the purpose of our Life.

***The Purpose of Life is to discover the Purpose of Life,
To live with Peace, Love and Bliss, overcoming all strife!***

4. Are We Living Or Existing?



If we are alive but we do not know who we are and why we are here, then can we say that we are truly living? The fact is, we are not! We are only existing till we die. We suffer and cry. We look up at the sky and question, '*Why?*' believing the lie that God lives in the sky! Then one day, we will be gone, only to be reborn. We will return to earth in another rebirth and this cycle will go on and on as we are reborn. Is this Life?

To truly live means to discover who we are and why we are here. To truly live means to realize the Self and God. This is the purpose of every human birth on earth. We have no other goal except to realize that we are the Divine Immortal Soul. If we do not, we will continue to exist, but we will never learn to live.

Are we this body that will die? We do not even know when we were born. We cut a cake on a birth date that is on our certificate but it is fake. We were actually born nine months ago. The day we arrived on the planet is our '*Arrival Date*'. We were conceived and born the moment two cells fertilized to become one. We were implanted in our mother and thereafter, we could not change our parents or our destiny including our gender, religion and the nationality that we were going to be born into. Once we arrive, we have the free will to choose but if we do not choose, we lose the opportunity to truly live, the opportunity to achieve the ultimate goal of realizing that we are the Soul.

This body was created over nine months, starting as the zygote, then becoming the embryo and the foetus. After we arrive as a 25-billion-celled baby, we grow into a 35 trillion-celled-adult. And one day, the body will become old and die. People will say that we passed away and they will destroy this body because it is not 'I'. The 'I' or the 'me' leaves the body. Who is the one that departs? If we try to find the mind, where is the mind we cannot find! Nobody has seen the mind. Still, we let the mind make us blind as the truth is left behind. The ego fools us with the lie that I am 'I'. *'If I am neither the body nor the Mind and Ego, ME, then who can I be, for I am? I am that Power of Life, the Spark Of Unique Life, the Soul.'* To realize this is our goal.

Once we realize that we are the Soul, we start to live. Existence is transcended as we realize that we are the manifestations of SIP, the Supreme Immortal Power that we call, God. Then, Life becomes full of meaning and purpose. We live in the present moment, without any suffering and sorrow, without jumping into yesterday and tomorrow. We live in the body, the temple of the Divine as the Soul and in the moment of the death of the body, the Soul becomes one with SIP and we are liberated from misery on earth and the cycle of rebirth. This is to truly live Life, and not merely exist, cry and die as the 'I' that we are not, only to be reborn again.

***We exist. We live. Then one day, we are gone!
Then we are Reborn and this goes on and on!***

5. We Zoom From Womb To Tomb!



The journey of Life seems to be like a race. We are all trying to be an ace. We are on a chase and we get caught in a maze. Very few amongst us learn how to live life with grace. But those who do are the ones who live with Eternal Peace, Divine Love and Everlasting Bliss. The rest of us just zoom from womb to tomb without enjoying this journey called Life.

How to live Life? Life is like an amazing drink. You can enjoy it sip-by-sip or you can gulp it down and it's gone! How would you like to live Life? Are we meant to consume Life so that it is done? Is Life meant to just finish and be gone so that we are reborn? Then again, we zoom through Life. The destination is the tomb. We know everything from womb to tomb but still, we zoom! *When will we pause and find out the cause of our Life? When will we be at peace and seize this beautiful gift called Life? When will we learn to live Life moment by moment, enjoying every day in every possible way?*

We are all given this gift called Life. We are all born and one day, the body will die. We are all given a specific Life span based on our Karma. Now, we have to live. Each day comes with 1440 beautiful minutes. Nobody can get more minutes in a day. Each minute has 60 seconds. How we want to live those 1440 minutes every day is our choice. We can live with peace and bliss or fill our Life with unhappiness. We may choose to do things that fill our Life with stress and anxiety or we can

learn to live with peace and tranquillity. It is a choice. Unfortunately, most of us do not stop to understand what the meaning and purpose of Life is. We just run trying to have fun till Life is done. We do not invest our time to discover, '*Who am I?*' and '*Why am I here?*' We do not even find out why we were born and what will happen after we are gone. We go through the rollercoaster of Life experiencing pleasure, pain, loss and gain and the funny thing is that we repeat this again and again, first in this Life and then, when we return Life after Life. We just zoom from womb to tomb.

How many people wake up in the morning to watch a beautiful sunrise? How many people stop running through Life to watch the sun shining during an exotic sunset? Life has many beautiful things which we do not discover - mountains, seas, rivers, trees, beautiful birds, butterflies and bees. Each of these can create a joy unparalleled to any material pleasure. But we miss this Divine treasure because we are running through Life. Nobody teaches us how to live Life. Everybody tells us that success is happiness and so, the whole world runs after success. We get trapped in these lies. Very few amongst us question how to live Life. Some find the answer and start to truly live. Others exist till they die. But we don't realize that death is not the end. It is just a bend. We must transcend death to truly live Life. Otherwise, our Life will be full of misery and strife.

***Is Life a race from womb to tomb?
We live with Ignorance and continue to zoom!***

6. Is Life A Choice?



Many of us think that we are robots and this whole world is running on an automatic software. We think that we have no free will or Power to choose. Things happen and we are helpless spectators. Sometimes we do our best, but suffering puts us to the test and then we question, *'Why do bad things happen to good people?'*

How many of us realize that Life is a drama? There is pleasure and there is trauma. But all this is because of our deeds, our Karma. How many of us realize that Life is Karma? Everything in Life is unfolding as per Karma. We are able to see the effects as they unfold in our Life but we are unable to see the cause. We are able to see the roots, the shoots and the fruits in Life but we are unable to see the seeds because after they are planted, they dissolve and disappear. So do our deeds, our Karma. They get lost in our Karmic account. So, while we have no record of all our past actions, the reactions are in front of us. Every action is a choice. We are not forced to do anything other than the living processes, like breathing and thinking. But once we are in Consciousness, we can choose our actions, our Karma. Thereafter, Life will unfold with appropriate reactions. We cannot control the reactions but we can control the actions. All our actions are in our hands. The wise make the right choice. But many of us ignore the Law of Karma and eventually, our actions create reactions that make us suffer through Life.

We all have a choice. We can choose through our intellect, our gift of discrimination or we can let our mind become the boss and ride our Life horse. Then, we will be at a great loss. If we still the mind and kill the mind, we can be locked in Consciousness and use our intellect to make the right choices in Life.

Our Life is a gift. We can either choose to make the best of it or lose it living frivolously. There is no greater treasure than Life. But because we are running after pleasure, Life escapes us. We don't evolve from pleasure to peace, the foundation of Happiness and ultimately, to purpose that will liberate us from all misery and sorrow and enable us to make the best of Life every today and every tomorrow. It's our choice!

Did we choose how we came to earth? Did we choose our human birth? Though it seems that we have no role to play in being born, the reality is that we do. Every act that we do is recorded in the books of Karma and then, we must redeem our deeds. Therefore, we come to earth based on Karma. We are not born based on some random chance or serendipity. There is no luck. We pluck what we planted. *As you sow, so shall you reap.* This is the principle of Life. From the moment we are born till the moment we are gone, we have a choice to do what we want to do. But once done, Karma takes over and unfolds as our Life. It is all our choice.

***Life is a Choice. We must wisely choose.
For if we don't, then this treasure, we lose!***

7. What Are We Seeking From Life?



Whoever we are and whatever we do, ultimately, we are all seeking only one thing from Life. We want to be happy. Unfortunately, while we want to be happy, we have not even learned the spelling of Happiness. It has 3Ps – Pleasure, Peace and Purpose. Because we think that Happiness is only pleasure and at most, peace, we do not get what we seek from Life.

Everybody is trying to be an achiever. We want more and more. But do we not know that when we ultimately get out of the door called Life, we can take nothing with us? We come empty-handed and all that we have accumulated is only meant for us to use before we are gone. Still, we live in ignorance thinking, '*This is mine, that is mine!*' when in reality, nothing is ours!

From the time we are in school, we believe the lie that success is Happiness and so, we remain a fool. We go from peak-to-peak thinking that success will give us bliss and more success means more happiness. Ultimately, by the time we Realize the Truth that this is a myth, our Life is over. Before this beautiful gift of Life passes by, we must stop to understand what it is and how to make the best of it.

If success was Happiness, all the successful people should have been glad! But many of them are sad! Have we not heard

of many amongst the rich and famous committing suicide? Why was their Life so miserable that they had to end it? They did not realize the true meaning of Life and they did not discover how to live Life. Happiness comes from spending money, not just earning it. But most people are doing otherwise. We let our need become our greed and we become miserable indeed! Ultimately, Life is not about having more, but living with peace, love and bliss. If we do not have peace, love and bliss, what is Life?

Whatever we are seeking out of Life, let us realize our beginning and our end. Then, let us learn to evolve from just seeking more out of Life to truly living Life. Life is an experience that we must enjoy. Life has a purpose that we must achieve. Of course, we want to be happy but little do we realize that achieving our purpose will ultimately give us what we are seeking in Life. We are seeking Happiness but we are chasing a shadow to be happy. The more we chase, the further it goes away. We do not realize this. Instead of enjoying every moment of Life, we are putting it away for another 'tomorrow' and thus, 'today' is lost in stress and sorrow. If we look back at our Life, can we say that we made the best of every moment, every day? Now, while we cannot change the past, at least we can take charge of the present moment and learn how to live Life. If we do not, Life will escape us as we continue to seek in this illusion, this drama, without enjoying the journey nor reaching the destination.

***We waste this gift called Life going from peak to peak,
We do not learn how to live Life and what to truly seek.***

8. Life - Journey Or Destination?



What is Life, in reality? Many people are confused. Is Life a journey or is it a destination?

Many people think of Life as a journey, not a destination. Life is not about reaching somewhere. Life is about enjoying the journey from birth to death. While Life is no doubt a journey and there is also a destination, a purpose that we want to achieve, but more than a journey or a destination, Life is about the moment. Life is about 'now'. If we miss the present moment of Life, we have lost both the journey and the destination. Therefore, if one contemplates Life, it is about making the best of every moment. Moments create hours that create days, weeks and months that ultimately, lead to the years of our Life. If we lose the moment, we lose Life itself. Therefore, we must not worry about the destination of Life nor should we be worried about the journey, the past or the future. Our focus must be on the present moment.

What is the destination of Life? The destination is death. Every 'body' who is alive must ultimately die. This is the Eternal Truth that nobody can deny. But what happens after death? Nobody really knows. But it seems that there are two possibilities - Reincarnation or Realization. At death, most people once gone, are reborn. There seems to be no other possibility because the body returns to dust. However, those who Realize the Truth that they are the Soul are liberated from

rebirth. They do not return to earth for another journey called Life. But most of us are reborn and this goes on and on. One journey leads to another journey that leads to another journey, till we ultimately reach that destination called Liberation and Unification with the Divine. But this will happen only if we live Life moment by moment, in the now. Living every moment of Life makes our Life journey beautiful and leads us towards our ultimate destination.

For thousands of years, saints, sages and wise men have been guiding us to the truth about Life — that LIFE is Liberation from Ignorance and Finding Enlightenment. Life is about Realizing the Truth. The journey called Life is a profound opportunity to reach our destination. *Alas!* We jump into 'yesterday' and 'tomorrow' and seek to be happy, not live with sorrow. But ultimately, neither do we make the best of this journey called Life nor do we reach the destination. There is no Illumination about Life and there is no Realization of the Truth. Nobody teaches us how to live Life and we are so busy in our Life's journey hoping to reach some illusory destination that in the bargain, the gift called Life escapes us. Stop now! Forget about the destination. Ignore the journey that is over and grab hold of the present moment. Live each moment realizing who you are and experience a state of Eternal Peace, Divine Love and Everlasting Bliss in this moment of Life because Life is nothing else.

***Life is not just the Journey, nor the Destination.
Life is living in Consciousness with Self-Realization.***

PART - B

HOW TO LIVE LIFE?

- Do we have a Choice?
- Can we be Happy, all the time?
- Can we Escape from all Misery and Sorrow?
- Can we Live in the Present Moment and not slip into Yesterday and Tomorrow?
- Can we Overcome all Misery and Stress?
- Is there a Way for Life not to be a Mess?
- Can we Choose to Smile, all the while?
- Can we kill the Mind that makes us blind?
- Is there a way to overcome all Trauma in this Life Drama? Is there a way to live with Eternal Peace, Divine Love and Everlasting Bliss?

YES, WE CAN!
Isn't it time we learned
how to Live Life?

9. Life Is Made Up Of Moments



If we truly want to live Life, we must discover the simple truth that we must live in this moment. Life is about now. It is not about the days that have gone, nor the future that is not yet born. Life is about today. Life is about living in the now. If we learn to live Life moment by moment, we have learned to live.

What is Life made up of? While there is no guarantee on how long we will live but on an average, we live for 75 years. Anything over that is a bonus. The first 25 years of Life pass by in learning. The next 25 years pass by in earning. By the time we are 50, we have still not discovered what Life is. We are caught in the maze running the race called Life. Even before we realize it, Life gets over. We learn, earn, burn and return. We are reborn and this goes on and on. Instead, after we learn and earn, we must turn and yearn for the purpose of our existence. We must live in the moment trying to discover what these moments of Life are for.

The purpose of Life is to discover the purpose of Life. But we waste our moments, days, weeks and years trying to become happy. We do not learn that we cannot *become* happy. We must *be* happy and for this, we must live in the moment. We waste the present moment trying to create a happy tomorrow but tomorrow never comes! Today is the tomorrow that we worried about yesterday and we are losing today thinking of tomorrow, over which we have no control. We have control on

only today. The '*now*' is in our hands but we wander like a cow and lose the precious '*now*'.

We are human beings. We are supposed to be in the moment. But most of us have become '*human doings*'. We keep on doing and forget to live Life in the moment. Life slips away, moment by moment. Pause and look back. Have you truly made the best of your Life or has Life escaped you? Have you enjoyed peace, love and bliss in the moments that have passed you? Most of us lose Life because we do not choose to grab hold of the moments that Life is made up of.

If you really want to live Life, pause. Do not run till Life is done just trying to have fun. Look at the Life around you, the beautiful skies, the sunrise and the sunset, the birds that fly, the trees, the flowers, the fruits. Pause to enjoy your Life. Pause to love the people who are dear to you. And most importantly, pause to find out who you are and why you are here. When we pause, we find the cause. We realize that the mind itself is the one that steals our peace of mind. But because we do not live in Consciousness, moment by moment, the toxic thoughts of our mind drill us, kill us and steal our peace, the very foundation of happiness. Life is a beautiful journey but what matters in the journey is '*now*', the present moment. Do not lose it. Live it before it escapes you! Do not let the rest of your Life escape you.

*If you want to live Life, live it moment by moment.
If you lose moments, you lose Life!*

10. Everybody Wants To Be Happy



Who does not want to be happy? The whole world is seeking happiness but unfortunately, we are not free from misery and sorrow. We are glad but soon we become sad. Life is like a merry-go-round and we pass by pleasure and pain. We experience loss and gain and go round and round, again and again. But nobody wants misery and sorrow. Everybody wants to be happy, today and tomorrow. Is this possible? Is there a state of Eternal Peace and Everlasting Happiness? Yes, there is.

While we all want to be happy all the time, we have not learned the art of smiling all the while. We want to be happy but we don't choose to be happy. Therefore, we are unhappy. Happiness is a choice. Whoever we are, whatever we do, we are all seeking one thing – Happiness. What is the way to be happy? Because we think Happiness is pleasure, we run after Happiness but end up with unhappiness. Because we are taught that success is happiness, we remain a fool because we learned this in school. We are taught to come first in class, to be the school captain and to win shields and awards. Every child is taught the lie that they must be successful if they want to be happy. But is success, happiness?

If success was happiness, all the successful people in the world would have been glad. But many of them are so sad that

they commit suicide. The rich and famous live with anxiety and depression because while they want to be happy, they did not learn what Happiness is and how to be happy. Therefore, their Life is a bouquet of bliss and sorrow as they live with the regrets of 'yesterday' and the fear of 'tomorrow'. There is a way to be happy, every day. Happiness is a choice but only the wise know how to rejoice.

If we truly want to live our Life with happiness, we must discover the Happiness Secret. We must realize that Happiness is not just pleasure. There is a greater treasure but we have to discover it. We have to learn how to live with peace, love and bliss. These are the essential ingredients of Happiness. Unfortunately, we become slaves of the senses of the body, the cravings of the mind and the ignorant ego and we experience the triple suffering that steals our happiness. Even though we seem to have everything but because we are not happy, we end up having nothing. After all, is not Happiness the true wealth of Life?

