

Now, You Can Be Enlightened Too!

ENLIGHTENMENT SIMPLIFIED

AiR
Atman in Ravi



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By



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About the Author

AiR - *Atman* in Ravi



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

AiR was an iconic entrepreneur who transformed retailing in India, only to walk away from the mega retail empire he had created. He shut down his business when he was 40 and started making a difference doing - Humanitarian, Inspirational and Spiritual work. AiR opened destitute homes known as AiR Humanitarian Homes spread across Bengaluru, that today, care for over 600 homeless and needy people.

Like anybody else, AiR started his life being religious. He built a Shiva temple in 1995. Subsequently, inspired by his

Guru, he realized that God lives in the temple of our heart and he changed the name of the temple to *Shivoham Shiva Temple*. Now, he doesn't pray to Shiva but prays *through* Shiva, to SIP, the Supreme Immortal Power that is nameless and formless, birthless and deathless, the Divine Power that is everywhere, in everything. His Realizations resulted in his own metamorphosis as he realized that we are the Soul, the *Atman*, a part of the Supreme Immortal Power. He let go of his given name and called himself AiR – *Atman* in Ravi, which means, the Soul embodied as Ravi. AiR, now, lives as an instrument of the Divine, doing His Divine Will.

AiR has founded the AiR Institute of Realization to reach out to the global community of seekers. As a Happiness Ambassador, AiR teaches people the AiR Happiness Secret that reveals the way to Eternal Peace, Divine Love and Everlasting Bliss.

Based on his Realizations, AiR has authored over 90 books, composed and sung about 1500 *Songs of Life "Jeevan Sangeet"* and written several blogs, quotes and poems. He conducts Spiritual Retreats and organizes talks to help people evolve on their Spiritual journey. He 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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***Started with Nothing,
Became Something...
Achieved Everything,
Only to Realize, we are Nothing!***



AiR Linktree

Preface



***You can be Enlightened.
It is possible!
Remove the 'IM'- Ignorance of the Mind,
That makes it impossible!***

The world thinks of Enlightenment as something magical and mystical. One must be a superhuman to be Enlightened. But is this true? No! Any seeker can be Spiritually Awakened and reach the state of Enlightenment if they have the passion to choose this mission of discovering the purpose of life.

What is Enlightenment? It is switching on the light within and overcoming the darkness of ignorance. I have written several books on the subject of Enlightenment, Spiritual Awakening, Self-Realization and God-Realization. However, I realized that the world needed a book that explains Enlightenment in a very simple way. Therefore, this book, 'Enlightenment Simplified', is an effort to help anybody seeking Enlightenment begin the journey and reach the point where they want to go.

When I simplified Enlightenment, I divided it into three simple steps:

1. Being Awakened
2. Being Enlightened
3. Being Liberated

If one tries to climb all three, it is like trying to climb a six-foot slab at one go. Very difficult! But if you break the target into three steps of two-feet each, then it is easily possible. So, I divided Enlightenment into three accessible steps. First, one should be Awakened to the truth of life. Second, one should live that truth and be Enlightened. Third, one should be free from all bondage of this illusory world, be liberated and united with the Divine.

This book covers the A to Z of Enlightenment in very simple terms. If you are seeking Enlightenment, with this book, you can! But just reading the book may not be enough. Along with it, if you attend our Zoom call every evening at 8 pm, it will help you put the theory, which is discussed at length in the book, into action. You will be able to take practical steps after being Awakened to the Truth, execute them and achieve the final goal of *Nirvana*, *Moksha*, Salvation or Liberation, which in a simple word, is 'Enlightenment'.

Why should we be Enlightened? Because if we don't, we will suffer the triple suffering on earth and be caught in the cycle of rebirth. Enlightenment is about Realizing the Truth, discovering the purpose of life and ultimately, Realizing the Truth about God.

There are hundreds of books on Enlightenment but this book is the answer. It makes Enlightenment so simple that anybody can be Enlightened. The first step is to Realize the Truths, one by one. This is to be Spiritually Awakened. If one follows the simple guidance in this book, one can overcome ignorance and be Awakened. Thus, the first step to being Enlightened is very easy. But the second and the third steps need a lot of effort and the help of a Guru, an Enlightened Master.

Introduction



***Enlightenment is simple.
Don't make it complicated!
The reward is amazing,
But you must be motivated!***

'Enlightenment Simplified' is a book that covers the A to Z of Enlightenment. It shows the way to not just being Spiritually Awakened but also being liberated. Is it very easy? Yes, it is if one is a sincere seeker and has a deep longing and passion to be Enlightened.

Enlightenment is switching on the light of the truth. It is overcoming ignorance. Unfortunately, we remain fools because of what we are taught in our schools. We believe the myth and thus, never Realize the Truth. We think that we are this body that will die. We think that we are the mind, which we cannot find. The ego believes in the lie that *I am 'I'*. *One day, I will die and go to my God, in the sky.* As long as we believe these real lies, we will never Realize the Truth. Enlightenment is all about opening our real eyes.

This book covers the subject of Enlightenment in a practical, three-step way. First, we must be Spiritually Awakened as we Realize the Truth. Then, we must put that truth into action and be Enlightened. Finally, if we live the Awakening, the Enlightenment, we will be liberated and united with the Divine.

Life is Karma. But unfortunately, we get caught in this drama and experience trauma. We are gone and then, we are reborn, and this goes on and on. We suffer and we cry as we look up at the sky and question, '*Why?*' This is because we do not Realize the Truth of, '*Who am I?*'

We are running after pleasure but we do not discover the true treasure of peace, the very foundation of Happiness. We are taught that success is Happiness and so, we do not take an exit from the road called achievement to the ultimate peak of Enlightenment. How can we be Enlightened? This book has several inspirations that will lead us to our ultimate destination.

Enlightenment is possible. Every human being is blessed with the privilege to be Spiritually Awakened. But for this, we must activate our intellect for discrimination. For this, we must still the mind, kill the mind through meditation. Then, there must be introspection and contemplation that will lead us to Self-Realization. This method of Illumination needs Purification, which requires an Enlightened Master or a Guru. Otherwise, we will end up in a disaster. We will do good Karma, thinking that it will lead us to *Moksha* or Liberation and we will be caught in this cycle of *Samsara*.

Do you want to be Enlightened? If your answer is 'Yes', then you have the instruction manual in your hand. Go through it and execute it, step-by-step. You will overcome all confusion and arrive at your destination. You will, first, be Awakened and then, be Enlightened. This book guarantees Enlightenment!

01. What Is Enlightenment?



***Enlightenment is overcoming Ignorance,
Realizing the Truth.
It is Self-Discovery, an inner Journey,
To the bottom of the root.***

The word 'Enlightenment' clearly reveals its meaning — it is 'to Enlighten' or 'to Bring-in Light'. It is to overcome the darkness of ignorance. Don't we use the term, '*I am Enlightened*,' when we realize something that was unknown to us? Enlightenment is the state of Realization, where we realize who we truly are and why we are here. It is Self-Realization and God-Realization. It is questioning all the beliefs that we are taught in school and because of which we remain a fool!

Most people believe, '*I will die*,' just as, '*God lives in the sky*.' Enlightenment is the Awakening to the truth that *I am not this body that will die. I am the immortal Soul. God is not God. God is SIP, the Supreme Immortal Power and we are none other than manifestations of that Power. We appear to be the body but in reality, this body comes much later. We are conceived 9 months before our so-called birthday. One day, this body will die and our own loved ones will destroy the body because we departed, we left the body.* This Realization is Enlightenment.

Enlightenment is Awakening to the truth of life. It is discovering the very purpose of human existence. Unfortunately, it has been mixed up with religion, dogmas,

rituals, superstitions and has confused most of humanity. But in itself, Enlightenment is very simple. It is asking the basic questions like, '*Where did I come from and where will I go?*' It is understanding the Universal Laws like Karma – *As you sow, so shall you reap*. When we are indoctrinated with *real lies*, we do not *realize* because we do not open our *real eyes*. Enlightenment is Awakening from that slumber of ignorance. It is contemplating our conception, 9 months before our so-called birth date. It is understanding, why we came to earth and why we got a human birth. Ultimately, it is realizing that we are a Spark Of Unique Life, the Soul that is energy. This Soul, energy or Consciousness, fills the universe. Today, science accepts that this whole universe that appears as matter is, in reality, nothing but energy. In fact, scientists from the field of Quantum Physics have been awarded the Nobel Prize and science now advocates the Wave-Particle Duality. This is nothing but Spirituality, the science of the spirit, which is the way to Enlightenment.

Enlightenment is, therefore, overcoming ignorance and beliefs that are fake. It is realizing that we are not born on the day that we cut our birthday cake. It is realizing that all religions are good but are only kindergartens. The university is Spirituality. We must go beyond religion to realize God. In essence, Enlightenment is all about answering 2 questions: (1) Who am I? (2) Why am I here?

I am not the body, mind and ego. I am the Divine Soul. Our purpose is to live a life of peace, love and bliss and overcome the myth that success is Happiness. The purpose of human birth is to be free from all misery on earth and ultimately, from the cycle of death and rebirth. This is Enlightenment.

02. How Can We Be Enlightened?



***To be Awakened,
We must wake up from our sleep!
To be Enlightened,
We must uproot ignorance that is deep.***

When we enter a room that is dark and we stumble and fall, what do we do? We try to switch on the light. Once we do, we can see. So also, when we are Enlightened, we can see that we are not the body, nor the Mind and Ego that says, 'ME'. To realize, '*Who am I?*' we need to go on a quest. Then, we can be Enlightened.

The quest for Enlightenment starts with a simple question, '*Who am I?*' The answer to this question is also very simple. Thousands of years ago, the *Vedas* and the *Upanishads* of *Sanatana Dharma* taught us '*Neti Neti*' – '*Not This, Not This.*' We are not this body that will die. We are not the mind that we cannot find. When we understand this simple truth, we realize, '*Tat Twam Asi*' – '*Thou Art That.*' This is the spark of Enlightenment.

To be Enlightened, we must first Awaken to the Truth that this body that in the mirror that we see, is not really me. This body was a baby when we arrived on earth. But we were actually conceived and actually born, 9 months before. Nobody can deny that. Once conceived, we cannot change our mother. The zygote is the first sign of our existence. Then, the cells multiply to grow into a 35-trillion

celled adult. This body eventually will die and our own loved ones will destroy this body, at death, once they are sure that we have departed. Therefore, we cannot be this body. Realizing this simple truth is being Awakened, the first step to being Enlightened.

Most of us think that we are the mind. But has anybody seen the mind? Where is it located? What is its size, shape, colour? We have seen the brain, the heart, the kidneys but nobody has seen the mind. How can we? It does not exist! It is just a bundle of toxic thoughts. One who is Awakened to the Truth of, '*Neti Neti, I am not the body or the mind,*' is Enlightened with '*Tat Twam Asi, I am that Power, that Spark Of Unique Life, the Soul that strikes life in two cells in the moment of conception. I am that Soul that departs at the moment of death. Then, there will be no breath!*' This is the beginning of the journey of Spiritual Awakening or Enlightenment.

Although this seems very easy to read and understand, our Mind and Ego, ME, stops us from this Realization because the moment we realize that we are not body, mind and ego, it is game over for ME, the Mind and Ego! Therefore, the ego continues to believe that *I am 'I'*. When we realize, '*I am not 'I'*,' we are Enlightened.

To be Enlightened, it is not just enough to have knowledge from a college. We need wisdom that comes from our interaction with an Enlightened Master or Guru. We need passion for overcoming ignorance, just as we need that deep love and longing for discovering the purpose of human life and understanding the source of our existence.

03. Who Can Be Enlightened?



***Every human being is privileged
To be Enlightened.***

***But first, we must wake up from our slumber,
Be Awakened.***

Only a human being is blessed, is privileged and entitled to be Enlightened. A dog, frog, cat or rat — no other being can be Enlightened. Only the human species has the power of contemplation and discrimination for Self-Realization and God-Realization.

Every normal human being who can Ask, Investigate and Realize the Truth can be Enlightened with the Realization of, 'Who am I?' and 'Why am I here?' Unfortunately, because we have been indoctrinated with lies, we don't Realize the Truth. Anybody who goes on a quest, asking the simple questions, 'What is my purpose on earth and why did I get this human birth?' can advance on that inner voyage to Realize the Truth. As long as we believe the lie and live with the fear that *I will die* and pray to the God that lives in the sky, we will never Realize the Truth of, 'Who am I?' We will never be Enlightened.

Anybody can get knowledge from a college but just like water must go through the process of crystallization to become ice, a human being needs the help of an Enlightened Master, a Guru, to create that Purification and Illumination that will make him truly wise. Without a Guru, it is practically impossible to be Enlightened because human life is short

and the world today is so full of confusion that we will never be able to reach the conclusion if we do not take the help of a Master.

Any human being who begins the quest for the truth can be Enlightened. One needs passion and curiosity and willingness to let go of blind beliefs. We must ask and question everything that we have been taught. Otherwise, we will be caught in the myth. Enlightenment is overcoming the darkness of ignorance and if we continue to cling and tie our boat to the shore, we will not discover the ocean. We need courage, we need guts to question because we are told that it is blasphemous to question our religion or God. Enlightenment is Self-Realization and God-Realization. It is first discovering, '*Who am I?*' and then realizing, '*I am none other than a manifestation of God.*' Our religion stops us from exploring this truth fearing the extinction of the religion itself. It is only when we get to the root that we can Realize the Truth. Therefore, only a sincere seeker who has deep love and longing for Realization and for Liberation and Unification with the Divine, can be Enlightened.

The one who is Enlightened switches on the light of the truth. Where is the darkness, then? The darkness exists only because there is no light. The moment we are Enlightened, ignorance vanishes and the truth is revealed. But what if we do not have the courage to question, contemplate and let go of past beliefs? What if we continue to believe in the myth that our ancestors believed in, without logic? We will never be Enlightened. We must want to be Enlightened, we must seek it and we must *pursue* it, as not just the most important thing in life but as our only priority and only purpose. We need unwavering determination.

04. Importance Of A Guru, An Enlightened Master



***Don't try to be Enlightened,
Without a Spiritual Master.
For Awakening, it is essential,
To have an Enlightened Partner.***

Anybody can learn on their own. But is there any doubt that we can learn faster with a Master? A teacher, a guide or a coach are important in any field of education. But a Guru or an Enlightened Master, is absolutely essential for Realization. Without a Master, we can end up in a disaster! Why? Enlightenment is not easily understood. It is often misunderstood as religion. Many people think that they are spiritual just because they are religious. Praying to God is not a mark of Spirituality. The path of Spirituality must lead us to Spiritual Awakening, to Enlightenment and only an Enlightened Master, an Awakened Guru, can hold our hand and take us forward on that inner journey of Self-Realization and God-Realization.

Who is a true Guru? The word 'Guru' reveals the answer. One who takes us from *Gu* to *Ru*, from *Gu*, darkness, to *Ru*, light. If a Guru cannot help us overcome our ignorance and Enlighten us with the light of the truth, such a Guru is not the right Guru for our Enlightenment. This is the only parameter to judge the competence of a Guru. Of course, if a Guru is himself Enlightened by another Enlightened Master, it strengthens the value of the Guru as Enlightenment is that passing on of the torch of the Divine

light of truth from an Awakened Master to a sincere seeker. Unless the Guru has that spark, that light within, he cannot pass it on to his followers. The biggest challenge is that a wrong Guru can become like a wrong GPS. When we are driving a vehicle, we use a GPS, the Global Positioning System for directions. On the spiritual path, we need the right Guru to give us GPS, the Guru's Powerful Signal to reach our destination. Enlightenment is possible but it is impossible with a wrong Guru! The moment we have the right Master, we will be heading in the right direction and we will be on the way to our destination. But we will get there faster if our pace of seeking and longing is passionate. If we ourselves are not interested, no Enlightened Guru can inject us with the magic of Enlightenment.

