

AiR - ATMAN IN RAVI
MOKSHA
THROUGH
SANATANA
DHARMA
The Way to Liberation

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MOKSHA THROUGH SANATANA DHARMA

The Way to Liberation

By
AiR
Atman in Ravi
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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 'Happpy' 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 85 books, composed and sung about 1470 *Bhajans* and written several blogs, quotes and poems. He conducts Spiritual Retreats and organizes talks to help people evolve on their Spiritual journey. He is a TEDx speaker and is often invited to speak at several organizations, corporates and universities. He conducts daily webinars on Zoom, Facebook and Instagram Live to help people realize the Ultimate Purpose of life – Enlightenment.

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PREFACE



***The Purpose of our Life is to attain Liberation or Moksha.
Attain this through the Eternal Truth, Sanatana Dharma.***

What is the world seeking? Everybody wants to be happy. We enjoy pleasure, but we do not discover the true treasure of Eternal Bliss. Eternal Happiness comes through Enlightenment or Spiritual Awakening. How can we attain the state of Enlightenment and experience Liberation from all misery and sorrow? There is only one way. It is by overcoming ignorance and Realizing the Truth. This is also known as Self-Realization.

Thousands of years ago, sages, saints and the wise men laid down a path that revealed the Eternal Truth of how to be liberated and attain what they called *Moksha*, *Nirvana* or Salvation. This path of the Eternal Truth is called *Sanatana Dharma*. It is not a religion. It is a philosophy of life. It is a way to live with Eternal Peace, Divine Love and Everlasting Bliss. What is the way?

After writing 85 books on Life, Happiness, Purpose and Peace, I realized that there must be one book that simplifies *Sanatana Dharma* and explains that path, that way of life, that Eternal Truth that will liberate us from all misery on earth and

from the cycle of rebirth. There needs to be one book that shows us the direct way to attain Self-Realization, God-Realization and then, Liberation and Unification with the Divine. Unfortunately, religion has confused the spiritual truth of *Sanatana Dharma*. The fact is that the entire essence of *Sanatana Dharma* can be captured in just 12 words, 12 words that can transform your life. So, what are these words and what is the process, that method that has been around for many centuries, that generations before us have read about, but not realized? How can we, the blessed and fortunate ones who have this eternal secret in our hand, apply the principles of *Sanatana Dharma* and attain the ultimate goal of *Moksha* or Liberation?

Death is certain. Every 'body' will die. But not everybody realizes that they are the immortal Soul. *Sanatana Dharma* is the way to discover the Eternal Truth and be free from the triple suffering, the pain of the body, misery of the mind and agony of the ego. I decided to write this book on *Sanatana Dharma*, first, to eliminate all confusion about the interpretation of the essence of *Sanatana Dharma* and then, to explain the key principles that can give us direction and take us to our ultimate destination. Every human being has the right to be Enlightened and to be Liberated from the cycle of rebirth. Unfortunately, we lose this gift of life and soon we are gone, only to be reborn. I am writing this book so that we can escape from this circus, this *Leela*, this *Maya*, and discover our true purpose and become one with the Divine. We are manifestations of God, but we have forgotten who we are, and why we are here. This book on *Sanatana Dharma* will show us the simple way to *Moksha* or *Nirvana*, our ultimate goal of life.



INTRODUCTION



***What is the Eternal Truth that can take us to our Destination?
We must eliminate all confusion and attain Liberation.***

So much has been said about *Sanatana Dharma* that anybody can get confused as to what the Eternal Truth is. The Eternal Truth is the Eternal Truth! But it has been misinterpreted and diluted and has led to so much confusion that we have not been able to reach the desired conclusion. In fact, that is how *Sanatana Dharma* became Hinduism over the centuries.

Thousands of years ago, the ancient Rishis, the wise sages, taught the principles that defined the purpose of our life. They explained that our ultimate goal is *Moksha*. The only way to attain this state of Liberation is to realize that we are the *Atman*, the Divine Soul. Unfortunately, because this is very difficult to realize, *Sanatana Dharma* got diluted into Hinduism, which later on, started advocating belief in so many Gods and Goddesses that the essential truth disappeared into insignificance. In this book, the effort is to pick and choose the principal statements known as the *Mahavakyas* that can directly lead us to the truth and to Liberation. In the 8th century, *Adi Shankara* made an effort through his texts *Vivekachudamani* and *Aparoksh Anubhuti* to help society regain focus. However, the forces of religion overpowered *Sanatana Dharma*, the Eternal

Truth and created *Samsara*, a world of illusions in which we have been lost for centuries.

The key words of *Sanatana Dharma* are *Tat Twam Asi* – That Thou Art. You are not this body that will die. You are not the mind that you cannot find, *Neti Neti*. Unfortunately, the simple truth is so lost in the rituals and dogmas that man is attracted by, that he has forgotten the truth about God. Man believes in the lie that God lives in the sky. The truth is that God lives in the temple of our heart. *Ayam Atma Brahma*, the *Atman* is *Paramatman*. Our Soul is the Supreme Immortal Power. But our greatest sin is that we have forgotten this. This is nothing new. It is the Eternal Truth known as *Sanatana Dharma*. Our goal is *Moksha*, Liberation from rebirth. But how can we attain this?

We think that by doing good Karma, we can attain *Moksha*. We can't. We will return to earth in a new body, only to be rewarded for our good deeds. What then is the way to attain *Moksha*? *Sanatana Dharma* reveals the truth. It shows us the way to Liberation, to God-Realization through Self-Realization. For this, we need the guidance of an Awakened Master, a Guru. Otherwise, *Avidya* or ignorance of the mind will make us blind.

Life is short and the purpose of our existence is to Realize the Truth. This will liberate us from all misery on earth and from the cycle of rebirth. In this book, we will discover the essence of *Sanatana Dharma* and how to attain *Moksha*. We will discover the two possibilities at death, Reincarnation or Realization. We will understand the concepts of *Maya*, the Cosmic Illusion and *Leela*, the Divine drama till we reach *SatChitAnanda*, Eternal Bliss in Truth Consciousness.



Chapter 1



What Is *Sanatana Dharma*?



*Live Life with the Eternal Truth, Sanatana Dharma.
It is the simplest way to God, to Liberation, to Moksha.*

Sanatana Dharma is made up of two words – *Sanatana* and *Dharma*. Both words are critical in our understanding of what this philosophy of life is. The word, '*Sanatana*' means eternal. It has no beginning or source. The word, '*Dharma*' cannot be easily explained in words. While some people translate *Dharma* to mean religion, it is much more than just a religion. It is the path of righteousness, it is a cosmic law, a philosophy that guides us and spells out our righteous duties. Together, the two words, *Sanatana Dharma* denote that eternal and ancient life philosophy which leads us to a state of Eternal Bliss in Truth Consciousness. It is the Eternal Truth that takes us to the bottom of the root to discover who we are and why we are here. It inspires us to achieve our ultimate goal of *Moksha*, Liberation from the cycle of death and rebirth, the very purpose of human existence.

While there are many religions in the world that pray to a God and advocate a scripture to live life, *Sanatana Dharma* is a way of self-enquiry, a way of Self-Realization and God-Realization. It is a scientific study, the very root of Spirituality.

It leads us to the Realization that we are the *Atman*, the Divine Soul, the Spark Of Unique Life. We are not the body that will die. We are not the mind which is just a bundle of toxic thoughts. We are not the ego that makes us believe the lie that I am 'I'. We are manifestations of the Supreme, which the *Sanatana Dharma* refers to as *Brahman*.

Brahman is not a God that has any form. *Brahman* is beginningless and endless, birthless and deathless. *Brahman* is that Power that manifests as every molecule that appears as the 5 elements of nature. The Supreme Immortal Power referred to as *Brahman* in *Sanatana Dharma* is the *Paramatman* that manifests as every *Atman*, every Soul that exists on the planet. When we realize we are not this, the body, mind and ego, we are That, the Divine Soul, we realize God. *Sanatana Dharma* makes us overcome *Avidya*, ignorance. We discover that everything in this world is a Cosmic Illusion, *Maya*. Nothing is real. Everything is a *Leela*, a Divine drama. This Realization helps us reach that state of *Moksha*, also known as *Nirvana*, Salvation or Liberation.

Sanatana Dharma is not another religion. It is a spiritual way of life that makes us realize that everything in this world is God, the Supreme Immortal Power, SIP.

Living with *Sanatana Dharma* is living in *SatChitAnanda*, a state of Eternal Bliss in Truth Consciousness. It is transcending Karma, the law that creates a reaction for every action, as we realize that we are not the body, the actor, nor the Mind and Ego ME, the director. We are the Soul, a manifestation of the Creator. This Dharma, the Eternal Truth is a way of life that gives us peace, the foundation of Happiness, as we discover our true purpose. It is the way to *Moksha*, our ultimate goal.

Death is certain. Every 'body' must die. But most of us carry our unsettled Karma and return to earth in a *Punarjanma* or rebirth. *Sanatana Dharma* shows us the way to Realization, to escape Reincarnation and to attain Liberation and Unification with the Divine. It guides us to live with ethics, values and the Eternal Truth that every Soul is Divine and in essence, God, the Supreme Immortal Power, SIP. It transforms our life to a life of Divine Consciousness as we live in this world of *Bhoga*, of material pleasures as an Awakened *Yogi*, one who remains in Yoga, in union with the Divine. It does not advocate belief in a personal God which creates duality and conflict in our community and the world. It shows us the way to eternal, Divine, universal love which flows from Soul to Soul. *Sanatana Dharma* is a way to experience the Divine that dwells in the temple of our heart. It liberates us from all misery on earth and from the cycle of death and rebirth.

Today, *Sanatana Dharma* has lost its original meaning of the Eternal Truth and has become a part of Hinduism, which is just another religion. It has been diluted with so many mythological stories and epics that instead of leading us to our spiritual conclusion, it has become a source of confusion! However, those who focus on the essential truth of *Sanatana Dharma*, reach that state of Spiritual Awakening or Enlightenment with the key words, *Neti Neti, Tat Twam Asi*. We are none other than a manifestation of God. Our challenge is to take the help of an Enlightened Guru, an Awakened Master, who will lead us through Purification and Illumination to God-Realization and to Liberation, *Moksha*.



Chapter 2



What Is *Moksha*?



***Moksha is not just Liberation from the cycle of Death and Rebirth,
It is also freedom from all suffering on earth.***

Moksha is the very purpose of human existence. What *Sanatana Dharma* calls *Moksha*, the Buddhists call *Nirvana*, the Western world calls Salvation or Liberation. It is, in essence, Self-Realization that leads to God-Realization, Unification with the Divine, the Supreme. While different religions may call it by different words or terms, most of the world agrees that a human being has a definite purpose in life. We are not born so that one day we will be gone. Life is not just to have fun till it is done. Life is not a circus! It has a purpose. But most people are just jumping up and down like a clown. We want to be happy, but so often we frown. This is because we are running after pleasure to be happy, but we don't discover the true treasure of peace, and ultimately, purpose, which is nothing but *Moksha*.

Will you die? Most people will answer, '*Of course! Ultimately, I must die.*' But *Sanatana Dharma* teaches us that we will never die. The body will die, but the body is not 'I'. The body arrives 9 months after we are conceived. Then the body is constantly changing. Every 7 to 10 years, the entire cell structure of the

human body regenerates and becomes a new body. Ultimately, the body grows old and dies. And people say that we passed away. Our family and loved ones are so sure that we have left the body, that the deceased body is no more '*us*' that they destroy the body — they either cremate it or bury it. The mind is only a bundle of toxic thoughts and it makes the ego ignorant and continues to make us believe that we are the body, mind and ego. *Moksha* is the Realization that we are not the body, mind and ego. We are the *Atman*, the Soul, the Spark Of Unique Life. We are the Power that is making the heart, beat, the Power that gives us breath from birth to death. But we don't realize this truth. *Moksha* is Realization and Liberation.

Moksha is a journey that starts from Purification, overcoming of all ignorance till we reach a state of Illumination. When we light the light within, we discover, '*Who am I?*' This is Self-Realization. Then we go beyond to God-Realization and ultimately, in the moment of death, there is Liberation and Unification with the Divine.

Unfortunately, most of us are lost in this world or *Samsara*. We are caught in many a toxic thought of the mind. The false ego is not Awakened and Enlightened. Thus, we continue to suffer the triple suffering, the pain of the body, misery of the mind and agony of the ego. *Moksha* is freedom from this triple suffering. It is the Realization that we are the immortal Soul that lives in a state of *SatChitAnanda*, Eternal Bliss in Truth Consciousness. Therefore, *Moksha* is both Liberation from all misery and sorrow on earth and freedom from rebirth that happens at the moment of death.

Different religions interpret life in different ways. Some monotheistic religions advocate that we will go to a distant

heaven and a God will deliver a reward or punishment based on the actions in our life, on a day of judgement. *Sanatana Dharma*, which is the Eternal Truth, advocates that God is nameless and formless. God is in the temple within. The Soul is the Supreme, *Atman* is *Paramatman*. Thus, *Sanatana Dharma* talks of Karma, the Law of Action and Reaction and how we must transcend it, realizing that we are not the body, the actor, nor are we the Mind and Ego, ME, the director. We are the Divine Soul, a manifestation of the Creator.

As per *Sanatana Dharma*, the ultimate goal is *Moksha*, God-Realization. Most religions accept this. The only difference is that *Sanatana Dharma* inspires us to realize that we are not the body, mind and ego, we are the Divine Soul that is none other than a tiny particle of the Supreme Immortal Power, SIP, that other religions call God. *Moksha* is God-Realization, realizing, 'I am not 'I'. I am a manifestation of the Divine.' Thus, in the moment of death, we are liberated from the cycle of rebirth and united with the Supreme, the Divine, that the world calls 'God'.

Sanatana Dharma is thus, very scientific. In fact, today, science has awarded the Nobel Prize for Physics to three scientists for their work in Quantum Physics and Quantum Mechanics. These branches of science declare that every particle of matter is energy, exactly what Spirituality or *Sanatana Dharma* says. *Sanatana Dharma* calls it *Moksha*, but science has yet to arrive at this conclusion that all energy is SIP, the Supreme Immortal Power.



Chapter

3



Life And Its Purpose



*What is our Life Purpose? Why were we born?
Was it just to have fun, before we are gone?*

Everybody wants to be happy and the whole world is running after success and achievement because we have been taught that Success is Happiness. This has become the purpose of human existence. But is this true? Is achievement the real meaning of life? Is entertainment the purpose of our existence?

While every human being seeks Happiness and has the right to be blissful, are we truly living peaceful lives? We go through the merry-go-round of pleasure and pain, loss and gain, and then we die and we are reborn, and this happens again and again. How many people pause to ask the questions, '*What was the cause of our birth? Why did we come to earth?*' The human being is the most privileged, the most blessed of all creatures. It is only we humans who have an intellect to discriminate, who have the willpower to choose. But alas, we lose this beautiful gift called '*Life*' without discovering the meaning and purpose of our existence.

What is the purpose of life? There is a purpose, and our purpose is to discover the purpose, not to live as though the

world is a circus where 8 billion people are just jumping up and down like clowns. No! We come to earth because of our Karma, our past actions and we continue to perform Karma, good and bad. Ultimately, the body will die and because we don't realize, '*Who am 'I'?*' we will return to earth in a rebirth. The ultimate purpose of life is to discover, '*Who am 'I'?*' We think, '*I am Robert,*' but Robert is just '*my name*'. We think we will die but in reality, only the body will die. Where did this body come from and where will we go after death, has remained a mystery throughout our history! Our purpose is to understand the truth, to open our real eyes and realize who we truly are. Our purpose is to become one with the Divine. This is what *Sanatana Dharma* calls *Moksha*.

Sanatana Dharma, the Eternal Truth defines our ultimate purpose as Liberation, freedom from the cycle of death and rebirth, which is also freedom from all misery on earth. The Eternal Truth inspires us to realize that we are manifestations of the Divine and our ultimate goal is Realization, Liberation and ultimately, Unification with the Supreme. Unfortunately, we are caught in the material world, and we grow up to learn and earn, but then we burn and we return. We don't discover the Eternal Truth which makes us turn after we earn to yearn for the Divine and for Liberation. This is to attain *Moksha*.

Less than 1% of humanity goes on a quest, a search to discover who we are and why we are here. People just want pleasure and cheer, but ignorance makes them live with anxiety and stress and their life becomes a mess! It's time to study the Eternal Truth, *Sanatana Dharma*, and attain *Moksha*, Liberation from all sorrow and attain Unification with the Divine.



Chapter

4



The Reality Of Death



***Every 'body' will die. We are sure to lose our breath.
Why is it that we don't accept the inevitability of death?***

While it is certain that we will die and this body will cease to exist, we don't seem to realize this, as is evident in our actions. *We are trying to escape death, which we can't, but we are not trying to escape from rebirth, which we can!*

Every living creature that is born must die. But because we do not follow the Eternal Truth of *Sanatana Dharma*, when we see somebody die, we cry! We look up at the sky and ask God, 'Why?' The answer lies in discovering, 'Who am 'I'? Am I the body that will die? If I was the body, then, why would my loved ones, my family destroy it? Why would they cremate the body or bury it? It is only because they are certain that I am not the body, that I have left the body, that they destroy the body.' Life is such that everybody who is born, will ultimately be gone. The reality of life is that death will happen. But the reality is that we are not the body that dies, we are the immortal Soul. Because we don't realize this, we carry our unfinished Karma and return to earth in a rebirth.

Those who discover the Eternal Truth of *Sanatana Dharma* do not live with the fear of death. For them, death is a doorway to

God. In fact, many who go through the process of Realization, make death a celebration because it is only through death that one can attain Liberation, *Moksha*, the ultimate goal and purpose of life.

Most of the people in this world do not like to talk about death. They prefer to enjoy life. But it is like closing your eyes in a jungle when a tiger appears. Death is going to happen. We have to confront it, accept its reality and choose a path that will lead us to our destination. By ignoring the reality of death and escaping from the Eternal Truth, we cannot escape rebirth. We must be Enlightened, but we must put this in our head that we cannot be Enlightened after we are dead. We have to attain that state of Spiritual Awakening while we are alive and thus, understanding death is a primary need of our education. Not only must we realize that death is certain, it is inevitable, but we must also realize that 'I' will never die. This is the Eternal Truth of *Sanatana Dharma*.