If everybody wants to be happy and Happiness is a choice, why do people cry till they die? It is because they did not learn how to live Life. They did not learn what Life is, what Happiness is and how we can be happy. Although they could have been happy and they tried to become happy, this itself made them unhappy. If only we learn how to live Life, we can be happy, every day.

***We all want Success to be Happy.
We all want to win.
But we don't learn how to live Life,
so our Happiness goes into the bin!***

11. What Is Happiness?



Happiness is a state of joy. It puts a smile on our face. It makes us feel positive. It is living without misery and sorrow. It is experiencing peace and love. The emotion of Happiness is a state of being. Therefore, if we are seeking Happiness, we must learn to be happy.

The word 'happy' is unfortunately spelt wrong by the world. People think it is H-A-P-P-Y but in reality, Happiness has 3 Ps. The first P stands for Pleasure. The second P is Peace and the third P is Purpose. If we do not have the 3 Ps of Happiness, our Happiness will never reach that state of Seamless Eternal Bliss. We all want to enjoy pleasure, but pleasure arrives only on the first Peak of Happiness – Achievement. If we want Eternal Bliss, we have to evolve to the second Peak of Happiness – Fulfillment – where we will experience Peace. However, the third and ultimate Peak of Happiness is Enlightenment. It is in this state that we overcome all misery and sorrow as we discover the Purpose of our Life. We realize that we are not the body, mind and ego and by doing so, we are free from the suffering of the body, misery of the mind and the agony of the ego. Although the body will experience physical pain, we will not experience suffering to that extent. When we discover purpose, we overcome the misery of the mind and are free from fear, worry, stress, anxiety, regret, shame and guilt. We transcend the false ego and by realizing that we are the Soul and not the Mind and

Ego, ME, we are free from the monsters, anger, hate, revenge, jealousy, pride, greed and selfishness. Imagine a Life without all this misery and sorrow!

True Happiness is therefore that state of bliss where there is no unhappiness. It is the ability to live Life realizing what Life is all about. When we decode the secret of Life and discover who we truly are and why we are here, we can rejoice without anything or anybody stealing our Happiness. However, if we do not understand the meaning of Happiness and we do not understand the purpose of Life, we are sure to shuttle from yesterday to tomorrow and live with misery and sorrow. To be happy, we must live Life in the present moment. That is what Life is.

We can pull our Happiness Triggers and enjoy the pleasures that we like. We can still the mind. Then, the peace that is within, we can find. We can seek Life's purpose and enjoy every moment of this circus. For this, we must grab all the 3 Ps of Happiness and eliminate all that causes unhappiness. This is the simple secret on how to live Life with Eternal Bliss.

You cannot buy Happiness. Do not even try! And you cannot be happy tomorrow. Happiness is a choice. You can choose to be happy as you learn how to live Life, discovering who you truly are. Your Life will become a paradise if you discover the truth and are wise.

***Happiness has three peaks, Pleasure, Peace and Purpose.
Because most of us do not Realize this, our Life becomes a circus!***

12. How Can We Live With Eternal Bliss?



If you want a Life of Eternal Happiness, you can have it but there is a secret to it, a secret with 19 letters. It is called the AiR Happiness Secret. If each day, we follow this secret, there is no way that we can be unhappy. What is the secret?

A – Always in Consciousness
i – Intelligence over Ignorance
R – Rejoice Life

H – Having Enthusiasm
A – Acceptance
P – Pleasure
P – Peace
P – Purpose
I – In the Now
N – Negative to Positive
E – Ecstasy of Divine Love
S – Surrender
S – *SatChitAnanda*

S – Smile All The While
E – Eliminate the Mind
C – Choose to be Happy
R – Respond, don't React!
E – Enlighten the Ego
T – Transcend *Bhoga*, Live in Yoga

While the above is self-explanatory, if one lives a Life embracing the above given secret, one will discover the way to Eternal Peace, Divine Love and Everlasting Bliss. All this is possible if we learn to accept and surrender and if we are always in Consciousness having activated intelligence over ignorance, living with enthusiasm and rejoicing Life. Happiness is a choice. We can choose to smile all the while, if we transcend the Mind and Ego, ME and live as a *Yogi*. The key is to evolve from pleasure to peace and ultimately, to purpose and to exit the race of achievement, live with fulfillment and be Spiritually Awakened with Enlightenment. This is our birth right and we can live our Life like this. It is our choice. We will get into the details but first, we must understand that we can live with Eternal Bliss. Our Life can be full of Happiness. Of course, we must live in the 'now' and flip to positive every time a negative arises.

When we discover the ecstasy of True Love, the door to Eternal Bliss opens. Then we can live in *SatChitAnanda*, Eternal Bliss in Truth Consciousness. We will never react. We will only respond because our Life will be now under the control of the AiR Happiness Secret. We will realize that everything is a drama controlled by Karma and we will not experience trauma. If we are sincere in living the AiR Happiness Secret every day, Eternal Bliss will flow our way. But we must not worry about what people say. We must choose to be happy every day. Then our Life will be blissful.

***It is a choice. We can choose the Secret of Happiness,
Or we can choose stress and anxiety and make our Life a mess!***

13. Peace Is The Foundation Of Happiness



If you really want to live Life and if you want to make the best of every moment, you must realize that peace is the foundation of Happiness. In fact, it is the foundation of Life itself. Where there is no peace, there can be no joy. There can be no Life.

What is peace? Peace is the state of a still mind. Peace is within. You do not have to find peace. The moment you still the mind, peace, you will find. But unfortunately, the mind steals our peace. It bombards us with up to 50 toxic thoughts a minute and thereafter, we don't have peace anymore.

Peace is like a still lake. We enjoy the still lake till the ripples in the water destroy the stillness. So does the mind. The mind is nothing but a bundle of thoughts that drills us and kills us. Not just any thoughts but thoughts that are toxic and pessimistic and that rob us of our peace. These thoughts pull us into the past and create regret, shame and guilt. Then they drag us into the future and create fear, worry, stress and anxiety. How can we be happy like this? How can we live Life like this? Therefore, we have to kill the mind. To kill the mind, we have to still the mind. We have to move to a state of Consciousness. In this state of Awareness or Mindfulness, there is no mind. In fact, the mind is nothing but a bundle of thoughts. It can be up to 50,000 thoughts a day. There is no way that we can find peace with the mind.

Remember, where there is a piece of mind, there is no peace of mind. But those who learn to live Life also learn that there is no mind. Have you ever seen the mind? What is its colour and shape? You know the colour and shape of the brain, the heart and the kidneys. But nobody has seen the mind! How can anybody see the mind, when there is no mind! The mind appears when bundles of thoughts accumulate. Only then the mind is formed. MIND stands for Misery, Ignorance, Negativity and Desires. The moment the mind appears, peace disappears. It is the mind that seizes our peace. Therefore, we must kill the mind. Otherwise, our peace will cease.

If you want to live Life with peace, the foundation of Happiness, then spend time in silence. This is the magical way to slow down the pace of the mind. Observe the mind and its thoughts. In the meditative state of peace, you will find Happiness. Unfortunately, we are all running this race of Life wanting to be an ace. We have more and more thoughts and in many a thought, we are caught. There is no peace of mind. It is left behind, fooling us that our Life will be exciting. In reality, we create stress and anxiety as we lose our peace and tranquillity. Those who learn how to live Life, build their Life on the foundation of peace. They experience roots, shoots and fruits of bliss and Happiness. There are a few who lose their peace. Their Life flashes by like a roller coaster and before they can enjoy this gift called Life, it escapes them!

***If you truly want to live, be still with peace.
Otherwise, your Mind will seize your peace and bliss will cease.***

14. To Live Life, Discover Your Purpose



Why should we discover the purpose of Life? Why is purpose so important? Why can we not have fun till Life is done and enjoy this circus called Life? To most of the world, Life is about pleasure. It is about *the clothes that I wear, the food that I eat, the money that I earn, the places that I travel to and the relationships that I enjoy*. Sure, these are important and these are fun. But are these everything in Life? If these were what Life was all about, there should be no misery and sorrow. There should be no worry and fear. But we all experience stress and anxiety and they shadow the bliss in our Life.

When we discover our purpose, we reach that magical state where we are liberated from all misery and sorrow. Discovering Life's purpose means eliminating fear, worry, stress, anxiety, regret, shame and guilt. It means uprooting anger, hate, revenge, jealousy, pride, greed and selfishness. Would not Life be great without these 14 miseries and monsters? The only way to eliminate these from our Life, the only way to still the mind and kill the mind and the only way to transcend the arrogant ego is to discover our purpose.

What is discovering the purpose of Life all about? It is about answering two important questions

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

If only we are able to get answers to these two questions, our Life will be transformed. For this, we must question, '*Who am I not? Am I this body? No, this body will die! This body was formed over nine months after I was conceived. I was alive before the body came and one day, I will leave the body. Where is the mind? Nobody can find the mind because it does not exist. It is just a bundle of thoughts. If there is no mind and I am not the body, then who am I? I am that Spark Of Unique Life, the Soul.*' To realize this is our Goal. Once we discover this, we realize that the ultimate purpose is to be free from this body and mind and to be united with the Divine, the Supreme Immortal Power, SIP. This rewards us with the state of Eternal Peace, Divine Love and Everlasting Bliss. But unfortunately, if we do not discover this, the truth about our Life, our purpose, we will live a mundane Life of joy and sorrow, jumping into yesterday and tomorrow.

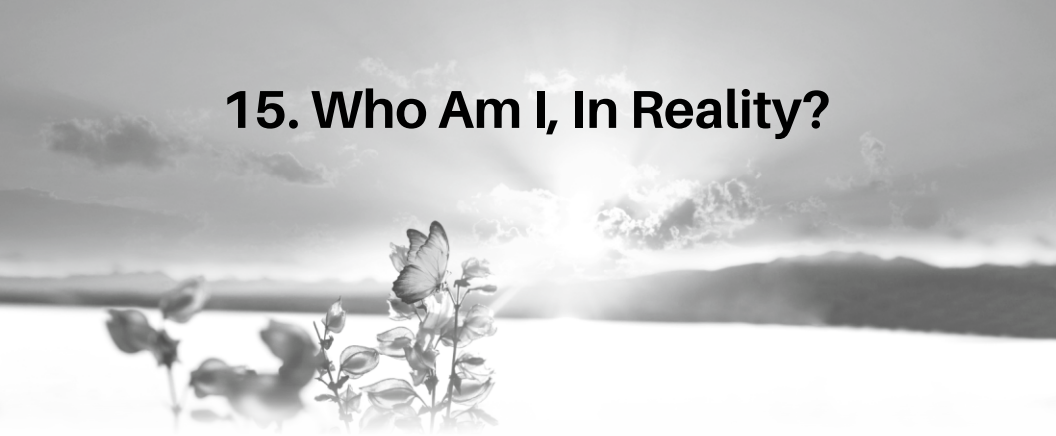
This purpose rewards us with living in Truth Consciousness with Eternal Bliss as we discover our true identity. We are free from the prison of pleasures, possessions and people that otherwise become the cause of our unhappiness.

To truly live Life, we must realize that we are the Soul and not the body, mind and ego that suffers. This Realization of our true identity and our purpose is what will make Life peaceful and blissful. Alas! Not everybody is fortunate to go on a quest for Self-Realization. But the ones who do are the ones who truly discover how to live Life.

Life is not just about fun. It's not a circus!

To live with Eternal Peace and Bliss, Discover your Purpose.

15. Who Am I, In Reality?



To live Life to its fullest, we must be absolutely clear about this – 'Who am I?' Of course, we all think that we know who we are. *'I am Robert. I am the son of Mr. and Mrs. Smith. I am an American. I am a doctor. I am the father of Sheela and Tom. I live in New York. I am 48-years-old. I live in the Carlton Towers, Manhattan. I am a Christian. What more do I need to know? Oh, of course, I am a male. I wonder if I have missed anything.'*

All this tells us about who this body is. But in reality, we are not this body. We have a body. We exist in the body. But who are we, in reality? If we contemplate birth, we were conceived not on the birth date which is on our passport or on our birth certificate. We were alive and kicking in our mother's womb before that. In fact, we were conceived about nine months earlier. Once implanted in our mother's womb, there is no chance for us to change our mother, father and many other things. But what were we at that moment of conception? When two cells fertilized to create the Life that would become 'me', we were just one single cell known as the zygote. That cell multiplied to 2,4,8,16,32 and so on, and in nine months, it became 25 billion cells. Then we arrived in this world as a little baby and grew into a 35-trillion-celled adult. We look in the mirror and we think that this is me. Are we sure about this? Pictures reveal that we were a little baby and after a few years, pictures show us in school. This body is ever-changing. One

day, it will grow old and all these pictures that are 'me', will be completely different.

In fact, science tells us that the cells in the body die in some duration of time. Every seven to ten years, we get a completely new body. One day, this body will die, and people will destroy it saying that we left the body, we passed away. Common sense tells us that we are not this body. Then who are we?

Are we the mind? Nobody has seen the mind because it does not exist. Just a bundle of thoughts appears to be the mind. So, if there is no mind and we are not the body, though we have a body, then when the ego says 'I', it is a lie! Who is this 'I', in reality?

We have discovered that we are not the body, mind and ego but is there any doubt that we exist? We talk and walk, we are breathing and living. Who are we, in reality? We are that energy, that Life force, that Spark Of Unique Life, the Soul that empowers the body to eat, think and live. The moment this Soul, also called Spirit, *Atman* or *Ruh* leaves the body, there will be no breath. We will be declared dead! We are that energy, that Life force that is alive from conception to departure. In fact, this very Soul created Life when we were conceived as the first cell. This Realization is the essence of how to live Life.

***The Ego fools us to be 'I' and stands tall like a wall!
It must fall for us to Realize that we are the Power in one and all.***

16. Why Am I Here?



Have you ever thought why you came to earth? Have you ever pondered why you got this human birth? Most of us live and die and we do not find out, '*Who am I and why am I here?*'

Did you choose your parents, nationality, religion or your gender? What decided all this? What made you rich or poor in terms of where you were born? Whether you will be a boy or a girl, did you choose or did you decide? Unfortunately, while we have no clue why we were born the way we were born, not many of us even try to ponder and find out the reason for our existence.

When you look at the trees in your garden and you see apples, what does it reveal? Have those apples appeared by chance? Of course not! The fruit on the tree depends on the seeds that were planted. So, why we are here on earth depends on the seeds that we have planted and the deeds that we have done. This is a Universal Law, the Law of Action and Reaction, the Law of Cause and Effect. This is a law based on the principle, '*As you sow, so shall you reap.*' It is popularly known as the Law of Karma.

Karma means action. Once we are born, we cannot escape from action. We have to live. We have to walk and talk, learn and earn before we ultimately die. These actions can be good or

bad. Every deed is a Karma and is recorded by the Universal Law. Either these deeds are settled on earth or if not, they are carried forward and they become the cause of our rebirth. Many people may not believe in rebirth but the fact is that birth happens, death happens and Karma or action cannot be escaped. The fact is that we do not settle all our deeds before the body dies. That is the reason why all of us are not born equal. If we join the dots, we will clearly understand that the reason why we are here is directly connected to what we have done in the past. This is a Universal Law and we cannot escape it.

Can we escape Life? We cannot! Just like we did not control our birth and how we came to earth, death is not in our hands too, unless we commit suicide. Committing suicide means we are interfering in the natural cycle of birth and death. Those who contemplate and truly want to discover how to live Life, work hard to discover the reason of their existence. This Realization becomes the foundation to making the right choices in Life. Once we realize, '*Who am I and why am I here?*' it is not difficult to discover how to live Life.

Are you going to be here forever? No. One day, will you die? Your obvious answer to this will be, '*Of course, everybody will die.*' But the truth is that you will never die. The body will die but you are an immortal Soul. Discover this and you will discover how to live Life.

***Did you choose why you came to planet Earth?
Did you decide your Life, what would be your birth?***

17. Realization Is Liberation From All Misery



Why are we breaking our head over the questions, '*Who am I? Why am I here?*' It is because if we realize who we are, in reality and discover the purpose of our existence, it will lead to freedom from all misery and sorrow. It will elevate us to a Life of Eternal Peace, Divine Love and Everlasting Bliss.

This journey is called the journey of Self-Realization. The truth is that all of us alive on earth experience the triple suffering of the body, mind and ego. Unfortunately, we suffer what we are not! The body experiences pain and we suffer the pain, thinking that we are the body. Then we say, '*I am stressed. I am angry. I am in a bad mood!*' when in reality, this is a trick of the mind, a mind that we cannot find! But still, it appears and makes us blind. Our Happiness is left far behind. Why? Because the MIND - Misery, Ignorance, Negativity and Desires - is shooting at us 50 toxic thoughts every minute. The only way to be happy is to realize, '*We are not the body nor are we the mind. Therefore, we are not the ego that thinks I am 'I'.*' This is Self-Realization, the Realization that *I am the Divine Soul*.