Therefore, Enlightenment depends on both, the seeker and the Master. A true seeker, longing for Realization and Liberation, along with an Enlightened Guru or an Awakened Master, is the right combination for Realization. Enlightenment is not something mystical or magical. It is the Realization of the Truth. And who will help us Realize the Truth? One who is already Enlightened. Those who appear to be Gurus but who are not, can easily be identified because of their wrong intentions. A true Guru has no commercial interest and seeks nothing from his disciples other than discipline, devotion and desire for Liberation. If a Guru is seeking something other than this, it is time for us to look for another Guru. I was blessed to have a Guru for 25 years. Without my Master, I am sure, my spiritual journey would have ended in a disaster. I am ever grateful to my Guru, *Dada*, who led me on the quest for Enlightenment.

05. Enlightenment Is Overcoming Ignorance



***As long as we live
Believing the myth,
We can't be Enlightened
With the Truth.***

What is Enlightenment? It is switching on the light of the truth. Why should we switch on the light of the truth? To overcome darkness. What is this darkness? It is the darkness of ignorance. Unfortunately, we are ignorant of our ignorance. We all think that we know everything, when in reality, we know nothing. We remain fools because of what we were taught in our schools. We were made to believe the lie that God lives in the sky. We all believe that one day, we will die. Throughout life, we think that we are 'I'. But this is all a lie. The truth is we will never die. Only the body will die. But that's not 'I'. And God does not live in the sky. How will we be able to overcome this lie? We must open our real eyes to wipe out the real lies that we have been indoctrinated with. Only then can we Realize the Truth. This is Enlightenment. It is so simple. It is nothing beyond overcoming the darkness of ignorance and switching on the light of the truth within.

All our ignorance is rooted in the misunderstanding of who we are and why we are here. We believe that we are the body and therefore, we cling to people, pleasures and possessions. It is this clinging that is the cause of all our suffering and as long as we don't overcome ignorance, we

will continue to suffer. Enlightenment is both freedom from all ignorance and misery on earth and the Realization of the Truth that will liberate us from the cycle of rebirth.

If we are living a life that is filled with ignorance, then whatever we add into our cup of life will be contaminated with ignorance. Therefore, Enlightenment is about unlearning the myth and cleaning the cup of lies. Only then can we fill our head with the truth. First, we have to overcome the myth. *Who will help us overcome our ignorance? Is reading and learning enough?* These are needed. They are important. But who will lead us to that spark of light? We need a Guru, who will help us wipe out our own ignorance. However, the Guru cannot eliminate ignorance if we don't make an effort. We must Ask, Investigate and Realize the Truth. We must read and educate, evaluate and discriminate, using the gift of our intellect. For this, we must go beyond the mind that stops us from Enlightenment. The mind is M I N D, Misery, Ignorance, Negativity and Desire and unless we transcend the body, mind and ego, we will sink in ignorance and think with the mind and blink at the truth and never realize what life is truly about. Then one day, we will be gone and we will be reborn. This will go on and on.

When we are Enlightened, we have Realized the Truth. The light in our inner sanctum has revealed that we are not the body, mind and ego. We are the Divine Soul. This is our goal. Once we are Awakened to the Truth, we must work hard to live that truth. But it all begins with overcoming ignorance. Otherwise, we will live and die in a trance.

06. We Must Go On A Quest



***Enlightenment will happen,
Only if we go on a Quest,
We can be Awakened,
If we put all our beliefs to the test.***

To be Enlightened, the most important step is the Initiation of a quest. Unless we start the journey to Spiritual Awakening, we can never be Enlightened. What is this quest about? A spiritual quest is initiated by an Enlightened Guru or Master. Otherwise, we cannot open the door to start that inner voyage. We may read and investigate only out of curiosity but the true quest, the search can only begin when we are guided on the path that can lead us to Spiritual Awakening. To reach any destination, we need a map but a map is not enough. We must walk the talk. We need passion and discipline that is unique to a spiritual quest. One may go in quest of money, name, fame and success. That is not so difficult. We have seen achievement attained by many. Why is it that Enlightenment is attained only by a few? The outward journey in the material world is not as challenging as the journey that is inward, upward and Godward. To move onward and forward, one needs the efforts of both, a traveller on the quest and the Master or the guide.

What is the most ironical truth about Enlightenment? Less than 1% of humanity starts a serious quest for

Enlightenment. Most people are busy with achievement and therefore, the spiritual path is less travelled. In fact, people don't think it is necessary to be Enlightened. All we are taught is that life is achievement. But the reality is that achievement is not our objective and our purpose. The purpose of human life is Enlightenment. Because we have not been taught this, we don't seek it, we don't go on a quest. The rare minority that seeks Enlightenment is earnest. Such seekers initiate the quest with the help of a Guru or a Master. What do they do?

The quest for Enlightenment needs contemplation and introspection for which we need silence, we need meditation. The quest for the truth is to question all our beliefs, everything that we have been taught and those superstitions and fairy tales in which we are caught. One-by-one, we have to eliminate the myths and replace them with the truth. This is the spiritual quest, the inner voyage of Self-Realization and God-Realization. However, while 1% of the world is visually blind, 99% is spiritually blind. Most people don't start the quest. They just live and die, without understanding why they came to this planet.

What is the quest all about? The quest is to discover the purpose of existence. The quest is to find out our true identity. The quest is to discover the truth about God. The quest is to help us discover the state of Eternal Happiness, to find the meaning of true love and to discover Everlasting Peace, the very foundation of Happiness. The quest will ultimately give us all this. Alas! Most of humanity does not start the quest. If you do not ask, how will you receive? If you do not seek, how will you find? If you do not knock, how will the door be opened for you?

07. The Most Important Question - Who Am I?



***The most important question of life is,
'Who am I?'***
***But we don't ask this question,
We just live and die!***

In the journey of Enlightenment, the single most important question is – 'Who am I?' For those who are not familiar with Enlightenment, this may be a very funny question because we think that we know who we are. Then, what is the relevance of such a question? The ultimate truth of life is that we don't know who we are. We don't realize this. We live and we die, thinking that *I am 'I'*. Then, we are reborn, and this journey goes on and on. We return to earth in a rebirth, without realizing, 'Who am I?' Enlightenment is taking a pause and finding the cause of our existence. In fact, the second question that follows the most important question, 'Who am I?' is 'Why am I here?' But unless we discover the answer to, 'Who am I?' the second question is not relevant.

Don't we believe that we are our name, gender and nationality? *I am Narender. I am an Indian. I am a male. I am 40 years old. My permanent address is on my Aadhar Card. One day, ultimately, I will die and go to a God, up in the sky.* Have we ever realized that all of this is not the truth? It is a lie!

Enlightenment is to Awaken, to realize and to switch on the light of the truth. It is self-discovery or Self-

Realization. It is answering the most important question, '*Who am I?*' which 99% of humanity is ignorant about. Answering this question is not easy because the wrong answers are deeply rooted in our life. We have to uproot these lies. It is just like uprooting a large tree which has its roots established deep under the soil. The myth that we have grown up with is deeply ingrained in our belief systems, our philosophy of life. We cannot flip over from what we have always believed to something new overnight. We need to be Spiritually Awakened or Enlightened. Only then will we accept that flabbergasting truth, *I am not 'I'*. '*Oh my God, how can 'I' not be I? If I am not 'I', then who am I?*' This simple question is difficult to realize. Although it is truly simple, our mind fills us with ignorance and makes us blind.

Enlightenment is that journey, where we slowly but steadily chip away a rock. As we chip away all our ignorance, the beautiful statue that lies within the rock is revealed. As we ask that most important question, '*Who am I?*' we chip away who we are not. And then, the true self that is within will shine. This is, in essence, Enlightenment, the 'Aha' moment. It is in this moment of Spiritual Awakening, when we discover, '*Who am I?*' that we have achieved our ultimate goal — realizing that we are the Divine Soul, not the body, mind and ego that we appear to be.

How many people start that quest to discover, '*Who am I?*' Most people just have fun, till life is done and the most important question, '*Who am I?*' remains unanswered. And so, life escapes without us discovering its true meaning and purpose.

08. *Neti Neti* - Who Am I Not?



***Neti Neti, we are not the Body,
We are not the Mind.
Tat Twam Asi, we are the Divine.
This, we must find!***

If one wants to be Enlightened, if one wants to find out, '*Who am 'I'?*' in reality, the first step is to find out, '*Who I am not.*' Unless we find out who we are not, we can never discover who we truly are. What do we think our reality is? We think that we are the body in the mirror that we see. We think that we are the Mind and the Ego that says, 'ME'. But this is not the ultimate reality. Then, what is the ultimate truth? The ancient scriptures prescribed a method known as, '*Neti Neti.*' *Neti* means 'not this'. It is repeated twice because in the quest for Enlightenment, we must first realize that we are not this body. We will get into that in detail in a while. Then, we must realize we are not the mind. When we get into this method of elimination, it leads us to the ultimate reality of, '*Tat Twam Asi or That Thou Art.*' What does that mean? It means that we are not what we appear to be. We are '*That*' - a manifestation of the Divine energy. So, unless we go into a deep study of *Neti Neti*, we will never discover *Tat Twam Asi*. The moment we realize that we are not the body, mind and ego, we realize that we exist. We are something. What is that something that we are? We are '*That*'.

Though the Realization of *Neti Neti, Tat Twam Asi* is very simple, it seems to be very complicated. It is so simple that

one may wonder, '*How can this be Enlightenment?*' But it is. If one wants to understand Enlightenment in 5 words, it is - *Neti Neti, Tat Twam Asi* - which has been stated in the *Vedas* and the *Upanishads*, thousands of years ago. Unfortunately, without the help of an Enlightened Master, we cannot discover 'who we are' because 'who we are not' rules over us.

Who are we not? We are not this body. This body is constantly changing. One day, it will die. *Neti Neti* leads us to the origin of the body. We are not the mind. There is no mind. How can we be the mind that doesn't exist? When we contemplate *Neti Neti*, we are not the body, we are not the mind, we are Enlightened with the Realization of *Tat Twam Asi*, we are 'that'. *Ayam Atma Brahma*, we are the Soul, that Spark Of Unique Life that is none other than a manifestation of the Divine. *Aham Brahmasmi*, we are the manifestations of SIP, the Supreme Immortal Power that the world calls God. This is Enlightenment. This is Self-Realization. It is from this that we go to the ultimate state of *Prajnanam Brahma* - the intuition and wisdom that God dwells in every creature, everything and everywhere. Every *Atman*, Soul, Spirit, *Ruh* or Life is none other than *Paramatman* or God. Enlightenment is summarized in 12 words by the *Upanishads* but sometimes, we are unable to be Enlightened even in 12 lifetimes, forget about the many decades that a man lives in one life to be Enlightened!

Neti Neti is a spark, a trigger that can lead to Enlightenment. To be Enlightened, we must eliminate who we are not. Without this elimination, there can be no Realization. Let us contemplate first, who we are not, to realize who we truly are.

09. Am I This Body That Will Die?



***First, we must realize,
We are not the Body that will die.
This will ultimately make us realize,
'Who am I?'***

To awaken with the profound words, *Neti Neti*, we must contemplate, '*Am I this body that will die?*' Let us get into the depth of this. Where did this body appear from? Was it some magic. No! We know the logic. The body arrived on a date that we call our birth date. But scientifically, we know that we were conceived or born about 9 months before. What were we when we were conceived? We were just one cell called the zygote. Can anybody deny this? No. Once the zygote is placed in a mother's womb, our life journey begins. How does it start? Two cells of our mother and father, fertilized by a Divine fusion, become a new life. That one cell, ultimately, becomes the embryo and then, the foetus of 25-billion cells arrives on earth as a baby. What did we do to make this happen? Nothing! Nobody did anything. All this is a display of the Divine Power that is working inside us. One day, we arrive on earth and then, we grow up into a body of 35-trillion cells. What we must focus on is what happens to this body, ultimately.

One day, this body will die and our own loved ones will destroy this body because they are absolutely sure that we have departed, we have passed away. Who has passed

away? Where did we go? We don't know. But for sure, we are not the body that died. Is there any doubt? While there is absolutely no doubt that we are not this body that will die, it is most unfortunate that we are trapped in this lie that this is 'I'. Not only birth, which clearly reveals that we are not the body, and death, which makes it obvious that we have left the body that we are not, the ever-changing body itself reveals that it is just an abode, a home for our true self. The cells of our body are constantly dying and regenerating. In fact, science tells us that every 7 to 10 years, all the cells of our body, which constitute all our critical organs, are all new, all changed. This, in essence, means that every decade, we have a new body. If we are 50, the body is the 5th body that we are occupying. Unfortunately, because we have not contemplated *Neti Neti*, we continue to believe that we are this body, which in reality, we are not.

Those who think, '*I am not the body, the gross aspect of existence,*' immediately leap into believing that we are the subtle body, the mind, the intellect, the memory and the ego. In fact, this software of the human computer is what traps us into ignorance and till we understand *Neti Neti*, we continue to believe that we are the hardware, the body, the software, the mind and its constituents. When we get that spark of Awakening, we become absolutely sure that we are not the body. This body is just a habitat. It was formed cell-by-cell in our mother's womb and one day, it will disintegrate, get diseased and die. This will lead us to realizing, '*Who am I?*' And this happens the moment we realize that we are not the body that will die.

10. Am I The Mind That I Cannot Find?



***We think we are the mind.
But has anyone seen the mind?
Where is the mind? Can we find?
The mind pushes the Truth behind.***

'Neti Neti' leads us to our second Realization. The first absolute Realization is that *I am not this body that comes and goes*. This truth, everybody knows. But alas! We don't realize it. When a genuine seeker longing for Spiritual Awakening gets to the Realization, *'I am not this body that will perish,'* he will cherish Enlightenment and probe further. *'Am I the mind? The body is the actor, which I am not. But am I the mind, the director? All the time, I exist. I feel hungry. I feel happy. I walk. I talk. I sing. I do so many things. So, of course, I exist,'* says the mind. *'How can I not be 'I'?'* The mind pushes us back into believing that we are the body, mind and ego. However, the one who uses the tool of *Neti Neti* doesn't give up so easily. He goes on a quest to find the mind.

Where is the mind? Has anybody ever seen the mind? What is the colour, the size and the shape of the mind? We have seen pictures of the heart, the brain, the kidneys. All our critical organs exist. If we are the mind, the mind must exist somewhere. Where is the mind? Nobody has ever seen it. How can we ever see the mind that doesn't exist?

What is the mind? While the mind appears to exist, it is nothing but a bundle of toxic thoughts. Bundles of thoughts get together and appear to be the mind. In reality, there is no mind. But the mind creates the ego and says, '*I am the body. I am the Mind and Ego, ME.*' It is nothing but ignorance that makes us believe we are the MIND, which is Misery, Ignorance, Negativity and Desire.

Enlightenment is *Neti Neti* – realizing that we are not the body and we are not the mind. There is no doubt that the mind doesn't exist. Only thoughts exist. Just like every human being is breathing, so is every human being thinking. But thoughts are not the mind. Bundles of toxic thoughts that pour like rain and push us down the drain, appear to be the mind. A mind that we cannot find. Still, this enemy of Enlightenment, the mind, creates fear, worry, stress, anxiety, regret, shame and guilt. The moment we realize that there is no mind, we are free from all the miseries of the mind. But as long as we think that we are the body and the mind, the ego is trapped in ignorance and we will never be Enlightened to Realize the Truth of who we are. To be Spiritually Awakened, *Neti Neti* is the key. The simple Realization is that we are neither the body that will die nor are we the mind that we cannot find. If we are not the body and mind, who are we? The ego is confused, '*How can I be nothing?*' It is at this point that one awakens with the 'Aha' moment, with the self-discovery known as Self-Realization. But this is impossible without the Realization of, '*I am not the body. I am not the mind.*'

This might appear to be easy but it is not. The mind continues to keep us in ignorance and stops us from the simple Realization that there is no mind. How can I be the mind that does not exist?

11. The Ego Must Be Awakened



***As long as the Ego thinks,
That it is 'I' 'me' and that is 'mine',
In ignorance, we will suffer,
As the mind ties us with twine!***

For Enlightenment to happen, the ego must be Awakened. How can the ego be Awakened?