While we see people die and death shakes us up for a moment, soon after the burial of our near and dear ones, we get lost in this material world again and forget that one day, may be very soon, we will depart from this world too. Where will we go? What will happen to the one who passes away? Out of ignorance, we just say, '*Rest in peace.*' We murmur, '*Let us pray for the departed Soul,*' but we do not study *Sanatana Dharma* to attain the goal of *Moksha*, Liberation, Salvation. We need to attain Self-Realization, understand Karma, the cycle of life, death and rebirth. Only then can we blissfully and meaningfully live on earth. This is the very purpose of human birth.



Chapter 5



The Universal Law Of Karma



*Those who don't understand Karma, experience trauma.
But with Sanatana Dharma,
we can transcend Karma and attain Moksha.*

Sanatana Dharma leads us through the journey of Karma. First, it makes us understand and accept the Divine Law of Action and Reaction. The world is governed by certain Universal Laws. Just like we have the Law of Gravity and the Law of Cycles that makes the earth rotate and control its revolution, the Law of Karma controls everything that happens on earth. It is based on the principle, 'As you sow, so shall you reap.' The law is a Law of Cause and Effect. There can be no effect unless there is a cause. So, what you give is what you will get. What you do will come back to you. Karma works like a boomerang and *Sanatana Dharma* teaches us that we must be very cautious in doing our Karma.

Just like the seeds we plant decide the fruits on a tree, the deeds we plant decide our destiny. Karma is a self-governing law. Nobody on earth can escape from Karma. Even if we do something secretly, the Karmic account is within us, good or bad, and Karma doesn't let it escape. Therefore, whatever is unfolding in life is unfolding as per Karma. We have to gracefully accept it. These are our own actions that are

returning as circumstances. Therefore, those who commit evil deeds have to pay for their sins. There is no way to escape. Likewise, the good we do gets credited to our Karmic account and so does life unfold. Why did we come to earth? What is the cause of our human birth? It is Karma. That is why some people are born in sad circumstances while others celebrate and are glad in the birth they take on earth. Our life is controlled by Karma and as long as we have a Karmic account, be it good deeds or bad deeds, we will have to return to earth in a rebirth. Therefore, we must be very careful about the Karma we do. Our deeds decide our destiny. There are 3 accounts of Karma that we learn about in *Sanatana Dharma*, the Eternal Truth of life.

Is our life predestined? If everything is controlled by Karma, then aren't we like mere puppets because our past deeds are in control of our life? No. Our past deeds only control one aspect of life. The human being is the only creature who is gifted with a free will. We are blessed to discriminate and choose. Therefore, we create new Karma with our current deeds, just like our old Karma are seeds that are already planted and will bear fruit. While we cannot change our past deeds, our old Karma, we can change our present Karma and thus, change our destiny. The Karma we bring to earth at our birth is called *Prarabdha Karma*, the opening account. The Karma we do after we come to earth is called *Agami Karma*, the current account. Together, the opening account of *Prarabdha Karma* and the current account, the *Agami Karma*, merge like two tributaries of a river to become one. This is our twin Karma that determines the destiny of our life. We cannot identify what is *Prarabdha*

and what is *Agami*, but our opening account of Karma and our current account of Karma merge to become the unified twin Karma which becomes the cause of everything that is unfolding in our life.

Sometimes, we wonder why bad things happen to good people. The Eternal Truth of *Sanatana Dharma* teaches us that bad things cannot happen to good people. Such is the law! Everything that is happening is happening as per Karma. Karma makes no mistake! It is only because we do not remember the Karma of our past life, or even the Karma we did decades ago, that we cannot reconcile what is happening in our life with our current deeds or Karma. But the law is carefully monitoring our Karmic debt. We cannot escape it!

What happens to Karma after we die? The gross body dies. As per the Eternal Truth, the Mind and Ego, ME, the subtle body carries unsettled Karma and accordingly, returns to earth in a rebirth. This cycle goes on and on, and so, we are reborn based on our Karma. Even if we do good Karma, we will be rewarded in a happy and successful rebirth. Unfortunately, everybody who is born, suffers the triple suffering, the pain of the body, misery of the mind and agony of the ego. Therefore, *Sanatana Dharma* teaches us that our ultimate goal is *Moksha*, freedom from the cycle of *Samsara*, freedom from death and rebirth. But how can one attain this Liberation called *Moksha*?

There is a third account of Karma called *Sanchita Karma*, a warehouse or a corpus of the closing balance, the unsettled Karma of each life. This cumulative, unsettled balance of Karma, life after life is called *Sanchita Karma* from which a part

of our Karma is converted into the opening balance or *Prarabdha Karma*. The gross body dies and returns to dust. Who carries the Karma life after life and owns this *Sanchita Karma*, the cumulative corpus or warehouse? It is the Mind and Ego, ME. Thus, the ME carrying some of the *Sanchita Karma* as *Prarabdha Karma* is conceived in a womb to give a human being, the unique opportunity of attaining *Moksha* or Liberation. We are warned that very bad Karma can even make us be reborn as an animal to suffer Karma before we finish that cycle and are reborn. But this part of the Karmic law is not fully under our comprehension. What we realize is that we must be free from Karma and free from rebirth. This is *Moksha*.

How can one attain *Moksha*? As long as we live as the body, the actor, and we perform Karma with the Mind and Ego, ME, the director, we will return to earth in a rebirth. *Moksha* is the Realization of the Truth, that we are not the body, mind or ego. Therefore, the Karma that we carry from birth to birth drops, dissolves and disappears with the Realization of the Truth. Unfortunately, a very small minority of people follow *Sanatana Dharma* in its true sense and attain *Moksha*, Liberation from rebirth and are united with the Supreme, which is our ultimate goal and purpose of life. Most people do not understand this Eternal Truth and are reborn and this is what makes the world go on and on. Therefore, we must stop to understand Karma, then do good Karma, and ultimately, transcend Karma to attain *Moksha*. If we are not free from all Karma, past and present, we will be caught in the cycle of *Samsara*, of death and rebirth and return to suffer on earth.



Chapter 6



The Two Possibilities At Death



*Is there any doubt that we will lose our breath?
But what is the Truth, what happens after Death?*

Death is certain. Every 'body' must die. It is inevitable that the one who is born, will one day be gone. But what is within our control is whether we want to be reborn or not.

Sanatana Dharma systematically analyzes the fact of life and death. It explains why we came to earth and what is the purpose of this human birth. It demystifies the Law of Karma and lays down our *Dharma*, inspiring us to attain our ultimate goal of *Moksha*. We are not meant to just live and die. We must find out 'Who am I?' and discover why we came to this planet. Otherwise, based on our Karma, our actions, there will be *Punarjanma*, rebirth, and we will be caught in *Samsara*, the continuous cycle of death and rebirth.

The saints and sages of *Sanatana Dharma* have warned us not to get caught in the cycle of *Artha*, material wealth and *Kama*, worldly pleasures and lust. *Sanatana Dharma*, as per the sages, lays down the simple objective of human life. Our purpose is to evolve through life. Thus, we must first absorb the right values, ethics and understanding of life. Then, with the help of

a Guru, an Enlightened, Awakened Master, we must transcend the material world and achieve that Eternal Truth of being who we are, and be united with the Divine, attaining *Moksha*. Unfortunately, as centuries passed by, *Sanatana Dharma* got diluted into a religion, with so many Gods and Goddesses that we started to believe that after we die, we will go to heaven to meet a God in the sky. This is a lie! At death, there are only two possibilities.

When the body dies, it returns to dust. As per our *Dharma*, we cremate the body, and the ashes are immersed in a holy river so that the body returns to its source. But why do our loved ones, our family burn us? They cremate us because they are absolutely sure that we are dead. We are no more! We have departed, left the body, passed away! Only when they are absolutely sure will they torch the body. They would dare not do it if we were still alive. But because they are absolutely sure that the one who was alive has departed, they perform the cremation rituals.

What actually happens at death? Who died? Who passed away? Where did the deceased go? *Sanatana Dharma* explains it very clearly. In the *Kathopanishad*, there is an interesting story related to *Yama*, the Lord of death and *Nachiketa*, a small boy, which is a beautiful depiction of the two possibilities of death. It seems that *Sanatana Dharma* used interesting analogies and mythological fantasies to explain the truth. But unfortunately, instead of Realizing the Truth, we catch the fairy tale and latch on to the myth, forgetting the truth. In this story, *Nachiketa*, upset with his father who had told him that he would give *Nachiketa* to *Yama*, reached the abode of *Yama*, the Lord of

Death. However, *Yama* was not there and *Nachiketa* had to wait for 3 days without food and water. When *Yama* eventually returned, moved by the boy's grit and condition, *Yama* gave the young *Nachiketa* 3 boons. Among the other things that *Nachiketa* asked for, as the third boon, he asked *Yama* to reveal the secret of death. What was the secret revealed unto him? The secret is discussed below. But those who get caught in the mythology of the tale, fail to Realize the Truth behind *Sanatana Dharma* that seeks to guide us to attain our ultimate goal of *Moksha*.

At death, either there is Reincarnation or there is Realization and Liberation or *Moksha*. The body must die. But if we do not realize that we are the Divine Soul, then, the mind and ego will carry unsettled Karma and return to earth in a rebirth. Most of us end up in this state of being reborn because very few among us go in quest of God and Liberation or *Moksha*. A small minority is able to transcend Karma and escape from *Punarjanma* or Reincarnation. This only happens when there is the Realization that we are not the body that dies. We are not the mind that we cannot find. We are not the ego that says 'I'. We are the Divine Soul. Until this knowledge crystallizes into Realization, our *Avidya*, our ignorance will continue to imprison us, and we will create Karma as the illusory mind and ego and return in a Reincarnation. Only the blessed ones who seek *Moksha* and take the help of an Enlightened Guru are Spiritually Awakened to realize that the mind and ego, in reality, do not exist. They come about due to our ignorance and they create Karma through the body. Then, we enjoy pleasure and suffer pain based on our Karma. But ultimately, the body dies and we are born again. This repeats again and again and is

the very secret of how this world is governed. If there was no Karma and no *Dharma*, and no *Moksha*, then this world would come to an end in the moment of death. But this *Samsara*, the cycle of birth, death, Karma and rebirth ensures the continuity of life on earth.

It is only *Sanatana Dharma* that clearly explains life and death. It simplifies the understanding of the two possibilities at death. Death is certain. It will happen. But what happens after death? If we live as the body that dies and as the mind and ego, that directs the body to act, then we create Karma, good or bad and we have no option but to return to earth in a rebirth. However, if we Realize the Truth , if we are Enlightened that we are not the Mind and Ego, ME that seems to be the director of the body, the actor and if we Awaken to the Truth that we are the Divine Soul, a Spark Of Unique Life, part of the Creator, in that moment of Realization, there is Liberation from all Karma. We live as a *Jivanmukta*, free from Karma, till we attain that state of *Moksha*, Unification with the Divine when the body dies. At death, we realize that there is no mind and ego and therefore, there is no unsettled Karma. We are free from the cycle of rebirth and we, the Divine Soul, become one with the Supreme Immortal Power. Thus, we are free from returning to earth in a rebirth. This is *Moksha*.

Sanatana Dharma urges us to attain *Moksha*, Liberation. It teaches us not to be caught in the web of this material world, in this *Samsara* because anybody who is born must suffer and die. It teaches us to realize, '*Who am I?*' Thus, it shows us the way to God-Realization, *Moksha* through Self-Realization. This is the essence of *Sanatana Dharma*.



Chapter 7



Self-Realization



I am not 'I'. But I am. Who am I?

We need Self-Realization to realize, 'I will never die!'

Sanatana Dharma is the journey of life that helps us to evolve from Self-Realization to God-Realization. This is *Moksha*, Liberation from the ignorance, 'I am 'I', ' and Realization of the Eternal Truth, 'I am not 'I'.' *Sanatana Dharma* makes us contemplate, *Koham*, 'Who am I?' till we get the answer, 'Soham, I am that.' It makes us contemplate the two key words, 'Neti Neti - Not this, Not this,' till we realize, 'Tat Twam Asi - Thou Art That.' The entire essence of *Sanatana Dharma* is in these 5 words, *Neti Neti, Tat Twam Asi*, but to decode the mystery of these 5 words sometimes takes 5 decades and for some, it doesn't even happen in 5 lifetimes. What is this Self-Realization that is so important, which is the very essence of *Sanatana Dharma*?

Till I was 46-years-old, I always thought, 'I know who I am.' When my Guru used to talk on this subject, I used to chuckle and think, 'What is the big deal! I know I am Ravi, male, Indian, Hindu, son of my father and mother. I know I am 46, a rich businessman. I know whose brother, whose husband and whose father I am. What more do I need to know? My ID card reveals my permanent address.' Little did I realize that all this was not my

real identity. It was only when I went on a quest, a *Talaash*, a search that I realized, '*I am not 'I'.*' On the 31st of August 2014, I Awakened to the Truth, '*I am not Ravi. I am the Atman in Ravi.*' What was this Self-Realization all about?

When my Guru told me to go on a quest to discover the purpose of life, I carried with me several questions —

1. What is the purpose of my life?
2. What is the truth of my birth? Why and how did I come to earth?
3. What is the mystery about death? What will happen after I die?
4. What is the Soul? Does it actually exist?
5. Is rebirth a reality or a myth?
6. Does the Law of Karma actually work?
7. Who is God? Where is God? What is God?
8. Where are heaven and hell? Do they exist?
9. What is Enlightenment and Liberation?

I started this quest with an open mind to find the reality, the truth about these existential questions, till I got that spark, that '*Aha!*' moment when I was on a flight from Paris to Bangalore, on 31.8.2014.

Sanatana Dharma makes us contemplate *Tattva Bodha*, the elements from which we are made. We are all made up of the 5

elements - earth, water, air, fire and space. We appear as bone and skin and all the critical organs that are within. But all this remains intact till the moment of death. What suddenly happens that we lose our breath? Something leaves us, some energy, some power. The Eternal Truth of *Sanatana Dharma* makes us contemplate *Atma Bodha* — What is the Soul? It is the Power that gives the body, mind and ego, life to live.

The human computer is made up of the body, the hardware, the mind and ego, the software, and the Soul, the power supply. Without all these, the human computer cannot exist and function. We need to go through the process of converting knowledge into Realization. We can pick knowledge in any college, but just like water needs crystallization to become ice, our knowledge needs Realization to make us truly wise! This is Self-Realization.

Sanatana Dharma is the Eternal Truth that takes us on a journey, inward, onward, forward, upward and Godward. It makes us realize that this body arrived later, 9 months after conception. We were conceived when 2 cells became one. Then that energy in the first cell, the zygote, multiplied to become 25 billion cells. Finally, we arrived on a day which we, out of ignorance, call our 'birth' date. So, we actually cut a cake on a day which is fake! Thinking we are that body, we grow and live as 'me', the body and the Mind and Ego, ME, till one day, this body ultimately dies. If we were the body, would our dear ones cremate it? We know for sure that we leave the body and depart at the moment of death. But we don't realize that we are not this body, mind and ego. We are that Power that leaves and takes our breath. Because we don't realize that neither are we the body, the actor, nor the Mind and Ego, ME, the director, we

create Karma, good and bad deeds that remain unsettled in the moment of death. When the body dies, the mind and ego return to earth in a rebirth, carrying this Karma.

Self-Realization is realizing that there is no mind and ego. *Sanatana Dharma* makes us contemplate to realize that there is no mind! If you try to find, you cannot find the mind! If the body is nothing but the 5 elements of nature, which are nothing but energy as endorsed by science today, then who are we in reality? We exist, don't we? But if we are not the body and we are not the mind, then, who is the ego that says, 'I'? 'I am, but I am not 'I'. Who am I?' This is Self-Realization, the Realization that I am that Spark Of Unique Life. I am the Soul. I am the Atman. It is the spark that caused my conception 9 months before my so-called birthday. Because I had unsettled Karma due to my ignorance, I came to earth to settle my Karma and to Realize the Truth, 'Who am I?' If we do not Realize the Truth, we have to return to this world. But if we Realize the Truth, 'We are not this, we are that, the Soul,' then we are liberated from the cycle of rebirth. This is Self-Realization.

Sanatana Dharma leads us to Liberation or *Moksha* through the process of Self-Realization and God-Realization. Without this, the Realization of the true self, the Soul, the *Atman*, the Divine Spirit, we cannot realize God. We cannot attain *Moksha* or Liberation. We need to go through the process of Purification and Illumination with the help of a Guru, an Enlightened Master. Only then can we attain Self-Realization faster. Otherwise, our Life will be a disaster, as we will be caught in the cycle of *Samsara* and we will be reborn and this will go on and on. We need *Sanatana Dharma*, the Eternal Truth for Self-Realization.



Chapter 8



God-Realization



*To realize God within, we must first realize 'Who am I?'
We must overcome the lie that God lives in the sky!*

The whole world prays to a God. We may belong to different religions, but we go to a temple or a church in search of solutions to our problems and miracles to make our dreams come true. We look up at the sky and to a distant God, we cry and hope our prayers will be heard by our Lord. Some of us love our God so much that we dedicate our life to devotion, to doing service in the name of God at our church or our temple or monastery. But is this the way to realize God?

Sanatana Dharma calls God-Realization, *Moksha*. The Buddhists call it *Nirvana*. The western world calls it Salvation. Whatever be the term, the end result, the ultimate purpose and goal of most religions is to attain God. Methods can be different but we are urged to live our life to ultimately become one with God. The monotheistic religions believe that we must please God by following his directions and commandments and then, on that ultimate day of judgement, when we come face to face with God, we will be transported to a paradise called heaven. *Sanatana Dharma* and the eastern theologies believe that the ultimate goal is *Moksha*, Liberation from the cycle of rebirth. According to the eastern religions, heaven is

not far away in the sky. Heaven and hell are both here on earth and we experience these when we take rebirth. But ultimately, our goal is to become one with God as per *Sanatana Dharma*. What is the way to this state of Liberation and Unification known as *Moksha*?