The Soul does not experience any misery and sorrow. The Soul is a Spark Of Unique Life that is immortal. It does not suffer the pain of the body nor does it suffer the agony of the ego. The Soul never gets angry or jealous. It does not hate or take revenge. The Soul has no pride, greed and selfishness. These are attributes of the ego, which we must realize that we are not.

Once there is Realization of our real identity that we are the Power of Life, the Soul, there is Liberation from all suffering of the world. This is the way to live Life.

Life is not meant to be a journey of suffering and misery. Life is a journey of bliss, love and peace. But unfortunately, we enjoy none of these because we think that we are the body, mind and ego. Self-Realization is overcoming ignorance and Realizing the Truth. It is living as the Peaceful Blissful Soul. It is realizing that every human being that we interact with is not the body, mind and ego that they appear to be. Every living creature is a Divine Soul, a Spark Of Unique Life and is thus, a manifestation of SIP, the Supreme Immortal Power. Until we realize this, we will never discover the way to truly live Life. We will be living a Life of mistaken identity. We will live thinking that we will die, when in reality, we never die. We will believe the lie that God lives in the sky, when in reality, God lives in the temple of our heart. Until there is Realization, first Self-Realization and then God-Realization, there will be no Liberation from all misery on earth and we will continue to be caught in the cycle of death and rebirth.

How then should we live Life? To truly live Life, we must live as the Divine Soul and be liberated from all Karma, all actions so that at the moment of death, there is Unification with the Divine and there is no reincarnation, in which we are reborn, which goes on and on.

***To truly Live Life, there must be Realization and Liberation.
Or we will suffer on earth and there will be Reincarnation.***

18. The Mind And Its Miseries



Although nobody has seen the mind, it seems to exist in each of us. We all experience fear, worry, stress and anxiety just as the misery of regret, shame and guilt fills our Life. How can we live Life without the mind and its miseries?

What is the mind? The mind is a bundle of toxic thoughts. It has only one objective, to continue to wrap us in a blanket of ignorance and make us suffer on earth and then return in repeated rebirths. This is the function of the mind, a mind that nobody can find. Today, the whole world is struggling with mental disorders and mental health has become one of the biggest areas of concern when it comes to human well-being. People live with paranoia and phobia without realizing that FEAR is just a False Expectation Appearing Real. It is the mind that creates thoughts of STRESS – Sad, Toxic, Repetitive, Exhausting, Sadistic and Suffocating thoughts. Then the mind makes us WORRY – Wasting our Life, Overthinking, Repeating the fear, Rehearsing the problem and Yearning for things that we don't need. All this is caused by an invisible and illusive mind that nobody can find.

To live Life, we must realize that there is no mind. It is only toxic thoughts that accumulate and appear as the mind. If we are able to still the mind and slow down the MTR – the Mental Thought Rate from about 50 thoughts a minute to one thought at a time, we can live with peace and bliss. Unfortunately, the

mind, like the weapon AK-47, bombards us as an MK-50, the Mind-Killer that shoots at us 50 toxic thoughts every minute. How can we live a peaceful and blissful Life when these thoughts drill us and kill us?

The secret is to flip over from a state of mind to a state of Consciousness. Then, the intellect is activated and we can block the mind and lock the mind. But the mind is like a Phoenix. Even if we still it and seem to kill it, it will rise again. We have to be alert and aware. The moment the mind appears, we must flip to that state of Awareness and separate ourselves from the mind as we virtually snatch it. In Consciousness, we should stop every toxic thought and crop it, chop it and drop it! Then we can remain in that state of Consciousness and enjoy peace and tranquillity. There will be no stress and anxiety.

It is a choice. If we let our mind ride our horse, it will become our boss and we will be at a great loss! We must put our intellect in command of our Life to discriminate thought and not get caught in the miseries of the mind. To truly live Life, we must realize that the mind appears to exist out of ignorance. Using our intelligence, we must eliminate the habitual repetition of toxic thoughts that become joy-stealers and make us sink in misery and sorrow. Yes, the mind will jump from yesterday to tomorrow. Stop! Live in the moment, in Consciousness with Eternal Peace and Everlasting Bliss.

***Although the Mind is something that nobody can find,
It steals our Peace and our Happiness is left behind!***

19. The Ego And Its Monsters



To truly live Life, not only must we tame the monkey mind and make it a monk, but we must also transcend the false ego and realize, '*I am not 'I'.*' Then, we will be able to overcome the seven monsters of the ego, anger, hate, revenge, jealousy, pride, greed and selfishness.

What causes us to get angry and spoil our moment, our day, our Life? It is the ego. You need two people for anger to exist, just as jealousy, hate and revenge cannot be on oneself. The problem is that we do not realize that we are not this body that will die. We do not realize that the mind is not 'I'. We are the Divine Soul. Because we do not realize this, the ego creates duality and not only is there conflict in our home and our society but there are also wars between countries. To live a Life of peace, the ego must be Enlightened.

Most of us live with a false ego which is ignorant. We think, '*I am 'I'.*' Who is this 'I'? It is the body, the Mind and Ego, ME, in the mirror that we see. But that is not 'I'. *That is my body.* When we realize this, the ego is Enlightened and we discover that we are all Sparks Of Unique Lives. We are Souls and we are all like different waves of one ocean. We appear to be the body that we wear but in reality, we are the ones that wear the body. We are all one, manifesting in different bodies. This Realization is the Enlightenment of the ego. The moment this happens, we truly start to live Life. We discover our true identity. We realize, '*We*

are not the body and not the name tag that we carry. Our birth date is fake. We are the immortal Soul, not the body that dies.' This will help us overcome the fear of death. But first, we must transcend the false ego and awaken to the truth.

Why do we human beings live with pride, greed and selfishness? Do we not know that we bring nothing to the planet and when we go, we cannot even take a pin with us? Still, we try to win and we sin because of our false ego! Ultimately, we will all return to dust. Can anybody deny this? No. Still, we live with ignorance and pride because of the ego. We are selfish and we do not want to give because the mind and ego stop us from realizing that nothing is mine. It is an absolute truth that if we do not give whatever we have before we are gone, it will ultimately be snatched away. Then, why not give as we live and create joy? The ego will earn only for others to burn what we earn. Let us get this into our head before we are dead that we are not who we think we are. Because we are living a Life of mistaken identity, we suffer the seven monsters of the ego. It is time to transcend the ego and live as the Divine Soul.

It is unfortunate that most of the world does not know how to live Life as the Divine Soul. We live as the body, mind and ego and we suffer the triple suffering on earth. Then we create Karma, good and bad, and return in a rebirth.

The Ego makes us Suffer Anger and Hate as it creates Pride. We're agonized because of this false identity on which we ride!

20. Living As The Soul



To truly live, we must discover our true identity. Then, we will make the best of this beautiful gift called Life. We have cleared the deck that we are not this body that will die. We are sure that we cannot be the mind which nobody can find. Therefore, the ego that says 'I' is a lie. What is our biggest challenge? First, to realize that we are the Soul and then, to live as the Divine Soul in that state of Eternal Peace and Everlasting Bliss.

Who are we, in reality? We exist, do we not? Nobody can deny that we are alive from our first breath till our death. Then suddenly, that Power within us, the Life, the energy or whatever we may call it, that force that gave us Life departs at the moment of death. It is best to call it the Spark Of Unique Life, the Soul. It is unique because it gives Life only to us. It is a spark that begins our journey and when it leaves, we will be no more! The body will be decimated to ashes. The mind and ego are subtle, invisible, intangible. But nobody can deny the Life that is throbbing in our heart. We are that Power. Our first challenge is to realize this. It is called Spiritual Awakening, Self-Realization or Enlightenment.

The moment we realize that we are the Divine Soul, our Life is transformed. We no more live as the body, mind and ego, although we manifest in a body and there are thoughts that may occasionally become the rascal mind. But the Soul vibrates Consciousness. In Awareness, we live as that

Consciousness, having stilled the mind and transcended the ego. The body will continue to exist but we will live in the body, as the Soul - our true identity.

The moment we realize that we are the Soul, we surrender as a Divine instrument, knowing that I am not 'I'. *'I am a speck of that Supreme Power that is beyond definition and comprehension.'* We realize that we are just one wave of the Divine Ocean. We are just a tiny effect of the omnipresent, omniscient and omnipotent cause. We are a manifestation of the Divine. Our Life is transformed for we start to live as that reality, not this appearance that is illusory.

How does one live as the Divine Soul? One realizes that the Soul is immortal. The Soul never dies and it can neither be born nor reborn. Therefore, one lives fearless of death. The body will die but the Soul will become one with the Supreme. As the Soul, we live as an individual Consciousness but we are in unison with the universal Supreme Consciousness. We also realize that every individual is a Soul and so, our relationship with others undergoes a transformation. Our Life is transformed. In fact, we experience a metamorphosis. Earlier we were crawling as a worm, a caterpillar, suffering through Life. Now, we have become a beautiful butterfly with wings to fly in the sky, free from the triple suffering of the body, mind and ego. The Soul is always in Eternal Peace and Everlasting Bliss.

***Our Purpose of Life is to realize that we are the Soul.
Without Sorrow, with Peace and Bliss, to live is our goal.***

21. The Soul Is SIP, The Supreme Immortal Power



As we realize the profound truth that we are the Divine Soul, the Spark Of Unique Life, we come to realize something even greater and this transforms our Life completely. Till now, we thought we were human beings having a spiritual experience. Now we realize that we are the Divine Soul, having a human experience. But what is the Soul? Where does it come from and where does it go?

The Soul is a Spark Of Unique Life. It is Life energy. It is immortal. We have all learned in school that energy cannot be created or destroyed. It can only be transformed from one form to another. So also, it is with the Soul energy. It comes from the Supreme energy that is omnipresent and it returns to the Supreme Power. Let us consider the analogy of two balloons. When we blow up the balloons, the air comes from the atmosphere and when we burst the balloons, the air merges back into the air that is everywhere. So does our Soul. We cannot retrieve the air of the individual balloons once we burst them because there is instant unification.

The Soul is a part of the Supreme Power, the Supreme Immortal Power that we can call SIP. Therefore, in reality, who are we? We too are SIP. Very few amongst us are blessed to realize that *I am the Soul. The Soul is SIP. I am SIP and SIP is in all.* The moment we realize this, we have two profound

Realizations. First, we are nothing and second, we are everything.

First, we realize that *I am not 'I'. I am not the body that will die. I am not the Mind and Ego, ME. I am just energy. Then, we realize that this energy is Divine energy. It is part of the Supreme energy. It is SIP.* It is like realizing at first that we are nothing but a wave. But then we get to realize that we are part of the ocean itself. Once we have this Realization, our Life is transformed.

These Realizations are called, Self-Realization and God-Realization, that we are the Soul, we are SIP. Then how do we live Life? We live as a Divine instrument doing the Divine Will in total acceptance and surrender. We realize that we do nothing. We create no Karma. In the moment of death of the body, we will be liberated and united with the Divine. We live without any fear, worry or anxiety. Since we discover SIP in all, there is no anger, hate or revenge. We enjoy Eternal Bliss in this Truth Consciousness. There can be no better way to live Life than to live with the Realization of this Truth.

As long as we live with ignorance that we are the body, mind and ego, we have not learned to live Life. We will exist. We will breathe, eat, walk and do other things. But we will never enjoy the bliss that comes with living Life as a manifestation of SIP. There is no greater glory than living joyously, knowing we are God, we are manifestations of God.

***When we realize we are the Soul, and the Soul is the Supreme, SIP,
We live joyously, experiencing the Divine on every lip.***

22. Living With Non-Duality



To truly live a Life of peace and bliss, we must discover the true meaning and purpose of Life. As long as we continue to live with ignorance, we will suffer and cry till we die. As long as we believe the lie that God lives in the sky, we will continue to look up when something goes wrong, cry and question, 'Why?' If we truly want to live Life, we must Realize the Truth. We must get to the bottom of the root of, 'Who am I?' This will lead us to the second question, 'Why am I here?' Finding the answers to these two questions is living Life to its fullest.

What is the meaning of non-duality? Non-duality means universal oneness. This whole universe is a manifestation of one Divine energy, one Power. This is the ultimate truth of Life. If we do not realize this, Life will escape us. The essential truth is that we are the Soul, a Spark Of Unique Life and the Soul is SIP, the Supreme Immortal Power. Until now, this was just a spiritual Realization. But today, this has become a scientific discovery.

What has science discovered? Scientists, in an experiment of Quantum Physics and Quantum Mechanics coined a theory called Wave-Particle Duality. They were examining the tiniest particle of matter - a particle even smaller than molecules, atoms, electrons and protons - when they reached a level of particle called the Quark. They were examining a Quark under a microscope, when it suddenly disappeared. They were

flabbergasted and were wondering what exactly happened. In moments, the Quark, the particle of matter that had disappeared, reappeared. They immediately recorded that a particle of matter was transformed into a wave of energy and then, the wave of energy transformed back into a particle of matter. The scientists realized that all matter was energy. They related this to the Law of Thermodynamics – 'Energy cannot be created or destroyed. It can only be transformed from one form to another.' In fact, three scientists in 2022 were awarded the Nobel Prize for their work in Quantum Physics and Mechanics. What is the relevance of this discovery? It is a scientific way of realizing the truth of non-duality.

Non-duality means that the world is non-dual. There are no two. Everything is one. You and me appear to be separate bodies but in essence, we are one energy. This whole world is made up of one energy. In Spirituality we call it SIP, the Supreme Immortal Power. Science still calls it dark matter or dark energy that fills the entire universe.

If we truly want to live Life, we must realize the truth of non-duality. Only then will we be able to live with contentment and fulfillment. Only then will we discover Eternal Peace, Divine Love and Everlasting Bliss. As long as the ego creates duality and divides us, there will be war at every level. And this will destroy peace, the foundation of our Happiness.

***As long as the Ego differentiates between you and me,
We will live and suffer because of duality! We will not be free!***

23. Discovering True Love



Life is beautiful if our Life is filled with peace, love and bliss. Peace is within. If we still the mind, we will find peace. Happiness is a state of being. We must learn the art of being happy. But what about love? What is True Love? The acronym of True Love reveals best that True Love is not just a hug or a kiss. True Love is bliss. Let's capture the essence of True Love.

T - Transcendental
R - Rainbow of 7 Colours
U - Unconditional
E - Eternal

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

True Love is not worldly love that is just from skin to skin. It is a Transcendental Spiritual Divine Love that emerges from the Soul within. True Love is not just between a man and a woman. It is a rainbow of seven colours. VIBGYOR - Violet Love between parents and children. Indigo Love between friends. Blue Love, which is innocent romance. Green Love or self-love. Yellow Love or intellectual love. Orange Love that is

emotional love and Red Love which is physical. True Love emerges as White Divine Universal Love. Just like the white light of the sun splits through tiny raindrops of water to create the glorious rainbow of seven colours, so does White Divine Love of the Soul manifest as the seven colours of love - VIBGYOR. True Love is thus the rainbow that is transcendental, beyond worldly comprehension.

True Love is unconditional. It is not transactional based on what we call BIBS – But, If, Because, Someday. True Love has none of these. It is eternal. This is the essence of the word, TRUE. What is LOVE? Love is Longing Of the Soul, which is Very passionate and creates an Ecstasy of joy. When love is restricted to LUST, it is Love Underestimated as a Sexual Transaction. Therefore, if we want to truly live Life, we must go beyond loving just the skin to loving the Divine within.

True Love is not just hugs, kisses, hearts and Valentine's. True Love emanates from the Soul. It is Divine. When there is True Love, there is an ecstasy of joy. Unfortunately, because we do not discover True Love, we end up with heartaches and heartbreaks. True Love can be discovered only when we realize that we are not the body, mind and ego, we are the Divine Soul. Then, we drop all non-duality and begin to live Life peacefully and blissfully as the Divine Soul, enjoying Spiritual Love, Divine Love that the Greeks call *Agape* and the ancient Sufis called *Ishq-e-Haqiqi*. When we discover this Divine True Love, our Life will be transformed as we will eliminate all signs of hatred. We will live peacefully and blissfully, enjoying Divine Universal True Love.

***Life is beautiful if we learn to live with True Love.
Then, we Love everybody as a Manifestation of the one above.***

24. Enjoying The Ecstasy Of Love



To live a Life of Eternal Peace and Everlasting Happiness, love is a key ingredient. The whole world talks about the importance of air, water and food, without which, we would die. How many of us realize that without Divine Love, we would eventually shrivel into non-existence?

Love is one of the most beautiful aspects of Life. Unfortunately, we have not discovered True Love. We run behind worldly love and instead of enjoying the ecstasy of bliss, we end up with unhappiness. Love is not attachment. It is not clinging that causes suffering. Love is an ecstasy of joy. It is Divine bliss, not just a hug and kiss.