What is the ego? It is the identity that thinks, 'I am 'I'.' It keeps on thinking that *this is mine*. As long as we live with 'I', 'me' and 'mine', the ego is bound by the twine of ignorance. The seeker of Enlightenment questions, 'If I am not the body that is formed by cells and ultimately, disintegrates and disappears; if I am not the mind, which nobody can find, what is this ego that says 'I'?' As a seeker of Enlightenment contemplates and realizes, 'Neti Neti, I am not the body, I am not the mind,' he gets a flash of Awakening, 'Tat Twam Asi, I am that, not this.' What is this Awakening?

As long as we are living as the body, the mind and the ego, we continue to live for eternity, living and dying, without realizing that we are none of these. The ego is fooled by the mind and continues to say, 'I', till we die. Then, the body dies but the Mind and Ego, ME, carries Karma and returns to earth in a rebirth. This goes on and on, till the ego is Awakened. What happens when the ego is Awakened? The ego that hitherto stood tall like a wall, has a fall! It suddenly realizes, 'I am the energy that is throbbing in every

cell of my existence.' The ego is Awakened. This is the first step of Enlightenment.

Doesn't it seem easy? Actually, it is! But the mind and ego do not permit us to be Enlightened. The Mind and Ego, ME, fools the senses of the body into believing, '*I am 'I'.*' The senses desire and crave, till we reach our grave and the mind encourages all desires, to keep us bound in ignorance. The moment there is the Realization of *Neti Neti* - we are not this, not this - it becomes easy to realize, *Tat Twam Asi* - we are that. How does this Awakening happen?

It is a simultaneous Awakening of what we are not, which makes us realize what we are. We are that Power that is throbbing within us. We are that Power that makes our heart, beat. Don't we all feel that Power that is within? The ego is Awakened when it realizes that this Power came alive in the moment of conception nine months before our so-called birthday. We are that Power that departs at the moment of death. Then, there is no breath. We are that Power of life, the Power within and as long as we do not realize who we are not, the ego cannot be Awakened and Enlightened to the truth of who we truly are.

Enlightenment is all about realizing, '*I am not the body that will die. I am not the mind I cannot find. I am not the ego that says 'I'.*' This begins our journey of Enlightenment. First, we are Awakened — *we are not this, we are that.* Then, we are Enlightened with the fact!

12. Understanding That Life Is Karma



***As long as we don't understand
That Life is Karma,
There will be no Enlightenment,
Only trauma in this drama.***

To be Enlightened, one must pause and find out the cause of why they came to earth. What caused this human birth? It is Karma. Karma is the Law of Action and Reaction. Unless we understand Karma, we can't be Enlightened.

No human being can escape from action. We all do good and bad actions as we live. In the moment of death, the physical body dies but Karma is not settled and so, we carry unsettled Karma and return to earth. This Karma, which is our past Karma, is beyond our control and very often, we think that bad things are happening to good people, when in reality, it is our unsettled bad Karma of the past that is unfolding in life.

If life is about our past Karma, then aren't we all just puppets? No! We are given free will to choose our present Karma. We can't change the Karma we brought to earth but we are in full command of the Karma after our birth. Together, both our opening Karma and the current account, *Prarabdha Karma* and *Agami Karma* respectively, merge to become our Twin Karma. This is from where our life is unfolding.

Everything that is unfolding in life is Karmic. Just like the seeds that we plant decide the fruit on the tree, the deeds we plant, decide our destiny. By choosing Karma wisely, we can choose our destiny.

What is the connection between Karma and Enlightenment? There is a strong connection. As long as there is Karma, we can't be Enlightened because Karma belongs to the body, the actor, and the Mind and Ego, ME, the director. We are none of these. The moment we realize we are not the body, mind and ego, we are free from all Karma. We are free from the cycle of rebirth. This is called Liberation, *Nirvana* or *Moksha* and it is possible only when we are free from all Karma. This, in turn, is possible only when we realize that we are not the body, mind and ego. This Realization is Enlightenment. It is Liberation from Karma, Liberation from the cycle of rebirth. Unfortunately, we have been taught that good Karma will lead us to Enlightenment and *Moksha*. But while Karma ties us with handcuffs, good Karma ties us with golden handcuffs. We will still be caught as the body, mind and ego, and suffer without Enlightenment. Therefore, understanding Karma and transcending Karma are the keys to Spiritual Awakening. But as long as we don't realize *Neti Neti* — we are not the body, mind and ego — not only we will have to face Karma on earth but we will also carry our unsettled Karma and return in a cycle of rebirth.

Life is Karma and everything is happening as per Karma. Enlightenment is decoding the mystery of Karma, getting to the root of whose Karma it is. The moment I realize that I have no Karma, I am not the doer of Karma, I am Enlightened!

13. Will We Be Reborn?



***Because the Mind and Ego, ME, carries Karma,
We are Reborn.***

***Our ignorance traps us in this cycle
That goes on and on!***

Is there any doubt that one day, we will be gone? We all will die. The body is mortal. But what about rebirth? Will we return to earth? While there are some who discount this possibility as just an imagination, most people believe in one of two things. Either we will die and go to our God in the sky or we will be reborn, once we are gone.

Enlightenment is about logical contemplation. Death of the body is certain and birth continues to happen. What is this constant cycle? If we believe in Karma, the Law of Action and Reaction, we will clearly understand that death happens suddenly and all Karma are not settled. Good or bad, whatever Karma is not redeemed has to be settled as per the law. Therefore, we have to return to earth in a rebirth.

When we contemplate birth, don't we see that some people are born in very privileged circumstances, in rich homes and palaces, while others are born in poverty and slums? Is this just luck or chance? Nothing happens by luck! We pluck our destiny based on our Karma.

If we do good Karma, not only will we experience a good destiny on earth but we will also receive a good rebirth. The Law of Karma is clear — *As you sow, so shall you reap.* But even after we die, our Karma continues to exist in our account.

The body dies. But the body is only the actor. The Mind and Ego, ME, is the director of Karma. It is our subtle body, our software. But our Karma belongs to ME, the Mind and Ego. The moment we are dead and gone, the mind and ego, carries its Karma and is reborn and this goes on and on. This is the truth. There is no God far away in the heavens. The body returns to dust. This must be understood for one to be Enlightened.

Who is reborn? The body dies. It is the mind and ego that is reborn. But the mind doesn't exist! How can it be reborn? As long as the ego is not Enlightened, our ignorance will create Karma as the mind and ego and the story will go on. The goal of life is to be free from this cycle of death and rebirth and wipe out the history of all past Karma. This is the mystery of life! As long as Karma exists, we have to be reborn. There is no choice. But we can be free from Karma when there is the Realization that the mind and ego is an illusion. In that flash of the moment, we are Spiritually Awakened, we are Enlightened, we are free from Karma and we are free from rebirth.

The reason of our rebirth is ignorance. We come to this planet because we carry Karma and when we go, we are still carrying Karma. There is no option but to be reborn. The moment we are Enlightened that we are not the body, mind and ego, there will be no Karma and no rebirth.

14. Our Ultimate Goal Is *Moksha*



***The goal of Enlightenment
Is ultimately, Moksha.
Freedom from the cycle of Rebirth,
Freedom from all Karma.***

What is Enlightenment? Enlightenment is understanding life. It is realizing who we are. We are neither the body nor are we the Mind and Ego, ME. We are the Divine energy. We are that Spark Of Unique Life, the Soul. We must realize this goal. This is Enlightenment.

When we are Enlightened that we are not the body, mind and ego, we are the Soul, we are free from Karma and therefore, free from rebirth. This is known as *Moksha* or Liberation. The world calls it *Nirvana* or Salvation. But it is Liberation from this world and Unification with the Divine.

To be liberated from this world, we must first, be Awakened with the Truth and then, be Enlightened completely so that we do not live as the body, mind and ego. It is not enough to have just knowledge that we can pick from a book or a college. We need Realization. This process starts with Purification of our understanding and then, Illumination with the several Realizations that we have. Without the help of a Guru, this is practically impossible. But once we are sincere seekers and have that

deep love and longing for Liberation and for God, our spiritual quest can take us to destination *Moksha*.

What is *Moksha* and when does it happen? As long as we are alive, we cannot attain *Moksha*. *Moksha* happens in that moment of death. In that moment, if we are Enlightened and we don't have Karma because we have realized that we are the Divine Soul, we don't have to return to earth in a rebirth. However, most of us do not reach the blessed state of being a *Jivanmukta*. A *Jivanmukta* is an Enlightened being. A *Jivanmukta* is free from the body, mind and ego. A *Jivanmukta* is qualified to attain *Nirvana* or *Moksha* in that moment of death. When the physical body dies, there is no subtle body. An Enlightened one has eliminated the mind. Such a person has an Enlightened Ego. Therefore, such a person has no Karma. Although one lives doing action, one is living as a *Karma Yogi* without seeking any rewards for actions. Living as a Divine instrument, a liberated Soul, a *Karma Yogi* attains the ultimate goal of *Moksha*.

Moksha is the ultimate destination but how will we attain *Moksha* which is our ultimate goal? We have to live as an Enlightened Soul. If we are not Enlightened, the body will die and the Mind and Ego, ME, will carry Karma and return to earth. We will be gone and will be reborn, and this will go on and on. This is how the world continues to exist.

The challenge of life is not just to do good Karma and not just to follow our Dharma. The purpose of life is God-Realization or *Moksha* and this happens with Self-Realization or Enlightenment. While this may seem to be a tall order, it is very much possible!

15. The Two Possibilities At Death



***Most of us live with ignorance,
And have a Reincarnation.
A few of us who pursue Enlightenment,
Get the Realization.***

A seeker, seeking *Moksha*, the ultimate reward of Enlightenment, must be absolutely clear about death and thereafter. The physical body must die. There is no option. And because we are all ignorant, we carry Karma and return to earth in a rebirth. The paradox is — how can we be reborn, when there is no mind and ego? The mind is nothing but a bundle of toxic thoughts. But it appears to exist. It traps the ego in ignorance and makes us believe, 'I am I.' Therefore, the subtle body is created out of our ignorance. The body is just an actor. It is formed only to be an instrument of the ignorant mind and ego, so that ultimately, we are Enlightened and free from this earthly cycle. 99% of the world just lives and die. There is no seeking of the truth, no discovering, 'Who am I?' So, the world continues to exist. People are born and after they finish their Karmic cycle, they are gone. Then, they are reborn again and again and again.

The purpose of life is to realize why we came to earth and why we got this human birth. Were we created just to come and go? What is the purpose of this show? Enlightenment is realizing the true meaning of life. It is understanding that LIFE is Liberation from Ignorance and

Finding Enlightenment. We are not born just to have fun, till life is done and then, to be born again! Before we die, we must try to find out, 'Who am I?' and 'Why am I here?' If we don't, we will just return to earth in a rebirth. But as we have now seen, there is another possibility – Enlightenment.

Enlightenment is the Realization that we are not the body that dies. We are not the mind. The mind doesn't exist. Enlightenment is the Awakening of the ego to realize, '*I am not 'I'. I am not the body, mind and ego. I am the Divine Soul.*' When we realize this, then ideally, we should not be creating any Karma. If there is no Karma, there should be no rebirth. Because we don't realize we are the Soul, we continue to live as the body, mind and ego, doing Karma, trapped in the cycle of *Samsara* or rebirth.

Therefore, at death, for every human being, there are two specific possibilities. Either we can be Enlightened and liberated from rebirth or we can be ignorant and carry Karma and return to earth. Death is certain. We can't escape death. But rebirth is a choice. We have two choices – Reincarnation or Realization. Most of us don't choose Enlightenment, which leads us to Realization and Liberation, and ultimately, Unification with the Divine. We live, die, suffer and cry because we do not pursue the ultimate goal of Enlightenment. Not only do we suffer the triple suffering of the body, mind and ego on earth but we continue to suffer the cycle of rebirth. So, there is reincarnation.

16. What Is The Cause Of All Suffering?



***Enlightenment liberates us,
From all suffering and all sorrow.
It eliminates the mind,
That jumps into yesterday and tomorrow.***

Enlightenment is not just some spiritual jargon. It is a systematic and scientific way of overcoming all misery and sorrow. It is enjoying each moment with peace, love and bliss and not shuttling between yesterday and tomorrow. Enlightenment is the way to overcome all misery and pain. How is this possible?

A human being suffers pain of the body, misery of the mind and agony of the ego. Primarily, this is the triple suffering that we experience on earth and then, we return in a rebirth to suffer again and again. Enlightenment doesn't just free us from rebirth. More importantly, it liberates us from all suffering on earth.

Who has not experienced fear, worry, stress, anxiety, regret, shame and guilt? These are miseries created by the mind. A mind which we cannot find. Still, it makes us blind and leaves our Happiness behind. An Enlightened one realizes that the mind is nothing but a bundle of toxic thoughts. The mind is the only rascal that can take us to a yesterday that is gone and create regret, shame and guilt. Then, it can jump to a tomorrow that is not yet born and create fear and worry, stress and anxiety. An Enlightened

one is able to eliminate the mind. He learns the art of stilling the mind and killing the mind! Having achieved the Enlightened stillness, he is free from all mental illness.

The mind not only creates 7 known miseries but also fools the ego into believing that I am 'I' and this creates another 7 monsters that make us suffer. The ego suffers pride, greed and selfishness that creates anger, hate, revenge and jealousy. This robs us of our peace and tranquillity and makes us suffer. Enlightenment is Awakening to the truth that I am not the body or mind. Therefore, we are free from the monsters that cause all the agony and anguish. Enlightenment is a sure way of being free from the mind and ego that actually do not exist. Enlightenment also helps us to be free from the suffering that is caused by pain in the body.

The body experiences pain. We grow tall and we have a fall. Enlightenment makes us realize that we are not this body that suffers pain. Therefore, while the body will have pain, an Enlightened one does not suffer that pain. He is able to endure it, living in Consciousness that he is not the body that is experiencing the pain. This may sound ridiculous to someone who is not Enlightened, but the one who is Spiritually Awakened develops great resilience to face physical pain of the body.

Therefore, Enlightenment eliminates all suffering because it makes us realize we are not the body, mind or ego. All the suffering in the world is of the body, mind and ego, which we are not. When we are Awakened and realize that we are the Divine Soul, we are free from all suffering and sorrow on earth.

17. Is There A Way To Eternal Happpiness?



***Enlightenment is the gift
Of Eternal Happpiness.
It overcomes misery, sorrow,
And gives us Peace, Love and Bliss.***

We, human beings, seek many things. We seek money, name, fame, possessions, love and pleasure. But ultimately, at the end of it all, we are seeking only one thing, Happpiness. Whatever we are seeking in this world, ultimately, leads to making us happy. We want pleasure. We don't want pain. We don't want loss. We only want gain. Somehow, we become unhappy, again and again. Enlightenment leads us to a state of Eternal Happpiness, a state of seamless joy. It is a journey that eliminates the triple suffering on earth and leads us to an ecstasy, a euphoria that is greater than any pleasure or mirth.

What is Enlightenment? It is the Realization that we are not the body that suffers pain. We are not the mind that becomes miserable. We are not the ego that gets agonized. It is the Realization that we are the Divine Soul. The Soul vibrates emotions of peace, love and bliss. These three emotions are the cause of Happpiness in the world. Unfortunately, those who are not Enlightened, do not live in the Consciousness that they are the Divine Soul and not the body, mind and ego. Therefore, they suffer the triple suffering and do not experience the bliss of the Soul.

When we are Spiritually Awakened, we realize that *we only have* a body but *we are not* the body. Therefore, even if the body experiences pain, we do not suffer because we realize that we are the Divine Soul. Having rooted out the mind, there is no fear, worry, stress or anxiety. We have eliminated all regret, shame and guilt. Because the ego is Enlightened, not only do we overcome the anguish of anger, hate, revenge and jealousy but we are also free from the agony of pride, greed and selfishness. So, what is left? Being free from all this misery and anguish and enjoying Soul Consciousness, we live with peace, the very foundation of Happiness. We enjoy pleasure without letting it become pain. We discover the magic of true love and are able to experience the ecstasy of Soulful, Divine, Universal Love. Those who are Enlightened, therefore, experience Eternal Happiness as they live in Truth Consciousness.

When we are Enlightened, we are conscious that we are not the body, mind and ego that suffers. We are the Divine Soul. This Realization creates *Ananda*, a joy unknown to the common man. Since there is no misery and sorrow to interfere in our seamless Happiness, we enjoy a state of bliss that is greater than any pleasure. This treasure is the gift of being Enlightened.