The only way to realize God is through Self-Realization. Unless we realize that we are not the body, mind and ego, we are the Divine Soul, the Spark Of Unique Life that is immortal, we will never reach that conclusion that God lives in the temple of our heart. Though the scriptures tell us that the kingdom of God is within, unless we realize, '*I am not 'I'. I am the Soul and the Soul is SIP, the Supreme Immortal Power,*' we will never realize God. Therefore, the first step is realizing the true self. This Self-Realization concludes that I am not 'I'. But it does not make us realize, '*I am a tiny speck of SIP, the Supreme Immortal Power that the world calls God.*' This state of God-Realization comes much after we graduate in Self-Realization. God-Realization is that state where we realize the truth about God. When we go in quest of God and we ask questions, we are accused of blasphemy in questioning our scripture and religion. But when our deep love and longing for God makes us seek God so passionately, then we attain that state of God-Realization. Just devotion and praying and singing the praises of the Lord cannot make us realize God. This *Bhakti* or devotion must create *Shakti* or power for it to lead us to *Mukti* or freedom from *Samsara*, the cycle of death and rebirth.

Unless one is a *Mumukshu*, one who has a deep love and longing for Liberation and Unification with the Divine, one cannot realize God. It is said, as per the Eternal Truth, that *Mumukshutva* is that deep love and longing which is beyond

the triple yearning known to mankind — it is more than a miser's yearning for gold, a lover's yearning for his beloved and a child's yearning for its mother that it has lost. It is only when a *Mumukshu* has a yearning for God beyond this combined triple yearning that he can realize God.

Everybody cannot realize God. Unless we let go of our passion for the material world and our obsession with it and turn our desire and attention to God and Spirituality, we will never realize God. We will sink in pleasure as we live and die and we will never realize, '*Who am I?*'

In pursuit of attaining God, we pass through Self-Realization and then, attain God-Realization. We realize that God cannot be born. God cannot die. God is nameless and formless. God is beginningless and endless. God is a Power. We realize that God is omnipotent, all powerful; omniscient, knows everything; omnipresent, present everywhere. We realize that God is a Power that is Supreme and Immortal.

Sanatana Dharma teaches us that this Supreme Power fills the universe. It manifests as the Soul in every living creature. It also manifests in every molecule of matter that appears as the 5 elements of nature. Today, science endorses this through Quantum Physics. But *Sanatana Dharma* revealed this thousands of years ago. Only the few genuine seekers of God realize God. When they realize, '*I am not 'I', I am the Soul*' they realize, '*I am SIP, the Supreme Immortal Power that is God.*' When they realize, '*I am nothing other than Divine energy*' they become God. This is God-Realization.



Chapter

9



Purushartha



***What is the Purpose of Life as per Sanatana Dharma?
It starts with Dharma, but each human being's goal is Moksha.***

Sanatana Dharma lays down the path of life. It has 4 stages – *Dharma, Artha, Kama, Moksha*. Every human being has to achieve the ultimate purpose of *Moksha*. That is why we have come to earth. There is a purpose for human birth. The word, *Purushartha*, in *Sanatana Dharma* means every *Purusha* or human being must have *Artha*, meaning or purpose.

What are the *Purusharthas*? The Eternal Truth, *Sanatana Dharma* begins with moral values, duties, rights, laws, our social conduct, virtues and righteousness, that should be our philosophy, the right way to live life. This is called *Dharma*. Some people confuse *Dharma* with religion. But religion is far from *Dharma*. *Dharma* is a much more profound goal and because we do not understand and live our *Dharma* in the right way, we do not attain the ultimate goal of *Moksha* or Liberation.

Sanatana Dharma does explain that we all need money or wealth so that we can make a living and fulfil our needs. Unfortunately, those who get caught in *Artha*, are enamoured

by the material world and are lost in a race to become an ace! To them, life is all about economic activity and prosperity. Because they get caught in the passion for achievement, they do not reach the ultimate peak of Enlightenment.

What does *Artha* or material wealth lead to? It leads to *Kama*. *Kama* is, in essence, sensual pleasure. It is the pursuit, the passion, the desire for Happiness that is ephemeral and worldly. Often, *Kama* is misunderstood as lust for the body but it can be lust for money and gold as well. Man is lost in ignorance and makes his goal *Kama*, when in reality, as per *Sanatana Dharma* and the *Purushartha* laid down, the ultimate goal is *Moksha*.

After we are born, we all learn and develop knowledge and skill. After we learn, we earn. Unfortunately, because we do not learn the right values from the Eternal Truth, our body dies and then we burn, only to return in a rebirth as per our *Karma*. Our goal is *Moksha*. For this, we have to transcend *Karma*. After we learn and earn, we must turn and as per the Eternal Truth, yearn for the Divine and for Liberation, *Moksha*. Only those who pursue *Moksha* or Liberation attain the true purpose of life, *Purushartha* as explained in *Sanatana Dharma*.

Today, there is much talk of *Sanatana Dharma*, but the very essence, the *Purushartha*, the purpose of our existence is not understood. The purpose of *Artha* and *Kama*, as per our *Dharma* is *Moksha*. Alas! Very few people are blessed to realize the true meaning, the true purpose of human existence. Only they are blessed to attain *Moksha*.



Chapter 10



The Four *Ashramas*



*Sanatana Dharma teaches us that Life has four stages,
Man must evolve to his goal as he ages!*

As per *Sanatana Dharma*, the ancient truth, every human being must go through the 4 *Ashramas* or stages of life. These are *Brahmacharya* or walking with God during learning and education; *Grihastha*, marriage and family life; *Vanaprastha*, transition from worldly to spiritual life and going into the forest; and ultimately, the fourth stage which is *Sannyasa*, renunciation for seeking Liberation. These *Ashramas* are a part of *Sanatana Dharma's* philosophy of life without which one cannot attain the ultimate goal of Liberation or *Moksha*.

Every human being lives and ultimately dies. No 'body' can escape death. But we must get this into our head that we must be Enlightened before we are dead. We must attain *Moksha*, Liberation before we lose our last breath. This Liberation comes from Self-Realization and God-Realization. And therefore, in *Sanatana Dharma*, importance is given to the first quarter of life. In this period of about 20-25 years, known as *Brahmacharya*, students must walk with God. *Brahma Charya* is walking with God — this is what the words mean. The world has misinterpreted the word *Brahmacharya* to mean a celibate. While it was normal in the years that have gone by for a

youngster to be a celibate for the first 2 decades of life, modern life has changed. Neither is our *Charya*, our walk, with *Brahma*, God, nor are we celibate.

We have lost sight of *Sanatana Dharma* as modernization and globalization have taken over our life. *Gurukuls* have been replaced by modern schools and colleges, where the purpose of education is not based on the Eternal Truth of *Sanatana Dharma*. We are taught skills to learn, earn and die. We don't discover that the goal is *Moksha* because we have not learned the right *Dharma*. We move from the first stage of *Brahmacharya* to the second *Ashrama* or stage of life, *Grihastha*. While in earlier days, marriage was solemn and had a different meaning, today, the concept of *Grihastha* itself is under question. Many people question the need for marriage and family life, just as marriages so easily end in divorce. These are the unfortunate developments as we have drifted away from *Sanatana Dharma* and thus, lost sight of *Moksha*, our ultimate goal. Today's concept of *Grihastha* is very different. We get married and earn but do not evolve into transitioning and going into the third stage, *Vanaprastha*, wherein one goes into the forest to seek Liberation or *Moksha*. After the first quarter of learning and second quarter of earning and living a family life, the third quarter is about handing over household duties and responsibilities to the next generation and moving on to seek the purpose of life.

This leads us to the fourth stage or *Ashrama* of *Sanatana Dharma* called *Sannyasa*, where we renounce everything, and seek only Liberation or *Moksha*. Every human being must go through these 4 *Ashramas* without which one can never be liberated from the world and united with the Divine.



Chapter

11



Maya



***This world is Maya. It is nothing but a Cosmic Illusion.
Sanatana Dharma reveals that it is a Divine manifestation.***

The world thinks that this world is real. We think that a dream is only a dream but what happens in this world is the reality. We spend our life doing a '*reality check*' as we suffer the pain of the body, misery of the mind and agony of the ego. We do not achieve freedom from all suffering and sorrow on earth nor do we achieve the ultimate goal of *Moksha*, Liberation, freedom from rebirth. When we discover *Maya*, the Cosmic Illusion, then our *Dharma* is transformed and *Moksha* is achieved.

What is *Maya*? *Maya* means illusion. It is a Divine Power that conceals the truth and projects the myth. *Maya* has these two powers. It makes the world appear to be real, when in reality, every molecule of matter is nothing but energy, Divine energy. A gold ring appears to be a ring, but in reality, it is not a ring. It is only gold. If we remove the gold from the gold ring, then where is the ring? There is no ring. This appearance of the gold ring is *Maya*. The wave appears to be a wave but in reality, it is the ocean. The wave is an appearance. It is *Maya*.

Sanatana Dharma makes us meditate and contemplate to reach the state of Realization and ultimately, Liberation. We appear to be human beings but in reality, every cell of our body is nothing but the 5 elements of nature which are made up of energy. The life inside us that is throbbing is also Divine energy. Because of *Maya*, the Cosmic Illusion, we see the ring, but we do not see the gold within. We see our body, but do not realize God within. When we remove the gold from the ring, there is no ring. When God, the Soul leaves, there is no life and the body disintegrates to dust. We know this truth but only *Sanatana Dharma* can help us realize it.

This entire universe is nothing but God. God is SIP, the Supreme Immortal Power. SIP appears as the Soul, the Spark Of Unique Life and God appears as the energy in every molecule of matter. Unfortunately, we don't realize it. It is all because of *Maya*.

Moksha is the journey that begins with meditation. It leads to Purification and Illumination. Then there is Self-Realization that we are the Divine Soul. Ultimately, there is God-Realization, the Realization that everything in this world is a manifestation of the Divine. The world that appears is God, the Supreme Immortal Power, SIP, appearing both as the inanimate, the mountain and the sea, and the animate, the butterfly, bee, you and me. Ultimately, the world is an illusion. It appears. The reality – everything is SIP. Because of ignorance, we do not contemplate. We do not ask the question, 'Who am I?' We do not realize, 'I am not 'I'. I am the Soul. The Soul is SIP. I am SIP. Everything is SIP.' This Realization is the first step to attain *Moksha*, our ultimate goal. Without it, there is reincarnation. We return to earth in a rebirth.



Chapter 12



Leela



Because we don't realize that the world is a Leela, there is trauma. Sanatana Dharma reveals that this Leela is a drama, our Karma.

Why did we come to earth? Why did we take this human birth? We live and we die but because we do not study *Sanatana Dharma*, the Eternal Truth, we experience trauma. The Eternal Truth teaches us that this world is a show. The earth is a humongous stage and we human beings are actors. We come and we go. The purpose of this show is for us to grow, to realize, 'Neti Neti, Tat Twam Asi. We are not this, we are that.' Once we realize the Eternal Truth, we accept everything happening on the earth stage joyously. We enjoy the *Leela*, the drama, because it is all our own Karma returning to us. We do not experience trauma. Rather, we try to do good Karma in this *Leela*, this drama so that we can overcome all sorrow, all trauma.

Sanatana Dharma not only helps us be free from all misery on earth, but it also helps us to be liberated from the cycle of rebirth. The goal of *Sanatana Dharma*, *Moksha* is achieved when we discover *Maya*, the Cosmic Illusion. We also realize *Leela*, the Divine drama when we study the Eternal Truth. Those who don't understand *Sanatana Dharma*, live, suffer, cry and die. They believe the lie that God lives in the sky. They pray

without understanding to whom they pray and what they say. Thus, they bray in ignorance. But those who are taught the *Purushartha*, the purpose of human life, aspire for *Moksha*. Those who learn about the *Ashramas*, let go of the material world to seek the Divine. Unfortunately, we continue to live in ignorance because we are taught the myth. We do not realize that life is Karma, that everything that is unfolding in this drama is due to our own Karma, our own actions. So, we do not accept. We protest the unfolding of life, our circumstances and sorrow, thinking it to be real. Thus, we suffer. When we realize that life is no more than a dream, then we stop screaming. We learn to enjoy the show, be it pleasure or pain, loss or gain. We live with peace, love and bliss, again and again. This is a result of *Sanatana Dharma*'s teachings. The Eternal Truth leads us to the ultimate goal of *Moksha*, as we enjoy every moment of life, living as a Divine instrument, doing our best, in total acceptance and surrender.

Life is a drama. When we realize the truth about the *Leela* of the Divine, we enjoy life just like we would enjoy a movie or a show. We know that the actors don't really die. They are wearing a costume. So, we live in this costume of our body, realizing we are the Divine Soul and enjoy this beautiful world as the Divine manifestation of the Supreme. We see God in all. We love the Divine in every manifestation, and we serve God in others. Realizing the Truth about life and enjoying the drama, aspiring for our ultimate goal of *Moksha*, Liberation from this earth and Unification with the Divine. *Sanatana Dharma* leads us to be free, first from trauma and then ultimately, from this drama as we realize that we do not have any Karma.



Chapter 13



Jivanmukta



***Sanatana Dharma prescribes a way where we can be free,
The truth reveals we are not the body, the Mind and Ego, ME.***

To attain the ultimate goal of *Moksha* or Liberation, we need to go through the process of Realization. Then we attain a state known as *Mukti* or freedom and we become a *Jivanmukta*. Who is a *Jivanmukta*? One who is liberated when alive is a *Jivanmukta*. Then in the moment of death, such a liberated being attains *Moksha*, the ultimate goal. But how can we become a *Jivanmukta*?

Sanatana Dharma reveals the path. It is a quest for the truth, 'Who am I?' It is the Realization of the true self. 'Am I the body? No! The body will die. Am I the mind? Where is the mind, we cannot find! But I am. Who am I? I am that life that is throbbing within. I am the Spark Of Unique Life, the Soul.' By realizing this, we achieve the goal of being a *Jivanmukta*. Such a person who has achieved *Mukti* or freedom, lives his life free from the triple suffering of the body, mind and ego. Not only is he free from the triple suffering on earth, but a *Jivanmukta* is also free from the cycle of death and rebirth.

The *Jivanmukta* realizes, 'I am not 'I'. I am not the body that will die. I am not the Mind and Ego, ME'. He realizes, 'I am the

Immortal Soul.' He becomes free from all misery. This is the path laid down by *Sanatana Dharma*. If one does not attain the state of *Jivanmukta*, one cannot achieve the state of *Moksha*, the ultimate goal of life.

Many people confuse *Mukti* and *Moksha*. *Moksha* can only be attained in the ultimate moment when the body dies. The state of Enlightenment or Spiritual Awakening is a state of *Mukti*, freedom that arrives out of overcoming ignorance and Realizing the Truth. However, the mind is like a phoenix. Although, we attain Realization, and we still the mind and we kill the mind, it can rise again from the ashes like a phoenix. Therefore, one cannot take for granted that being in a state of *Jivanmukta*, one will attain *Moksha*. One must continue to live in Yoga or union with the Divine. Otherwise, one may slip into *Bhoga*, desires and pleasures for the material world and not attain *Moksha*.

Therefore, a *Jivanmukta* has to live a life of discipline, not letting the Mind and Ego, ME destroy that state of being free. Otherwise, the entire effort of learning about the truth of *Sanatana Dharma* and following the path will be wasted. The path of *Sanatana Dharma* is simple, but it needs discipline and discrimination. Even after reaching the state of *Jivanmukta*, freedom from the body, mind and ego when alive, the mind may fool the ego into ignorance and we may return to being the mortal self, in which case, we will create Karma as the 'I' and we can return to earth in a rebirth. It is only when a *Jivanmukta* becomes free from all Karma, transcending the Mind and Ego, ME that he attains *Moksha*.



Chapter

14



SatChitAnanda



***Sat is Truth, Chit, Consciousness, Ananda, Eternal Bliss.
Living in SatChitAnanda brings Eternal Happiness.***

The journey to *Moksha* is not a tiring and difficult one. It is a journey of peace, love and bliss. How can one attain this? One can reach this state of Eternal Happiness, *SatChitAnanda*, when one realizes the truth or *Sat*. This is step one. Step two is being in Consciousness or *Chit*. When we attain *SatChit*, Truth Consciousness, we reach that state of *SatChitAnanda*, Eternal Bliss. How can one attain this?

Sanatana Dharma not only helps us attain *Moksha*, the ultimate goal and Liberation from rebirth but it also teaches us how to be free from all misery on earth. For this, we have to learn the process of being in *SatChit* or *Sat-chit*, Truth Consciousness. The first part is overcoming all ignorance and Realizing the Truth. The truth is made up of several Realizations — I am not the body. I am not the mind. The ego realizes I am not 'I'. I am the Soul. The Soul is SIP, the Supreme Immortal Power. I am immortal. God does not live in the sky. These and many other truths Awaken one who follows *Sanatana Dharma* to attain all the wisdom of life. But attaining this wisdom is not enough. We must be in Consciousness of the truth. If the mind bombards us with toxic thoughts and overpowers the truth with the

myth, we cannot attain *Ananda* or bliss. True *Ananda* needs both *Sat* and *Chit*. *Sat* or truth is not enough. When we still the mind, we kill the mind and we reach that state of Consciousness or *Chit*. Then, we activate the intellect, that precious tool of discrimination that takes charge of our thoughts. It discriminates each thought to retain the status of a *Jivanmukta*, free from the Mind and Ego, ME. The intellect becomes like a dam that stops the gushing river of thoughts to overflow and drown us in ignorance. It locks the mind and blocks the mind. When a toxic thought appears, the intellect will stop it, crop it, chop it and drop it. Thus, the intellect ensures we are no more in the mind state. We remain in the state of Consciousness or *Chit*.

This combination of *SatChit* or Truth Consciousness, leads us to a state of Eternal Bliss called *Ananda*. *Ananda* or bliss may come and go. But *SatChitAnanda* will forever flow. Because *SatChitAnanda* is rooted in *SatChit*, in Truth Consciousness, if we lose either of the two, *Sat* or *Chit*, we can lose that state of Eternal Bliss, *SatChitAnanda*.