As long as we live Life thinking love is from skin to skin, we will be glad but no sooner, we will become sad. When love has expectations and conditions, this leads us to worldly love where we say, '*I love you because I need you.*' This is not true love. In true love, '*I need you because I love you.*' True love is not loving the one made of bone and skin. True love is loving the Divine that is within. We have already defined the acronym of True Love. Now, it's time to experience the bliss, the ecstasy of joy that comes from True Love when in every Soul that we love, we experience a manifestation of the Divine that is above.

When love is a longing of the Soul, it is not physical, red heart love that the *Sufis* called *Ishq-e-Majazi* and the Greeks, Eros.

True Love is the white heart love which manifests as all seven colours of VIBGYOR. In True Love, we love God, the Supreme Immortal Power, SIP. SIP manifests as the Soul in every living being. Therefore, True Love is experiencing the presence of SIP in one and all, then loving SIP, the Supreme Power as we love every Soul, not having expectations but just enjoying the ecstasy of Divine Love.

The ecstasy of joy that we experience in True Love is a million times more than the pleasure and fun we experience in worldly love. Of course, worldly love too is a part of the seven-colour manifestation of True Love but in itself, physical love is just lust. Emotional love will just be feelings. Intellectual love is getting orgasmic pleasure in a conversation. But True Love is an ecstasy greater than all these pleasures. It is bliss beyond any Happiness. When the seven colours of love blossom in our Life from the White Love of our Soul, the ecstasy of joy is beyond definition and comprehension. It can only be experienced.

To truly live Life, we must discover True Love and experience the ecstasy of Divine love. We must love SIP, the Supreme Immortal Power in one and all and be in that state of Divine union where we are able to love God in all manifestations of the Divine on earth. There can be no greater joy in Life. Without the ecstasy of True Love, Life is incomplete.

To live Life, we all need Peace and Bliss.

But the ecstasy of True Love is greater than any Happiness.

25. The Secret Of Detached Attachment



How can we enjoy the ecstasy of love, discover True Love and at the same time, live with detachment? This is not a dichotomy. The secret is not detachment. We must live with Detached Attachment. How can we do this?

To live Life with peace, love and bliss, our love must be without any expectations. The moment love has some hope, we cannot cope with the heartache in the disappointment that our expectation will bring. When we expect, then we do not accept and this becomes the problem in love! True Love is giving, not receiving. True Love is not from skin to skin. This is attachment. It is not love. If we want our Life to be full of love without the misery that love can cause, there must be detachment.

On the outside, we must still express our love fully. There should be no difference. But deep within, we must be detached. We must not cling, for it is clinging that causes suffering. We must love from Soul to Soul, for in Soulful Love, there is no attachment. It is Divine Love that flows and grows not just to the few people we love but to one and all. No doubt, our love for our beloved and our family will be more than our love for others. But a truly blissful life is when our Life flows to all without being attached to anyone. This will give our Life the gift of Detached Attachment.

Detached Attachment is possible when we live our Life Realizing the Truth that I am the Soul, not the body and the mind that is attached. This liberates us from expectations, clinging, conditions and disappointment. Some people go to the other extreme of complete detachment. This affects the ecstasy created by love. It is more common for people to be hurt being so deeply attached to the one they love. It is when we seem to be attached on the outside but we are detached on the inside that we can truly live with peace, love and bliss.

What are the commandments of Detached Attachment? There are 10 commandments:

1. Thou shall be Free
2. Thou shall be Happy
3. Thou shall Love All
4. Thou shall Not Have expectations
5. Thou shall Not Lose Peace of Mind
6. Thou shall Accept and Surrender
7. Thou shall Not Be Miserable
8. Thou shall Overcome Ignorance
9. Thou shall Live with Purpose
10. Thou shall Live as the Divine Soul

If you live with the 10 commandments of Detached Attachment, you will enjoy the rainbow of Divine Love, the ecstasy of bliss without being hurt in love.

***To live with Detached Attachment, the secret is this,
Be Attached outside, Detached within and enjoy Love in Bliss.***

26. Love The Divine In All



Life is love and love is Life. But what is love if it is filled with strife? Love is beautiful when it blossoms with every heartbeat and this will be impossible if we just loved our beloved. We are sure to suffer with aches as our heart breaks. We must learn to live, loving the Divine in one and all.

It is natural for us to love only our near and dear ones. We are so passionate when it comes to loving the love of our heart. But the truth is that attachment is not love. Love from skin to skin is not the way to Eternal Happiness. Eternal Bliss is love from Soul to Soul. When we achieve this Divine Love from Soul to Soul, then we break the boundaries of loving one physical entity from body to body, even mind to mind. When our love becomes Soulful Love, then it flows to one and all. This is because we do not see people as the body and mind that with our eyes we can see. We visualize people as manifestations of the Divine. We see people as God. When we are able to love the God in one and all, our Life is blessed to be filled with the ecstasy of love.

Loving one and all is something unheard of in the world. Although our scriptures keep reminding us to love our neighbours, to love every Soul as God, we are trapped in lust and attachment and our love does not enjoy the True Bliss that comes with loving one and all. The moment love flows from

our Soul, it reaches every Soul, and not only does it reach other human beings, but we are also able to love our little pet dog, a small bird and even the flowers on the trees, as we enjoy the ecstasy of True Divine Soulful Love.

True love is White Love – White Divine Spiritual Universal Love that manifests as the seven colours of the rainbow of love in a human being. We are able to see the Divine in one and all and love God in all. This gift is the biggest gift in our Life, for this love is the biggest joy we can enjoy.

Unfortunately, we only enjoy love that is a hug and a kiss. Therefore, we don't experience True Bliss. No doubt that our love for our pet dog may be different from our love for a street dog but there will be only love and nothing but love. Love may differ when it flows to our beloved and our friends, but Life must be filled with love, knowing that ultimately every Soul is the Supreme. And when we love one and all, we are actually loving God. This act of loving God in all is the true way to live. We are compassionate and we give just as we forgive. All these emotions are rooted in the Divine emotion of universal love for all. This will eliminate the emotion of hate, as we will enjoy Divine romance in the drama called Life.

When we love the Divine in all, we are rewarded with Divine Love that will flow back to us from all those who we love. The gift of loving one and all is rewarded by the ecstasy of love that we will experience from the one above, manifesting as Souls in physical bodies.

***When our Life is filled with Divine Universal Love,
Then we receive the ecstasy of Love from the one above!***

27. Living In *Satchitananda* — Bliss In Truth Consciousness



The best way to live Life is to live in the Bliss of Truth Consciousness. This is known as *Sat-Chit-Ananda* – Truth Consciousness Bliss. How can we reach a state of Truth Consciousness where there is Eternal Bliss, no misery and sorrow and we live Life, moment by moment without shuttling from yesterday to tomorrow?

Most of us live in the mind state. The mind goes to the past that is gone and then to a future that is not yet born. In reality, nobody can go either to the past or the future! It is impossible! But the mind goes and we follow! We live with worry and stress, anxiety and fear, regret and shame and the game called Life is soon over.

The first challenge is to be in Consciousness, to still the mind, kill the mind and activate the intellect. Once we are in Consciousness or *Chit*, we must lock it with *Sat* or the truth. What is *Sat*? What is the truth? The truth is that we are not the body that will die. There is no mind, where it is, you cannot find! The ego that says 'I' is a lie. The truth is, '*I am not 'I' . I am the Soul, the Spark Of Unique Life. I am SIP, the Supreme Immortal Power. I am the Immortal Soul.*' The Soul does not suffer the triple suffering of the body, mind and ego. The truth is that every living creature is a manifestation of God. This whole world is *Maya*, a Cosmic Illusion, a Divine manifestation. This whole

world is a *Leela*, a drama, a show. We are actors who come and go. Our goal is to realize that we are the Soul and at the death of the body, to be liberated and united with the Divine. This is the truth, *Sat*. If we live in the Consciousness of the truth, *Sat-Chit*, in this state of Truth Consciousness, we will experience Eternal Peace, Divine Love and Everlasting Bliss known as *Ananda*. This *Ananda* or bliss is called *SatChitAnanda*, Truth Consciousness Bliss.

How can we live Life in *SatChitAnanda*? How many people live in *SatChitAnanda*? Very few. Probably less than 1% because 99% of people do not live in *Sat*, they live in a myth, enveloped in a blanket of ignorance. Most of the world is living in the mind state, not in Consciousness. Unless the monkey mind is tamed into becoming a monk, we cannot live in *Chit* or Consciousness. Therefore, the goal of Life is to live in Truth Consciousness, activating the intellect, living like a monk who has mastered the mind. Then, we can enjoy pleasure, live with peace and discover the purpose of Life.

When we do not live Life in *SatChitAnanda*, we chase pleasure and lose the treasure called Life. The body dies and we are reborn and this goes on and on. We lose the gift called Life because we do not choose to Realize the Truth and to live in Consciousness of it. So, we do not enjoy that state of Eternal Bliss called *Ananda*. We are waiting to go to a heaven in the sky but do not realize that it is a lie. Heaven is here on earth. *Alas!* We waste our human birth.

Living in SatChitAnanda is Eternal Bliss.

Eternal Peace, Divine Love and Bliss in Truth Consciousness.

28. Realize I Am That, Not This



We all live Life but the challenge is that we do not really know how to live Life. We use operating manuals to operate all our gadgets. But we do not discover the true meaning of Life. We remain a fool because of what we learned in school. So, we do not discover the truth of '*Neti Neti Tat Twam Asi.*'

Thousands of years ago, the ancient scriptures proclaimed *Neti Neti* – Not This, Not This. *Tat Twam Asi* – Thou Art That. What does this mean? It means, '*You are not this, you are that!*' It reveals the truth that we are not the body that is constantly changing. This body will die and we will leave this body one day. We are not even the mind. The mind as such does not exist. It is just a bundle of toxic thoughts. When there are no toxic thoughts, there is no mind. We may read this a hundred times but to truly live Life, we must realize it. Just knowing this is not enough. We need Awakening. Realizing means action, not just theoretical knowledge. When we actually realize that we are the Soul, not the body, mind and ego that we appear to be, our Life will be transformed.

As kids, we all get enamoured when we learn about the metamorphosis of a caterpillar into a butterfly. What is this metamorphosis supposed to teach us? In Life, we have to undergo this complete transformation and shed the skin of the body, mind and ego, that is caused by our ignorance. We have

to realize that we are a manifestation of the Divine. We are SIP, the Supreme Immortal Power appearing as the Soul, the Spark Of Unique Life, which manifests as this body. The body is only made up of five elements – earth, water, air, fire and space and each of these elements is nothing but energy as proved by science. This is the truth. We must realize it. We must live it.

As long as we do not live as the Soul, we will not only suffer the triple suffering on earth but will also return in repeated rebirths and this cycle will go on and on as we will continue to be reborn. The purpose of Life is to realize this! Instead, we are all searching for happiness. We do not realize that this Truth Consciousness will take us to that state of Eternal Happiness where we transcend the body, mind and ego and live as the Soul.

We are looking for momentary pleasure but we forget the real treasure. We are looking for achievement but we forget Enlightenment. When we realize our true identity, we receive everything that we are looking for but alas, not even 1% amongst us go on a quest to realize, '*Who am I?*' We just live and die.

Living Life is realizing our true identity. Realizing, '*I am not 'I' . I will never die,*' and realizing, '*I am the very God that I am searching for. I am that Eternal Happiness which I search for and miss. I am this!*'

***When we Realize the Truth, 'I am that, I am not this,'
We reach our ultimate goal and attain Eternal Happiness.***

29. This World Is Just A Drama, A Show



The moment we Realize the Truth about Life that we are the Divine Soul, not the body, mind and ego, our paradigm of Life completely changes. We then realize that this world is nothing but a show. We are mere actors. We come and we go. This drama is called *Leela*, the Divine show of the Creator.

What is the truth of Life? Is it not that the earth is nothing more than a humongous stage? 8 billion people wake up every morning to play their role in this drama called Life. Then, like in any drama or movie, we go off the stage in that ultimate moment called death. But the show continues. New actors come and old actors go. There is no end to this drama, this show. Unfortunately, because we do not realize that this world is just a drama, a show, we do not discover the way to truly live and to enjoy this drama called Life.

The fact is that we bring nothing and we take nothing. Everybody on earth knows this. Nobody can even take a pin with them. Still, we spend our entire Life trying to become rich, accumulating money and wealth, name and fame, which we ultimately leave behind. We come alone and we go alone. But we get attached to people and these relationships make us suffer only because we do not realize that this world is nothing more than a drama. When actors get on the stage, they do not get attached to other actors! They know that it is just a show. At

the end of the show, they return home to their families. They do not go to the home of the beloved in their show because that was just a drama.

When we check into a hotel, we know clearly that the hotel is not ours. We will stay for a few days. When we leave the hotel, we cannot take with us anything that belongs to the hotel, the table, the chairs, the lights or the pillows. We come to the hotel, enjoy our stay and go! But we do not realize that this world is nothing more than a show. We get attached to people and to possessions and suffer. We do not discover how to live Life.

To truly Live, we must Realize this Truth, '*Who am I? Why am I here?*' Then, we can live a Life of peace, love and cheer. We can eliminate all misery and sorrow if we live in this drama, in the present moment, in today and not worry about tomorrow. Because we think that this world is real, we continue to suffer. Because we do not accept the reality of this ephemeral, temporary period of a few decades, during which we come on the earth stage, we cry as we age, live in a cage and do not get to the right page about what Life is all about. Sometimes, we need to meet a wise sage to realize that Life is a drama. Then we can truly start living. Is it not sad that we cannot escape from death? But we can escape from rebirth. But we are doing exactly the opposite. It is time to live before we die. Let us not just cry. Let us discover, '*Who am I and why am I here?*'

*To truly Live, realize that Life is just a show,
We are mere actors who come and go.*

30. Everything Is An Illusion, A Manifestation



When science declared that this world is nothing but energy appearing as molecules, the world was flabbergasted. How is this possible! But science explained that every molecule of this universe is, in essence, nothing but energy. In fact, scientists from the branches of science called Quantum Physics and Quantum Mechanics - branches of science that at one point of time were subjects of debate, have been recently in 2022 awarded the Nobel Prize in science.

What does the new scientific discovery reveal? It reveals what Spirituality has been saying for thousands of years. This world is *Maya*. It is an appearance, an illusion. It is just a projection. Everything in this world is just a projection of Divine energy. Just as a movie is not real, it is just a projection on the screen and there are no actors, nor is the sound real, everything in this universe that appears so real is, in reality, a humongous illusion. This is impossible to comprehend and understand. This has to be realized.

Is it not true that our body was created in our mother's womb, cell by cell, as the first cell, the zygote multiplied? What is that first cell? It is nothing but energy. Therefore, our body that appears to be over 35 trillion cells is nothing but energy. So is every other living creature on the planet. The Soul, which is the

essence of every living being, is a Spark Of Unique Life. The Soul manifests as or appears as the body. The moment the Soul departs, all the cells disintegrate into the five elements, earth, water, air, fire and space.

What are the five elements that this universe is made up of? Every molecule of matter as endorsed by science is nothing but a wave of energy that is appearing as matter. Science has endorsed that all matter is ultimately energy. This whole universe which science claims is over 90% dark matter and dark energy, is only energy, nothing else. Therefore, science and Spirituality today have synergy. They both believe that everything is energy.

To truly live Life, we must understand what this *Maya* is all about. Is it really an illusion or a projection? Yes, it is. But in reality, this projection is a manifestation. This energy projected is nothing but Divine energy appearing as the energy in you and me. There is one Supreme Universal Energy, SIP, the Supreme Immortal Power that appears as every Soul, the Spark Of Unique Life. It is this energy of SIP that also appears in every molecule of inanimate matter. Science endorses that even dead matter, when examined under a microscope, reveals the presence of energy. To realize this is to realize the ultimate truth of Life and to live. This whole universe is a manifestation of the Divine. It is the universal energy projecting and creating this drama, the *Leela*, in which we come and go but we do not truly enjoy the show. If only we Realize the Truth of *Maya*, of Divine manifestation, this Realization will create Eternal Bliss and Everlasting Peace.

***If we truly want to live, we must get this Realization.
This world is an illusion, a projection, a Divine Manifestation.***

31. I Will Never Die



To truly live Life, we must realize the Ultimate Truth – *I will never die*. Of course, the body will die. Nobody in this world can escape death. But what happens when the body dies? The one who was alive in the body leaves the body and we say that they passed away. The moment we realize this simple truth that *I will never die*, we will change the way we live our Life.