Enlightenment is a journey of life, a journey that leads us to a treasure that is greater than pleasure. It changes our belief from, '*Success is Happiness*,' to '*Happiness is success*.' Having been Spiritually Awakened, the Enlightened one lives life moment-by-moment, in bliss.

18. We Must Evolve Through The 3 Peaks Of Life



***Most people are lost,
In the first peak of Achievement.
Very few reach Fulfillment,
And a small minority, Enlightenment.***

Enlightenment is that journey that not only makes us understand life but also helps us to evolve through life. From the time we are kids, we are motivated to be successful. We are told to come first in class. We are congratulated for becoming the school captain. Throughout life, emphasis is given on success and achievement. Enlightenment is realizing that success is not Happiness, rather, Happiness is success.

We may have all the success and achievement in the world but ultimately, we will leave it all behind. What we earn, others will burn. Nobody taught us to give, before we are gone. Nobody taught us that the purpose of life is not to be reborn. It is Enlightenment that makes us evolve from the first peak of achievement to the ultimate peak of Enlightenment.

Life has 3 peaks. We must all earn to fulfil our needs. But our needs should not become our greed. We must discover the greater treasure over pleasure. This is peace and to get peace of mind, we must live a life of contentment and fulfillment. Therefore, life is about taking an exit from the highway of achievement and evolving to the plateau

called fulfillment, where there is contentment. Most people go from peak to peak, from success to success, ultimately, to reach a cliff called death. Success is a bottomless well but when we evolve from achievement to fulfillment, we live a happier and more fulfilled life.

So, is life just about being content and fulfilled? No! One has to go from achievement through fulfillment to the ultimate peak called Enlightenment. Enlightenment is to switch on the light of the truth. It is to realize, '*Who am I?*' and '*Why am I here?*' It is not just to zoom from womb to tomb. Even if we have all the success, name and fame, we cannot win our life game. The purpose of life is to discover the purpose of life, and this comes only from Enlightenment.

The Enlightenment journey will help us evolve through the first peak of life, achievement, to the third and ultimate peak, Enlightenment. With the help of an Enlightened Master, we can overcome ignorance and realize that our ultimate goal is to live as a Divine Soul. Although we know that we bring nothing and we take nothing, we come alone and we go alone, we are paralyzed by ignorance. It is Enlightenment that can liberate us from our foolishness, lead us to Realizing the Truth and reaching a state of Eternal Peace, Divine Love and Everlasting Bliss. Is anybody in the world seeking anything more than this?

Enlightenment is, therefore, not just about God but about us. It is understanding the purpose of our existence and achieving it. It is moving from success to significance. We must seek Enlightenment, not achievement.

19. From Pleasure To Peace And To Purpose



***True Happiness is enjoying Pleasure,
Peace and Purpose.
Otherwise, we will jump up and down,
Like a clown in a circus!***

The journey of Enlightenment makes us evolve from enjoying pleasure, to peace - the very foundation of Happiness. We all realize that pleasure without peace is an empty treasure. If we lose our peace of mind, Happiness, we cannot find. Still, we continue to run after money, fame, name and pleasure and do not reach the state known as Eternal Happiness.

The world laughs when one talks of Eternal Happiness. People know about pleasure and pain, loss and gain, sun and rain and these appear in cycles, again and again. Very few people are even aware that there is a state of seamless Happiness and bliss, where there is no pain. A very few people discover that state of overcoming all misery on earth. This is Enlightenment.

When we realize that we are not the body that experiences physical pain, we are not the mind that creates fear, worry, stress and anxiety, we are not the ego that is agonized by anger, hate, revenge and jealousy, we reach a state of *Ananda*, a state of Bliss, living in Truth Consciousness. How do we do this?

The secret to Eternal Happppiness is to change the way we spell happy. Happy must have 3 Ps. We must enjoy Pleasure. We must find Peace and we must also discover the Purpose of life. Discovering our purpose is Enlightenment. It is Spiritual Awakening. It is a state where we still the mind, kill the mind and eliminate the rascal, which is nothing but a bundle of toxic thoughts. Enlightenment is realizing that *I am not the body or mind*. When the ego is Awakened, we realize, '*I am not 'I' . I am the Divine Soul,*' and we find our purpose as we achieve our ultimate goal. Therefore, Enlightenment is evolving from Pleasure to Peace to Purpose, the 3 Ps of Eternal Happppiness.

Most of the people in this world are running after pleasure. A few, maybe just about one-fifth, are blessed. They count their blessings and live with contentment. But less than 1 % seek Enlightenment. They are the ones who discover their purpose. They answer the two most important questions of life - *Who am I? Why am I here?* Having got answers to these, having discovered their purpose, they enjoy pleasure just as they find peace without letting their need becoming their greed. They spend their life focusing on Realizing the Truth as they enjoy their life, moment-by-moment, with peace, love and bliss. There can be no other way to greater Happppiness.

Enlightenment is, therefore, evolving from pleasure that comes from achievement through peace that comes from fulfilment, to ultimately, discovering our true purpose through Enlightenment.

20. We Need Spiritual Awakening



***If we are in ignorance,
We can never be Awakened.
But if we overcome our ignorance,
We can be Enlightened.***

For one to evolve from pleasure to peace to purpose, for one to transcend achievement to evolve to fulfillment, to Enlightenment, one needs Spiritual Awakening.

The term Spiritual Awakening can be very overwhelming. People become afraid of being Spiritually Awakened or being Enlightened. They think of it as something mystical and magical. They even believe that they have to give up the world and renounce their family. They don't realize that Spiritual Awakening is, in simple words, overcoming ignorance and Realizing the Truth. Spiritual Awakening is realizing that we are not this body that will die. It is eliminating the mind that creates so much misery. It is Awakening the ego to realize that we are the Divine Soul. We are a manifestation of the Supreme. Therefore, Spiritual Awakening or Enlightenment is the most beautiful journey of life. It is waking up to the truth, which overcomes all the myths that create all our suffering. It is living in a state of Awareness of our true self. It is being free from all the misery caused by the Mind and Ego, ME, just as it is a way to peace, love and bliss. So, how can we achieve this?

The term Spiritual Awakening, as it suggests, means waking up to the truth that we are the Divine Spirit. It means that we are Enlightened about our true identity. Having realized that we are not the body or the mind and ego, we contemplate — who are we? The answer is that we are the Divine Soul, that Spark Of Unique Life, we are the Divine Spirit. It is this Spiritual Awakening that makes us discover our purpose and takes us to that ultimate peak of Enlightenment.

Most people slumber as they wonder why they suffer. They don't realize that they are not the ones who suffer. The Awakened ones never suffer. To them, nothing matters. They are able to accept and surrender. To them, there is no trauma because they enjoy the drama called life, realizing everything unfolding is Karma. We need Spiritual Awakening to help us achieve our purpose. This Spiritual Awakening is called Enlightenment.

What stops us from Spiritual Awakening? We think that we are this body, which we are not. The mind and the ego make us believe that we are ME, the one in the mirror that we see. Spiritual Awakening opens our *real eyes*, to make us *realize* that we are Divine energy. When one is Spiritually Awakened, he realizes that what we appear to be, is not 'me'. He realizes, *'I am the Divine Soul, that energy, which created the first cell of existence. I am that Soul that will give breath till the death of the body. I will never die, for I am not 'I'.'* This is Spiritual Awakening.

Whether we accept it or not, the truth remains that we are not the body that will die. The truth remains that there is no mind, which we can find. We need Spiritual Awakening!

21. Knowledge Is Not Realization



***Enlightenment is Realization,
Not just knowledge.
It is not just information,
From a person or a college!***

Having read all that we have, we now know what Enlightenment is. We know that we are not this body. We know that we are not the mind. A mind that we cannot find. Does it mean that we are Enlightened? Of course, not! We may know that we are the immortal Soul and that we will never die but until this knowledge becomes Realization, we will not be Enlightened.

We may put water in a refrigerator but unless there is crystallization, it will not become ice. So also, unless knowledge goes through the process of Realization, we cannot be Enlightened and become truly wise. One can get knowledge in any college. But that does not mean that one is Enlightened. Realization is the journey from Self-Realization to God-Realization. It starts with the simple understanding of who we are not. This is knowledge. But who we are, is Realization. Anybody can understand that this body was created over 9 months in a mother's womb. We have all learned this knowledge in school. Then, why is there no Realization that we are that Spark Of Unique Life, the Soul, that created the first cell of our existence?

The biggest problem is the mind, a mind that does not exist. Through its toxic thoughts, it holds us back from Realization. Why does it do so? Because the moment we are Enlightened, it is 'game over' for the Mind and Ego, ME. Therefore, the mind along with the ego fights very hard to stop the knowledge from becoming Realization. What is the MIND? MIND is Misery, Ignorance, Negativity and Desire. It fools us into believing that I am 'I'. Once we are caught in the trap of the Mind and Ego, ME, we cannot be free. We become slaves in a prison of pleasures, possessions and people and we fail in our journey of Enlightenment. We must be free from the Mind and Ego, ME. Only then can we convert our knowledge into Realization. For this, we need the help of our Guru, our Enlightened Master, who will take us through the journey of Purification and Illumination.

Realization is not difficult. First, we need Self-Realization. *I am not the body. I am not the mind. But I am. Who am I? I am the Soul.* This will take us to God-Realization. The Soul, the Spark Of Unique Life is SIP, the Supreme Immortal Power, that we call God. This makes us realize that every Soul is a manifestation of God. God is in one and all.

After reading all this now, you have the knowledge. But does it mean that you are Enlightened? No! Unless this truth becomes your life's reality and you live it, you are still not free from the Mind and Ego, ME.

Enlightenment is about eliminating all false beliefs and converting knowledge into Realization. As we go on a quest, putting the myths to the test, the truth will be revealed. The revelation and Realization of the Truth is what Enlightenment is.

22. Moving From Mind To Consciousness



***As long as we live with the Mind,
Enlightenment we cannot find.
When we move to Consciousness,
Then we leave the mind behind.***

If we want Enlightenment, there is one prerequisite. We must move from mind to Consciousness. How can we do this?

As long as we are in a state of mind, thoughts will pour like rain and we will be caught in ignorance, again and again. The mind is nothing but a bundle of toxic thoughts. It is the enemy of Enlightenment. It does not want us to Realize the Truth, for it does not want to cease to exist. Therefore, it tries very hard to stop us from contemplation and introspection that will lead to the Realization of the Truth.

The mind keeps us busy and engulfs us in fear, worry, stress and anxiety, every coming day. Then, it jumps to the past and creates regret, shame and guilt. It keeps swinging like a pendulum into yesterday that is gone and tomorrow that's not yet born. What is its objective? It wants to stop us from being in that state of Awareness. The moment we still the mind, we kill the mind and reach a state of Consciousness.

What is Consciousness? It is a state where there is no mind. Thoughts will gently appear in our Consciousness and

submit themselves to be discriminated by our intellect. As long as the mind is active, we cannot be in this state of Consciousness, where the intellect discriminates, enabling us to Realize the Truth. Therefore, either we can be in the mind state or in a state of Consciousness.

Enlightenment is possible only when we eliminate the mind. Once we remove all the toxic thoughts of the mind, in this state known as Mindfulness or Consciousness, the truth can be realized. The mind will always make us believe that we are the body. It will incite the 5 senses to seek sense gratification through pleasure. It will keep us so busy and occupied that there will be no possibility of being Enlightened in Consciousness. The moment we become aware of this situation, we become aware of the rascal mind. Then, we meditate, we spend time in silence to slow down the pace of thoughts, till such a time that we can stop the mind from its aggression of shooting at us 50 toxic thoughts, every minute.

Once we slow down the mind and reach the state of Consciousness, we are ready for Enlightenment. However, the mind is not an easy enemy. It will return again and again, to cloud our Consciousness and stop us from Enlightenment. Therefore, seekers of Enlightenment learn that the first thing to do for Enlightenment is to kill the mind. Otherwise, the mind will kill our Enlightenment. How does one move from mind to Consciousness? We must become aware that the mind is present with its toxic thoughts. Then, we must slow down the mind and activate the intellect. We need the help of the intellect to be able to eliminate the mind. How can we activate the intellect?

23. Activating The Intellect



***Enlightenment is not possible
Without Discrimination.
As long as the Mind exists,
There can be no Realization.***

Enlightenment is about intelligence, spiritual intelligence. One may take any path to reach Enlightenment. There are many. It may be *Bhakti* or devotion, *Dhyana* or meditation, *Karma* or action. But ultimately, without *Gyana*, education, one cannot reach that state of Self-Realization and God-Realization.

To be Enlightened, one has to overcome ignorance and the only way to overcome ignorance is through intelligence. Every human being is blessed with a fully developed intellect that can discriminate. Unless we activate our intellect, we can never be Enlightened. This activation that creates the Illumination can come from devotion to God. It can come through acts of service and meditation too. But ultimately, we need Realization.

For Realization to happen, we must eliminate the mind that fills us with ignorance. We must move from mind to Consciousness, as we still the mind and kill the mind! Thereafter, in Consciousness, the intellect is activated. It can choose and discriminate black from white, wrong from right. For this, the intellect uses its willpower to lock

the mind, as it blocks the mind from bombarding us with a barrage of toxic thoughts.

To be Enlightened, the key, therefore, is to transcend the mind that is riding our life horse and activate the intellect into being our boss. We have to flip from mind to Consciousness. This is the key. Without the intellect, there can be no Realization. It is this gift to humanity that makes a human being the only living creature that is capable of Enlightenment.

How can we activate the intellect and be Enlightened? The intellect is inbuilt in every normal human being. However, like a sword is invisible in its sheath or scabbard, the intellect is clouded by the presence of the mind and its toxic thoughts. To activate the intellect, we have to eliminate the mind. Beware! We cannot eliminate thoughts. Thoughts may appear gently in our Consciousness and submit themselves to the intellect for discrimination. Thoughts are not the mind. Only when they become a bundle of toxic thoughts, the mind appears to exist. The intellect does not permit this. When it finds a toxic thought, it will stop it, crop it, chop it and drop it. Enlightenment is all about discrimination, Illumination and Realization.

Those seeking Enlightenment must understand that Enlightenment is not so difficult to attain, provided we move from mind to intellect. In the mind state, it is impossible to be Enlightened. But when we use our intellect, we go beyond common sense to logic to realize that we are not the body, mind and ego. This is the truth. But the mind stops us from realizing it. We need the intellect to realize it.

24. What Holds Us Back From Being Enlightened?



***To be Enlightened,
We must eliminate every roadblock.
Only then, this ultimate treasure,
We can unlock!***

Why is it that the world struggles with Enlightenment? Enlightenment looks easy to attain but we struggle. What is the cause for this? We struggle because there are several roadblocks that stop us from being Enlightened.

The primary roadblock is our own ignorance. Unless we unlearn what we have learned, we can't be Enlightened. Some people doubt Enlightenment. We need faith that we can be Enlightened. There are some who live with unfulfilled desires of the material world. But fulfilling our desires will never quench our thirst. They will only make us burst! We will be caught on the highway of achievement trying to go from peak to peak and often, our own success will stop us from Enlightenment.

The biggest enemy of Enlightenment is the mind. It makes us attached to pleasures, possessions and people. Its toxic thoughts not only stop us directly but inflate the ego so much that it becomes a barrier to reach Enlightenment. The mind incites the 5 senses of the body and our sensual gratifications become a roadblock. Unless we eliminate all roadblocks, we cannot reach destination Realization.

This world is a huge cause for us not reaching Enlightenment. We get stuck in relationships, duty, lust and shame. We are unable to get out of this game. We have been taught so many lies that they seem to be real and so, we believe the lies! We don't see beyond the projection of *Maya*, what the truth of this *Leela*, this drama is. Although we are the Divine Soul, we are so wrongly indoctrinated with who we are not, that it becomes difficult to realize who we truly are.

Sometimes, it is our own religion that stops us from realizing the truth. Even though it helped us start our journey to God, it becomes the biggest bottleneck in God-Realization. It teaches us to do good Karma and we get caught in golden handcuffs. Enlightenment is about being free from Karma, going beyond our personal God by longing for that Supreme Immortal Power that is nameless and formless, birthless and deathless, beginningless and endless.