Sanatana Dharma, therefore, is the way to Eternal Bliss. It is a way that liberates us from all unhappiness. One who follows *Sanatana Dharma* as a *Jivanmukta*, living in a state of *SatChitAnanda*, will overcome the triple suffering of the body, mind and ego, living in Eternal Bliss in Soul Consciousness. If only one continues to live in Truth Consciousness, one will live with the Realization, '*I am not 'I'. I will never die.*' In that moment of death of the body, there being no mind and ego, the Soul will unite with the Supreme Soul, SIP. This is *Moksha*, Liberation from *Samsara*, the cycle of rebirth.



Chapter

15



The 8 Stages Of Spiritual Awakening



Sanatana Dharma leads us to Moksha, Liberation.

But first, there must be Purification, Illumination, Realization.

The journey to *Moksha* is like climbing Mount Everest. One has to prepare and work hard. It often needs a lot of practice and discipline. While the scriptures may talk about many complicated methods, the simplest way to reach that state is through the 8 stages of Spiritual Awakening.

The first stage, *Mumukshutva*, is to have deep love and longing for Liberation and the Divine. It is not just *Bhakti* or devotion. It is a passion for Liberation from the world and becoming one, attaining Unification with the Supreme. A *Mumukshu* will then become a *Jigyasu*, one whose curiosity makes him go on a quest, seeking answers to those questions that make life a mystery. What happens after death? Why did I come to earth? Who is God? With the help of a Guru, the *Jigyasu* becomes a *Gyani*. These 3 stages are very important preliminary stages which give us all the knowledge. But knowledge is not Realization. One has to go to the fourth stage of Spiritual Awakening. After being a *Mumukshu*, *Jigyasu* and *Gyani*, one becomes a *Yogi*.

A *Yogi* is one who lives in Yoga. The word Yoga comes from the *Sanskrit* word *Yuj* which means union with the Divine. The

Yogi may move from one stage of Yoga to another but he still does not attain *Moksha*. He reaches that stage known as *Buddh*, where he gets the '*Aha!*' moment, the Spark Of Realization. Many people think that this is *Moksha*. But it is not. A *Buddh* is Spiritually Awakened but is not yet liberated from the senses of the body and the Mind and Ego, ME. Unless the *Buddh* goes to the next stage of *Sthitpragya*, he cannot attain *Moksha*, Liberation.

It is not easy to become a *Buddh*, the fifth stage in the Enlightenment cycle. The *Mumukshu*, who is also a *Jigyasu*, and a *Gyani*, must live as a *Yogi*. But not everybody who lives like a *Yogi* become a *Buddh*. One needs the guidance of the Guru, and the grace of God and most importantly, one must transcend the ego and still the mind, kill the mind!

The sixth stage is known as *Sthitpragya*. One who lives with a steady intellect in Consciousness reaches the penultimate stage of *Jivanmukta*. In this stage one attains *Mukti*, freedom from the body, mind and ego and realizes, '*I am not 'I'. I am the Soul. I am SIP, a manifestation of the Supreme Immortal Power we call God.*' A *Buddh*, who lives as a *Sthitpragya* and who becomes a *Jivanmukta*, reaches the ultimate stage of *SatChitAnanda Atman*, one who lives as a Divine Soul, in Eternal Bliss living in Truth Consciousness. Unless one reaches this stage of *SatChitAnanda Atman* after becoming a *Jivanmukta*, one cannot attain *Moksha*. When one is alive, one can reach only the stage of *Jivanmukta*. Such an Enlightened being will attain *Moksha*, Liberation in that moment when the body dies. Being free from Karma, such a *Yogi*, a *Buddh*, is liberated from *Samsara* and attains *Moksha*, becomes one with the Divine. One must pass these 8 stages to reach *Moksha*.



Chapter 16



The AiR Happpiness Secret



*The AiR Happpiness Secret is a way to Eternal Bliss.
It is a Spiritual path that leads to Truth Consciousness.*

One may wonder why the AiR Happpiness Secret is appearing in a book of *Sanatana Dharma*, *Moksha* and Liberation. One may also think that the spelling of 'Happpiness' is wrong. Let us clarify.

Sanatana Dharma leads us to *Moksha*, Liberation, not only Liberation from *Samsara*, rebirth, but also freedom from the triple suffering of the body, mind and ego when we are on earth. This needs Enlightenment or Spiritual Awakening. Enlightenment is not only a spiritual achievement. It goes beyond fulfillment and contentment to the third and ultimate peak of Happpiness, Enlightenment. Happpiness is not only about how we can be happy but also how we can avoid unhappiness. Therefore, Happpiness and *Sanatana Dharma* have a strong connection because when there is Realization, one learns to live in Eternal Peace, Divine Love and Everlasting Bliss. *Sanatana Dharma* leads us to this Eternal Happpiness.

Since the journey of *Sanatana Dharma* that takes us to Liberation, passes through Realization or Enlightenment, let us discover the AiR Happpiness Secret that is a *Prasadam*, a gift

for those seeking *Moksha* through *Sanatana Dharma*. The AiR Happiness Secret is a formula of 19 letters that helps us evolve through the 3 Ps of Happiness, Pleasure, Peace and Purpose. It shows us the way to overcome all misery and sorrow and to live a life full of joy, love and peace. What is the AiR Happiness 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 – NEP to PEP, 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

The AiR Happiness Secret, is an acronym of 19 letters that we learn to live with as we evolve through the journey of *Sanatana Dharma* to attain *Moksha*. These 19 letters and the 19 secrets listed above are the way to guaranteed Eternal Happiness.

Whether one reaches the ultimate goal of *Moksha* or not, one is sure to attain that state of Everlasting Bliss if one lives with the 'AiR Happiness Secret'.

On the journey to *Moksha*, one is 'Always' in Consciousness. One lives with 'Intelligence', overcoming ignorance. One learns to 'Rejoice' life, realizing, '*I am the Soul. I am SIP.*' This makes one 'Have' Enthusiasm. One also 'Accepts' without Protest as he realizes that everything is unfolding as per Karma. He enjoys the 'Pleasures' of this world but he does not become enslaved by them because he no longer craves them. One discovers 'Peace', as he stills the mind. He evolves from achievement to fulfillment and reaches Enlightenment, where he discovers the third P of Happiness, 'Purpose'. Having come this far, he learns to live 'In' the Now, as he flips over from 'Negative' Energy Poison, NEP to Positive Energy Power, PEP, from Negative to Positive. The AiR Happiness Secret teaches the 'Ecstasy' of Divine Love, which is rare to find but is revealed through *Sanatana Dharma* as one realizes that every Soul is a manifestation of God. One sees God in all and loves God in all. A seeker of *Moksha* learns to 'Surrender', knowing that ultimately, the Divine Will unfolds, not only as per present Karma but also past Karma. Thus, he learns to do his best, and Surrender the rest. This leads him to that state of '*SatChitAnanda*', Eternal Bliss that comes from living in Truth Consciousness. The SECRET teaches one to 'Smile', all the while, to 'Eliminate' the Mind and its miseries, to 'Choose' to be Happy and 'Respond', instead of reacting, as one 'Enlightens' his Ego. Ultimately, one 'Transcends' *Bhoga*, lives in Yoga and continues to live with peace, love and bliss, till he attains *Moksha*.



Chapter 17



Misery And The Mind And Ego



***Sanatana Dharma is not only about Moksha, Liberation.
It is freedom from misery and sorrow that comes with this Realization.***

The journey of *Sanatana Dharma* is a journey of peace, love and bliss. It is a journey of Eternal Happiness. Not only does one attain the triple joy that comes from pleasure, peace and purpose but one also becomes free from the circus of misery and sorrow. How does this happen?

The mind continues to make us a clown as we jump up and down. The ego continues to make us believe the lie that I am 'I'. When we embrace *Sanatana Dharma*, we transcend the ego, and we eliminate the mind. The journey of the Eternal Truth makes us realize, '*Neti Neti, Tat Twam Asi. You are not the Mind and Ego, ME. You are the Divine energy.*'

Throughout life, the mind that we cannot find appears to exist by creating a bundle of toxic thoughts. It can shoot at us up to 50 toxic thoughts every minute. This can be a whopping 50,000 thoughts a day. It is enough agitation to take anybody into depression. The toxic thoughts of the mind create fear, worry, stress, anxiety, regret, shame and guilt. *Sanatana Dharma* makes us attain, what is called *Aparoksh Anubhuti*. We get that Realization that there is no mind. It is a myth. If we still the

toxic thoughts, we can kill the mind that appears to be. Then we can overcome all misery.

Sanatana Dharma also makes us Enlighten the ego that continues to live as the 'I'. With the help of a Guru, we realize, '*I am not 'I'.*' The moment the ego is Enlightened, we are free from the 7 monsters that create agony — anger, hate, revenge, jealousy, pride, greed and selfishness. These destroy our peace and bliss. But one who follows *Sanatana Dharma*, is able to overcome this.

Sanatana Dharma is the way to live with Eternal Happiness, living in Truth Consciousness. I am not the body that will die. I am not the Mind and Ego, ME. Those who progress in *Sanatana Dharma*, when they look into a mirror realize that '*The me I see, is not me! I am the Divine Soul.*' This Realization liberates us from most of the misery and sorrow that we experience. This journey of the Eternal Truth makes us still the monkey mind. The monkey is continuously jumping from thought to thought. Then we are caught in desires and passions. *Sanatana Dharma* teaches us that we are the *Atman*, the Divine Soul. We learn to live in Soul Consciousness. The mind is replaced by the intellect. Thoughts appear but they submit themselves to be discriminated by the intellect. Then from an agitated monkey, we become a monk! We eliminate all the junk created by the Mind and Ego, ME, which in reality does not exist. This is the greatest Realization in the journey of *Sanatana Dharma*.

Sanatana Dharma not only liberates us from the cycle of death and rebirth but it also liberates us from all misery and sorrow, all agony and anguish on earth!



Chapter 18



The Importance Of A Guru



***One cannot attain Moksha without a Guru, a Master,
Sanatana Dharma warns us to beware of this disaster!***

The Eternal Truth of *Sanatana Dharma* tells us very clearly that with knowledge from a college or from any other source, one cannot attain the ultimate goal of *Moksha*. Liberation can only be attained by Realization which is the process that needs initiation by a Guru. Unless one is initiated on the path of *Sanatana Dharma*, one will not have the right spiritual GPS to reach destination *Moksha*.

The Guru is an Enlightened Master. He takes us from *Gu* to *Ru*, from darkness to light. But we cannot reach that state where we are spiritually bright, unless there is trust and obedience. The Eternal Truth warns us – '*Do not disobey the Guru's guidance.*' The Guru has already attained Enlightenment. He is Spiritually Awakened. He will hold our hand and make us cross the shore of *Samsara*, to become one with God. Beware! Holding the hand of a wrong Master can be a disaster.

One must first, choose the right Guru, one who has no ulterior motive, who is not commercially motivated. A true Guru is Spiritually Awakened and can be seen as a beacon of light. It is not about how popular a Master is that makes him a Guru. A

true Guru will never claim to be one. It is only the disciples and seekers who benefit from the guidance of a Guru, who accept an Awakened Soul to be their Guru. It is only such a Divine Master who can help us reach our destination faster.

The Guru not only initiates us on the spiritual path but also guides us throughout. He helps us through the process of Purification, helping us transcend the Mind and Ego, ME. Then the Guru leads us to that state of Illumination, where we realize we are the *Atman*, the Divine Soul. Thereafter, with the grace of God, and the guidance of the Guru, we get that state of Realization, '*I am not 'I'. I am the Soul. I am SIP.*' Even this is not the end. We must trust the Guru until we reach that state of *Jivanmukta*. Then the Guru may leave our hand when he feels we are ready to walk that path alone till we are liberated and united with the Divine. However, the relationship with the Guru never ends. Even death cannot take the Guru apart from his disciples. The Guru is a manifestation of God and will always live in the temple of the disciple's Soul.

Guru Nanak, the founder of *Sikhism*, rightly says that without *Guru-prasad*, the gift from the Guru, one cannot attain *Moksha*. In the *Mool Mantra*, the essential teachings given by Guru Nanak, he follows the *Sanatana Dharma* to the T and says that only with the guidance and grace of the Guru, who is a manifestation of God, can one realize the truth of God. God cannot be found through pilgrimages but from Liberation, which needs the guidance of Guru who is the voice of God. Without the Guru, one cannot realize God. Therefore, we must not underestimate the importance of a Guru.



Chapter 19



Overcoming *Avidya*



*What is the way to attain Moksha in Sanatana Dharma?
It is overcoming deep-rooted ignorance, Avidya.*

Somehow, it seems that we are deeply rooted in ignorance. Where does this ignorance come from? Were we born ignorant? A young child is innocent. Where then does this *Avidya*, the deep-rooted ignorance come from? A human being is a *Jivatman*, having a gross physical body that walks and talks, a subtle body of the mind, intellect, memory and ego and the Spark Of Unique Life, the Soul that empowers life. When we are conceived, there is no body. The zygote is one cell of life that carries the ignorant mind and ego and its Karma. The moment we are born, we are already destined to experience ignorance due to our unsettled Karma that we carry into this life. But we don't carry ignorance with us when we arrive. We only carry Karma.

The first cell, the zygote develops into 25 billion cells. Still, we are innocent. But Karma does not spare us. When we arrive on earth, Karma makes several circumstances unfold in our life. Our parents, our teachers, are instruments that will either help us become intelligent or ignorant. Each of us has the potential to use our special gift of the intellect and to choose our current actions, our *Agami* Karma, and not to sink in ignorance and get

lost in this material world. However, if we are not in Consciousness, our mind will make us slip into ignorance and our *Avidya* will imprison us in the prison of pleasures, possessions and people and we will be unable to attain *Moksha*.

Sanatana Dharma teaches us the way to overcome *Avidya*. The way to be free from ignorance is to become aware of the illusory mind and ego. We must flip to that state of Consciousness, of Awareness, where we still the mind, kill it and activate the intellect to take charge. *Avidya* can create several layers of ignorance and once we are enveloped in a blanket of dark and deep ignorance, then, we, in fact, deactivate our intellect and make the mind our boss. *There was once a man who was riding a horse. Somebody asked him, 'Where are you going?' He answered, 'Ask the horse!'* When we begin to live such a life, where our mind is the boss, it causes *Avidya*, and we are at a great loss!

Therefore, the earlier we become aware of *Avidya*, our ignorance and the sooner we wipe out the myth we grow up with, the faster we can Realize the Truth and go towards destination *Moksha*. *Sanatana Dharma* is the Eternal Truth. But unfortunately, though we are aware of the truth, we ignore it. The truth is, '*I am not 'I'.*' But we don't contemplate. The truth is, '*I will never die.*' But we ignorantly look up at the sky and ask, '*Why?*' We believe the lie that God lives in the sky. It is *Avidya* that stops us from realizing that God is within, beneath every bone and skin. Unfortunately, *Avidya* is so deep-rooted that our parents teach us these lies. Our parents learned it from their parents who in turn learned it from their parents. Such lies are passed down from generation to generation. Unless we overcome *Avidya*, ignorance, we cannot attain *Moksha*.



Chapter 20



The Four Doors To Liberation



*We must pass through Four Doors to Reach our Destination,
Desire for Realization, Discipline, Dispassion and Discrimination.*

The journey of *Sanatana Dharma* prescribes four doors that one must pass through before attaining *Moksha*, Liberation. Anybody and everybody cannot attain *Moksha*. Only those who carry some good Karma and are born in a human form are entitled to Enlightenment. If we have a very heavy Karmic debt, chances are that we will not have those circumstances that will permit us to be liberated and be united with the Divine. However, there is hope. If we meet the right Guru or we pray and love the Divine so much that we are empowered through current actions, present *Agami Karma*, we can still attain *Moksha*.

What are the four doors that one must pass through to attain *Moksha*? *Sanatana Dharma* calls these *Viveka*, *Vairagya*, *Shatsampat* and *Mumukshutva*. *Viveka* is discrimination. *Vairagya* is dispassion or renunciation. *Shatsampat* are the 6 virtues or disciplines and *Mumukshutva* is the deep love and longing for Liberation and for the Lord. Unless we pass through these four doors of discrimination, dispassion, discipline and desiring Liberation, we cannot attain *Moksha*.

Let us understand each of these four doors that *Sanatana Dharma* insists we should pass through enroute *Moksha*. In *Adi Shankara's* book, *Vivekachudamani*, he urges us to realize that our *Viveka* or intellect is our *Chudamani*, most precious treasure. If we do not use the treasure of the intellect to discriminate thoughts and instead, we become prisoners of pleasure, people and possessions and let the mind make us blind, *Moksha* will be left behind. Therefore, the first door one must pass through is *Viveka*, to be in command through our intellect and its power of discrimination.

Once we have discrimination, the next door we must pass is *Vairagya*. This is dispassion, detachment or renunciation. People often misunderstand it as giving up the world. In reality, it is about being detached from pleasures, possessions and people. *Vairagya* does not mean to give up the world. It means we must give up the passion and obsession for the material world. We may continue to fulfil our needs but live with detached attachment. We must renounce all those things that make us sink in *Bhoga*, the material world of sense pleasures and for this, we must use *Viveka* and live with *Shatsampat*.

What is *Shatsampat*? It is a combination of 6 virtues that are essential as per *Sanatana Dharma* for *Moksha*. They are *Sama*, *Dama*, *Uparati*, *Titiksha*, *Shraddha* and *Samadhana*. *Sama* is the control of the mind. Unless we discipline the mind, we will be caught in toxic thought. *Dama* is control of the senses of the body. We must tame our five senses, the ears, the eyes, the nose, the tongue and the skin so that they are under the control of our Consciousness. Otherwise, they will become like five wild horses that go astray. The next virtue is *Uparati*,

withdrawal from the cravings of the material world that attack us. Just like a tortoise withdraws into its shell, we need *Uparati* to withdraw from cravings. The fourth virtue is *Titiksha*, the virtue of forbearance or endurance, that makes us respond rather than react. With *Titiksha*, we return every evil act with goodness and kindness. The next virtue is *Shraddha* or complete faith which embodies trust, belief, hope, acceptance and surrender. The final virtue is *Samadhana*, which means to live focused with equipoise, ultimately becoming a *Sthitpragya*. Therefore, *Shatsampat* are the 6 virtues that become the third door that we must pass through to reach destination, Liberation.