Most people live with the fear of death. Although we may not admit it or consciously fear death but deep within, there is a lurking fear of the unknown that lies beyond death. *What will happen after I die? How will I face the suffering of death?* And then, there is also the fear of the loss of all that we own in that moment of death, all that is considered as ours, our possessions and the people we love. As long as we live with this illusion that I will die, we are bound to cry! If we really want to live Life to its fullest, we must live moment by moment as the Divine Soul, a Soul that is immortal, a Soul that manifests in this body. Living as a manifestation of the Supreme Immortal Power, SIP, will change the way we live. Our Life will be filled with peace, love and bliss.

It is unfortunate that we do not realize that this world is a *Leela*, a Divine drama. It is sad that we do not go beyond the mind that gets caught in *Maya*, the Cosmic Illusion. Although there is an intellectualization of this truth, not everybody gets the

Realization of the ultimate truth of Life. Therefore, we suffer through all the trauma and get caught in this drama called Life, as the body, the actor; the illusory mind and ego, the director and we do not Realize the Truth that we are the Soul, a part of the Creator. This is the key to truly living Life - to realize that *I will never die*.

The moment we start living Life with this immortal attitude, and the moment we set aside death, we automatically become Divine Souls and we see Divinity manifesting all around us. We feel that universal oneness with the Supreme Power that we call God. There is no mind and therefore, no fear, worry, stress and anxiety. There is no ego and therefore, no anger, hate, revenge and jealousy. Only love flows in the river of peace, as we seize every moment of Life as an opportunity to live blissfully. We view the mountains and the seas, the rivers and the trees, the butterflies and the bees as the Divine manifesting in all the beauty around us. We enjoy the chirping of the birds and the twinkling of the stars in that Truth Consciousness that creates Eternal Bliss knowing that we are the Divine energy that is so beautifully manifesting as these amazing experiences all around us. This is to live Life. Those who do not realize that they are the Immortal Soul, a part of the Supreme Divine energy that is manifesting everywhere, sink in ignorance and suffer. They are trapped in the myth and before they can begin to truly live Life, Life is over!

***As long as I believe the lie that I will die, I am sure to cry!
To make the best of Life, we must overcome the lie!***

32. Living In The Present Moment



Do we have to '*constantly realize*' that we are the Immortal Soul, that everything is *Maya*, an illusion, it's all a *Leela*, a Divine Drama? Is Realization something that comes and goes? Should we live Life or should we only think of these? The moment we Realize the Truth of Life, we do not have to memorize anything. The Realization of the self, '*Who am I?*' and the Realization of God, that God is a Supreme Immortal Power, SIP that manifests as everything in this universe, will give us the wondrous gift of the present moment. It is these Realizations that will not make us shuttle from yesterday to tomorrow so that we are full of misery, stress and sorrow. We will live Life, moment by moment, with peace and bliss. There will be no stress and unhappiness once we realize the Eternal Truth of Life.

What is Life, in reality? Life is about '*now*'. It is not about the past. Nobody can go back to a time that has gone. Life is not about the future. It is impossible for anybody to jump into the future. But something can. The mind! As long as we let our mind take charge, we will lose the present moment that is Life and start living in regret, shame and guilt, or fear, worry and anxiety. This will destroy the peace and bliss of Life. To truly live Life, we must live in day-tight compartments. We must lock the past and the future and live in Consciousness, in the present moment. Then we can make each day beautiful. It is

not so difficult to live happily in the moment. We can repeat this act of bliss and enjoy happiness, moment by moment as it unfolds. The moment, the moment slips away, so does our peace and bliss. When a flood of thoughts bombards us with toxic emotions, not only are we filled with negative feelings, but we also lose that moment of bliss that we enjoyed and by doing this, moment by moment, we lose Life itself.

What is the challenge of living Life? Not to let the moment slip away. And to do this, we must live in Consciousness. We must be in that state of Mindfulness or Awareness that Life is all about 'now'. If we lose the present moment, we have lost Life! The truth is that Life is nothing more than the cumulation of present moments. Each moment is an opportunity to live. We can either spend the moment in peace, love and bliss or we can let toxic thoughts of the mind steal the moment and create unhappiness. It is our choice.

If we truly want to live Life, we must choose to make the best of every moment and not lose Life moment by moment to meaningless things that do not matter. In fact, nothing matters! Once we realize that it is just a show, we come and we go and our purpose is to discover the truth, our Life will be transformed. We will not be affected by the trials and tribulations of this rollercoaster called Life! Instead, we will enjoy the truth of living as Divine manifestations. We will celebrate every moment with inspiration and not let the toxic mind create desperation. We will truly live Life!

***Life is made up of moments. Don't let them slip.
When you live in the moment, you make the best of the trip.***

33. Realizing God Is Within



To truly live Life, we must Realize the Truth about God. We must not believe the lie that God lives in the sky. No doubt, we all come to this world as children and we get enamoured by the different fancy Gods that we pray to and believe in the interesting fairy tales about a God with a name or form who creates miracles. But unfortunately, we spend our entire Life believing in this God, our personal God and we forget to Realize the Truth about God and about Life.

To truly live Life, we must question our beliefs about that magical God, angels and fairies who live in a distant heaven. We must ask the questions, '*Who is God? Where is God? What is God?*' We must get to the bottom of the root and Realize the Truth. Some people go to the other extreme as they overcome the lies like God does not live in the skies. They stop believing in God. They become atheists or agnostics. This is the other extreme that we should not go to! No doubt there is an intelligent Power, a Supreme Immortal Intelligence that has created this beautiful world. But to think that God is born like you and me and God will die is too much of a lie!

There is no doubt that a Power exists. But that Power is beyond human definition and comprehension. To limit that Power to be a personal God of any religion is like trying to empty the ocean in our bathtub. God is omnipresent - present

everywhere, omnipotent - all powerful and omniscient - knows everything. God is the Supreme Immortal Power, SIP that has not only created this beautiful universe but also governs it through Universal Laws like the Gravity, Rotation and Karma. If we truly want to live Life, we must realize who, what and where God is.

So, where is God? The answer is, '*Where is God not? God is everywhere. God is in everything!*' We have already covered the fact that even science agrees that this whole world is full of energy. What is this energy? It is the Supreme Immortal Power, SIP. It is this Power that manifests as the Soul in you and me and in every living creature that walks and crawls, sings and flies. SIP appears as the Soul in the animate, but SIP is also the energy in the inanimate. Every molecule of matter in this world is ultimately nothing but SIP energy.

To truly live Life, we must realize that God is within. The ancient scriptures tell us that *the kingdom of God is within you (Luke 17:21); that God lives in the temple of our heart (Corinthians 3:16); Tat Twam Asi (Sama Veda); Aham Brahmasmi (Yajur Veda)*. The truth has been told to us from time immemorial but over the centuries, we have chosen to live with ignorance without going on a quest to Realize the Truth. God-Realization is possible only through Self-Realization. When we realize that the Power within us that makes our heart beat, is the Power of God, we have started our journey to realize God. Then, we can live Life.

***We get enamoured by the beauty of the skin!
We don't truly live till we realize that God is within.***

34. Life Is Karma



Because we do not understand that everything happening in Life is because of Karma, we continue to face trauma and suffer in this drama called Life. To truly live Life, we must first understand Karma, accept Karma and enjoy Karma.

Karma means action and every action will attract an equal reaction. The seed we plant decides the fruit on the tree. So also, our deeds decide our destiny. However, because we do not realize this, we cry when something happens, and we look up at the sky and we question why. We cannot see with the right eye that it is our own Karma coming back to us. Instead of accepting the Divine Universal Law that is unfolding in our Life, we resist the reaction of our past actions, and we protest and fight our own Karma. Is this not foolish?

To truly live Life, we must joyously accept whatever is happening, knowing that this is nothing but an effect of the cause of our own actions. Life is Karma. Everything that is happening in Life is Karma and understanding this is the only way to live.

Why did we come to earth? Why did we get this human birth? It is because of Karma. Nobody can escape from action. Anybody who is alive has to live with some actions. These actions might be good or bad. Then, Life unfolds with the

reaction – Karma. *If we do good deeds, we are planting good seeds, and we will be happy. But every evil deed will result in suffering indeed!* Nobody can escape Karma! When we die, our Karma is not fully settled. Death is certain and therefore, not only do we suffer our Karma on earth, but we also return in a rebirth. We are reborn and this goes on and on. Is there no end to this repeated suffering?

The moment we Realize the Truth that we are not the body, the actor of Karma, we are not the Mind and Ego, ME, the director of Karma, we are the Divine Soul, the Spark Of Unique Life, the Karma no more belongs to us. We must realize this and give up all doership of Karma. Then we reach that state of Eternal Bliss, without misery and sorrow, living as the Divine Soul. In the moment of death, we are liberated from the cycle of rebirth and united with the Divine. Unfortunately, very few of us achieve this, the ultimate purpose of Life.

If we truly want to live Life the right way, we cannot escape from action. But we can realize that we are just an instrument, and we can become a Divine instrument, doing the Divine Will. If our actions are devoid of any desire for the fruit of the result of these actions, we become a *Karma Yogi*, one who is united with the Supreme through Divine actions as an instrument. Then, we do not create any new Karma, and all past Karma of all past lives is immediately dissolved and deleted. We are liberated and united with the Divine.

***To truly live Life, we must understand the Law of Karma.
Then, there will be no trauma. We will enjoy the Life Drama.***

35. Living With Acceptance And Surrender



Can we control whatever is happening in Life? Did we control our birth and how we came to earth? Is the moment of death decided by us, our parents or family? Life happens and we have little to do with what happens. Still, we are in charge of our destiny. How does this work?

Suppose you are walking on the road and a car hits you without any fault of yours. Why did it happen? If you were careless, then it was your fault. But if you were very careful, then what happened was what is called Karma.

Life is Karma. It is the cycle of action and reaction, of birth and death, and the way to live Life is to accept and surrender. We should not protest anything that happens because it is a reaction of our action. There is nothing like luck, fate or serendipity. Nothing happens by chance. Life is a dance and what we do will come back to us. There are two possibilities. One is to graciously accept whatever is happening in Life. And the second is to protest, to vehemently reject everything that is unfolding. If we choose the latter, we will feel miserable. But if we accept, we can live with peace.

The key to understanding this is to realize that we have free will. We have the power to choose and every action that we perform, becomes a seed that we plant. It is our deed that will

ultimately result in our destiny, just like it is the seed that decides the fruit on the tree. But once we have done what we have done, then we must have fun, regardless of what comes our way. The choice to do an action is up to us. But the result is not in our hands. The result is a combination of all our past actions which we have no control over. Therefore, we must learn to accept after we do our best. We must surrender the rest to Karma.

If we do not accept and surrender, and we continue to protest and wonder, our Life will escape us in misery and sorrow, as we live with regrets of 'yesterday' and the fear of 'tomorrow'. But if we understand that Life is Karma, and we accept Life as it unfolds, then we will do our best and let go of the rest, enjoying the present moment of Life, moment by moment.

Living with acceptance and surrender means enjoying this Divine drama, this *Leela*, as the story board unfolds like a movie. When we watch a movie, we can enjoy it or criticize and complain. It is our choice. So it is with Life. The movie called Life will unfold on this humungous earth. The only difference is that we, as the actor, can choose our actions, but we have no control on everybody else's performance on the stage of Life. We must enjoy the show before we go, knowing that ultimately, Life is a drama, unfolding as per Karma and if we do not accept and surrender, there will be trauma.

***Life will happen. Learn to Accept, don't wonder!
Do your best and replace Hope with Surrender.***

36. Living As A Yogi



Life can be beautiful if one learns to live as a *Yogi*. Who is a *Yogi*? A *Yogi* is one who lives in a state of Yoga. Yoga is not what it is commonly understood to be, some physical exercises or *Asanas*, some breathing techniques or *Pranayama*. Yoga means 'Yuj' or union. It is the unison of individual Consciousness with Supreme Consciousness. But for this, one has to still the mind.

As long as we are in the mind state, it is very difficult to be in Yoga. The mind will bombard us with thoughts, and then, we get caught in the material world. To be in Yoga, we must be fully immersed in one of the states of Yoga — in meditation or *Dhyana Yoga*, in devotion or *Bhakti Yoga*, in action or Karma Yoga and in education or *Gyana Yoga*. These are the four most popular states of Yoga. A *Yogi* lives Life moving from one state of Yoga to another, seamlessly connecting with the Supreme. Thus, a *Yogi* has a deep-rooted passion for the Divine and for Liberation from this world of pleasures, possessions and people.

We can either live in Yoga or we can live in *Bhoga*. *Bhoga* is the material world in which we blink and sink. But Yoga is the method to sail through the waters of this bewitching world and to reach our ultimate destination. The journey of a *Yogi* is peaceful and blissful as he is able to traverse the challenges of

Life with faith and fortitude. Being connected with the Divine, a *Yogi* has no fear or worry, no stress or anxiety. He lives as the Soul, not the body, mind and ego that suffers the miseries of this material world.

I too lived like a *Yogi* and enjoyed peace and bliss. I was also blessed to discover the fifth state of Yoga, *Prema Yoga*, the Yoga of Divine Love. It is being in Yoga, loving every manifestation of the Supreme. It is seeing SIP in all, loving SIP in all and serving SIP in all. Therefore, my interaction with every Soul on the planet is through *Prema Yoga*, which unites me to the Divine, the Supreme.

Living as a *Yogi* means that even when you are eating, every bite you take is connected with the Consciousness of the Divine. If we break away from Divine remembrance and we are lost in the material world, it means we are living in *Bhoga*. Living in Yoga is the way to live a blissful Life. It gives us courage and confidence, just as we remain in Divine Consciousness, ever-connected, ever-united with the Supreme, SIP that dwells within the temple of our heart. A *Yogi* does not feel any distance between himself and God. There is oneness, non-duality and seamless connectivity that makes the Life of a *Yogi*, fulfilling and enriching. A *Yogi* enjoys this experience called Life, living as a manifestation and continuing to keep the Divine connection called Yoga. A *Yogi* may move from one state of Yoga to another but will never sink into *Bhoga* of the material world. His Life is like a powerful SIM card that is ever-connected to the satellite.

***We can live a Blissful Life, ever-united in Yoga,
Or we can Suffer this bewitching world, sinking in Bhoga.***

37. Overcoming The Triple Suffering Of Life



Life is fun when we do not live with fear, worry and sorrow, every today and tomorrow. If there is anger and hate and suffering at our gate all the time, what is the point of living Life? But here is some good news. There is a way to overcome the triple suffering.

We all experience pain of the body, just as the body ultimately decays and dies. We cannot escape from disease but the moment we realize that we have a body, but we are not the body, the body may have pain, but we will not experience suffering. This happens when we realize that we are not the body. We are also not the mind. That is why when we try to find the mind, where is the mind, we cannot find! How can we find the mind when there is no mind? It is only a bundle of toxic thoughts that appears to be the mind. When we still the mind, then peace, we will find because without toxic thoughts, we overcome fear, worry, stress, anxiety, regret, shame and guilt. So also, we can overcome the agony of the ego. The ego that says 'I' is a lie. If we are not the body that will die and the mind that we cannot find, then what is the ego? The moment we realize, '*I am not 'I',*' that very moment, we become free from anger, hate, revenge, jealousy, pride, greed and selfishness. Therefore, there is a way to be free from what we call the triple suffering of the body, mind and ego. But for this, we must realize that we are not the body or mind and ego that

we appear to be. We are the Divine Soul. This Realization is Liberation from sorrow and suffering.

Most of us continue to suffer due to the body, mind and ego which we are not. Therefore, Life continues to be a burden. Instead of living in the present moment, with peace and bliss, we let our mind and ego steal our happiness. No doubt, we cannot eliminate physical pain of the body but the moment we are detached from the body, we can find a remedy through pain killers and other ways for overcoming pain. Instead, we suffer again and again because we think we are the body. This body will ultimately grow old and die. No 'body' can escape death. But due to our ignorance, we continue to live with the fear of death caused by the mind and ego. Does it not make more sense to realize our true identity and to live Life with peace and bliss?

Those who discover how to live Life, live as the immortal Soul, free from all pain and suffering of the body, mind and ego. The mind and ego do not really exist but appear to exist and make us suffer and cry. The moment we discover, 'Who am I?' and we realize, 'I am the immortal Soul that will never die,' we will be free to fly in the sky. Living in this Consciousness of 'Who am I?' is the right way to live Life. Look around you, the whole world is suffering the triple suffering of the body, mind and ego. Ultimately, we die. We return and we suffer again. The purpose of Life is to be free from this rebirth and the triple suffering on earth.

***The Body, the Mind and the Ego create misery and strife.
We must overcome ignorance and the triple suffering of Life!***

38. Enjoying The Bliss Of The Divine Soul



Those who awaken to the truth that I am the Divine Soul live a Life of bliss, peace, love and happiness. The Realization, *'I am not this body that will die. This body may suffer, but I will not cry. I am the Soul that does not suffer physical pain,'* can create joy, again and again. The moment we realize we are the Soul, not the Mind and Ego, ME, our Life is transformed. There is no more misery, as we live as the Divine energy.