Unless we make Enlightenment our priority, we will continue to sail on two boats and drift. We will never find a Guru, who is essential for Enlightenment. We will continue to run after success, money, achievement, name and fame and end our life playing this game!

Don't we see that there are many obstacles that can stop our Enlightenment journey? But look at each one of them. They can be overcome. They should be conquered because our ultimate goal is not just to learn, earn and burn. We have to be liberated and not return to this world. That needs Enlightenment. As long as we do not realize who we are not, we will never realize who we truly are. We will never be Enlightened.

25. 'My Birthday Is Fake!'



***As long as we continue to cut a cake
On a birthday that is fake,
We will continue to believe the myth,
We will never Awake!***

Enlightenment is a journey that needs a spark of Awakening. There can be several sparks but all it takes to be Enlightened is one spark. Then, the fire of Enlightenment can spread. But without that strike, that one 'Aha!' moment, the unique journey of Enlightenment will not progress. What is the 'Aha' moment that will cause your Enlightenment? Every Enlightened Master has a different 'Aha' moment. But the 'Aha' moment begins that journey of Spiritual Awakening. Once the person is Awakened spiritually, there is no going back to sleep. The fire of Enlightenment is very intense and one becomes unstoppable in their quest for Self-Realization and God-Realization.

When were you born? You may say, '15th of October.' But is that your real birth date? You may have arrived on earth on the 15th of October but inside your mother's womb, you were kicking on the 14th, 13th, 12th of October too. Therefore, when were you actually born? You were born or conceived about 9 months before the 15th of October. When 2 cells fertilized with the Spark Of Unique Life, the Soul, you were born. Thereafter, you could not change your mother, your father or your gender. Everything was

decided the moment you were conceived. Why then do we continue to celebrate a birthday that is fake? Why do we cut a birthday cake? It is because we don't Awaken to the truth of when we were really born. We have been told that it's our birth date and we believe it, just as we believe the many other lies that stop us from realizing the truth of who we actually are.

Those who contemplate their date of birth and realize when they actually came to earth, may Awaken with the 'Aha' moment. *What was I when I was conceived 9 months back? I was nothing. Just a tiny cell that was created by the spark of life energy. When that life energy departs, my existence will come to an end. Therefore, I am nothing other than that life energy, the Spirit, the Soul, the Atman.*

My birthday is not my birth date. It is just my arrival day. This can become an 'Aha' moment that can spark our Enlightenment. It can begin our journey of Self-Realization that can take us to God-Realization. All that the 'Aha' moment does is to give us a spark to start the fire. Then, we go onward, forward, inward, upward and Godward. However, till we get that spark, that 'Aha' moment, we continue to be slaves of the mind and so, the truth, we cannot find!

There are several 'Aha' moments that can trigger Enlightenment. We can use one or a combination of a few to Awaken us to the truth. The truth is the truth. It cannot change but it can be covered up by the myth. Sometimes, on a cloudy day, it seems like that the sun has gone missing. But we know for sure that the sun is shining behind the clouds. So also, the truth will always shine. It is for us to eliminate the clouds of ignorance, created by the mind.

26. The Root Cause Of Our Birth



***When we contemplate,
What is the cause of our birth?
We can drop all Karma,
And be free from returning to earth.***

Did you choose your birth? Did you choose how you came to earth? What was the cause? When we come to know that it was because of Karma, that moment can become an 'Aha' moment of our Enlightenment.

Every 'body' will die. Nobody can deny this. And just as death is certain, birth will continue to happen. But unless we ponder and wonder why this cycle goes on and on, we will not be Enlightened.

Every human being does Karma. Karma means action. We do good actions and bad actions. Life is unfolding as per Karma. Just like the seeds that we plant decide the fruit on the tree, the deeds we plant decide our destiny. That is why we don't see apples growing on a mango tree. Karma is one of the Universal Laws that nobody can circumvent.

While we are on earth, we choose our actions. These actions will be settled with appropriate reactions. The good we do will return to us, just as we will suffer for our bad deeds. However, when we die, all our Karma is not settled. Death happens suddenly. Some bad or good Karma

surely remains to be settled. Because of this, when the physical body dies, the subtle body, the mind and ego that appears to exist, carries Karma and returns to earth. This is the reason for our human birth.

Reflect — Why are some people born in palaces and some in slums? Why are some people born healthy while others physically or mentally challenged? The root cause of our birth on earth is Karma. But whose Karma is it?

The body is the actor. It does Karma and experiences its rewards. But who directs the body to act? The Mind and Ego, ME, the software of our human computer, is the director. It also suffers and is rewarded along with the body. When the body dies, unsettled Karma is carried forward to a new birth on earth by the mind and ego, the subtle body or software.

This cycle of death and rebirth will go on and on and we will be reborn till we contemplate the cause and realize it is because of Karma. When we further contemplate the mind and try to find it, we realize that there is no mind. In this moment, the ego is Awakened. It is Enlightened. For some, this often becomes the 'Aha' moment to strike the fire of Enlightenment. When we go into the depth of the root cause of our birth, why we came to earth and realize that it was because of the Karma carried by the mind and ego, we are ready to receive that 'Aha' moment. The 'Aha' moment is the Realization, *the body dies, there is no mind. I have no Karma. Therefore, I do not have to return to earth in a rebirth.* This is Enlightenment. If we get the 'Aha' by focusing on the cause of our birth, we will be free from Karma and need not return to earth in a rebirth.

27. Will We Live Forever?



***Everybody who comes on this earth,
One day, has to go!
Who are we truly?
Realize before the end of the show!***

Those who are seeking Enlightenment ponder their lifespan - How long will we live? A human being has a lifespan of about a 100 years. Therefore, we cannot live for 200 years or 300 years. The life expectancy differs. In a country like India, it is about 75 years. In African countries, where there is poor health care, it is below 60 years. Many modern developed countries have a life expectancy of over 90 years. To be Enlightened, we must ponder the question, '*Will we live forever?*'

Who are we talking about? The body must die. Every 'body' dies. Dogs may die after 10 years. Butterflies live for 2 weeks and there are certain flies and insects that live only for one day. But when our body dies, what exactly happens? The life energy inside us seems to leave. Then, we are pronounced dead. It is this same life energy that arrives at the moment of conception, 9 months before our so-called birthday. The body comes and goes. The body is not 'me'. This is the 'Aha' moment we need.

Do we have any doubt that this body is formed over 9 months in a mother's womb? No, no doubt at all. The journey of this body started when the first cell, the zygote,

got life. Then, that cell multiplied and all our organs were formed as the embryo or the foetus, till ultimately, a little baby of about 25-billion cells arrived on earth. What happens to the baby? How does it grow from 25-billion cells to 35-trillion cells as a fully grown adult? Science tells us that the process of growth continues till death. In fact, during the life period, cells die and are regenerated every 7 to 10 years. Therefore, we have a completely new body, every 7 to 10 years. What is causing this magic? The logic is clear. There is a Power inside us, a Power that arrives at conception and leaves at the moment of death.

What happens at death? Our loved ones destroy our body. Why? Because they are absolutely sure that we have left the body. We have departed. Therefore, we should be sure that we are not the body. This should give us the 'Aha' moment that sparks our Enlightenment. The 'Aha' is this – *the body dies. But we are not the body. We are that Power that leaves in the moment of death.*

Science has taught us that energy cannot be created or destroyed. It can only be transformed from one form to another. The 'Aha' moment that we are not the body, reveals to us that we are the Divine energy, the life force, the Atman, the spirit or the Soul, the Spark Of Unique Life. This energy comes from the Supreme Immortal Power, SIP, and returns to SIP. We are that energy. Realizing this is Enlightenment. Unless we get the 'Aha' that we are not the body, we will never realize who we are. Of course, we exist. You and me – we can walk and talk but what we must realize is that we are the Power that enables us to do all the walking and talking.

28. What Came First - Body Or Consciousness?



***Did our body appear from nowhere
And just land on earth?
Or do we know very clearly,
What started our birth?***

In the journey of Enlightenment, a simple spark can Awaken us. We should question — what came first? Was it our body that appeared and then, our Consciousness or was it our Consciousness that appeared before the body? We have already started contemplating birth. Nobody can deny that it takes 9 months for the body to form. The story starts when two cells, the sperm and the ovum from our parents, fertilize. The zygote is formed. Then, the embryo and ultimately, the foetus is formed. Can anybody question this? No.

So, when does the Consciousness come? When we introspect deeply, we understand that the foetus is very much alive before it arrives on the planet. That is why, sometimes, when a foetus ceases to live, we call it, stillborn. And if this happens a little earlier, the term is miscarriage. All this indicates that there is life in the baby-to-be.

What is this life in a newborn baby? It is the Power that arrives when two cells fertilize. Without that strike of life, there would be no fertilization. A seeker of Enlightenment can get the 'Aha' moment by contemplating that it is a

Spark Of Unique Life, the Soul, that gives life to a zygote. Thereafter, it is the Soul energy or Consciousness that causes the cells to divide through a process of mitosis and become a 25-billion celled baby. What causes the mitosis from the very first cell, the zygote? It is the Power of life, the Power of Consciousness in the cell that creates the various tissues, the organs, cell-by-cell.

Those who are not Enlightened, somehow imagine that the Soul enters much later. Some believe that it comes after 4 months of conception. There are some who imagine that it comes only on the day that we arrive on earth. However, those who are spiritually Awakened, understand clearly that the body that is being formed is being formed from the Consciousness of the Soul that sparks the creation of the zygote.

There are several 'Aha' moments that can create Enlightenment. The moment of contemplation of what came first, body or Consciousness, is sometimes the best spark for Spiritual Awakening. If the body came later, which nobody can doubt, and the Consciousness came earlier, who are we, in reality? We are not the body.

If we are that Consciousness that came before the entire body and its organs were formed, where did this Consciousness come from? It came from that spark that fertilized the two cells, which caused the zygote – our first cell of existence. This needs Realization. There is no proof. It needs inference. It needs understanding. It needs the guidance of an Enlightened Master. Unless a sincere seeker has the deep curiosity to reach Spiritual Awakening, there will be only confusion and no conclusion. There will be no Enlightenment.

29. I Am The Soul. The Soul Is SIP



***If I Realize that ultimately,
I am the Soul,
And if I Realize that the Soul is SIP,
I achieve my goal!***

Another 'Aha' moment is the Realization that I am nothing but a manifestation of the Divine. How can we reach this Spiritual Awakening? It all starts with *Neti Neti - I am not the body, I am not the mind*. This leads us to *Tat Twam Asi - Thou Art That* or *I am That*. We are that Power, which is known as the Spirit, the *Atman*, the *Ruh* or the Soul, the Spark Of Unique Life. When the ego is Awakened to realize that we are not the body and mind, the ego questions, '*Who am I? Of course, I exist.*' Then the ego realizes, '*I am not 'I'. I am not the body that will die. I am not the mind that I cannot find. I am the Divine Soul.*'

This Realization is a very important part of the Spiritual Jigsaw Puzzle. Enlightenment is about finding all the pieces of the puzzle. As long as some pieces remain missing, we cannot be fully Enlightened. One portion of the Spiritual Jigsaw Puzzle is fixed. *We are not the body, mind and ego. We are the Soul*. But what is the Soul? Where does it come from? Where does it go? This needs another 'Aha' moment for us to become fully Enlightened.

Where does a wave come from? It comes from the ocean and returns to the ocean. It has no individual existence. Where does the ring come from? It comes from the gold. If

you remove the gold, there is no ring. These are effects. They appear from the ultimate cause. The Soul is an effect. So, what is the cause?

The Soul, the Spark Of Unique Life, comes from SIP, the Supreme Immortal Power. For this, we must understand the Law of Causation and its 3 tenets:

1. Every effect has a cause.
2. The effect is nothing but the cause in a different form.
3. Remove the cause and there will be no effect

When we apply the Law of Causation, we get that Realization that we are all effects of the ultimate cause. The Soul is life energy and it appears from the Supreme Immortal Power, SIP, when two cells are conceived. This life energy gives us breath from birth to death. Ultimately, when the Soul departs, it merges back into SIP. This is the Ultimate Truth.

A seeker of Enlightenment who gets the guidance of an Enlightened Master realizes, '*I am not the body, mind and ego. I am the Soul. The Soul is SIP. Therefore, I am SIP.*' This sounds so simple but unless we get that Spiritual Awakening, we will not realize that we are all manifestations of SIP.

This 'Aha' moment is one of the most profound ones. It makes us realize that we are none other than the God that we pray to. We realize that God is a Power that is nameless and formless and that Power is omnipresent, everywhere, in everything, in you, in me, in a butterfly and a bee and even a tree. It is also in the mountain and sea. But we need that 'Aha' moment of Realization.

30. SIP Is Everywhere, In Everything!



***SIP is everywhere,
There is no place where SIP is not!
We cannot Realize this if in ignorance,
We are caught!***

From the time we are born, we are taught so many fairy tales about God. We believe that God is an old man with a long white beard. For some, God is the one with an elephant head. For some others, God has the face of a monkey. And we pray to these Gods with complete reverence and respect. Praying to a personal God is essential in the journey of Enlightenment. Just like we go to a kindergarten to learn ABC, our religion teaches us the ABC of God. But do we remain in kindergarten forever? No, we don't. We leave kindergarten and progress to a high school and college. Unfortunately, we do not graduate from religion to Spirituality. Those who do, are the fortunate ones who can be Enlightened.

Spirituality is a science, the science of the Spirit. We have been taught several sciences. Today, the work in the field of Quantum Physics and Quantum Mechanics has been awarded the Nobel Prize. This branch of science teaches us that every particle of matter is ultimately, energy. When the smallest particle – smaller than molecules, atoms, electrons, protons – called a 'Quark' was examined under an advanced microscope, scientists saw the particle disappearing. They were flabbergasted. As they were

recording their observations, they witnessed the particle reappearing. They called the phenomenon, the Wave-Particle Duality. Today, science believes that the properties of a molecule of matter and energy are interchangeable. This is what Spirituality, the science of the Spirit, has been saying for centuries. Today, science confirms that this entire universe is filled with, what they call, dark matter and dark energy. Ultimately, everything is energy. Today, science and Spirituality have synergy. Even Spirituality says the same thing – This world is a manifestation of a Supreme Immortal Power, SIP. Science calls it, energy. Spirituality calls it Power. Both are the same.

A spiritual seeker who realizes that every Soul is an effect of SIP, further realizes that every particle of matter is also none other than a manifestation of SIP. Therefore, what is the 'Aha' moment? The realization that SIP is everywhere. SIP is in everything. There is no place where SIP is not. Everything that seems inanimate – the earth, the skies, the stars, the mountains and the seas are all nothing but energy. So are you and me. Every cell of our existence is the Consciousness of the Soul and the Soul is SIP. So, there is no difference between everything and anything on the planet. Ultimately, everything is energy or Power. Everything is SIP. When we get this truth on our lip, we will get a firm grip on Spiritual Awakening.

While it seems that we are actors who come and go and this world is just a show, this 'Aha' that SIP is in everything, will give us that Divine glow to realize that everything is SIP. There is nothing other than SIP. To realize this is our life's purpose. We must get the 'Aha', the Realization to be Awakened, to be Enlightened.

31. Everything Beautiful Is Divine



***Everything beautiful,
Is not just a creation of God.
All the world's beauty,
Is a manifestation of our Lord.***

This world is so beautiful. Don't we see beauty, everywhere? The birds that fly and sing, the clouds, the stars and the skies, a Divine sunrise and an exotic sunset. There is beauty everywhere. Look at the flowers, the leaves, the trees, the fruits and the vegetables. Look at the amazing animals that sometimes, become our pets - an adorable cat or a loving dog that wags its tail. There is no end to beauty in this world. One can be amazed going into the oceans. If one has experienced snorkelling, there is a Divine world of beauty under the waters of the ocean. What about the amazing dolphins and the enchanting penguins in Antarctica? The beauty of this world is endless. Don't we see beauty in our loved ones - our beloved, our family and our friends? Yes, the whole world is filled with beauty. But what is the source of all this beauty? This whole world is so beautiful but from where did this creation come about?