The fourth door we must pass through to *Moksha* is *Mumukshutva*. Unless we develop deep love and longing for Liberation and for the Lord, we cannot attain *Moksha*. Scholars believe that this is the most important door and our love has to be beyond the triple yearning – the yearning a miser has for gold, the yearning a lover has for the beloved and the yearning a little child has for its mother that it has just lost. When our yearning is more than this combined triple yearning above, then we become a *Mumukshu*, a seeker of Liberation and the Lord, and we pass through the doors along with *Viveka*, *Vairagya* and *Shatsampat* to arrive as a *Jivanmukta* to attain *Moksha*.

Sanatana Dharma shows us the way to *Moksha*. A Guru guides us, but ultimately, it is for us to walk the talk. After all, *Moksha*, Liberation is not for everybody!



Chapter

21



Aparoksh Anubhuti



***Aparoksh Anubhuti is the direct experience of Self-Realization.
Realizing that we are the Soul, leads us to Liberation.***

Adi Shankara wrote *Aparoksh Anubhuti* to explain the true essence of Realization. It is an *Anubhuti*, which means Realization which is beyond an experience. It is beyond logic. It is a direct Realization which makes the invisible visible. Till now, one could not visualize it. It was hidden somewhere. But suddenly, the truth appears and the 'Aha!' is experienced. It is basically a Spiritual Awakening which cannot just be attained through knowledge in a college. It is that spark of Self-Realization which ultimately takes us to God-Realization.

Adi Shankara lived in the 8th century and he wrote several texts which, till date, are the essential thesis for seekers of Liberation, *Moksha*. His book *Vivekachudamani* leads one to discover the true treasure of the intellect. Man believes that the mind is king. But in reality, it is nothing! When we use the precious gift of the intellect, the *Viveka* that is the *Chudamani*, a treasure, we reach that state of Consciousness in which there is a direct Realization of the Truth, *Aparoksh Anubhuti*.

Adi Shankara also spoke of *Bhaja Govindam* in which he provokes man, 'Oh Fool. What are you seeking? What is the use of

all your education! Seek Realization of the Truth! Seek the Lord and you will be liberated from all misery on earth and the cycle of death and rebirth.' But how can one attain that direct experience, that *Anubhuti*?

Sanatana Dharma is the way. It is the Realization that we, the *Jivatman*, that appears as the body, mind and ego, are in reality, the *Atman*, the Soul, that is none other than the *Paramatman*, the Supreme Immortal Power, SIP. The Eternal Truth of the *Dharma* helps us eradicate *Avidya*, ignorance and overcome *Maya*, the Cosmic Illusion to realize that we are all manifestations of that one Divine, the Supreme.

It is unfortunate that today, the most ancient and precious texts of *Sanatana Dharma* have been diluted, misinterpreted, wrongly translated and merged with mythology to create a religion that hides the essential truth of *Sanatana Dharma*. Unless there is Purification in understanding the Eternal Truth, we will not reach that state of Illumination to attain Liberation that is *Moksha*. For this, the paramount importance of the Guru, the Enlightened Master is emphasized by *Adi Shankara*. Without a realized Master, our life will be a disaster. We will live till we are gone and then, we will be reborn, and this will go on and on. *Aparoksh Anubhuti* inspires us to transcend Karma, both *Prarabdha*, past Karma and *Agami*, present Karma as we discover we are the Divine Soul that has no Karma. Through the teaching of non-duality, *Advaita*, *Adi Shankara*, in his texts like *Atma Bodha* and *Tattva Bodha*, leads us to that direct experience of *Aparoksh Anubhuti*, which reveals that this entire universe is none other than the Lord, the Supreme Immortal Power, SIP.



Jagat, Jiva, Ishwara



***Ishwara, the Lord, is the Soul that dwells in you and me.
So also, this Jagat, this world is the same Divine energy.***

Sanatana Dharma leads us to the Realization that everything in this world is the manifestation of the one Supreme, the Supreme Immortal Power we call SIP. Everything that appears, the sun that glows, the wind that blows, the water that flows, all that we can see, the rivers, the mountains and the seas, are made up of the 5 elements of nature which are, in essence, nothing but that one Divine universal energy.

Therefore, this whole world that appears as earth, water, fire, air and space, is ultimately made up of molecules and atoms, that are made up of the energy of SIP, the Supreme Immortal Power. The same energy of SIP appears as the Soul, the Spark Of Unique Life that gives us breath from birth to death. The Soul in you and me, in a butterfly, a bee or a tree is, in reality, Divine energy. Therefore, the Lord, *Ishwara*, the *Jagat*, the world, and the *Jiva*, the living being are, in essence, SIP, the Supreme Immortal Power.

A new student of *Sanatana Dharma* can get baffled when he is told that the table and chair are God. He will instantly blurt out, '*How can this be possible?*' He has been programmed to

believe that God is a celestial being who lives high above the clouds in the skies. To comprehend that God is in every animate and inanimate creation of this world becomes impossible. *Sanatana Dharma* makes it possible through a systematic explanation. It makes us realize, '*Neti Neti, we are not the body and mind. Tat Twam Asi, we are that Power, that energy, the Soul.*' The Guru helps us contemplate death and birth and join the dots with Karma, to help us reach that *Anubhuti* that the *Jiva*, the human being is the *Atman*, the Soul that is none other than the *Paramatman*, the Lord.

While it is logically possible to realize the Soul as SIP, the Spark within as the Supreme, it is a greater challenge to see the Lord in every grain of sand, in every natural phenomenon, as some of the inanimate may look so mundane and even ugly to some of us. Even some living beings, some insects and some barbaric humans create *Maya*, an illusion that questions how the Divine can appear in those who are so ugly and cruel. This is *Maya*, the Cosmic Illusion that projects the myth and conceals the truth. But through the Eternal Truth, *Sanatana Dharma*, one gets the Realization that it is *Ishwara*, the Supreme Immortal Power that is manifesting as *Jagat*, the world. Even science endorses this fact today and we will discuss this next, in detail.

It is *Ishwara* that manifests as the Soul, which is the very life that is throbbing inside you and me, that makes us walk, talk and see. Alas! We do not learn the Eternal Truth of *Sanatana Dharma*. We sink in ignorance, *Avidya* because of *Bhoga*, the attraction and distraction of the material world which through *Sanatana Dharma* we must overcome in order to realize the Lord.



Chapter 23



Science And *Sanatana Dharma*



***Sanatana Dharma is not a fairy tale. It takes us to the root!
Now science too endorses this Eternal Truth.***

For centuries, science has been at loggerheads with religion. There has been no synergy between the two. But when it comes to *Sanatana Dharma*, science and this Eternal Truth both believe that the whole world is nothing but energy.

What is new in the scientific world that matches the ancient and Eternal Truth of *Sanatana Dharma*? *Sanatana Dharma* always said that this world is unreal. It is *Maya*, a Cosmic Illusion. It is *Mithya*, a manifestation of the Divine. As per *Sanatana Dharma*, it is God or *Ishwara* that appears as the *Jagat*, the world and all *Jiva*, all living creatures. Today, science endorses that this whole universe is made up of energy that scientists call dark matter or dark energy. As per science, all elements of nature, earth, water, air, fire and space are, in essence, energy. This is exactly what *Sanatana Dharma* has been saying for ages, that we are nothing but the *Atman*, the Soul and the *Atman* is *Paramatman*. But *Sanatana Dharma* and science have been saying the same thing in different ways. As per science, the whole world is filled with energy and as per *Sanatana Dharma*, it is a Power, the Supreme Immortal Power, SIP that appears in everything that exists, animate or inanimate.

The Law of Thermodynamics in science tells us that energy cannot be created or destroyed. It can only be transformed from one form to another. *Sanatana Dharma* tells us that it is this very energy, which is scientific energy, that is manifesting as the Soul, the Spark Of Unique Life, that gives us breath from birth to death. Based on this principle that energy is eternal, scientists conducted a few experiments under the branches of Quantum Physics and Quantum Mechanics.

Scientists were studying the smallest particle of matter, smaller than a molecule or atom. They broke it down to electrons, neutrons, protons, till they reached the smallest particle known to science – Quark. In one experiment, when they were studying the nature of Quark, scientists were flabbergasted when the particle of matter suddenly disappeared. They concluded that the particle of matter was transmuted or converted into energy. As they were recording their findings, the particle reappeared. They called this the Wave-Particle Duality. According to science, a particle of matter can become a wave of energy and vice versa. This led scientists to the discovery that everything that seems to be a mass or matter is nothing but huge amounts of compressed waves of energy that when put together, appears as matter. These scientific discoveries in science were questioned and were unacceptable, but recently, in 2022, 3 physicists, Alain Aspect, John F. Clauser and Anton Zeilinger were given the Nobel Prize for their work in Quantum Physics endorsing that this truth of science was in sync with the Eternal Truth of *Sanatana Dharma*.



Chapter 24



Sanatana Dharma And Hinduism



***Sanatana Dharma is not a Religion. It is Spirituality.
Hinduism is kindergarten. Sanatana Dharma is the university.***

We all go to kindergarten as kids, before we go to school and college. We acquire so much knowledge but ultimately to graduate, we need to go to a university. The Eternal Truth of *Sanatana Dharma* is based on the science of the Spirit, Spirituality. It is not a religion. People confuse Hinduism with *Sanatana Dharma* and vice versa. But the truth is that *Sanatana Dharma* does not advocate praying to a God with name and form. It has no rituals, no dogmas. It is the Eternal Truth, a philosophy of life from which the term Hinduism originated.

Hinduism is said to have emerged in the 19th century. Before it became Hinduism, people followed the teachings of the *Vedas* and the *Upanishads*, which unfortunately, also got diluted over the centuries. Somehow, people have confused *Sanatana Dharma* with Hinduism. The religion Hinduism is a diluted version of the Eternal Truth, *Sanatana Dharma*. In fact, it seems that *Brahman* of *Sanatana Dharma* became *Brahma*, the Creator.

Hinduism is full of mythology. In Hinduism, there are supposed to be millions of Gods. But in reality, there is only one God. In *Sanatana Dharma*, that God is nameless and

formless. But in Hinduism, there are many Gods and Goddesses that followers of the religion pray to. The list is endless, *Brahma, Vishnu, Shiva, Rama, Krishna, Ganesha, Lakshmi, Parvathi, Hanuman*. In fact, several families have their own family God, just as many villages have an exclusive '*village God or deity*'.

Why did this confusion occur? *Sanatana Dharma* is not easily comprehensible. Not everybody can understand God without a form. Therefore, in the earlier days, it started with Gods of nature, the Sun God, the Wind God, the God of Fire and the God of Rain. It was not only Hinduism that believed in *Indra, Surya, Varuna* or *Agni*. Even the other civilizations had Gods that were prayed to when there was a storm or when they went to war. Religions are based on mythology but *Sanatana Dharma* is pure Spirituality. Terms like *Atman* or Soul have been misunderstood in Hinduism leading to the belief that the *Atman* takes rebirth and carries Karma. But in reality, the *Atman* is *Paramatman*. The human Soul is none other than the Supreme Soul.

When studying *Sanatana Dharma*, one must be cautious in segregating the teachings of Hinduism with the Eternal Truth. If Hinduism is understood from a perspective of *Sanatana Dharma*, then one can go back to its origins. Though there are so many Gods, they are all manifestations of that one Supreme, which in reality, is the Power that is everywhere. Unfortunately, because everybody cannot understand and appreciate God as being the Soul within, Hinduism created Gods through which its followers could pray. However, ultimately, we should graduate into the university of *Sanatana Dharma*. We should not be carried away by the misconception that Hinduism is *Sanatana Dharma*.



Chapter 25



The World Is One Family



*Sanatana Dharma teaches us that we are all one.
The world is one family. This will put away the gun!*

Why is there war in the world today? It is because we have not followed the truth of *Sanatana Dharma*. *Sanatana Dharma* tells us that we are not the bodies. Rather, we are the ones that wear the body. The Eternal Truth gifted India with a term, *Vasudhaiva Kutumbakam* which makes India advocate the principle that all countries of the world must live in peace and harmony. The world is one family. This phrase adorns the Parliament House of the Indian government just as it is the *Mantra* for international diplomacy. Where does all this come from?

While the western world greets people with a handshake, the Indian greeting is 'Namaste'. The word 'Namaste' originates from *Sanatana Dharma*. It means that the Soul in me bows down to the Soul in you as we are all manifestations of the one Supreme Soul. That is why Indian culture believes that the guest is God, 'Atithi Devo Bhava.' All these offshoots of *Sanatana Dharma* are triggers to make us realize the oneness amongst all, just as it is the only way to brotherhood and world peace.

It is unfortunate that the world is divided by different religions. Each religion is fighting for its supremacy. Each portrays its God and scripture to be supreme. It is only *Sanatana Dharma* that with all humility, goes beyond religion to advocate the Eternal Truth that is shared in the Vedas and the Upanishads. Unfortunately, over the centuries, the truth itself has become diluted. People think that Hinduism is *Sanatana Dharma*. But it is not. *Sanatana Dharma* is the Eternal Truth through which we learn that we are all manifestations of the one Divine.

All religions are good. They teach us to pray and believe in God. But when we become fanatics and we are ready to kill people in the name of God, it only reveals that we have not Realized the Truth of the eternal principles. Our common sense will tell us that there is only one God and fighting and killing each other in the name of religion is a shame! If only we study the principles of *Sanatana Dharma*, not as a religion but as universal Spirituality, we can overcome ignorance and Realize the Truth. We will understand the meaning of *Vasudhaiva Kutumbakam*, that the world is one family. We will see God in all, love God in all and not fight with others. This compassion, kindness and love will not only be between humans, but it will overflow to all the living creatures in the world, insects, animals and birds too.

God is not God. God is SIP, the Supreme Immortal Power. But we do not study *Sanatana Dharma* to realize this Eternal Truth. We are so lost in religion that not only do we hate those who follow other religions but we are also ready to massacre them, butcher them, not realizing that our terrorism is hurting the very God we pray to. Let us realize we are all one, we are all manifestations of the one Divine.



Chapter

26



God Is SIP, The Supreme Immortal Power



God is not God. The Truth is God is SIP.

SIP, the Supreme Immortal Power is the Power in every lip.

Sanatana Dharma takes us to that ultimate state of God-Realization through Self-Realization. It prompts us to ponder the question, 'Who am I?' Once we realize, 'I am not the body, mind and ego, I am the Divine Soul,' we realize that we are a Spark Of Unique Life. We are energy. We are a part of the Supreme energy that is omnipresent.

Sanatana Dharma then makes us seek God and we realize that it is a lie to believe that God lives in the sky. God has no name or form. God is beyond definition and human comprehension. God is birthless and deathless, beginningless and endless. Therefore, God is a Power. It is this Power of God that appears as every Soul in every living creature. To realize this is to realize God. It is to realize the ultimate truth that God is SIP. God is not God. God is the Supreme Immortal Power.

The moment we try to question who created God and we think it must be a super God who created God, the next question that comes up is, who created that super God? If it is a super, super God, then who created that super, super God? This chain of questions is endless and meaningless. God is the causeless

cause. God is SIP, the very source of everything. Unfortunately, we do not understand this because it is beyond human comprehension.

If I tell you to close your eyes and see me through your ears, 'Impossible!' you will say because the ears are only meant to hear, not to see. So also, we human beings have been given limited comprehension. We can realize that God is SIP, the Supreme Immortal Power but we cannot go beyond that to define God. God is Supreme and vast. God is that immortal and intelligent Power that is beyond death and beyond human intelligence. God is not a person like you and me. God is Divine energy. To try to define God is like trying to empty an ocean in your bathtub! This analogy should make us realize that God is SIP, the Supreme Immortal Power that is omnipresent - present everywhere, omnipotent - all powerful and omniscient - knows everything. Thus, it is only wise to refer to God as SIP, the Supreme Immortal Power.

How many ever Gods we pray to, these are all images and forms and are our personal Gods. Each of us may have a personal God. Some of us may even have more than one God. But ultimately, we must realize that God is one. God manifests as the universe that is inanimate and God is SIP, the Supreme Immortal Power that manifests as a Soul, a Spark Of Unique Life in every living creature that walks, crawls, swims or flies. God is a Power, the Supreme Immortal Power, SIP and is present in the sun that glows, the wind that blows, the water that flows. God is SIP, the Power that is throbbing inside us, as the Spark Of Unique Life, the Soul. It is SIP that is also in every molecule of matter as has been endorsed by science. To realize God is SIP, we need *Sanatana Dharma*.



Chapter 27



Don't Pray TO God. Pray THROUGH God



*Every religion teaches us that we must pray to God.
Only Sanatana Dharma shows us how to pray through God.*

What does it mean to pray 'through' God? We all know the meaning of praying 'to' God. We have been praying to our God from the time we put our feet on the street, and we will fold our hands and pray to our God in the sky, right till we die. *Sanatana Dharma* questions this and teaches us that God does not live in the sky. That this is a lie! It tells us how to realize this truth by first finding out, 'Who am I?' It is Self-Realization that leads to God-Realization, the Realization that I am not 'I'. I am the Soul. The Soul is SIP. I am SIP. I am a manifestation of God.

What happens when we realize we are manifestations of God? Do we stop praying to God? Do we throw away the love and respect that we had for our God who had a name and a form? Does somebody who believes in *Shiva*, *Krishna*, *Rama*, *Ganesha*, *Hanuman* or *Durga*, throw away their reverence the moment they realize the truth through *Sanatana Dharma*? Definitely not! The Eternal Truth teaches us that God does not have any name or form. But we have to evolve from *Bhakti*, devotion to a personal God to *Prema*, love for our Lord. When our *Bhakti* becomes *Prema*, and we passionately seek and love God, then

we realize that the very God that we prayed to is within, in the temple of our heart. Then what?