The world experiences fear, but the Soul replaces it with faith. The mind may create stress, but as the Soul, we eliminate this mess. The ego may develop anger and hate, but the moment we Awaken the ego, we throw these monsters out of our plate! One by one, the miseries and the monsters of the illusory mind and ego, disappear from the Life of an Enlightened Soul.

The truth is that we are not the body that suffers physical pain. Then, why do we suffer? It is because the Mind and Ego, ME, pulls us into believing that we are the one in the mirror that we see. But the moment we realize that we are Divine energy, we live in a state of Truth Consciousness and experience Eternal Bliss.

How can we enjoy Life moment by moment? When we live as the Soul, we achieve this goal. We disable the false mind from going to a past that is gone. So, we eliminate regret, shame and

guilt. Then we stop the toxic mind from jumping into the future, where stress and anxiety are built. We replace worry and anxiety with peace and tranquillity, as we live in Soul Consciousness.

As the Soul, we realize that we are just a Spark Of Unique Life. Every individual Soul is similarly just a spark. We are like waves of one ocean, the Supreme Immortal Power, SIP. The moment we live in this non-dual Consciousness, we are liberated from revenge and jealousy. We overcome pride and greed, and selfishness is transformed to forgiveness and compassion. Life becomes beautiful the moment we realize we are all one. We appear to be different, but in reality, we are different effects of the same cause. This Realization not only liberates us from all unhappiness but transports us to a heaven full of peace and bliss.

When we are the Soul, what stops us from enjoying the bliss of the Soul? Ignorance! Our ignorance is so deep-rooted that we forget our own true identity. We forget that we are manifestations of SIP, the Supreme Immortal Power, that we call God. This is man's greatest sin. He forgets that he is the Divine Soul and runs through Life trying to achieve a worldly goal. Ultimately, he suffers, he cries and he dies! The moment we realize we are the immortal Soul, there is no dying and crying. There is Eternal Bliss living in Truth Consciousness.

***The Soul doesn't Suffer. It enjoys Peace, Love and Bliss.
Unfortunately, while we are the Soul, we don't realize this.***

39. Living Life With The ABCD Formula



The formula for a good Life is ABCD:

A – Accept

B – Do your Best

C – Live in Consciousness

D – As a Divine Instrument

This is the way to make the best of Life. Life will happen. Every morning, we do not have to do anything. We just wake up and all around us, Life will unfold. How must we live our Life?

The first letter of the ABCD formula is Accept. Whatever is happening, do not resist, do not protest. Accept. It is your own Karma, returning to you. Your actions are coming back as reactions from the world. What is unfolding is only the effect. The cause is the deed already done. Your deeds, like seeds, have been planted and they are now bearing fruit. What can you do? Nothing! Accept. Joyously accept. Enjoy everything as a gift from the Divine Law of Karma. What next?

The B of the ABCD formula is Best. Do your Best. Nothing less than your Best! While you accept everything because it is your Karma which you cannot change, you have the gift to choose your present Karma, your present actions. You have free will and an intellect to discriminate and to do. Do not do anything

less than your Best. These deeds will become new seeds. These present Karma or actions will merge with your old Karmic debt and become twin Karma which will unfold as your destiny. Therefore, do not feel helpless about what is happening. You can change it by doing your Best. But once having done your Best, what next?

The C of the ABCD formula is Consciousness. Live in Consciousness, in awareness that you have already done your best and you cannot change your past Karma which you have to accept. Now surrender, in Consciousness. After doing your best, surrender the rest. Let go! Let Life flow. Enjoy the music of Life. After all, Life is a drama. Do not feel trauma. It is all Karma. After living Life, ABC, realize that you cannot control your past. You can do your best. And now it's time to let the Divine Will unfold. What next?

The D of the ABCD formula is to be a Divine Instrument. Realizing we are not the body, mind and ego, we are the Divine Soul, we must surrender ourselves to be an instrument of the Divine and transcend the Karma that is unfolding. Karma is for the body which we are not. New Karma is created by the Mind and Ego, ME which doesn't exist. But we are the Divine Soul. We are a Divine Instrument. We must live Life as a manifestation of the Divine. Then, our Life will be full of peace and bliss. The way to live Life is to live the cycle, the circle of ABCD. Continue to go round and round with ABCD and you will be free from all misery, blessed with peace, love and bliss.

***Accept, do your Best, in Consciousness, as a Divine instrument.
This ABCD formula will lead you to blissful Enlightenment.***

40. LIFE Is Liberation From Ignorance And Finding Enlightenment



What is Life? So many people give their own interpretation of Life. Some say, '*Life is to have fun till it is done!*' Others, '*Life is to be happy and make others happy*' and still others, '*Life is to live it to its fullest.*' These are good ways to describe Life. But what is Life all about? The word Life itself reveals the true essence of Life. L I F E is Liberation from Ignorance and Finding Enlightenment. The purpose of Life is Enlightenment and the way to Enlightenment is Liberation from Ignorance. If we live Life but continue to believe in many a lie, then we will cry. We will not realize, '*Who am I?*' We will look up at the sky and ask, '*Why?*' and before we realize it, Life will pass by. We are meant to fly. We must cut the strings that tie our wings. We must be free from the Mind and Ego, ME and live as the Soul, as Divine energy. How can we live like this?

As long as there is ignorance, we will suffer. We will not enjoy Life because we will sink in sorrow and strife. As long as we remain a slave of the mind, we cannot experience peace. Unless we still the mind and kill the mind, we cannot reach the state of Consciousness in which the intellect will be activated and we will be Enlightened. The whole purpose of Life is this, it is finding Enlightenment. The purpose of Life is to discover the purpose of Life, '*Who am I? Why am I here?*' But if we are enveloped in the darkness of ignorance, we will not achieve this purpose. We will continue to suffer the circus called Life.

How can we be Enlightened? Many people think that *Enlightenment is not possible for everybody. It is not for you and me. We are not capable of becoming a Buddha!* Wrong! You are! You can! Each human being is blessed with the gift of the intellect with which we can overcome ignorance and be Enlightened. Enlightenment is not something mystical and magical. It is just switching on the light within. The moment we Realize the Truth, we overcome the myth, we can achieve LIFE – Liberation from Ignorance and Finding Enlightenment. But if we do not switch on the light of the truth, if we continue to accept the myth and live like a fool, believing what we were taught in school, we will just live and die, without making the best of Life.

Most of us believe that it is blasphemous to question religion to find God. But this is our very purpose. What did we come to earth for? Is there no reason for our precious human birth? There is. It is Liberation, freedom! We must be Spiritually Awakened and realize who we are. We are in fact, manifestations of God, the Supreme Immortal Power, SIP. To realize this is to live Life.

How many of us truly live Life? Very few because we do not understand what Life is. Why must we be Enlightened? Who are we in reality? We blissfully live in ignorance and in this ignorance, we suffer and die without realizing, '*Who am I?*'

***Life is Liberation from Ignorance and Finding Enlightenment.
It is not just Success, Name, Fame, Money or Achievement.***

41. Living With Enthusiasm



As we understand Life and prepare to live it to its fullest, one key secret is enthusiasm. We all speak of being '*enthu*', being gung-ho, but what is the source of enthusiasm? The word originates from the word *entheos*, which means '*in God*'. When we believe in God, have faith in God, trust God and have hope, our Life is filled with enthusiasm. It is this magic force that makes us joyously accept the Divine Will that unfolds regardless of anything. Enthusiasm creates surrender and makes us live peacefully and blissfully no matter what! If we learn to live Life with enthusiasm, then nothing matters, for we have handed over our Life to a Divine Power that is in control.

From the time I was a young kid, I built enthusiasm into my Life. I lived with certain statements that created power that ultimately led me to Realize the Truth of Life. I used to tell myself, '*When God is for us, who can be against us!*' This built my faith that made me resilient to Life. I used to remind myself that, '*Nothing can happen, Lord, that you and me cannot handle together!*' My enthusiasm was contagious. Not only did it make my Life powerful, but it also vibrated the energy of hope to others so that they were able to cope with the challenges of Life. My enthusiasm taught people, '*Do your best, God will do the rest.*' When we trust with enthusiasm and we live with hope, then Life becomes a paradise, a heaven.

My enthusiasm created FAITH – Full Assurance in the Heart. It built HOPE, Having Only Positive Expectations and I learned to TRUST, Total Reliance Unconditional Surrender to the Almighty. All this together makes Life a journey of bliss, peace and love. It creates the courage that makes us believe that *for men it might be impossible. But for God, all things are possible*. Therefore, tough times become good times, because with enthusiasm, *tough times never last*. My enthusiasm led me to a different level of confidence. I used to tell myself, '*With God all things are possible*.' And so, I deleted the word, '*impossible*' from my dictionary and my vocabulary. It is this enthusiasm that led me on a quest to realize myself and to attain God. Therefore, enthusiasm not only builds faith in God, but ultimately, also love for the Divine that makes us discover God in the temple of our heart.

Do you live with enthusiasm? Do you realize God loves you and God takes care of you? My enthusiasm made me put up this poster that gave me strength. It was called '*Footprints*'. *Whenever I walked, I observed two sets of footprints, and I felt that one set was the footprints of the Lord. One day, during my toughest times, I cried and prayed, 'Lord why have you deserted me?' as I observed only one set of footprints. The Lord replied, 'In your toughest times there was only one set of footprints, because I was carrying you.'* Live with enthusiasm and you will find peace and bliss!

***Enthusiasm is a power that creates immense Faith
It will throw doubt and despair out of your Life gate!***

42. Living With A Purpose



Living Life without a purpose is not Life. It is experiencing pleasure and strife in cycles, till we are ultimately gone and then reborn. There is a purpose, and the purpose of life is to discover this purpose. Without purpose, we will drown in the triple suffering of the body, mind and ego.

Purpose gives us direction that leads us to our destination. The purpose of every human being is Realization, through Purification and Illumination, reaching that state of Liberation from this world and Unification with the Divine. We have not been created as a human being without purpose. Our purpose is to realize who we are and why we are here. Only a human being is gifted with the intellect to discover our Life purpose. A dog or a frog, a cat or a rat, just live and die. If we too drag through Life and suffer and cry, then we have wasted this precious gift of human birth.

We have come to earth to realize that *we are the Divine Soul, a Spark Of Unique Life. We are a manifestation of SIP, the Supreme Immortal Power.* If we do not discover this purpose, we commit the greatest sin and although there are other things that we win, our Life is a waste, and we will have to begin, once again, yet another journey of birth and death when we lose our breath!

This whole world is a manifestation of the Divine. Our purpose is not to while away our time in pleasure and wine! We have to discover the inner spirit that is more intoxicating than the spirit in a bottle. We have to discover greater bliss rather than ordinary happiness that comes from the little pleasures of Life. The true treasure is in discovering our purpose and living as the Divine Soul. Then we achieve our ultimate goal.

We must remember that to be happy in Life, we need 3 Ps. We must enjoy Pleasure. We must discover Peace, and we must live with Purpose. There is no doubt that we must enjoy this beautiful world. However, we must not lose Consciousness, and we must always be in that state of awareness of who we are, and why we are here. When there is no purpose, then we only exist through Life. We do not taste the true essence that gives us Eternal Bliss in Truth Consciousness.

Do you have a purpose? It is purpose that will make you live Life the way this book describes Life. Otherwise, despite having the 'operation manual of Life', we will still fiddle with Life without solving the riddle. We will not decode the puzzle to enjoy this most beautiful gift called Life. Life is limited. Every 'body' will die. But before we are dead, what we must put in our head is that we are the immortal Soul that can enjoy Eternal Peace, Divine Love and Everlasting Bliss.

***Either we can discover Life and live with Purpose.
Or we can suffer, jumping up and down in the circus!***

43. Living As A Divine Instrument



To discover how to live Life is to discover, '*I am a Divine instrument.*' It is to realize, '*I am not the 'I' that will die. I am the Divine Soul.*' Once we become an instrument of the Divine, of the Supreme, we become God. There can be no greater bliss and blessing than to live with this awareness, this Realization.

What is the ultimate truth? We come and we go. The world is a Divine show. But unless we grow from whom we thought we were, unless we overcome ignorance because of what we were taught in school and overcome being a fool, we will not get that Divine glow that will make us shine as who we truly are. We are not the body, mind and ego that suffers on earth. We do not own the Karma that caused this human birth. We are the Divine Soul. This Realization is the first goal. Then we have to climb further till we surrender as the Divine instrument and experience the Divine universal oneness in the world.

When we live as the Divine instrument, we are free from all misery and sorrow. Every moment of every day is full of peace, love and bliss. We do not shuttle to yesterday and to tomorrow. Each day is free from fear, worry, stress and anxiety that ordinary mortals suffer. We eliminate anger, hate, revenge and jealousy as we fill our Life with peace and tranquillity. This is only possible if we live as a Divine instrument.

One who is a Divine instrument has no desire because the bliss comes from Truth Consciousness. A Divine instrument is able to experience the Divine in one and all. Therefore, we are able to love God as we love every Soul. Our purpose is to serve each Soul as we experience the Divine presence in all and enjoy this Eternal Bliss in every moment of Life. Living Life as the Divine means having completely surrendered. There is no pride and no selfishness. There is no greed and no worry to fulfil our need. We realize that the Divine Will is greater than any skill that we can develop. We know that we do nothing. Everything is done by SIP, the Supreme Immortal Power. We hold the hand of SIP and do not slip. We board a new ship and start a new voyage, a new trip as the Divine, living for the Divine, experiencing the Divine all the time.

When a little dog wags its tail, we see God. When a tiny bird sings a song, we hear God. When we watch a glorious sunset, we enjoy the glory of the Divine and experience that divinity within us. This is the greatest bliss, greater than any pleasure that creates happiness.

How can we live Life as a Divine instrument? By the simple Realization of, *'Who am I? I am not the one who crawls on earth. I am the Power that fills the sky.'* Let us surrender as a Divine instrument and live Life.

***When we reach that ultimate peak called Enlightenment,
Then we enjoy Eternal Bliss, living as a Divine instrument.***

44. Start Living Blissfully From Today



You cannot change the past. But you can make the best of Life if you grab hold of the present. Then, your future, your Life will be amazing. So, start from today, from now. What are you going to do today with Life?

We have gone through the several ways to live Life. We cannot implement all these in the Life that is already gone. Nor can we worry about doing all this in a 'tomorrow' that is not born. But today? 'Today' is in our hands. Is it not? This moment that you are alive belongs to you. Chances are, you are not imprisoned in a jail. But if you create a jail of your own and become a prisoner of pleasures, possessions and people, then, you will fail. How are you going to be free to be what you are meant to be? First, you must be liberated from the body and the Mind and Ego, ME. You must realize that you are the Soul. That is your first goal! Then, every moment of Life will be an inspiration. There will be no desperation. Life will be a celebration. Life is not only pleasure. The greater treasure is peace and ultimately purpose. If you discover the 3 Ps of Life, you will be filled with peace, love and bliss. This is Life!

Despite being the most unique of all species, despite being gifted with eyes to see, ears to hear, hands to grasp and feet to walk, if you are still filled with sad talk, then, you are a slave of your mind. Count your blessings. Still the mind, kill the mind

that is trying to fill you with toxic thoughts. Awaken the ego and realize, '*I am not 'I'.*' Then you will fly. But if you do not, you will crawl and you will fall. You will drag through Life like a worm, like a caterpillar, when in reality, you are meant to be transformed. You have the possibility of undergoing a metamorphosis to evolve from a worm to a butterfly. But you must make your Life like this if you really want peace, love and bliss. It is a choice. Knowing how to live Life is one thing. Living it is another. *The gift of Life is in your hands. And you will choose where you will land.* Are you going to flip over today? The time is now. Make a vow that you will live in the moment and be happy in every 'now'. Resolve that you will live in Truth Consciousness and experience Eternal Bliss. Do not continue to believe and be caught in what you have been taught. Discriminate your thought and Realize the Truth.

You are not this. You are that. You are not the body. You are the Soul. To realize this is your goal. But put it in your head that you cannot Realize the Truth and be Enlightened after you are dead. You must do it now. If you miss the opportunity of today, then day by day, your Life will escape you and soon, it will be gone. Life has no rewind buttons. You cannot go back to replay the movie called Life. Do not miss the bus! Do not get lost in the fuss! Become aware of this beautiful gift called Life and celebrate every moment as it comes to you, moment by moment. If you lose the moment, you will lose Life. But if you make the best of every day, you will be peaceful and cheerful all the way!

***Life is about 'Now', 'Today', not about 'Tomorrow'.
Choose Peace, Love and Bliss, don't sink in Sorrow!***

What is the Purpose of Each Day of Life?