A seeker of Enlightenment ponders the words, *Satyam Shivam Sundaram*. *Satyam* means truth. *Shivam* means God and *Sundaram* means beautiful. These worlds reveal the truth that everything beautiful is God. How can one fathom this truth that everything beautiful is Divine?

On the journey of Spiritual Awakening, one is Enlightened in steps. First, one understands that we are not the body, mind and ego. We are the Divine Soul. But this understanding is intellectual. When we move from intellectualization to Realization, we experience everything beautiful as Divine. When we see a little baby rabbit as a tuft of beauty in our hands, we experience holding God. When a little bird is chirping or when the sun is setting, in every beautiful moment, we experience God.

As long as we experience these beautiful moments as creations of God, we have not yet got that 'Aha' moment of *Satyam Shivam Sundaram*. When we get the 'Aha' moment, we don't experience them as God's creations, rather, we experience God in everything beautiful. We experience God as SIP, the Supreme Immortal Power, manifesting and appearing as all the beauty in this world. Enlightenment is not thinking that God has made all the beauty of this world. It is Awakening to the Truth that God is appearing as everything beautiful that we see because ultimately, it is Divine energy manifesting as all the beauty.

There are many 'Aha' moments that can lead us to Enlightenment. Whether we focus on our birth, our death or whether we realize that our Soul is the Consciousness of the Divine, there are many possible 'Aha' moments. Ultimately, we need to be Spiritually Awakened. We need to be Enlightened. At first, it may be intellectual. We will realize that everything beautiful is Divine. But when we are Enlightened, we experience that euphoria of joy as we experience the Divine in everything beautiful.

32. Enlightenment Has Three Easy Steps



***Enlightenment is possible
When we break it up into steps - three.
But before we start the climb,
We must be ready and free!***

While we have gone through the journey of Enlightenment in a simplified manner, the simplest way to be Enlightened is to divide Enlightenment into three easy steps:

1. The first step is to be Awakened.
2. The second step is to be Enlightened.
3. The third step is to be Liberated.

As stated earlier, if one is trying to climb a 6-foot boulder, it would seem impossible. But if we are allowed to climb those 6 feet as 2-feet at a time, then the target becomes easily achievable. So also, the journey of Enlightenment can be simplified if we first work on Spiritual Awakening. This is to wake up from our deep slumber of ignorance. Unless we overcome the myth and Realize the Truth, how can we live it? Most of us are enveloped in the darkness of ignorance and therefore, we must take this first step of being Awakened.

The second step of being Enlightened is to live our Spiritual Awakening. Intellectualization is not true Realization. To be Enlightened, means to live the journey of Self-Realization and God-Realization. Just knowing is

not enough. Doing is important. Being Aware of the truth is not enough. Walking the talk is important. When we take the first step of being Awakened, we throw out all our doubt. Then, the second step needs the help of an Enlightened Master, one who can hold our hand and walk us to a state of transformation. Unless we really work hard, we will not complete the second step of our metamorphosis. For this, we must let go of what we think we are, to become what we are truly meant to be.

The third step of the Enlightenment journey is being liberated. This happens only in the moment of death. But is it something magical, something mystical? Of course, not! Spirituality is a science. It is all logic. Therefore, to be liberated in the moment of death, one must attain freedom or *Mukti*, when alive. To make this possible, one has to become a Master in the 3-step method of first, Awakening, then, being Enlightened and then, being Liberated while still alive on earth. If one is not a *Jivanmukta*, an Enlightened Soul who is free from this *Samsara*, this world of pleasures, possessions and people, one can never be liberated and united with the Divine.

It's time to go through these 3 steps in detail and move forward in the inward voyage of Enlightenment. First, one has to understand the simplicity of Enlightenment and how anybody, who is a sincere seeker can be Enlightened. Once we believe we can, then we must start our quest. We must take the help of an Enlightened Master, a Guru, and we must overcome the ignorance that holds us back from being Enlightened. If we are ready, sincere, disciplined, if we seek and long for Enlightenment, we are ready to climb the 3 steps that will lead us to being Enlightened.

33. Step One - Being Awakened



***There are three steps,
In the journey of being Enlightened.
First, being Awakened,
Then, Enlightened and then, Liberated.***

In the journey to Enlightenment, the first step is being Awakened. By now, we understand that Awakening is not just waking up from sleep and getting out of the bed. It is realizing the truth in our head. There are several aspects that we should be Awakened to. We need to be absolutely clear, intellectually, without an iota of doubt that *I am not the body. The body will die. But I am immortal. I am not the mind which I cannot find. My ego is Enlightened. I realize that I am a Divine Soul, a Spark Of Unique Life. I realize that the Soul is a manifestation of SIP, the Supreme Immortal Power, we call God.*

Having realized that *I am the Soul and the Soul is SIP, I realize that I am a manifestation of SIP. Therefore, I am free from Karma because Karma is to do with the body, mind and ego. Although, I am still in a body, I don't do any Karma. I don't create any Karma as I don't have any Karmic account as a Soul. Everything I do, I do it as a Divine instrument, in complete surrender. I am Awakened to the Truth.*

Being Awakened means overcoming the lie that God lives in the sky. God is SIP, the Supreme Immortal Power, nameless, formless, birthless, deathless, beginningless and endless. God is everywhere, in everything. God, that

is SIP, manifests as every molecule of matter. God manifests in every Soul. *I am Awakened, not just to the truth about myself, but I am Awakened to God too.*

I realize that this world is a projection, an illusion. It is Maya. It appears to be but everything is Divine energy. The earth is a stage. Everything is Leela, a Divine Show. We are Divine Souls, who must be liberated and not just come and go. I realize that that my ultimate goal is to live as the Divine Soul, to live with the Realization that nothing is mine. I came empty-handed and I will go with nothing. Nobody came with me. Nobody will go with me. I must Awaken to all this to be Awakened.

The first step of being Awakened begins a very beautiful journey. We start seeing everything beautiful as Divine. We start overcoming the fear of death and destruction. We realize that we are the immortal Soul and we will never be reborn. As a Soul, we realize that we have no religion. We are no more, the prisoners of pleasures, possessions and people. We see each Soul as SIP and we move forward in the journey of Enlightenment.

An Awakened person is fully aware of Karma. He does not protest, rather, he accepts. He lives in total surrender and does not question and wonder. Thus, such a person does not react. He responds as he has gone beyond the mind and its miseries, the ego and its agonies. Such a person has no fear, worry, stress and anxiety nor does he live with regret, shame and guilt. He transcends anger, hate, revenge and jealousy and has no pride, greed and selfishness. He lives in Consciousness.

34. Step Two - Being Enlightened



***After being Awakened,
We need to climb step number two.
But beware! Those who are Enlightened,
Are a very few!***

The first step in the journey of being Enlightened is to be Awakened. But that is just the beginning. A sincere seeker goes on a quest, seeks the help of a Guru, an Enlightened Master and Realizes the Truth about life. *Who am I? Why am I here?* This becomes clear. But this is not Enlightenment. The first step of being Awakened is Intellectualization, not Realization. We know that we are not the body, mind and ego, we are the Soul. But we are unable to let go of the cravings of the body. We are unable to still the mind. We are still not able to transcend the ego. When we move from the first step of being Awakened to being Enlightened, we become the master of our body, mind and ego. We are in charge of our reactions, our thoughts, our feelings. What is the key?

A person who moves from the first step of being Awakened to the second step of being Enlightened, is able to eliminate the mind. He is able to lock himself and be established in Consciousness. Living in Truth Consciousness means experiencing *Ananda* or Eternal Bliss. There is no sign of any misery created by the Mind and Ego, ME. In the second step of being Enlightened, one is free. He is no

more imprisoned in this *Maya*, this illusion, in this *Leela*, this Divine show.

One starts living as a Divine instrument. One has left Karma far behind and lives as a *Karma Yogi* offering all actions to the Divine. The key to being Enlightened is dropping all duality. Living in non-duality, one experiences universal Consciousness. One is able to see the Divine in all, love the Divine in all and serve the Divine in all. Even if the rascal mind appears, the Enlightened one is able to still it and kill it. The Enlightened one has an active intellect, which is totally in command. There are no cravings, desires or passions, except the obsession of being liberated and united with the Supreme.

Therefore, being Awakened is easy, but being Enlightened needs the help of a Spiritual Master. Otherwise, even though we are Awakened, we can end up in a disaster! The Enlightened one lives with Eternal Peace, Divine Love and Everlasting Bliss, experiencing God in everything beautiful and living in union, as a *Yogi*, always united with the Divine.

The Enlightened one lives to give. He knows, for sure, that nothing is his and as an instrument of God, he shares everything with others, who he knows are none other than God. For him, life is about living, moment-by-moment, with each moment belonging to SIP and his Consciousness keeps SIP on the lip. He enjoys every pleasure as a *Prasadam*, as a gift from the Supreme and lives joyously, enjoying the Divine drama, without any Karma, without any trauma. Living as a Divine Soul, he has only one Goal - to do the Divine Will, and be liberated and united with the Divine in the moment of death.

35. Step Three - Being Liberated



***Enlightenment, Simplified,
Can be achieved in steps, three.
Being Awakened, Enlightened,
Liberated and then, being free!***

What happens after one is Awakened and Enlightened? Is the journey of Enlightenment, over? Yes and no! When one is Enlightened, normally, one should not slip and fall, as he sees the Divine in one and all. He lives as the Divine Soul and has achieved the ultimate goal. But what if one slips? What if the mind that is like a Phoenix, returns from its ashes to create temptations? Then, the ego can turn and trail, and the Enlightened one can be caught in a jail of pleasures and passions that can make him fail.

The first step is being Awakened, having complete clarity on the self and on God. Thereafter, in step two, one starts living as an instrument of the Lord. If one continues to live after being Awakened and being Enlightened, as the Divine Soul, as a Divine instrument, ideally, one can be liberated. But if one slips, he can fail to climb the third and ultimate step called Liberation.

To simplify the third step of Enlightenment, let us understand that the first two steps happen when we are alive. The third and final step is completed at the moment of death. Only when the body dies, an Enlightened Soul is liberated and united with SIP, the Supreme Immortal

Power. To make this possible, Awakening is not enough. Being Enlightened is also not enough. One must live as a *Sthitpragya*, which means living with a steady intellect. One must eliminate the mind completely and use the intellect at all times. Then, he will move further to becoming a *Jivanmukta*, one who has attained freedom or *Mukti*, while alive. Such an individual, living with freedom and the intellect is likely to be liberated at the moment of death. However, the grace of the Divine is key and so is *Mumukshutva*, the deep love and longing for the Lord. If one, after being Enlightened is still enamoured by the glitz and glamour of this material world, he is quite likely going to be caught in the cycle of *Samsara*. This means that at death, he will be reborn and this will go on and on.

Liberation means to be fully liberated from the body, which we are not, from the mind and its toxic thoughts and from the ego, which must be Enlightened to overcome all ignorance. To be liberated, first, we have to be Awakened. Then, we have to take the help of a Guru, an Enlightened Master, to be Enlightened. Then, it is purely our efforts, our *Sadhana* or discipline, our *Jigyasa*, our seeking, our *Mumukshutva* or yearning for Liberation that will make us cross the third and the ultimate step of Enlightenment. We will be liberated and be united with the Supreme. This is the ultimate goal of life – to not just know but grow and go beyond body, mind and ego. Our ultimate goal is freedom from the cycle of *Samsara*, from death and rebirth. Our ultimate goal is not just to realize we are the Soul but as long as we have breath, to live as a *Yogi*, united with the Supreme and at the moment of death, not return to earth in another birth. It is becoming one with the Divine. This is our purpose on earth, the purpose of this human birth.

36. The Four Doors To Liberation



***There are four doors,
To Self-Realization and God-Realization.
Discrimination, Dispassion, Discipline
And the Desire for Liberation!***

What is the way to climb the three steps of Enlightenment? Ancient scriptures have prescribed four doors to Liberation. These four doors are discrimination, dispassion, discipline and the desire for the Divine and Liberation. Let us simplify this.

The first door to Liberation, the ultimate state of Enlightenment is *Viveka* or the using of our intellect to discriminate. How can we do this? We can do it only if we still the mind, kill the mind and move to a state of Consciousness. In a state of Consciousness, the intellect is activated and we not only discriminate but we also elevate our Illumination to reach that state of Realization. Without passing this first door, there can be no Enlightenment.

The second door to Liberation is *Vairagya* or dispassion. It is living with detachment, transcending pleasures, possessions and people, which attract us and distract us from our ultimate goal of Liberation. Unless there is dispassion or living with Detached Attachment, one cannot go further to be Enlightened and liberated. Our passion has to be for the Divine, not for the material world.

In simple words, we must renounce all desires, all cravings, all lust. This is a must!

The third door to Liberation after discrimination and dispassion is discipline. The ancient scriptures enumerate six disciplines, *Sama, Dama, Uparati, Titiksha, Shraddha* and *Samadhana*. To simplify this, one must be able to control the mind, control the senses of the body and withdraw when attacked, like a tortoise goes back into its shell. Thereafter, one must live with forbearance, faith and focus. These six disciplines, in simple words, lead us to being in command of the body, mind and ego. If we can do this, we pass to the fourth, the ultimate door to Liberation.

The fourth door to Liberation is *Mumukshutva*, that deep love and longing for Liberation and for the Divine. Some people get confused. They don't understand that when there is a longing for the Divine, there is Liberation, just as when there is longing for Liberation, we become one with the Divine. This needs to be our only focus, our only desire, our only goal. Then, we will be Enlightened and we will be liberated.

Enlightenment is not an easy journey. It is an inner voyage and it needs focus and discipline. These four doors given to us, centuries ago, are good to contemplate and help us return to our focus of being Enlightened. Sometimes, we are in the mind state. We can fail! Sometimes, it is an attachment that holds us back. Very often, it is some kind of indiscipline that destroys our journey of Enlightenment. We need to be constantly aware of these four doors, just as we should create a fire of passion for being liberated, for being Enlightened. Then, we are unstoppable!

37. The Importance Of Yoga



***To be Enlightened,
It is essential that we must live as a Yogi.
We will fail if trapped in this world,
We sink as a Bhogi.***

What is Yoga and what is its importance in Enlightenment? People think that Yoga is some kind of physical exercise or *Asana*. Some people think it is a breathing technique or *Pranayama*. These cannot take us to Enlightenment but true Yoga can.

The word 'Yoga' comes from the Sanskrit word, 'Yuj' which means being united with the Divine. Just like a good SIM card with a good network is well connected with a satellite, a true *Yogi* is firmly united with the Divine. His individual Consciousness is united with the universal supreme Consciousness. *Asana* and *Pranayama* can be preliminary steps amongst many others that can lead us into Yoga. But Yoga means union with the Divine.

The world knows of the four primary states of Yoga. We can be united through meditation or *Dhyana Yoga*, just as we can be in *Bhakti Yoga* or united with the Divine through devotion. Some *Yogis* use *Karma Yoga*, action, as a way of being united, serving each being as a manifestation of God. While there are many other *Yogis* who use *Gyana Yoga* or education to lead them to Divine Unification.

For Enlightenment, one must live as a *Yogi*. It does not matter which state of Yoga you are in. What matters is that you must be free from *Bhoga*, from the passions and desires of the material world. A true *Yogi* transcends the material world and moves from one state of Yoga to another with a seamless, constant, unison with the Divine. He does not break his connection with the Supreme, no matter what! If we can live as a *Yogi*, in Yoga, we will be able to transcend the body, mind and ego and kindle the *Yogic* Consciousness of the Soul which can take us to the ultimate step of Liberation. It is through Yoga that one can get Illumination and Realization of the Truth. But this means letting go of pleasure and holding on to the greater treasure of the Divinity that is in spirituality.

As I lived as a *Yogi*, I discovered the fifth state of Yoga, *Prema Yoga*, the Yoga of loving every Soul as a Divine manifestation. This helped me to live as a *Yogi*, as I moved from one state of Yoga to another. *Prema Yoga* is easy. Experiencing God as the Divine in every living being and then loving God, serving God, being in seamless union with God.