The followers of *Sanatana Dharma*, who Realize the Truth that *Atman* is *Paramatman*, do not stop praying to God. They only make one intelligent change. They pray through God. For 46 years, I prayed to *Shiva*, but after realizing the truth of *Sanatana Dharma*, I started to pray *through Shiva* to the Supreme Immortal Power, SIP. Earlier, I used to say, '*Om Namah Shivaya*,' which means '*O Supreme Lord! I bow down to you in the form of Shiva.*' But after being Awakened, I started saying, '*Shivoham, Shivoham,*' '*O Supreme Lord. I am nothing. Every cell of my existence is Shiva, it is SIP. Every cell of my life is you, O Divine.*' Having realized so, I started praying through *Shiva* to SIP, the Supreme Immortal Power that was present everywhere. Earlier, I would pray to the statue of *Shiva* or the *Shivalinga*, a Divine form of *Shiva*. But now, I pray through *Shiva* to every molecule, every creature, all beings, who are none other than *Shiva*, the Supreme Immortal Power, SIP.

It is said that when *Ramakrishna Paramahansa* wanted Enlightenment, his *Bhakti* or devotion for Mother *Kali*, the Goddess he prayed to, became a hindrance to realize God. His Guru, *Totapuri Maharaj* told him that he had to overcome his passion for his personal God to Realize the Truth of God that was everywhere and in everything. *Ramakrishna* had a tough time in destroying his faith in *Kali* and converting it into prayer to SIP, the Supreme Immortal Power, that manifests as all the Gods and Goddesses, as all the creatures that live, crawl, swim and fly. Thus, *Ramakrishna* learned the art of how we should not pray *to* God, but pray *through* God, to SIP, the Supreme Immortal Power that is in fact our ultimate God.



Chapter 28



Living As A Yogi



*To attain Moksha, one has to live in Yoga.
Sanatana Dharma warns us not to sink in Bhoga!*

The journey of *Sanatana Dharma*, the Eternal Truth, is to reach the ultimate destination of *Moksha*. In the journey of life, we will encounter *Artha*, wealth and *Kama*, lust. But these are attractions of the material world. This is *Bhoga* that will trap us in our desires and passions. If we want to reach the ultimate destination, we must live like a *Yogi*, in union with the Divine.

Who is a true *Yogi*? One who is always in Yoga. The word Yoga comes from the word *Yuj*. *Yuj* means union. It is the union of the Soul with the Supreme Soul, the union of the *Atman* with the *Paramatman*. If one learns to live as a *Yogi*, then one can attain *Moksha*.

The world today has misunderstood the term Yoga to be *Asana*, or physical exercise or *Pranayama*, or breathing techniques. These are just initial, preliminary steps of Yoga. True Yoga is that state where we still the mind, we kill the mind and live in Truth Consciousness. We live in the Consciousness that we are not the body, mind and ego, we are the Divine Soul. The Soul is SIP, the Supreme Immortal Power. Yoga breaks the duality between us and God. It makes us ever

united with the Supreme. By doing this, and following *Sanatana Dharma*, one can ultimately attain *Moksha*, Liberation from all suffering on earth and freedom from the cycle of rebirth.

For one to live as a *Yogi*, one must live in Yoga. And Yoga can be *Gyana Yoga* or Meditation, *Bhakti Yoga* or Devotion, *Karma Yoga* or Action and *Dhyana Yoga* or Education. The world knows of many states of Yoga, but by and large, there are these four well known states of Yoga. A *Yogi* moves from one state of Yoga to another. Living in union with the Divine, he moves from the Yoga of meditation to the Yoga of devotion as he starts his day. He lives as a Divine instrument, as a *Karma Yogi*, surrendering all actions to the Divine and having no expectations. Ultimately, he can live with *Gyana Yoga* or use his wisdom and knowledge to be united with the Supreme in the Yoga of education. It hardly matters which Yoga we are in. As long as we live as a *Yogi* in Yoga, we are moving towards destination *Moksha*.

I was living as a *Yogi* after Awakening to the Truth that I am not Ravi, but *Atman* in Ravi, AiR, when I was blessed with the 5th state of Yoga, *Prema Yoga*, the Yoga of loving every being as a Divine manifestation. While I was living as a *Yogi*, *Prema Yoga* made it easier to be united with the Lord. When I used to wake up in the morning, I would spend time in *Dhyana Yoga*, then be in *Bhakti Yoga*, then live as a *Karma Yogi*. And all my time that was left was spent in *Gyana Yoga*. I prayed with entreaty, '*Lord fill my life with you,*' and I was blessed with the Yoga of Love, *Prema Yoga*. Now as I love every creature as God, I remain in a state of eternal Yoga. This is the way to *Moksha*.



Chapter 29



Attaining Moksha At Death



*Every 'Body' must die. But the goal is not to be Reborn.
Sanatana Dharma leads us to Moksha, when we are gone.*

Can anybody escape death? No 'body' can. The cycle of life is to live and to die. But *Sanatana Dharma* makes us realize, 'Who am I? I am the immortal Soul, not the Mind and Ego, ME. I am Divine Energy.' The body is only like a garment. It is needed to settle Karma. Those who follow *Sanatana Dharma*, evolve through and transcend Karma, to ultimately attain *Moksha*.

Moksha cannot be attained when one is alive. As long as we have breath, we can live as a *Jivanmukta*, an Awakened Soul. A Realized and Enlightened one can attain *Moksha*, only in that moment when we lose our last breath. Why is this so?

Realization is Illumination of the truth that we are manifestations of God. We are not this body that craves with its sense organs. However, Realization can be reversed if we fall prey to the body, mind and ego. If we live in *Bhoga*, lost in the sense pleasures of this material world, we can lose our Yoga, our union with the Divine and therefore, *Moksha*. The journey to Liberation is not easy. It needs *Sanatana Dharma*.

Sanatana Dharma is a doctrine of ethics, values and beliefs which not only shows us the way to climbing the peak of life, but also helps us reach the summit. But the journey is not over. We must continue to live with the Eternal Truth, with *Mumukshutva*, the deep love and longing for the Divine and for Liberation. The moment there is Realization, there is automatic renunciation, and we become a *Vairagi*, with little or no interest in the frivolous material world. Our desire is only one. Our passion and obsession are only for the Supreme, the Divine. We seek nothing but to be united with God. *Sanatana Dharma* shows us the way to live in Yoga as the Divine Soul in that state known as *SatChitAnanda*, where we experience Eternal Bliss in Truth Consciousness.

If we live as a true *Yogi*, following the principles of *Sanatana Dharma*, the Eternal Truth, transcending all Karma and living as a Divine instrument, in the moment of death, we will not be reborn. We will be liberated and united with the Divine. We will attain *Moksha*.

Will everybody attain *Moksha*? Definitely not! Only those who live as a true *Yogi*, after being Enlightened, are eligible for *Moksha*. If we are Spiritually Awakened, but stop following the Eternal Truth, then when the body dies, we will be reborn, and this will go on and on. Our ultimate goal is freedom from the cycle of rebirth. Our ultimate purpose is not to return to earth. The very reason for our birth is to realize, '*I am not 'I'.*' We are all manifestations of the one Divine. But unless we follow *Sanatana Dharma* till our last breath, we will not attain *Moksha* at death. We will return to earth to suffer another birth.



Chapter 30



Living As The Immortal Soul



*Sanatana Dharma reveals that we are the Atman, the Divine Soul.
Realizing we are Paramatman, we achieve our ultimate goal.*

Once we follow the Eternal Truth of *Sanatana Dharma*, we realize that we are not this body that will die. We realize we are not the Mind and Ego, ME. We realize we are the *Atman*, the Soul. The *Atman* is none other than the *Paramatman*, which means that the Soul, the Spark Of Unique Life is none other than the Supreme Soul, Supreme Immortal Power, SIP, that we call God.

Just realizing that we are the Soul is not enough. *Sanatana Dharma* shows us the way to live as the Divine Soul. Our actions in our day-to-day life must be Divine. We should not be slaves to the senses of the body, nor should we be a slave to the Mind and Ego, ME. We must live in Consciousness, activating our intellect. Having realized that we are the Divine Soul, we also realize that every living being is another Divine Soul. This Realization is transformational. We are able to see God in all, love God in all and serve God in all. How does this happen?

When we realize that we are the Soul, we also realize that we are SIP, the Supreme Immortal Power. But this does not mean that only we are SIP. Every Soul is SIP. Therefore, unless we

treat every Soul with reverence, we fail to live as an Immortal Soul. There are many people who are on the journey to Enlightenment. They reach that state of Self-Realization, but they do not reach the ultimate peak of God-Realization. They still have some people in their life whom they are unable to consider as God. This only reveals that their journey of *Sanatana Dharma* has not reached the ultimate destination. One has to go from Self-Realization – I am the Soul, to God-Realization – every Soul is SIP. Then it will be impossible to find imperfection in others. We will accept every being as a perfect manifestation of the Supreme. This is the biggest challenge the world faces. We fight with each other and the end result is wars in the world. If only we followed the Eternal Truth of *Sanatana Dharma*, and realized that all beings are Divine, there would be no war, and the world would have peace.

To live as an Immortal Soul, we must shift our paradigm to seeing everybody as a Soul, every *Atman* as *Paramatman*. It could be a little bird or a cute dog that wags its tail. When we start living as a Divine Soul, we acknowledge that every Soul is a manifestation of God. In that every moment, we will be blessed to serve God. As we serve every suffering being, we will be able to love God as we will see God in every Soul. This is, in reality, living as the Immortal Soul.

Ultimately, one overcomes the fear of death the moment one realizes that one is the Soul because the Soul is immortal. It is Divine energy. It does not die. At death it departs and becomes one with the Divine. So, a realized Immortal Soul overcomes the fear of death.



The Saints Of *Sanatana Dharma*



Who are the Saints of Sanatana Dharma? When did it start?

*There is no founder but a few wise Divine Saints
who, this wisdom, did impart.*

Who is the founder of *Sanatana Dharma*? Unlike other religions, *Sanatana Dharma* has no creator or founder. Christianity has Jesus and Buddhism reveres the *Buddha*. But *Sanatana Dharma* is an Eternal Faith. We are unable to reach its source. However, there are many saints and sages who advocate the principles of this Eternal Truth.

In my journey of Self-Realization, I started my study with *Adi Shankara* who lived somewhere in the 8th century. *Adi Shankara* is best known for putting together the doctrine of *Advaita Vedanta*, which emphasizes the oneness of the Soul, the *Atman*, with the ultimate reality, *Brahman*. Thus, he extensively wrote on *Advaita* or non-duality. *Adi Shankara* travelled across India, debating with scholars and establishing *mathas*. His commentaries on the key *Upanishads*, the *Bhagavad Gita*, and the *Brahma Sutra* offer invaluable insights. His texts *Vivekachudamani*, and *Aparoksh Anubhuti* till date are revered as the essence of the teachings of *Sanatana Dharma*. His teachings of *Bhaja Govindam* continue to help many seekers

stay focused on the path even today. He set up a legacy which till date continues to teach the teachings of *Sanatana Dharma*.

Like *Adi Shankara*, several other saints have continued teaching the principles of *Sanatana Dharma*. The *Ramakrishna Mission* and the *Chinmaya Mission* have several renowned saints who teach seekers the Eternal Truth of *Sanatana Dharma*. *Swami Vivekananda* and his Guru, *Ramakrishna Paramahansa* are known for their teachings of non-duality. They are relatively modern saints and through them, the message of *Sanatana Dharma* has reached all parts of the world. According to *Swami Vivekananda*, realizing the non-dual nature of existence leads to the ultimate freedom and Spiritual Awakening. He also integrated the philosophy of non-duality with practical approaches to life, urging individuals to live selflessly, serve humanity and realize Divinity within themselves. His teachings have had a lasting impact on both Eastern and Western spiritual thought.

Another famous Saint of *Sanatana Dharma* is *Ramana Maharshi*. *Maharshi* is known for his teachings on self-inquiry as the direct path to realizing one's true nature. He emphasized that the ultimate reality is within and that by simply asking '*Who am I?*' one can dissolve the false identification with the ego and experience non-duality, *Advaita*. Therefore, his simple question, '*Naan Yaar? Who am I?*' has opened the door to help several seekers attain Self-Realization. His simple yet profound teachings continue to inspire seekers around the world. His life exemplified the idea that true knowledge is

beyond intellectual understanding and is experienced through direct realization.

These saints are amongst the few saints of *Sanatana Dharma* that I know about, whose works I have read and who have helped me to evolve to Realize the Truth. Their lives and experiences are enriching and provide invaluable learnings.

During my quest, I read the books of several saints on similar subjects like *Atma Bodha*, *Tattva Bodha*, *Drg-Drśya-Viveka* and *Upadesa Saram*. All these books, these texts are offshoots of *Sanatana Dharma* that have been passed on over the centuries from one realized saint to another. There may be many more saints of *Sanatana Dharma* like *Patanjali*. But we cannot be absolutely sure until we read their works that it aligns with the teachings of *Sanatana Dharma*. It is, of course, rare to find a true saint who can clearly explain the essence of *Sanatana Dharma* in a simple and effective manner so that a sincere seeker may attain Realization and ultimately Liberation or *Moksha*.

Many saints who claim to be Enlightened may, in fact, create deviations or roadblocks in our path as they teach duality in some way or the other. Therefore, one has to be very careful in selecting the right saint of *Sanatana Dharma* to reach the destination. The best way to do it is to focus on the *Mahavakyas* of the *Sanatana Dharma*.



Chapter

32



Sanatana Dharma **In 12 Words - The Mahavakyas**



***In twelve words, one can attain Moksha or Liberation.
The essence of the Eternal Truth and Realization.***

It will be difficult to believe that the entire teachings of *Sanatana Dharma* can be summarized in just twelve words. How can volumes and volumes of the *Vedas* and the *Upanishads* be understood in just twelve words? The scriptures reveal the truth through what are called the *Mahavakyas* or the principal statements of *Sanatana Dharma*. 'Maha' means great and 'Vakyas' refers to utterances or sayings for contemplation. Contemplation of the *Mahavakyas* blends well with other spiritual practices including meditation, Yoga and prayer.

What are the *Mahavakyas*?

1. *Tat Twam Asi*
2. *Ayam Atma Brahma*
3. *Aham Brahmasmi*
4. *Prajnanam Brahma*

These ten words along with two key words, *Neti Neti* become the twelve words that can help a seeker realize the entire essence of *Sanatana Dharma*. Let us try to understand each of these before we embark on the journey to *Moksha* or Liberation.

Neti Neti, which appears in the *Brihadaranyaka Upanishad*, means 'Not This, Not This'. We are not this body. We are not this mind. The Eternal Truth asks us to contemplate and to realize that this body came later. We were conceived nine months before. One

day, this body will die, and people will say that we passed away. Who is the one who passed away? The words *Neti Neti* make us realize what we are not. But there is no doubt that we exist. Who are we in reality?

Tat Twam Asi – This *Mahavakya* is stated in *Chandogya Upanishad*. This *Mahavakya* of *Sanatana Dharma* tells us '*Thou Art That*'. We are not this, what we appear to be, we are that Divine energy. We are not the body or the Mind and Ego, ME. The ego that says '*I*' is a lie. Who are we?

Ayam Atma Brahma – The second *Mahavakya* from the *Mandukya Upanishad* reveals that we are not the body, mind and ego. We are the Divine Soul, a Spark Of Unique Life. The Soul is none other than SIP, the Supreme Immortal Power, referred to as *Brahman* in *Sanatana Dharma*.

The third *Mahavakya* that says — *Aham Brahmasmi*, comes from the *Brihadaranyaka Upanishad*. If we are not the body, mind and ego, if we are the Soul, and the Soul is SIP or *Brahman*, then who are we? We are *Brahman*. The third *Mahavakya* is often misunderstood to mean, '*I am God*.' Realization reveals, '*I am nothing. Everything is Brahman. Every cell of my existence is Brahman or SIP*.'

The fourth *Mahavakya* — *Prajnanam Brahma* from *Aitareya Upanishad* means, '*The wisdom and intuition that SIP is everywhere, in everything. If I am Brahman, then you are also Brahman. Every Soul is Brahman*.' Therefore, the last *Mahavakya* concludes that all beings, human and others are, in reality, none other than manifestations of the Divine.

The *Mahavakyas* convey the central idea of *Advaita Vedanta*, which is the non-dual nature of existence and our reality. The *Mahavakyas*, in essence, lead to the logical understanding that we are the *Atman*, and the *Atman* is *Paramatman*. So, we are *Paramatman*. This is the ultimate truth and is revealed by *Sanatana Dharma* in these magical twelve words that can be realized with the help of an Enlightened Guru.



Chapter

33



Sanatana Dharma And Moksha, Liberation



***Sanatana Dharma or Eternal Truth leads to Moksha, Liberation.
Any sincere seeker who follows it, will attain Realization.***

Sanatana Dharma is the Eternal Truth. It is not a religion. It does not speak of 'my' God or 'my' scripture. It talks of non-duality and is the only way to attain oneness, compassion, kindness, love, understanding, forgiveness and ultimately, world peace. All religions are good. But unfortunately, they are only kindergartens. *Sanatana Dharma* is the university. It helps seekers who have built faith in God to realize God and ultimately become one with God.

Sanatana Dharma is the logical answer to the quest for God and for discovering our life purpose. It practically explains how one must go through the stages of life, just as it reveals what the ultimate purpose of every human being is. Only a human being is blessed to attain *Moksha* or Liberation. All other creatures must return to be born as human beings before they become one with *Brahman*, the Supreme Immortal Power, SIP.

Sanatana Dharma, unlike other religions, does not try to convert others to follow its theology and scripture. *Sanatana Dharma* encourages people to progress in their faith and religion, to

love their God and ultimately, realize that God is within. It is a spiritual philosophy of life that helps us to realize what we are not and ultimately, what we are.

A true seeker of *Sanatana Dharma* awakens to the greatest Realization of his life. '*I am that very God I have been praying to all these years. It is a lie to believe that God lives in the skies.*' God or *Brahman*, as referred to by in *Sanatana Dharma*, is that Power or energy that even science endorses fills the entire universe. It is *Sanatana Dharma* that reveals *Jagat Mithya, Brahman Satya*. What does this mean?