- To live in Truth Consciousness
- To live with Peace, Love and Bliss
- To live as a Divine Instrument
- To serve as a Divine Instrument
- To escape from *Bhoga* and live in Yoga
- To love the Divine in one and all
- To Accept and Surrender to the Divine Will
- To live as the Enlightened ego, as the Divine Soul
- To live Life moment by moment as a Divine manifestation
- To cut the noise and hear the Divine voice and follow its directions
- To live as a liberated Soul and yearn and seek the Divine all the time
- To not forget who we are and why we are here and fulfill this purpose



AFTERWORD



I woke up one day to realize that I was in my teens and Life was zooming by. I wanted to catch hold of Life. When I was 16, I did it! I started my journey of success and achievement and for 25 years, I went from peak to peak, enjoying every pleasure and thinking that I had achieved Life's treasure.

For 25 years, I made a lot of money, name and fame and my Life had every entertainment that one could dream of. But something was missing. There was no contentment and fulfillment. I was blessed to do some humanitarian work as my passion and that gave me far more peace and bliss than my success that created so-called happiness. At 40, my Spiritual Mentor inspired me to shut down my business. Now, I had all of Life and I could do what I wanted to. For over 5 years, I travelled the world and discovered a hundred new countries that God had created. Still, I did not find the true meaning, the purpose of Life. Again, my Guru, my Mentor, inspired me to go on a quest and discover Life.

I was 46 when I went in search of the true meaning of Life. *Who am I? Why am I here? Who is God? Where is God? What is God? What is the Eternal Peak of Happiness?* In two years, I Realized the Truth, found out all the answers and behold, I discovered how to live Life in Eternal Bliss, eliminating all unhappiness.

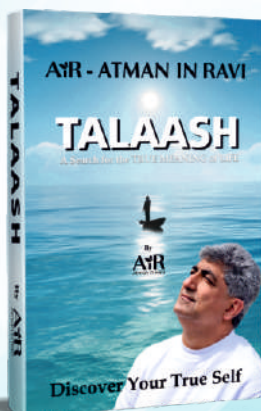
As I write this, my 85th book on Life, I have become a master in the subject of Life and Happiness, Peace, Love and Bliss. It is my mission to show the world the way to live Life in Eternal Happiness.

This book is not a theory book where you can read about experiments in Life. It is a record of my own Life and my study of the Lives of several people, scriptures, theologies and philosophies. It is, in essence, the secret to discovering Eternal Peace, Divine Love and Everlasting Bliss. Isn't this what everybody wants in Life? I too was running the race. I wanted to be an ace and in the chase, I got stuck in the maze. But I was blessed. I learned to live with grace. If I had not, I too would have just lived and died, without discovering, '*Who am I?*' I too would have continued to earn and earn, only for others to burn what I earn. But I Awakened to the Truth. I opened my real eyes to realize that I was not this body, nor the mind and ego that said, '*me*'. Suddenly, I was free. I realized that I was Divine energy, the Divine Soul. You too can be free from all misery and sorrow. You too can live Life blissfully in the present moment without shuttling from yesterday to tomorrow. You can smile all the while, if only you discover how to live Life. Then, you can be free from sorrow and strife.

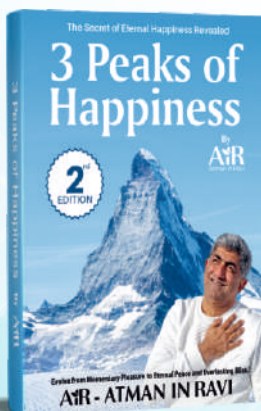
In this book, I share the way. Anybody who follows it can be Enlightened and can discover Life and truly live it, moment by moment. That is what Life is! We can have Eternal Bliss if we live in Truth Consciousness.

***My Life was about making money, success, that was my focus,
Till I learned how to live Life, when I discovered my purpose.***