The journey of Enlightenment is not very easy. But if we follow a systematic path, we can reach the destination of Self-Realization and God-Realization. However, living as a *Yogi* can be a key factor to being Enlightened. If instead of Yoga, we get sucked into *Bhoga*, Enlightenment is impossible! Therefore, we cannot underestimate the importance and the power of Yoga. A true *Yogi*, who is always in Yoga will eventually be Enlightened. However, the intensity of his *Yogic* practice will determine how soon he will evolve in his Awakening, be Enlightened and ultimately, be liberated and united with the Divine.

38. Living In *SatChitAnanda*



***SatChitAnanda is a state of
Peace, Love and Bliss...
Experienced when we are established
In Truth Consciousness.***

The journey of Enlightenment is not just the accumulation of knowledge. It is not wisdom that one can get from a Guru or even a college. It is not a qualification. It is a Realization. The moment one gets the Realization of the Truth, one is illuminated, Awakened. The scriptures call it *Sat* or truth.

What is the truth, *Satya* and what is *Mithya*, the untruth? The truth is that *I am not the body that will die. I am not the mind that I cannot find. I am the Divine Soul. The Soul is SIP. I am SIP. I will never die. Nothing is mine. Nobody is mine.* Nobody can deny this truth. The truth is that God is SIP, the Supreme Immortal Power. SIP is everywhere, in everything. This world is *Maya*, it is a *Leela*. However, knowing this truth is different. To be Enlightened, we must live in truth Consciousness or *SatChit*.

What is *Chit*? *Chit* is Consciousness. It means that we must live in the Consciousness of *Sat* or *Satya*, the truth. Knowing the truth is not enough. The Realization of the truth is only climbing the first step of being Awakened. But when we climb the second step of being Enlightened, this is *SatChit* or Truth Consciousness. What is the reward of *SatChit*?

Those who climb the second step of being Enlightened, enjoy *Ananda*, a state of seamless Eternal Bliss because they live in *SatChit* or Truth Consciousness. The fact is that there is Eternal Happiness in Truth Consciousness. This is called *SatChitAnanda*. This bliss is rare and unknown to humanity. It is a state where there is no misery or sorrow, no agony and anguish. The mind is eliminated. The ego is Enlightened and the living being is free from the body, mind and ego and enjoys the bliss of the Soul.

The seekers of Enlightenment work hard to enjoy this state of *SatChitAnanda*. This experience of *SatChitAnanda* certifies a seeker's Enlightenment. We don't need a certificate from any institute or an individual. The moment we are able to live in *SatChitAnanda*, we are Enlightened. The gift of Eternal Happiness is the reward for overcoming all ignorance and replacing it with intelligence. It is the reward for eliminating the mind and living in Consciousness. It is the reward that we receive when we block the mind, lock the mind and activate the intellect, living as a *Sthitpragya*, one with a steady intellect. Then one becomes a *Jivanmukta*, a human being free from being a mere human. One becomes Divine. One lives as the manifestation of the Divine, experiencing the Divine in one and all, experiencing everything beautiful as Divine. This is *SatChitAnanda* - Truth Consciousness Bliss.

Enlightenment is a journey that begins with Purification, followed by Illumination. Only then can there be Realization. But Realization further evolves to experiencing the ecstasy of *SatChitAnanda*, that bliss of peace and love, which is otherwise unknown to man.

39. Change Your Name To Change Your Life Game



***Enlightenment is a journey
That changes our life game.
The Awakened Ones have the courage
To change their name.***

If you are sincere on the path of Enlightenment and you have climbed the first step of being Awakened, there is one game changer. It is being a name-changer. If we change our name, we not only let go of our name but we also eliminate that passion for fame, our monkey mind, we tame, and our ego is Enlightened to realize that *I am not 'I'. I am not who I was. I am renewed. I am rejuvenated. I am Awakened. I am Enlightened.* How does this work?

As long as we continue to live with our given identity, the name that we were born with, we cannot let go of the identification of our selfish ego. We cannot let go of our pride. We will be caught in greed and lust. Therefore, to change our name is a must. Changing the name, changes our life game. It changes us from who we were not to who we truly are. The name identifies us with the body, mind and ego but we are not this body that will die. We are not the mind and ego that says, 'me' and 'mine.' In reality, they do not even exist. Once we change our name, the ego is Enlightened. We are established in the truth that we are not the one that we were all these years. We are transformed.

Enlightenment is not just a transformation. It is a metamorphosis. Do we call a butterfly, a caterpillar? No way! How can we? When it was a worm, the caterpillar was crawling, now as a butterfly, it is flying. Its game has changed and so, its name is changed. If we want to change our game, we have to change our name.

If we look at several Enlightened Masters, we notice one thing in common. They change their name! Have you ever wondered why? It is because Enlightenment changes everything. It changes the person that we were. If we don't change our name, we will continue to be identified as the old individual that was not Enlightened. On being Enlightened, one is no more that. Then why be called with that name? That name only drags us back to that ignorant body, mind and ego, which we never were. We were born as that but we evolved, Awakened and were Enlightened. What's next? The best thing to do is to change one's name. This makes our family, our friends and society accept our new game, our new life, our new journey.

It is not compulsory to change one's name to be Enlightened. But to make Enlightenment simple, it is an easy and a sure way to evolve on that journey of spiritual transformation. Sometimes, people may change their name so that they can be Enlightened. At other times, an Enlightened person changes their name because they can no longer relate to their given name because they are not that anymore. My name was Ravi, but on 31st of August 2014, I Awakened to the Truth, *I am not Ravi. I am the Atman in Ravi*. I changed my name to *Atman* in Ravi – AiR. This began my new life game.

40. We Have To Start Chipping The Rock



***Start chipping the rock,
Then God, within you, you will find.
Overcome the ignorance to realize,
'I am not the Body, Ego and Mind.'***

Have you ever seen a sculptor creating a sculpture? The sculptor is an artist. He painstakingly chips away the rock. As he keeps chipping, he keeps removing the pieces of the rock and brings out the sculpture hidden within the massive rock. It is with great skill and art that the sculptor is able to ultimately, create the sculpture that art lovers marvel at and exclaim, 'Wow!' This is a great analogy for people seeking Enlightenment.

Enlightenment is just like sculpting. The only difference is that we are chipping away pieces of ignorance that conceal the truth. What is Enlightenment? It is ultimately, becoming aware of that truth hidden within you and me, within the body, within each cell of Consciousness. Deep within us is the Soul, that Spark Of Unique Life. It is the life energy that we call Spirit or *Atman* or *Ruh*. That is our reality but we are unable to see and realize it, till we chip away what hides the treasure within.

Within the rock, lies the sculpture but nobody can see it. What does the sculptor do? With his hammer and chisel, he chisels away piece by piece, removing all the unnecessary pieces of stone that are hiding the beautiful sculpture.

God is within you and me. But we are unable to reach that state of Enlightenment because we are not chipping away all the ignorance that stops us from realizing God within. We have to chip away the belief that I am the body; chip away the mind and Enlighten the ego. That is why we use the term - *Neti Neti*, Not This Not This. Ultimately, what is left? It is, '*Tat Twam Asi, We Are That.*' We are that Power that is invisible but also invincible. We are the Soul, a Spark Of Unique Life, which is none other than SIP, the Supreme Immortal Power, we call God. Alas! We don't chip away all the ignorance that hides the God in you and me. Being Enlightened is just this. To be inspired by a sculpture and to chip away all that we are not, the *Mithya*, the Illusion, the *Asatya*, the untruth, till ultimately, the truth is revealed. This is being Awakened. This is being Enlightened. Finally, when a person is Enlightened, they overcome every lie. They realize that they will never die because they are Enlightened, '*I am not 'I'.*' Just like a sculptor converts an ordinary rock into a beautiful statue, an Enlightened one realizes God within. The sculpture was always there within the rock. God is always in you and me. Alas! We don't chip away. Little by little, when we chip away the untruth, the truth is revealed.

The process of spiritual sculpting takes us first, to a state of Self-Realization. As we chip away our ignorance, we realize, '*I am the Soul.*' When we continue the chipping further, we are Enlightened with God-Realization. The Supreme dwells within us as our Soul. We achieve our ultimate goal but without chipping away ignorance, we can't be Enlightened.

41. Can Everybody Be Enlightened?



***While most of us will one day,
Die and then, be reborn,
Only a few will be free
From that cycle that goes on and on.***

While it is possible for every normal human being to be Enlightened, it is unlikely that everybody will be Enlightened. As an individual, each one of us has been given the opportunity, the privilege and the possibility to be Enlightened. We are all entitled to this gift called Enlightenment. Unfortunately, we don't seek it and so, we don't achieve it. We are lost in this world, this *Samsara*, the material world and we do not embark on a spiritual journey, an inner voyage of Enlightenment.

Of all of humanity, only about 1% goes on a quest, a search to discover the true meaning and purpose of life. The rest, about 99% of people, seek success and achievement, name and fame. Most people are slaves of the mind, of desires and passions. We are controlled by our senses that seek pleasure through gratification. We are controlled by our ego, which wants name and fame. Lost in the desires of the body, mind and ego, we do not even understand the meaning of Enlightenment. We are taught that success is Happiness and achievement is the goal and purpose of life. How can we be Enlightened?

Each one of us has the same purpose of life. To be Spiritually Awakened, to realize that we are the Divine Soul that is immortal and to achieve the goal of Self-Realization, God-Realization and then, Liberation and Unification with the Divine. The very purpose of every human being on earth is to be free from the cycle of rebirth. But unfortunately, human beings don't want this. They are lost, enveloped in the darkness of ignorance and even though they are entitled to Enlightenment, they miss the opportunity. They are gone and then, are reborn.

Why has the Creator created this world in such a way? If Enlightenment is our birthright, just as it is our ultimate destination, why do we go through reincarnation, instead of Realization? This process is to ensure the continuity of life on earth. If everybody in this world was Enlightened, this world would come to an end. Therefore, creation is made in such a way that a small fraction of humanity seeks Enlightenment. Of that single digit percentage, only a very small fraction Awakens and gets Enlightened. The rest continues to come and go in the cycle of death and rebirth.

Therefore, having understood that only a few amongst us will be Enlightened, it is up to us to choose our path. Do we want to live, running down the path of achievement to attain success and pleasure, name and fame or would we prefer to live with peace and contentment, living on the plateau of fulfillment? This is a choice. Hardly, one-fifth of the world will choose peace over pleasure and fulfillment over achievement. Unfortunately, very few choose Enlightenment. Very few want to take the road that's less travelled and ultimately, while every one of us can be Enlightened, we are not. We lose the greatest opportunity of life, the precious possibility of Enlightenment.

42. Understanding *Maya And Leela*



***Enlightenment is discovering,
That this world is a Leela, a Drama.
Everything is an Illusion, it is Maya,
There is no trauma.***

In the journey of Enlightenment, it is important to understand the concepts of *Maya* or Cosmic Illusion and *Leela*, the Divine Drama. Only then can one be Spiritually Awakened.

This world is nothing but the *Leela* of the Divine. It is a drama. It is a show. We are actors who come and go. We live believing the lie that *I am 'I'*. We understand the meaning of a movie, a theatre or a drama but we don't understand that this world is nothing but a humongous stage on which actors arrive and depart. This drama called life is unfolding as per Karma because of which we experience pleasure and trauma. Those who don't understand that life is Karma will never be Enlightened. Everything happening in this drama called life is nothing but a result of our own actions that unfold as reactions on the earth stage. One day, the body will die. There is no escape. Everybody, who is born will be gone! Such is creation. All living creatures have a limited life span. What we must realize is that we are not the body that we appear to be. We are the immortal Soul that never dies. When the body dies, because we are not Enlightened, we think, *'I am 'I','* and so, the Mind and Ego, ME, carries its unsettled

Karma and returns to this drama on earth. So, the cycle goes on and on.

Those who pursue Enlightenment, Realize the Truth of the drama. They become free from Karma as they discover that they are the immortal Soul that carries no Karma, not the mind that they cannot find! Their ego is Enlightened.

When the ego Realizes the Truth of this *Leela*, the Enlightened Soul continues the quest for Enlightenment to discover that we are all immortal Souls. The truth is that we are all manifestations of SIP, the Supreme Immortal Power, we call God. The Enlightened one realizes that all living creatures are God, appearing as human beings, birds, fish and animals. Such an Awakened person goes further and studies what science calls, the Wave-Particle Duality, under the branch of Quantum Physics, to realize that every particle of matter is energy. It means that this whole universe that appears to be a solid mass called the earth with clouds and the mountains and the sea is, in reality, nothing but Divine energy. This whole world is *Maya*. It appears to be but is just a projection, a manifestation. This is *Maya*.

Maya has two Powers. First, it conceals the truth that everything is Divine energy and second, it projects this world of objects that we call nature, in which, there are billions of human beings and trillions of other creatures. Everything is *Maya*. Everything is a projection, a manifestation. Today, this has scientific endorsement. This is the Ultimate Truth. Therefore, Enlightenment is discovering the truth of the Divine *Leela* and realizing that everything is *Maya*. This Awakens us to the reality of life.

43. The 5-Word Enlightenment Mantra



***Neti Neti, Tat Twam Asi,
Makes Enlightenment Simplified!
Everything else that we have learned,
Makes it mystified.***

Enlightenment is simple. We must not complicate it. It can be achieved in 5 words – *Neti Neti, Tat Twam Asi*. Unfortunately, we have lost our way. We are completely confused because we have been indoctrinated with the belief that Enlightenment is something very mystical and magical. It is not! It is Awakening. It is realizing. To begin the journey of Enlightenment, we must unlearn all the *real lies* to *Realize* the Truth. We must open our *real eyes*. Then, we will be Enlightened.

We have already discussed *Neti Neti*. It means *Not This, Not This*. These seem to be such ordinary and simple words. But these two words contain the seed of Enlightenment. These two words are like the two pieces of a shell that carry the nectar of the truth. Unless we break open the shell of '*Neti Neti*,' we cannot discover, '*Tat Twam Asi*.' Together, these five words can lead any genuine seeker to Enlightenment.

Neti means *Not This*. This Mantra is repeated twice – *Not This, Not This*. We are not this body. We are not this mind. It is not enough to know the words, *Neti Neti*. We must understand and intellectualize. Only then, can we realize.

We have already discovered the simple truth – We are not this body. Have we accepted it? Have we been able to take command of the five senses of the body? That is the challenge. What stops us from having full discipline over the body and its senses? It is the mind.

The second *Neti* is to realize that we are not this mind. There is no mind! How can we be the mind? Such a simple truth but we don't realize it. Because the mind does not let us realize. It does not want us to realize. The moment we realize, the mind will cease to exist. So, the mind fools us. One who is able to still the mind and kill the mind is Awakened. The moment we realize, '*Neti Neti, not this body, not this mind,*' the truth is revealed. We are Enlightened.

Tat Twam Asi means *Thou Art That*. This is what we appear to be – the body and the mind. The ego realizes that we are not 'me'. Then, who are we? We are that Power that is throbbing inside. We are the Consciousness that is vibrating within. We are that Spark Of Unique Life, that Soul, that created that strike of life when two cells of our parents became one. We are that energy that will depart at the moment of death. We are that energy that is giving us breath. We can realize '*Tat Twam Asi*' only with '*Neti Neti*'. When the shell that covers the seed is broken by *Neti Neti*, we get *Tat Twam Asi*. We get Awakened to the Truth that we are the Divine Soul. This is Enlightenment.

How can Enlightenment be so simple, one will wonder. The truth is, it is! It is the simple Realization of – '*Who am I?*' It happens when we realize, who I am not. *Neti Neti, Tat Twam Asi* is the 5-word Mantra.

44. The Caterpillar Must Become A Butterfly



***The Journey of Enlightenment
Needs a metamorphosis.
It needs complete Awakening.
Nothing, we can miss!***

What is Enlightenment? It is a transformation that ultimately, leads to a metamorphosis. First, we must transform our thinking. We must Awaken to the Truth, 'Who am I?' But thereafter, we must go through the process of metamorphosis. Just like a caterpillar, which crawls like a worm, completely transforms and becomes a butterfly, we too, must be free from the body, the Mind and Ego, ME. Then, we are Enlightened.