This *Jagat* or world is *Mithya*, just an appearance. The whole world is a manifestation of Divine energy. Not only you and me, but even a butterfly, a bee, a tree, are all manifestations of Divine energy. Even the 5 elements of natures, that create the clouds, the rivers, the mountains and the sea, are all part of that Supreme energy. Everything is SIP, that one intelligent, Supreme Immortal Power which *Sanatana Dharma* calls *Brahman*. *Brahman* is that one reality.

Because we do not follow *Sanatana Dharma* and we do not realize the Eternal Truth, we live and ultimately, we are gone, only to be reborn and this goes on and on. With the help of an Enlightened Master, a Guru, we can contemplate the Eternal Truth of *Sanatana Dharma* and attain the ultimate goal of *Moksha* or Liberation.

The way of *Sanatana Dharma* is not complicated. But it needs the help of a living Master, a true Guru. The process of Realization is known as *Sravana, Manana, Nididhyasana*. First, we must read the scriptures of *Sanatana Dharma*, then reflect

and contemplate, and seek the guidance of a realized Master. If we truly have love and longing for Liberation and the Lord, such a *Mumukshu*, will become a *Jivanmukta*. Unless a *Jivatman* or human being attains *Mukti* or freedom from the body, mind and ego when alive, one cannot be liberated at death. Therefore, *Sanatana Dharma* first leads us to *Mukti*, and then ultimately to *Moksha*.

The followers of *Sanatana Dharma* live as a *Yogi*. They live in *Yuj*, union with the Divine and escape *Bhoga*, passion and craving for the material world. This leads them to *Mukti*, freedom from the Mind and Ego that says ME. Then, they live in the body as the *Atman*, the Divine Soul, as a Divine instrument, a *Karma Yogi*, till the moment of death, realizing that they are none other than the *Paramatman*, the Supreme Soul.

Death is certain. Every 'body' must die. But those who don't follow *Sanatana Dharma*, get caught in *Samsara*, the cycle of reincarnation. The followers of the Eternal Truth attain Realization. For them, death is the doorway to God. Death is a moment of celebration for a realized Soul, because he attains Liberation or *Moksha* and Unification with the Divine. There is nothing beyond *Moksha*. The river becomes one with the ocean. The wave becomes one with the sea. The *Jivatman* becomes one with the *Paramatman*. This is, in essence, *Sanatana Dharma* and the journey to *Moksha* or Liberation. If one is searching for the way to God, Salvation or Liberation, *Sanatana Dharma* is the answer. It will lead a genuine seeker to *Moksha*, Liberation and Unification with the Supreme.



AFTERWORD



***I Realized the Truth and I transcended all Karma,
How did I do it? It was because of Sanatana Dharma.***

For over 25 years, I lived a life of success and achievement, going from one peak to another peak until one day, my Guru advised me to shut down my business and go on a quest. I did not know where I was going. But it was on a journey to find the ultimate Happiness. I was seeking God, just as I wanted to discover the purpose of my life. I went into the mountains on a retreat, to discover who I am and why I am here. I read several scriptures and theologies as I scanned the texts of all religions and spiritual Masters. Ultimately, I got the awakening of *Neti Neti, Tat Twam Asi* - I am not the body, mind and ego, I am the Divine Soul. In my quest, in my search for the truth, little did I realize that everything was part of *Sanatana Dharma*. Unfortunately, over the centuries, this Eternal Truth has been diluted so much that one can be lost! The essence of *Sanatana Dharma* is in that Eternal Truth that leads us to a state of *SatChitAnanda*, living in Eternal Bliss in Truth Consciousness.

Sanatana Dharma is a way of life. It is a philosophy that must be digested bit by bit. Otherwise, it is like trying to eat an elephant in one bite. First, I realized myself, who I am. When I was Awakened with Self-Realization, I had no clue that it would

lead me to God-Realization. I was a sincere seeker committed to my search, just as my deep love and longing for the Divine was very passionate. But nowhere did I realize that all I was learning and contemplating was, in essence, the ultimate truth of *Sanatana Dharma*. Because I had a Guru, I was guided on the path in the right manner. But even my Guru did not advocate *Sanatana Dharma* lest I confuse it with modern day Hinduism that claims to be *Sanatana Dharma*.

What did I realize? I realized, '*I am the Soul and the Soul is SIP, the Supreme Immortal Power, we call God.*' Therefore, while I realized that I was nothing, I also realized that I was a manifestation of God. In fact, I was everything! When I mapped my Realizations with the essential teachings of *Sanatana Dharma*, they were identical. The *Mahavakyas* of the Eternal Truth contain the entire meaning and purpose of life in just 4 principal statements.

Today, while my Realization is not under the umbrella of *Sanatana Dharma* because I prefer my message to be universal, and not misunderstood to be restricted to one religion, the truth is that most of my Realizations and my books and songs are very much aligned with *Sanatana Dharma*. Just as the goal of the Eternal Truth is *Moksha*, I realize that we all have that one objective of Unification with the Divine which comes from Liberation. Yes, I have used simple practical methods to get that illumination. But even *Sanatana Dharma* emphasises that Enlightenment is only possible with the help of a Guru, an Awakened Master. Let us take the guidance of *Sanatana Dharma's* true essence from our Master to be liberated!



POEM



MOKSHA THROUGH SANATANA DHARMA

The Way to Liberation

*The way to Liberation, Moksha is through Sanatana Dharma
It guides us with a simple way to be free from all Karma
It is also a philosophy of Life in which there will be no trauma*

*What is the reason to be free from Rebirth?
It is because we will suffer if we come to earth
Sanatana Dharma frees us from all misery on earth*

*Without the Eternal Truth, there is no Purpose
We live and die as though Life is a circus
Sanatana Dharma stops us from a life that is worthless!*

*The reason we come to earth is because of our Karma
Without Moksha, we will repeatedly suffer in this drama
We can be liberated with Sanatana Dharma!*

*The way to Moksha is through Self-Realization
Then we attain the truth of God-Realization
Through Purification, Illumination and ultimate Liberation*

POEM

*Sanatana Dharma gives us our Purpose, Purushartha
First Dharma, then Artha. Then Kama, and then Moksha
But for this, we must learn to live in Yoga*

*This world is Maya. It's just a Cosmic Illusion
Everything is a Leela, a show, get this Realization
Then we will be liberated and attain Unification*

*To attain Moksha, we must go on a Quest
Question all beliefs and put them to the test
Then, trust the Guru who will do the rest*

*As long as we are slaves of the body, ego and mind
We will not have Liberation, the Truth we can't find
Moksha, our ultimate goal, will be left far behind*

*We must first overcome Avidya, ignorance that is dark
Then will come Realization, Enlightenment, that spark
Only then will we attain Moksha, and hit the mark*

*There are four doors that lead to Liberation
Sanatana Dharma gives us this Realization
Divine longing, discipline, dispassion, discrimination*

*Everything in this world is nothing but God
Every Soul is but a manifestation of the Lord
Jagat, Jiva, Ishwara are all one, they are God*

*With religion, science has no synergy
 But with Sanatana Dharma, science has symmetry
 Both Science and Dharma agree, everything is energy*

*As per Sanatana Dharma, Brahman is God
 There is one Universal Power who is our Lord
 Let's call it SIP, the Supreme Immortal Power, that is God*

*Two possibilities are there at Death
 Liberation or Rebirth when we lose our breath
 Sanatana Dharma takes us into this depth*

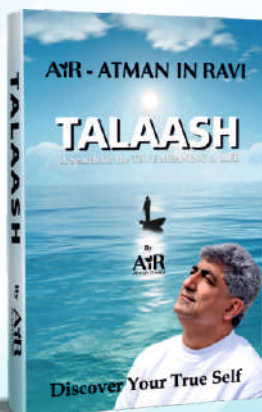
*The essence of Sanatana Dharma is in statements four
 Then there will be Enlightenment, we will suffer no more
 We would have crossed and reached across the shore*

*What is Life all about? It is about Realizing the Truth
 Sanatana Dharma takes us to the bottom of the root
 Then we will enjoy the Divine fruit*

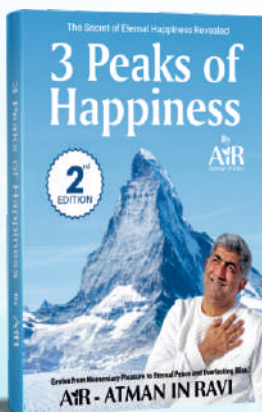
*To be Awakened by Sanatana Dharma ends the dark night
 We need a Guru, who takes us from darkness to light
 Then, we overcome darkness, and the truth is in sight*

*It is Sanatana Dharma that creates Illumination
 It leads us to Moksha, freedom, Liberation
 Let us start this journey of Divine Unification*