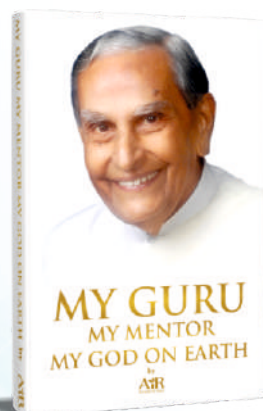
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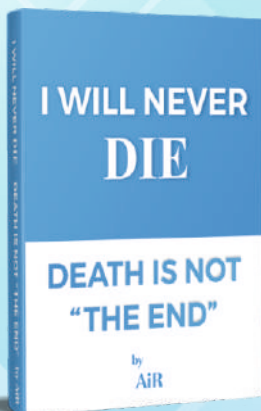
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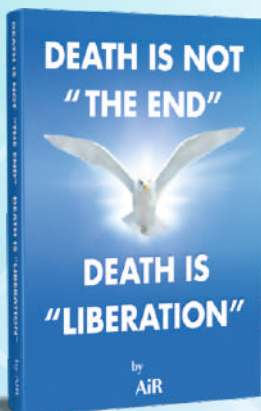
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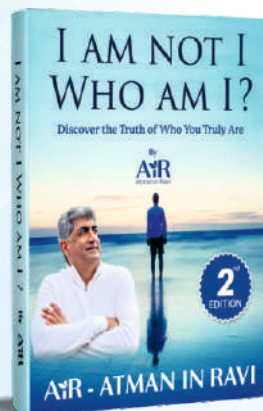
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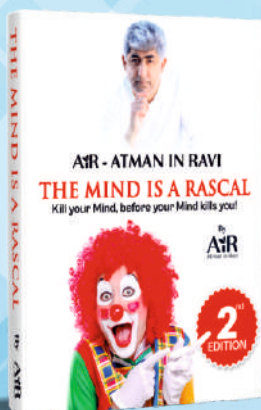
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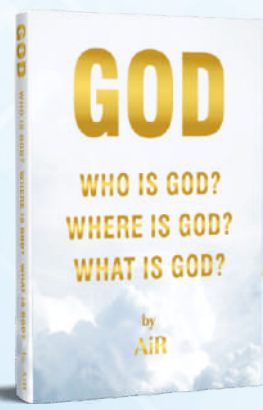
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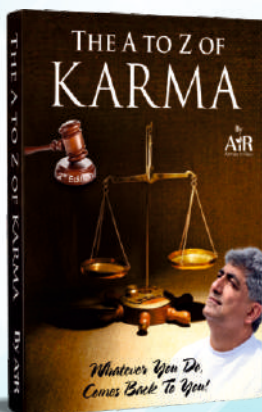
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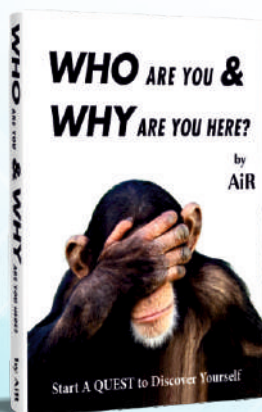
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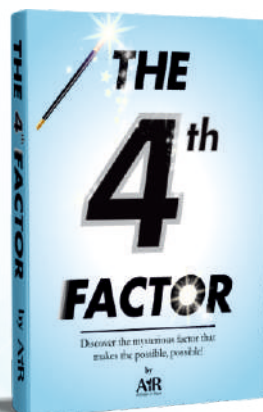
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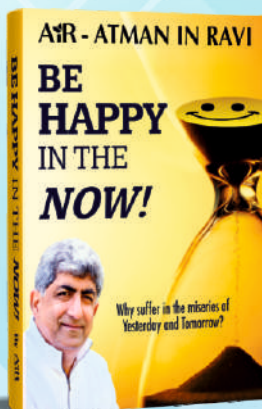
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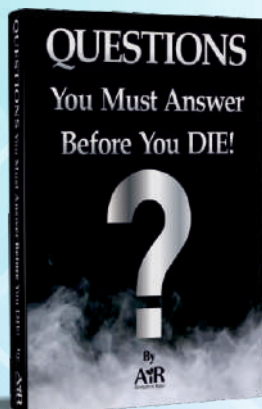
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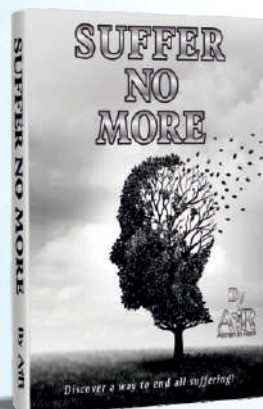
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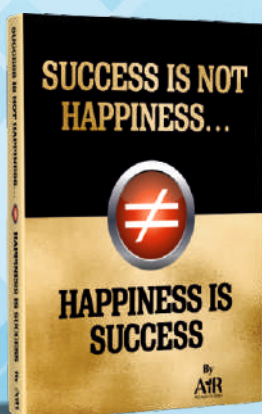
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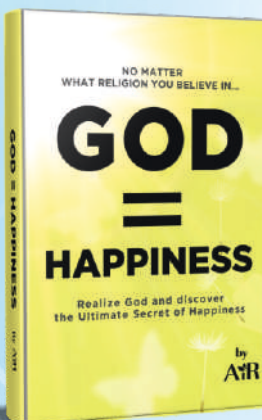
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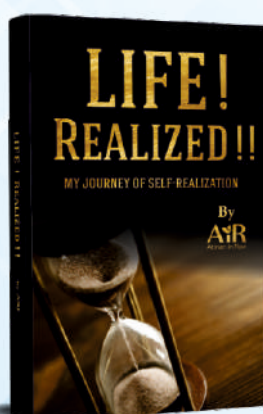
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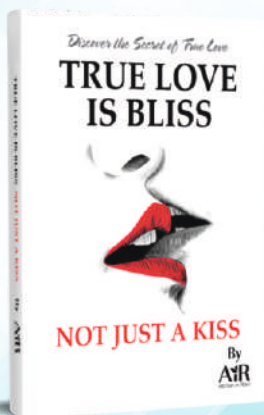
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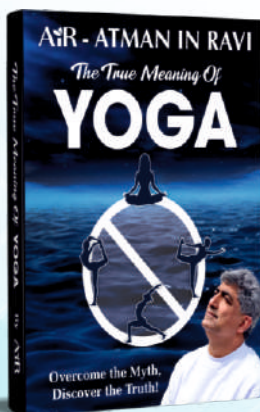
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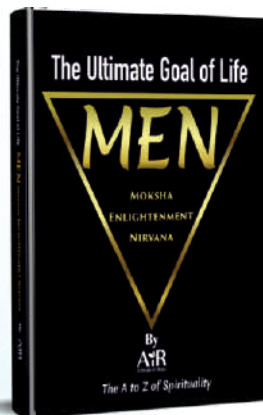
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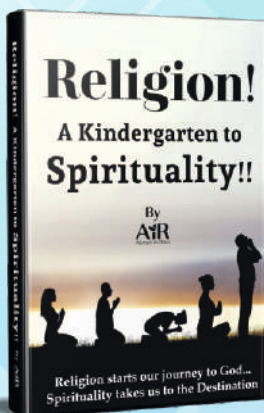
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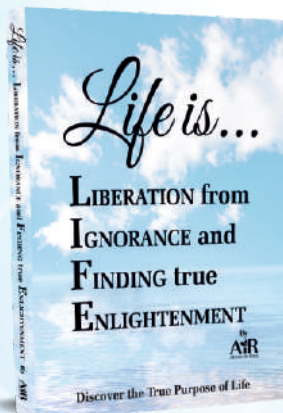
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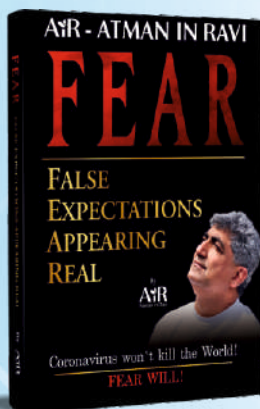
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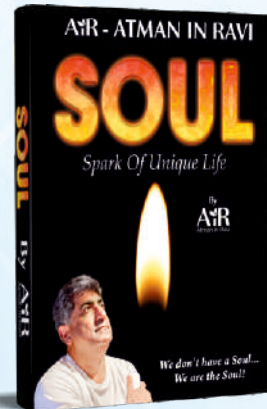
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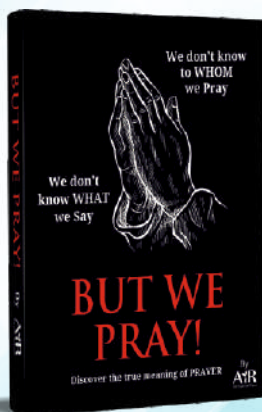
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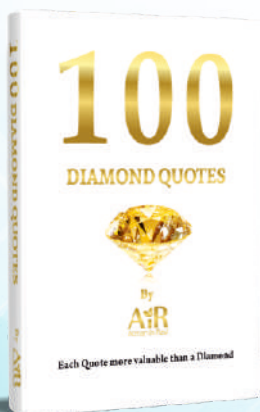
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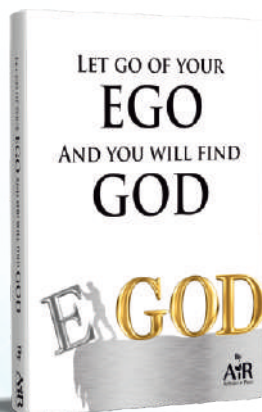
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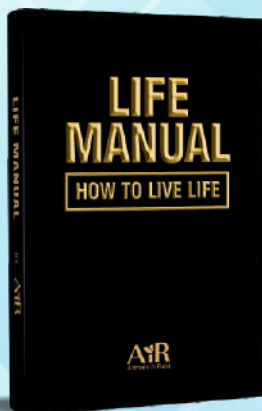
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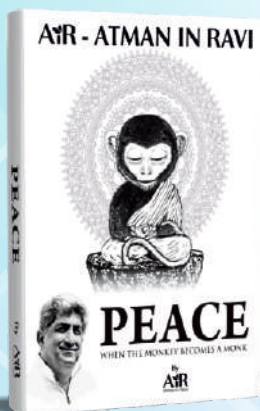
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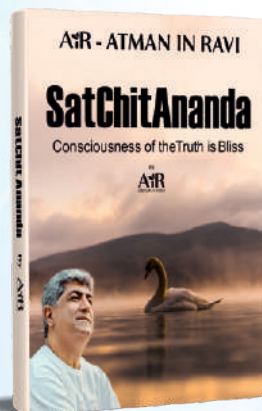
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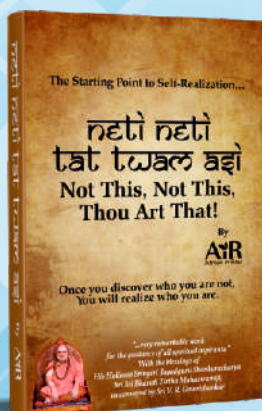
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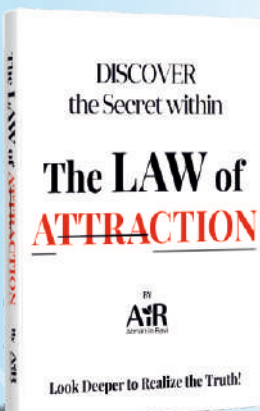
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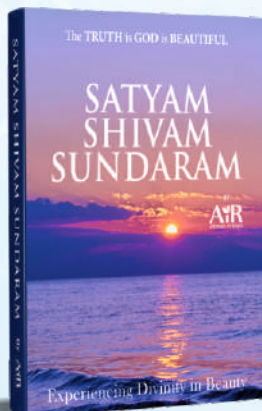
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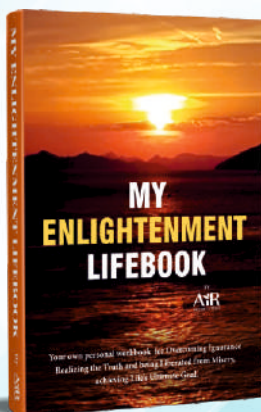
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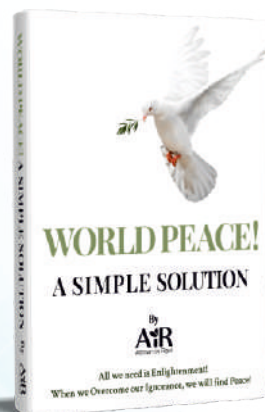
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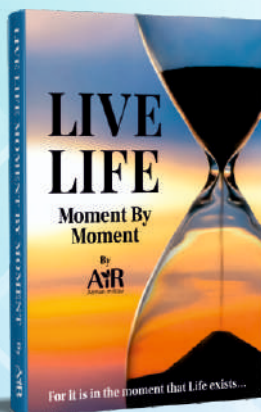
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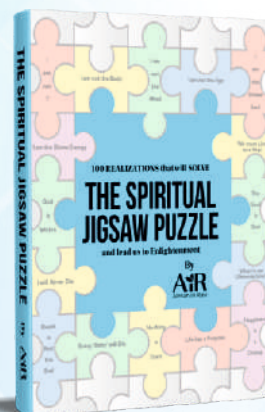
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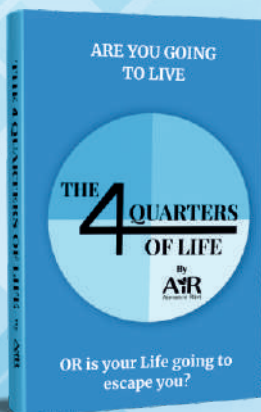
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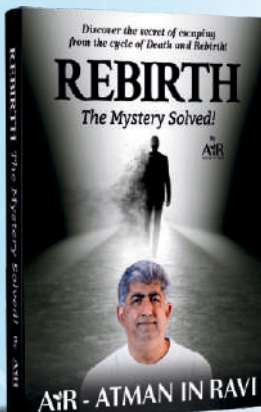
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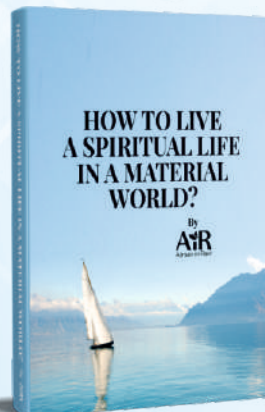
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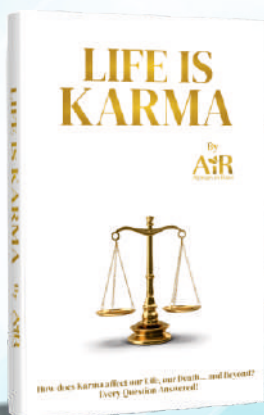
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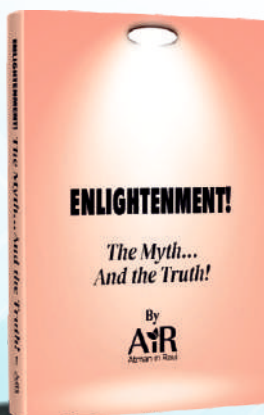
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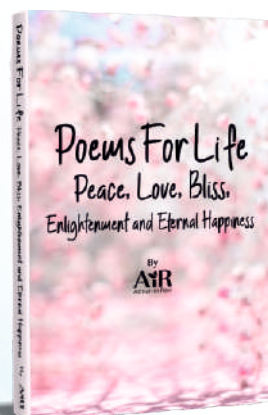
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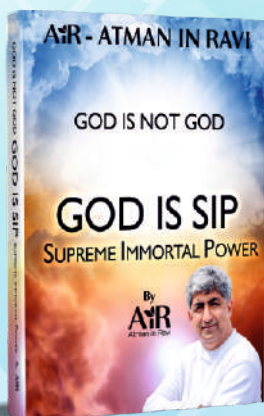
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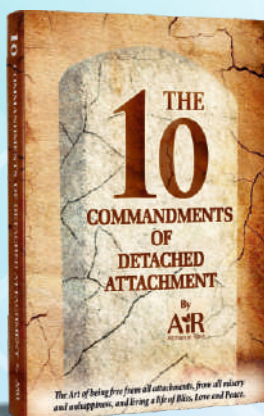
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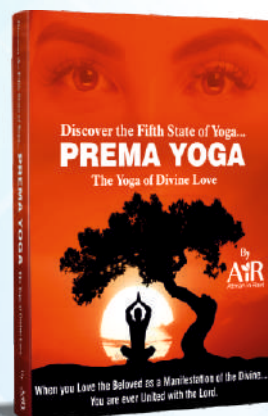
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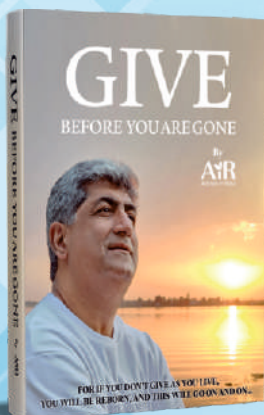
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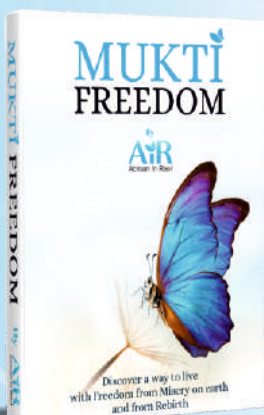
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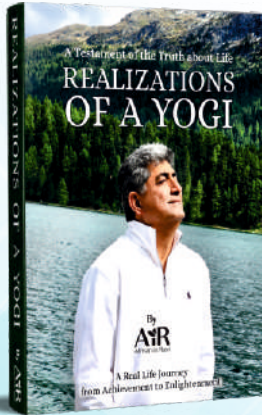
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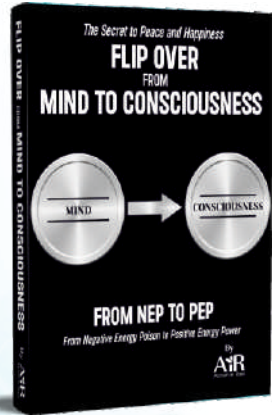
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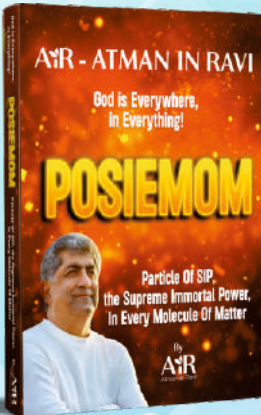
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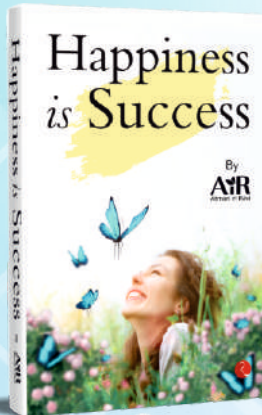
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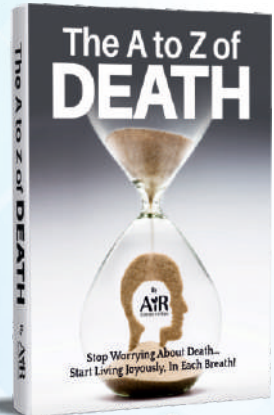
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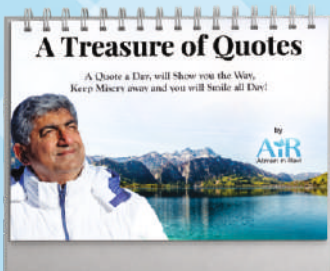
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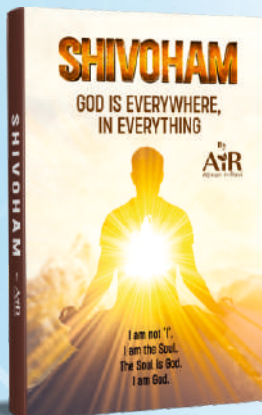
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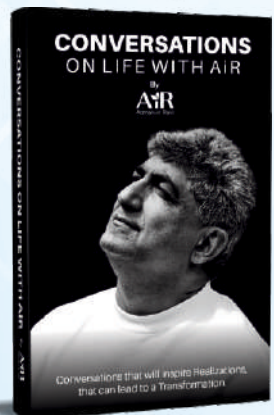
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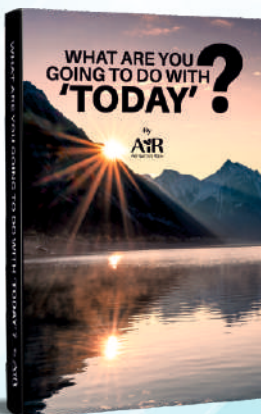
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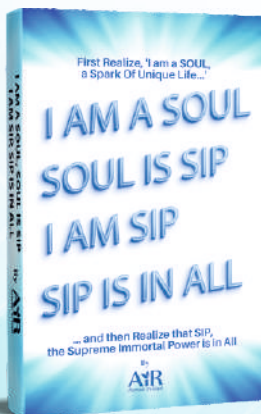
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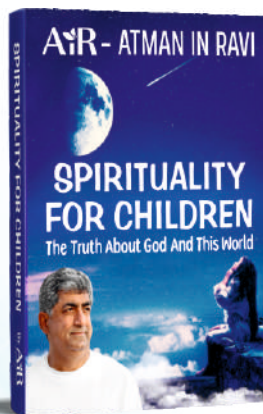
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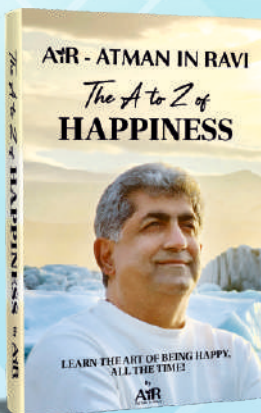
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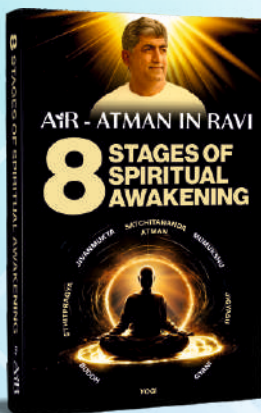
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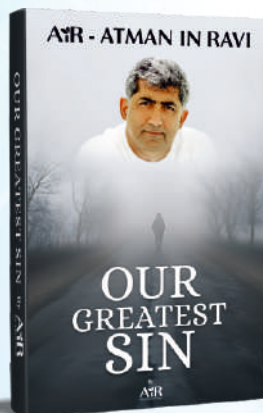
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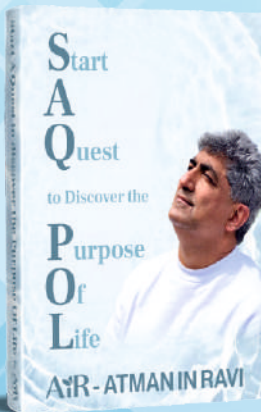
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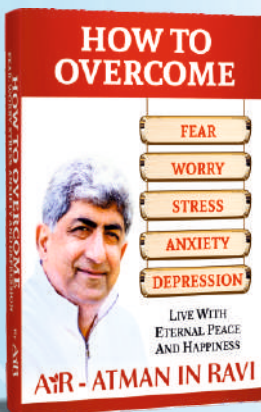
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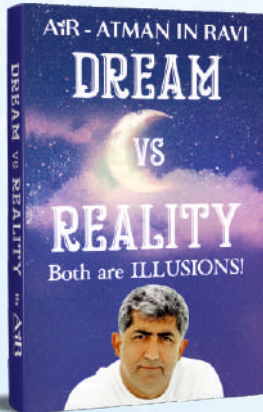
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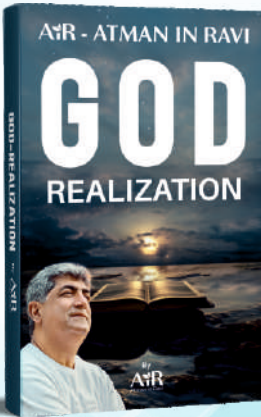
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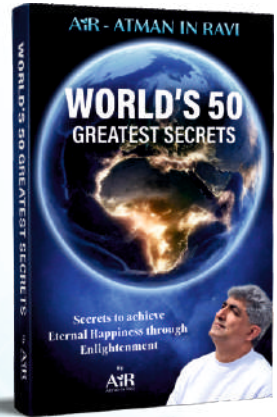
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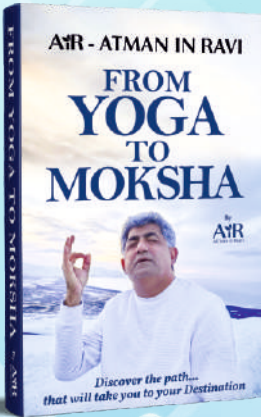
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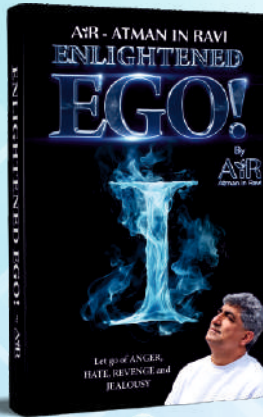
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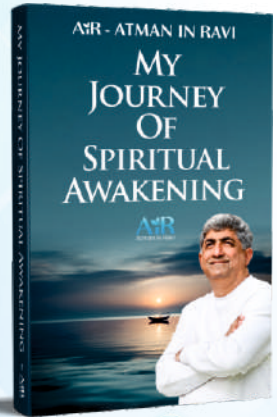
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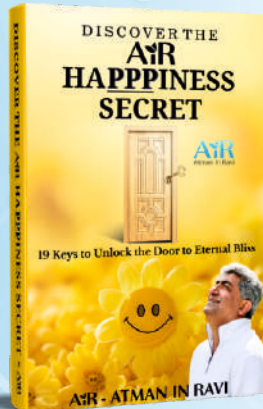
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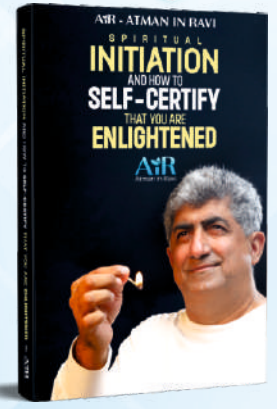
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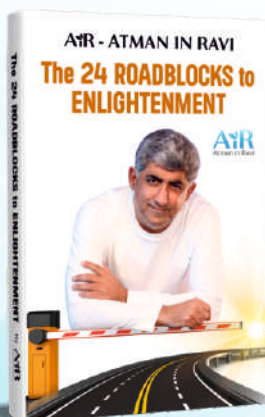
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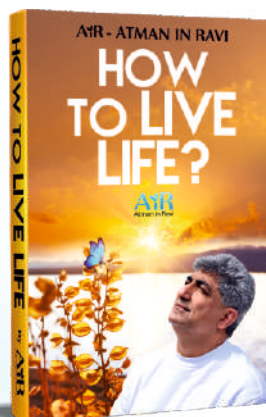
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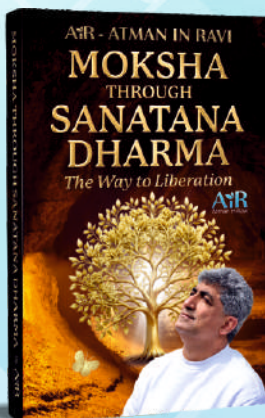
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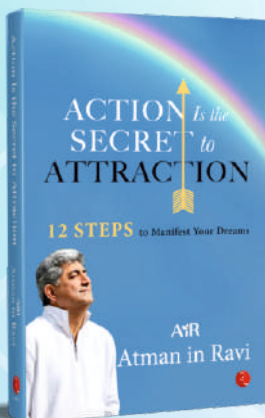
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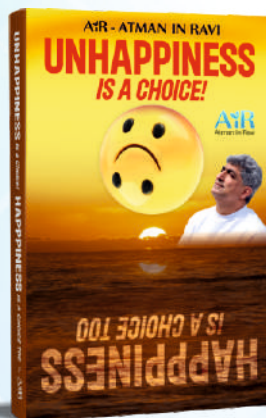
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*If you have any questions on Happiness, Suffering,
Life, Death, Rebirth, Karma, Liberation, Enlightenment
or anything related to Spirituality,*

YOU CAN DIRECTLY

?
Ask • AiR

And be ENLIGHTENED

at 8 pm every day

on  zoom



ZOOM CALL QR CODE

Meeting ID: 85021104431

Invest minutes
ELEVEN.
Get 1440 minutes in
HEAVEN.
Come on Insta every day at
SEVEN!

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Eternal Happiness
Through Enlightenment

 **LIVE** 
7:00 PM
EVERY DAY



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HOW TO LIVE LIFE

Every morning, Life happens! We wake up to a new day. We do not have a choice, but How to Live Life is a choice. We can be glad or we can be sad. We can live with peace or we can let our mind create misery, stress and let our Life become a mess!

Our Life is in our hands. We can make it or break it. If we learn how to live Life, if we discover the meaning and purpose of Life, we can live with peace, love and bliss. This is a choice.

Most of us do not understand why we were born. Before we realize, we are gone! Then we are reborn and this goes on and on. Why did we come to earth? What is the purpose of this human birth? When we discover, 'Who am I?' we start to truly enjoy Life. We live Life moment by moment as the Divine Soul. We overcome fear, worry, stress and anxiety and live with Eternal Happiness. Yes, those who learn to live Life, kill the mind and transcend their ego to leave anger and jealousy behind. Your Life can be a Life of True Bliss if only you discover how to live Life and live in Consciousness. Start a new journey as you learn how to truly live Life. Then, you will celebrate every moment with cheer and without misery and strife!



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