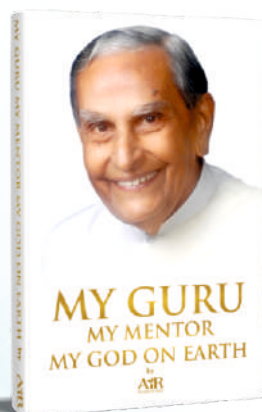
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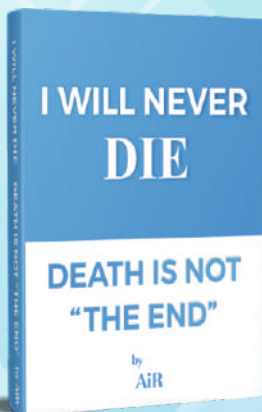
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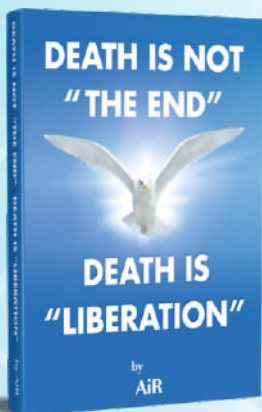
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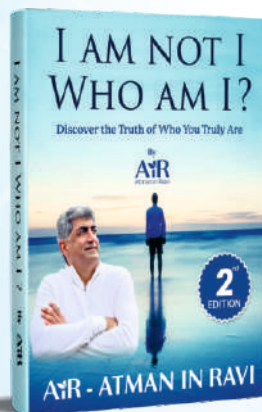
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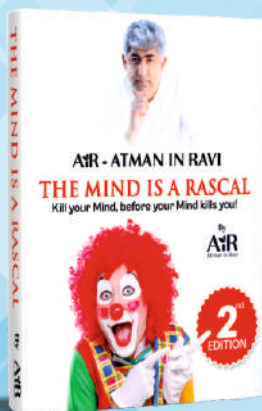
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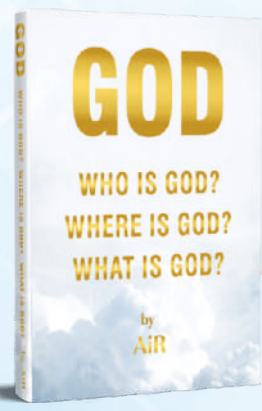
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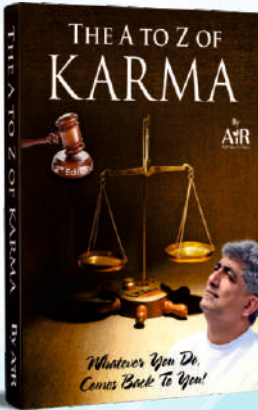
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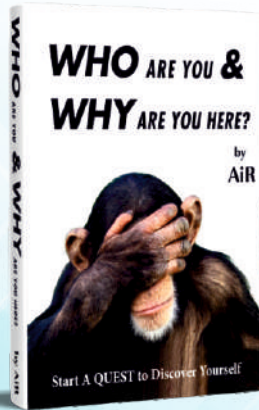
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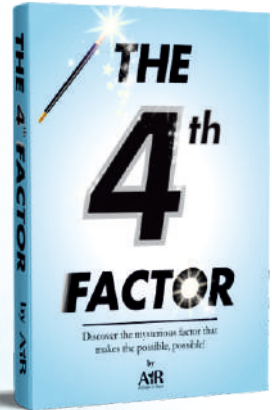
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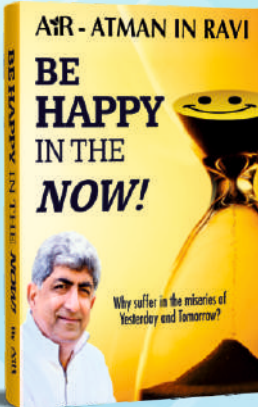
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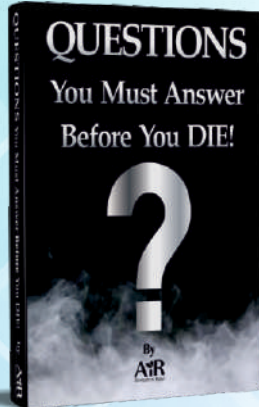
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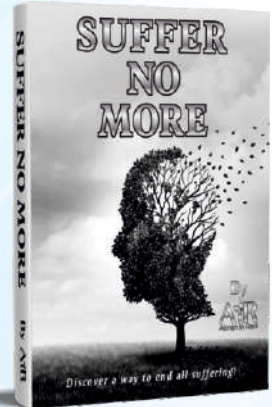
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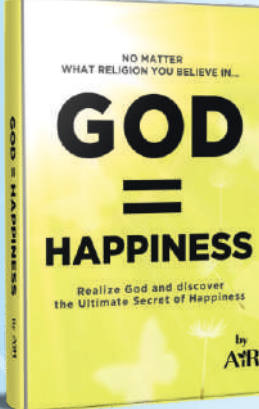
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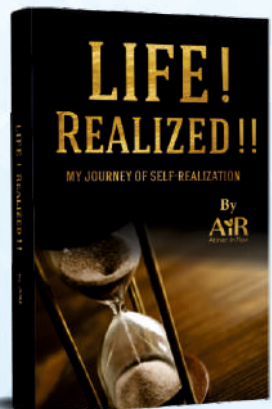
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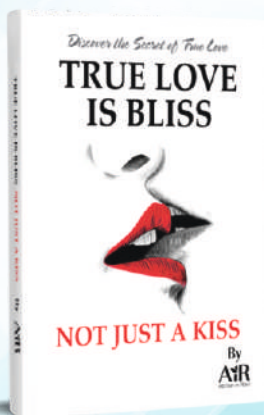
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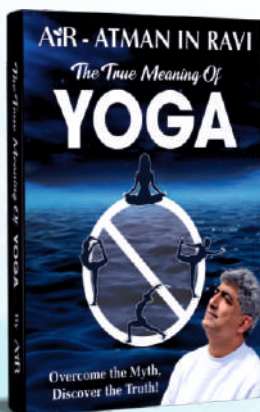
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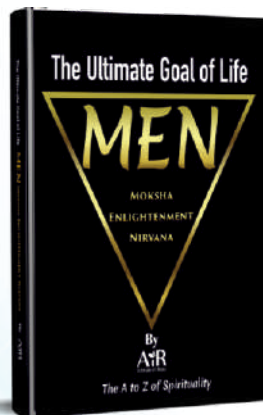
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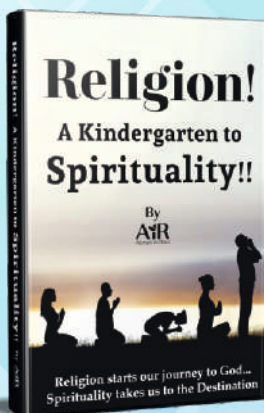
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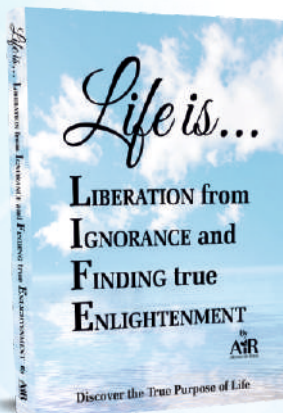
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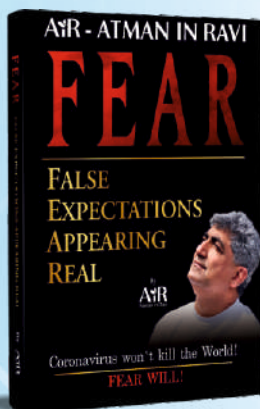
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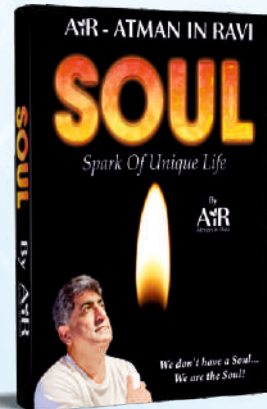
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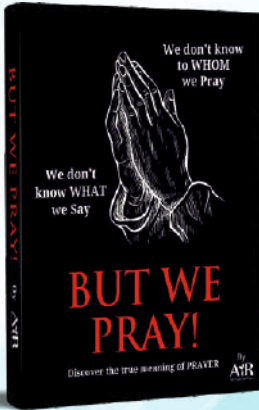
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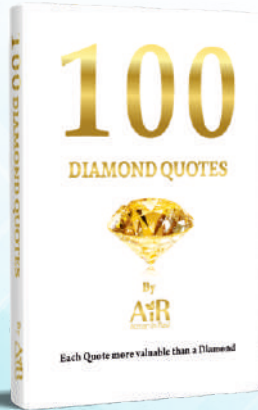
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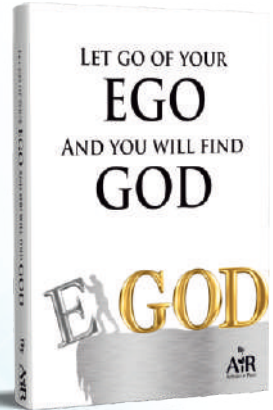
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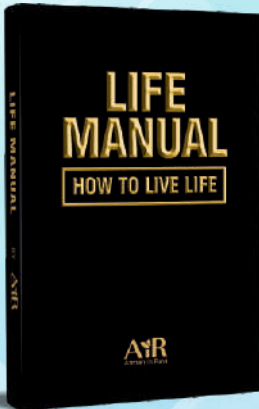
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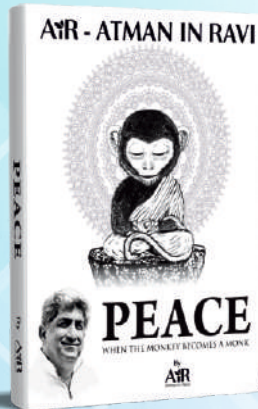
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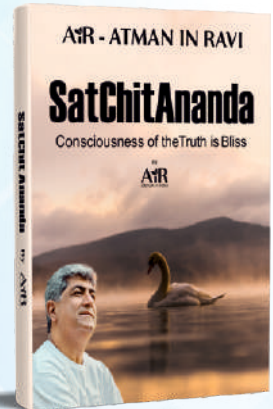
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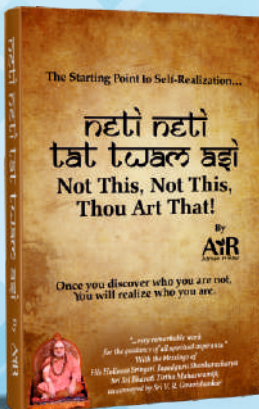
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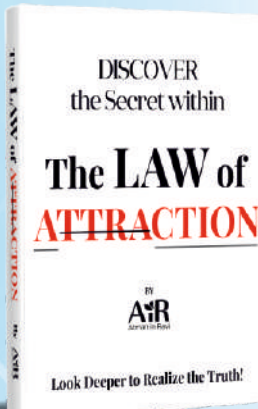
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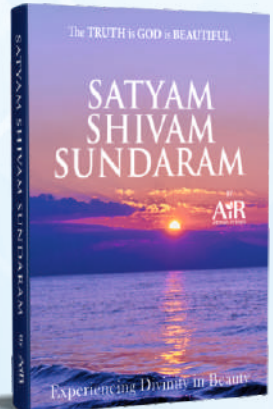
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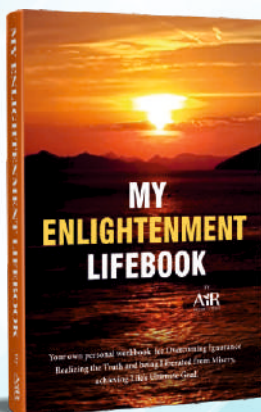
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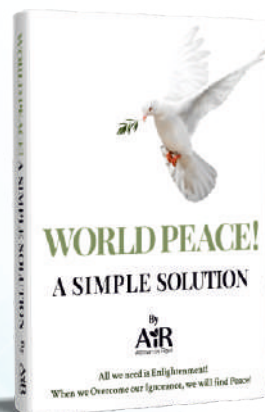
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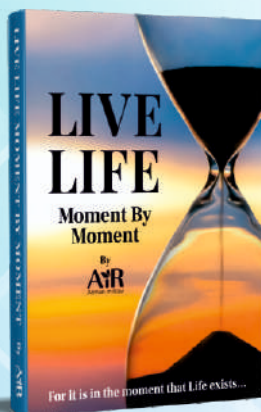
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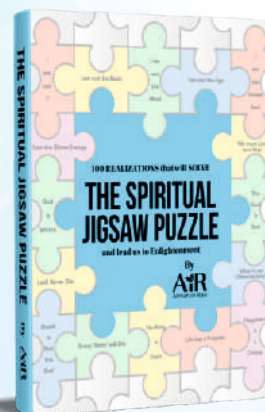
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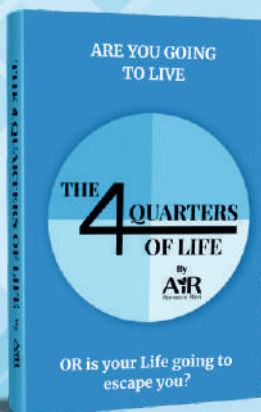
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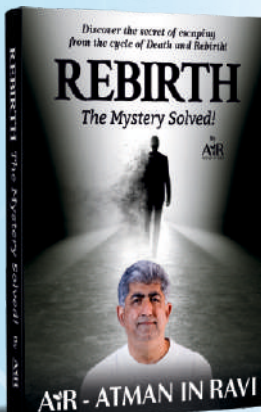
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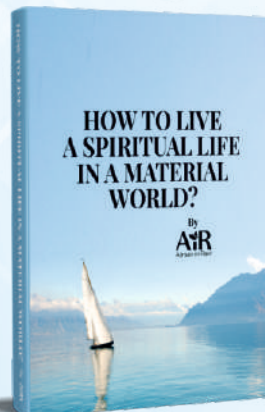
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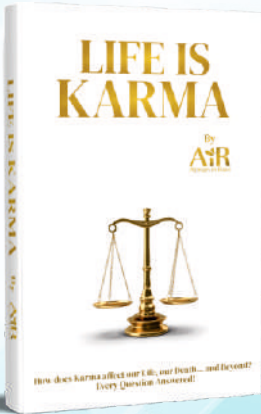
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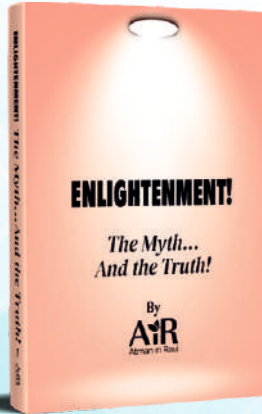
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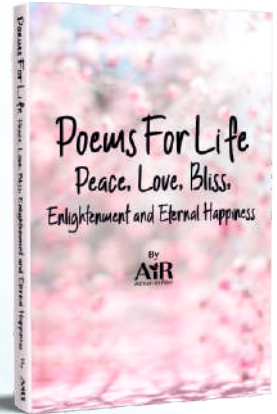
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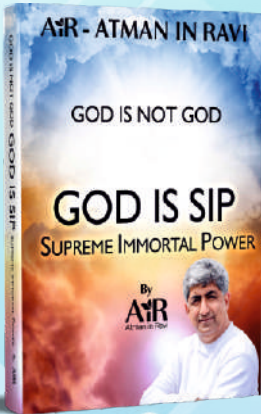
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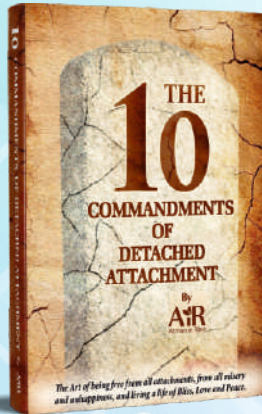
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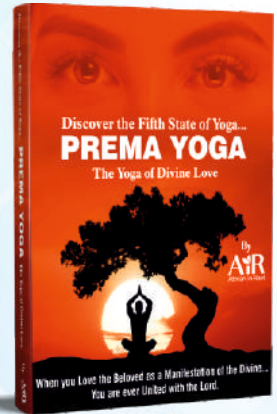
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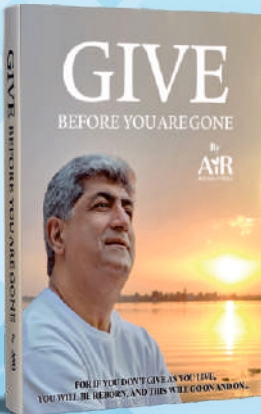
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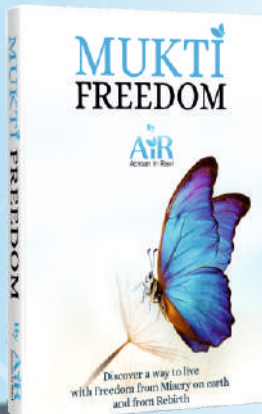
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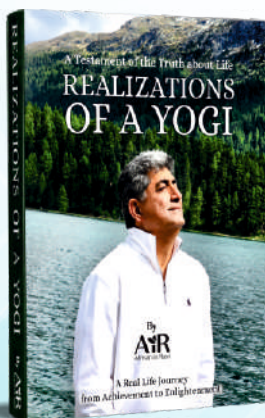
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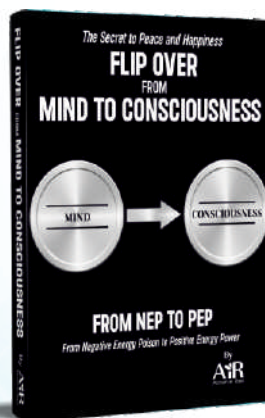
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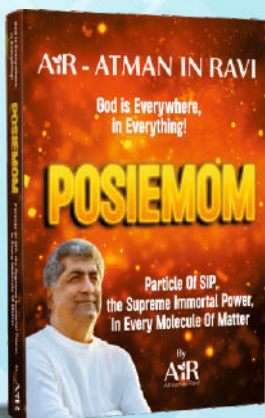
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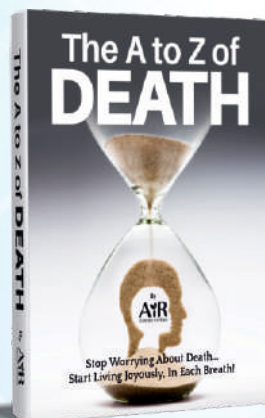
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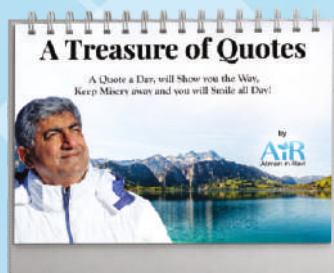
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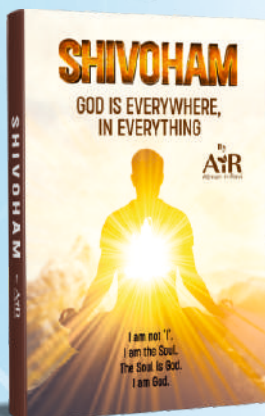
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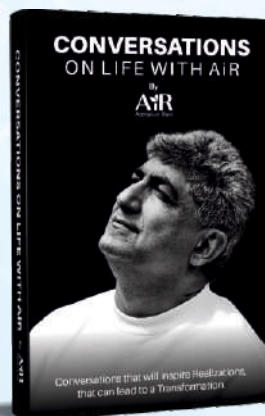
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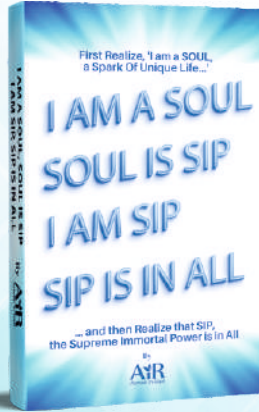
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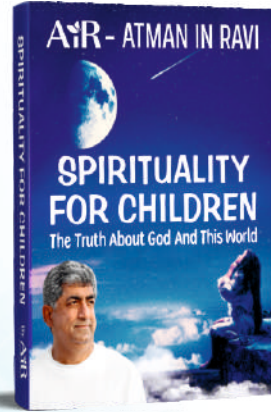
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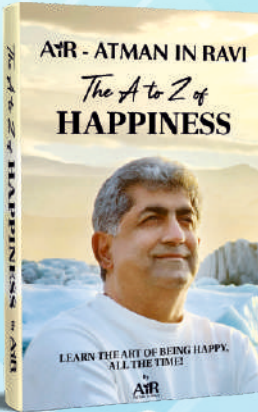
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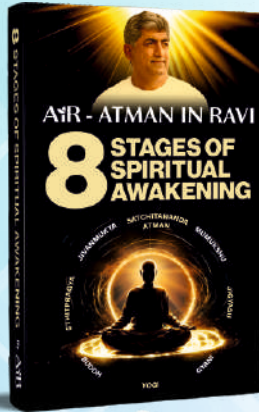
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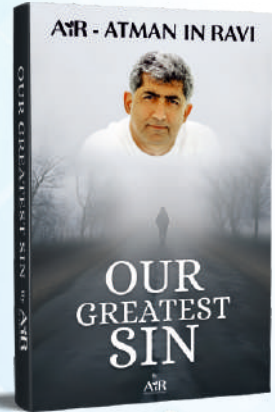
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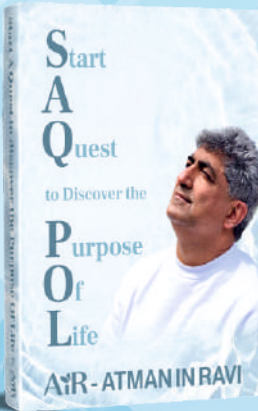
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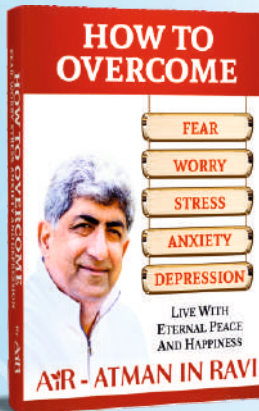
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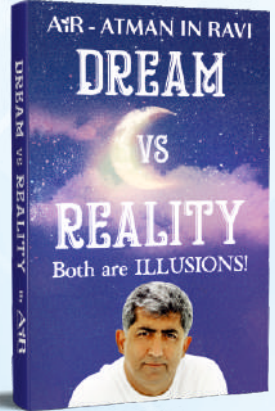
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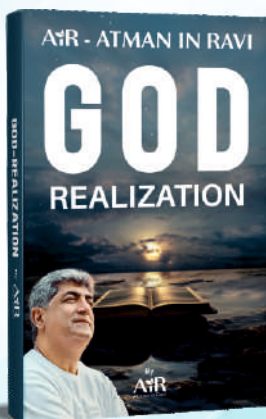
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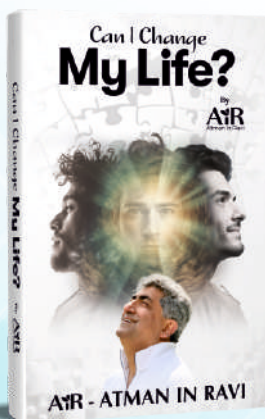
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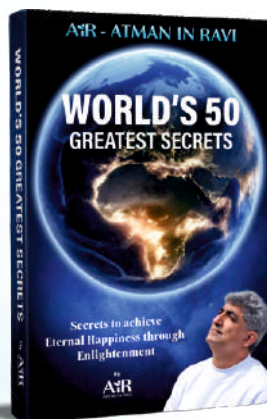
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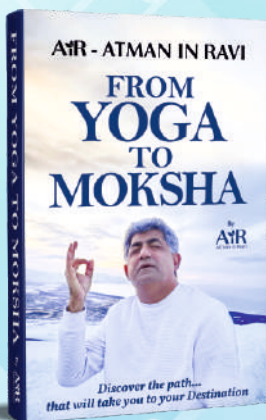
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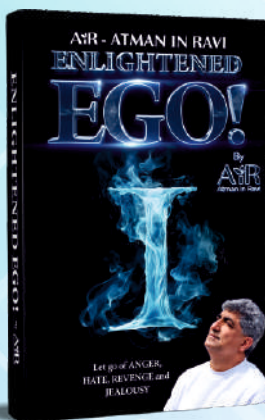
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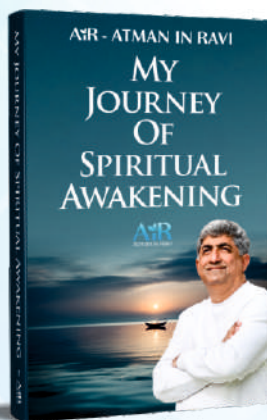
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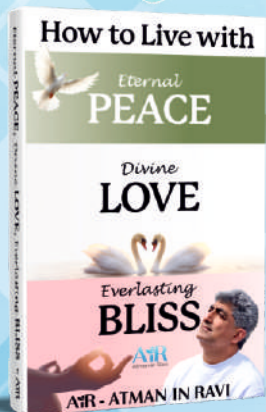
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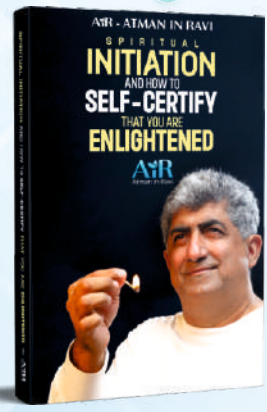
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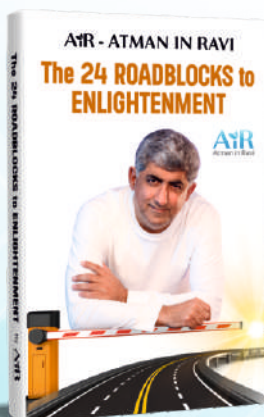
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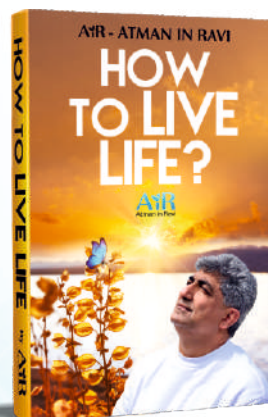
81



82



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Happiness, Suffering, Life, Death,
Rebirth, Karma, Liberation, Enlightenment
or anything related to Spirituality,*

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The Way to Liberation

Why do we need *Sanatana Dharma* and *Moksha*? Everybody wants to be happy. Everybody wants peace of mind. Everybody wants true love that is bliss. But unfortunately, most people end up in unhappiness. We don't realize that the purpose of life is freedom from the triple suffering on earth and liberation from the cycle of rebirth. This is *Moksha*.

How can we attain *Moksha*? *Sanatana Dharma* explains this in twelve simple words that are stated in the principal statements or *Mahavakyas*. It also guides us to reach our destination with the trigger words, *Neti Neti, Tat Twam Asi*. You are not the body, mind or ego. You are the Divine Soul. The Soul is SIP, the Supreme Immortal Power we call God.

This book explains the essence of *Sanatana Dharma* in simple terms so that the seekers of *Moksha* or Liberation will not only know the Eternal Truth but also a way to reach it. If we miss this opportunity, one day, we will be gone, we will be reborn and we will suffer as this goes on and on. Let us use this opportunity to be liberated to attain *Moksha* through the Eternal Truth of *Sanatana Dharma*.



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