What is the process of metamorphosis? Just like a caterpillar becomes a butterfly, we too must go through the stages of Enlightenment. First, we need Initiation. We need the guidance of a Guru. Thereafter, we need to develop the passion for seeking and longing for the Ultimate Truth. Without this, there can be no Enlightenment. Then, comes the transformation. We are Awakened. We realize, 'I am not the body. I am not the mind. I am the Divine Soul.' Our Awakening grows till we are fully Awakened. We realize that God does not live in the sky. It is a lie. God is SIP, the Supreme Immortal Power and SIP is in all. SIP is in everything. This whole world is a manifestation of SIP. Very few people are blessed to Awaken to this truth. The Mind along with the Ego

becomes ME, our biggest enemy that stops us from being Awakened. When we transcend the body, mind and ego, we reach the final stage of our spiritual metamorphosis.

Knowledge is not Realization. Knowledge will take us to intellectualization. We can be Awakened but to be Enlightened, the metamorphosis must be complete. The caterpillar should be able to fly. Only then will it become a butterfly. From being fully Awakened, we must be fully Enlightened. We must live the Awakening. We must be free from the miseries of the mind. We must no longer experience the agony and anguish of the ego. There shouldn't be any fear, worry, stress, anxiety, anger, hate, revenge and jealousy. This means that we are free from the miseries of an ordinary mortal. We have transformed to a Divine Soul. Living as a Divine Soul is to experience the Divine presence in every Soul. It is to experience Divinity in all that is beautiful.

The metamorphosis is complete when the 'I', the ego, is Enlightened and then, it dissolves into universal Consciousness. Although, we are living in a body, we are free from desires and cravings, from passions that seek sense gratification. We are liberated from attachments. Now, we are ready to fly in the sky.

The analogy of the caterpillar and the butterfly is a great analogy. The key is that the butterfly can never return to a being a caterpillar. A transformation can be reversed but a metamorphosis can't. A truly Enlightened person kills the mind and leaves the body, although alive, and lives as the Soul.

45. Living As An Enlightened Soul



***We are Enlightened when we Realize,
That the Supreme manifests as every Soul.
Just like the source may be carbon,
But it appears as diamond or coal.***

Enlightenment is attained when we can start living with peace, love and bliss as a Divine and Enlightened Soul. It is about transcending the body that we appear to be and going beyond the Mind and Ego that says, 'ME'. It is being free from the triple suffering - pain of the body, misery of the mind and agony of the ego.

Once we go through the transformation, the complete metamorphosis of Self-Realization and God-Realization, nothing changes except that we are Awakened and Enlightened. All along, we were that but we never realized it. Enlightenment is switching on the light of the truth, eliminating the darkness of ignorance and realizing that we are the Divine Soul. When we are established in Consciousness, we realize that we are a manifestation of SIP, the Supreme Immortal Power.

As long as the wave does not realize that it is the ocean, it will continue to splash again and again, as it goes back into the ocean. But it will reappear in ignorance, thinking it is the wave. We are the Soul but because we do not realize this truth, when the body dies, the mind and ego, out of ignorance, thinking that it's 'me', carries Karma and

returns to earth in a rebirth. The moment we Realize the Truth and live as an Enlightened Soul, we have achieved our ultimate goal. There is no mind. It does not exist. The ego is Enlightened. We continue to live in the body with the Realization that *I am not the body. I am the immortal Soul. I am a manifestation of the Divine.* This leads to a state of being in Divine Consciousness and Awareness that every living being is, in reality, a Soul. Each Soul is Divine. Each Spark Of Unique Life is a manifestation of the Supreme Immortal Power, SIP, we call God. Therefore, each Soul is God. The moment we live as an Enlightened Soul, we enjoy the ecstasy of experiencing God in every living being.

The Enlightened Soul not only sees God in a butterfly, a bee and a tree but also in the mountain and the sea. Enlightenment reveals that everything is God. Everything is a manifestation of SIP. The search for God is over. God is within, in the temple of our heart. God is the Soul. God is everything beautiful that appears. There is nothing other than God. This is the blessing of being Enlightened, realizing that *I am nothing* and thus, realizing that *I am everything!* Enlightenment reveals only the truth, nothing else! All along, we were God and God was everywhere. But because we did not switch on the light of truth, we could not see this. Now, we have opened our real eyes and we realize that God fills the universe. This makes us achieve our purpose on earth. This frees us from the cycle of death and rebirth.

An Enlightened Soul is immortal. There is no fear of death. *I will never die. I am not 'I'. I am SIP, the Supreme Immortal Power. There is no God in the sky. God is everywhere, in everything.* The Enlightened Soul lives with this Awakening in an ecstasy of bliss.

46. Awakened But Confused Or Sleeping!



***Once we Awaken,
We must not go back to sleep.
So, when Enlightened,
Truth Consciousness, we must keep.***

Am I Enlightened? This is a common question for a sincere seeker on the path. It is just like waking up in the bed but continuing to lie down and then, falling back asleep. We wake up after an hour or two and wonder what happened. We were awake. We woke up. But we went back to sleep. Is this possible in Enlightenment?

We can be Awakened, fully Awakened but we can get confused too. This is possible. The mind will try to stop us from being fully Enlightened. Just like we go back to sleep, we can slip back into ignorance even after Awakening to the Truth that we are not the body, mind and ego, we are the Divine Soul.

The journey to Enlightenment is therefore, going from being Awakened to being Enlightened. If in the journey, we slip and we lose the grip that we are SIP, the Supreme Immortal Power, we will continue to live with fear, worry, stress and anxiety as the mind. The agony and anguish of anger, hate, revenge and jealousy can reappear if the ego slips back into that state of forgetting, *'Who am I?'* We have already realized that we are not this, the body or mind. We are that, the Divine Soul. But we are confused! This can be

our greatest loss. If we let the mind that does not exist become our boss, then, even though we may be Awakened, we will not be Enlightened. That state of Enlightenment will slip away from our hand and we will continue to live in the fairy land of illusions.

Imagine, a beggar in a forest finds a cave full of precious diamonds and gems. He discovers this ancient treasure hidden deep in the woods, unknown to all. But what if he continues to go and beg on the streets? Wouldn't that be foolish? So are we, sometimes. We are blessed to see that we are, in reality, God, but out of ignorance, we continue to choose to live like a man. Are we confused or have we lost our senses? No! We are just not yet Enlightened. Maybe we are Awakened. But we have lost our way. The beggar may know that the cave has all the precious stones but he may not be able to find his way back to that cave. So, he continues to beg. His only aspiration should be to find the cave that he has already seen. So should our aspiration be the same.

Once we are Awakened to the Truth that we are the Divine Soul, nothing else should matter. There should be no confusion, no distraction and no attraction, except the quest for Self-Realization and God-Realization. We need the resolve to move after being Awakened, to being Enlightened. We should not let anything stop us. Not the body and the senses that crave. We should not let our mind make us miserable till our grave. The ego must be brave to live with the Awakening - *I am the Soul. I am SIP.*

47. From Being Awakened To Being Enlightened



***Once Enlightened,
God, the Supreme, the Divine, is all we see.
In you, me, in the butterfly,
In the bee, mountain and sea.***

Enlightenment is a journey. It is an inner voyage. One who goes deep into the depth of the truth, dissolves into the Divine. He cannot return to the state of former ignorance, of being a mortal human being. He is liberated from the body, mind and ego, although alive, and ultimately, he will be united with the Divine in the moment of death.

The journey from being Awakened to being Enlightened starts with a quest for the truth. It is ignited by the deep longing for the Divine and for Liberation. Slowly, there is Purification and Illumination and one by one, every Realization leads to us being Awakened. From being Awakened, we go deeper on the path till we are fully Awakened. There is no chance of going back to sleep. We have Realized the Truth but this is not Enlightenment.

Enlightenment is the journey that takes us from being *Awakened to Fully Awakened to Being Enlightened and then, Fully Enlightened*. How will we know, where we are in this journey? Awakening is realizing the entire truth without a shade of ignorance. *I am the Soul. The Soul is SIP. I am SIP. SIP is in all. I have no Karma. I will never die. I will become one*

with the Supreme. We may be fully Awakened but are we Enlightened?

We are Enlightened when we start living our Awakening. We are Enlightened when we are able to see the Divine in one and all. We are Enlightened when we are able to experience the ecstasy of joy in a Divine sunset. When we see a bird fly, we are raptured with the euphoria of bliss. Every beautiful creature is Divine. Everything around us is Divine music that is unfolding in this Divine drama, this *Leela* of the Lord. Everything is *Maya*, an illusion that appears but in reality, each of these projections in the universe are manifestations of the Divine. The sun, the moon, the stars, the birds, the animals and the stars are nothing but God. Enlightenment is seeing through and through that it is not me and you. It is SIP. Being Enlightened means being firmly established in SIP Consciousness. *I am nothing. I am part of that everything that fills every atom of this universe.*

Being Enlightened means dropping all duality. The Enlightened one, no more prays to God but rather prays *through* their personal God to the Divine that dwells everywhere, in everything. It is a different feeling. It cannot be expressed in words. Being Enlightened is being Enlightened. There is nothing else like it.

If we try to explain how a mango tastes, can we? To explain the taste of mango, one must eat a mango. To be Enlightened, one must evolve from Awakening to the Truth to living the Truth. Then, we will enjoy the ecstasy of Enlightenment.

48. Birth, Life, Karma, Death, Rebirth, *Moksha*



***We can't stop Death,
And we can't stop Life!
But we can attain Moksha,
And be free from all strife!***

If one truly wants to be Enlightened, one can contemplate the cycle of birth, life, Karma, death, rebirth and *Moksha* and Awaken to the Divine Truth that life gives us the opportunity of either reincarnation or Realization. Nobody can deny death and nobody can refute the fact that birth will continue to happen. But what is the connection between the two? Why do we come to earth? What decides our birth? By now, we know it is Karma, just as we know many other things. But Enlightenment is that moment of Awakening, that 'Aha' moment. It makes us realize that we will never die. We will never be reborn. We have no Karma. Only then can we attain the ultimate destination of *Moksha*.

We are already alive. We were born. We can't reverse this. Life is unfolding, day-after-day. While we can choose our Karma, we can't stop things from happening because they are a combination of Twin Karma, one Karma that we bring to earth and one Karma that we do after our birth. While we can choose our present Karma, we can't change our past Karma. One day, the body will die. There is no doubt about that and there will be some Karma, good or bad that will be unsettled. To settle this Karma, we have to

return to earth in a rebirth. It may seem like we have no option. But we do have an option - Enlightenment!

If we want to escape from the cycle of birth, life, death, Karma and rebirth, we need to attain *Moksha*. We need to be Enlightened that we are not doing the Karma. We are not the body, the actor. We are not the Mind and Ego, ME, the director. We are the Divine Soul. We are manifestations of SIP, the Creator. The moment we are Enlightened, the world continues, life continues, and one day, even death will happen. But there will be no rebirth because there is no Karma and therefore, there is no reason for us to come to earth. The ego is Awakened: *I am not the body. There is no mind.* We continue to perform actions as a Divine instrument. One day, death will happen but we, the Divine Soul, that has no Karma, will be liberated and united with the Divine. There being no mind and ego, there is no Karma and there is no rebirth. This is *Moksha*.

Enlightenment is, in reality, simple. It is Self-Realization that leads us onward to Unification with the Divine. But because the Mind and Ego, ME, stops us from Spiritual Awakening, we think that *I am 'I'*, we continue to do Karma and we do not attain *Moksha*. We are fooled into believing that we must do good Karma to attain *Moksha*. We get tied in golden handcuffs and return in a rebirth to be rewarded for our good deeds. Ultimately, we suffer the triple suffering of the body, mind and ego. Our goal is not to do good Karma. Our goal is *Moksha*. Our goal is Enlightenment. Our purpose on earth is to discover our purpose. Alas! We get caught in this circus! Our mind makes us blind. *Moksha* is left behind. The cycle goes on and on, and we are reborn.

49. From Self-Realization To God-Realization



***When we go,
From Self-Realization to God Realization,
We realize, 'I am not 'I',
I am God's manifestation.'***

The journey of Enlightenment is simple. But it is a long journey. Many people think that it is just one 'Aha' moment. Actually, it is several — one after the other. There are several sparks of Awakening and sometimes, some spark shakes us and wakes us to a state of ecstasy, a euphoria, that makes us believe, '*I am Enlightened.*'

It all starts when there is Self-Realization. We answer the questions - *Who am I? Is there any doubt that I exist? I walk and talk and do everything. Just like I have clothes that I wear and I realize that I am not the clothes, I also realize that I have a body. But this body will die. It will return to dust. I came alive much earlier in that first cell, the zygote, which was kindled by life energy, with the Soul, the Spark Of Unique Life. One day, the Soul will leave the body. There will be no breath and death will be pronounced.*

If I think, I am not the body but I think that I am 'I', I am the subtle mind and ego, ME, I will be reborn carrying unsettled Karma. But if I realize that there is no mind. It doesn't exist. Then, the ego is Awakened. I am Enlightened. I am the Divine Soul. This is Self-Realization.

Self-Realization is actually, the beginning of Enlightenment. It culminates in God-Realization. Self-Realization is realizing that I am the Soul. But what is the Soul? The Soul is the Spark Of Unique Life. It is the immortal energy. It is the life, throbbing inside me. I realize that every Soul is a unique life energy. But where do all the Souls come from? We are all like the waves that come from the ocean and go back to the ocean. We are all part of SIP, the Supreme Immortal Power that the world calls God.

God-Realization is the Awakening that God is not an old man somewhere above in the skies. These are lies! God is nameless and formless, birthless and deathless, beginningless and endless. God is a Power that is omnipresent — present everywhere in everything. God is SIP that manifests as every Soul and while Souls are living and animate, SIP also manifests in the inanimate in another form of Divine beauty that we call nature. When we realize that everything beautiful is Divine, not only you and me but even the mountain and the sea is nothing but Divine energy, we attain God-Realization. It is the illumination that everything in this world is a Divine manifestation. Everything is like a projection of Divine energy, the animate Soul and the inanimate five elements of nature are all nothing but SIP. When we reach this Awakening, there is God-Realization.

The journey of Enlightenment, thus, begins with Self-Realization and ends with God-Realization, the Realization that we are all nothing but Divine manifestations. We are all God!

50. Awaken! There Is No End! Transcend!



***The Purpose of Life
Is not just to live and die.
But to Awaken, to transcend,
And go beyond, 'Who am I?'***

Ultimately, Enlightenment is a journey of Awakening. It is the Realization that death is not the end. It can be the end of one chapter in the book called life and we can return in the next chapter. Many wish they do and so, they do good Karma and convert their currency in a blessed rebirth. But whoever comes to earth must suffer. Such is life! We cannot escape misery and strife.

It is ironical that many people are trying to escape from death, which we can't. But they are not trying to escape from rebirth, which we can. This is our goal. This is our purpose: not to end when death makes everything stop. Not even to bend and return. We must transcend. What is this transcendence?

To transcend is to go beyond. We have to go beyond the body that we are not. We have to cross the limits of the mind, which we cannot find. We must transcend the false ego to discover our true self. We need transcendence. We need Enlightenment. We need Spiritual Awakening.

The whole world thinks that this world is real. It appears to be, just as we think we are the one in the mirror that we see.

But transcendence reveals that *what I see is not me*. I may be wearing a shirt but transcendence is seeing the threads, not the shirt! It is seeing the cotton, not the threads. It is reaching the source. When we are Enlightened, we reach our true source, SIP, the Supreme Immortal Power that manifests as the Soul, a Spark Of Unique Life, our real identity.

Those who Awaken know that there is no necklace, no bangle, no chain and no ring. There is gold in everything. Enlightenment is realizing that God, that is SIP is in everything. The pot, the plate and the statue only appear to be. In reality, everything is mud and clay. So are we the manifestations, projections and appearances of that one Supreme Divine. When we Awaken, we are Enlightened and we transcend the mortal body to become the immortal Soul. But we need transcendence. We need to go beyond. We cannot discover the ocean unless we have the courage to lose sight of the shore. We need courage to go on a quest. We need faith to believe in our Master. We need that deep love and longing for the Divine. Then, our curiosity, our seeking will culminate as we discriminate and we elevate to that state of transcendence. Illumination will lead to Realization and ultimately, when we transcend the body, mind and ego, there will be Liberation from this mundane life and Unification with the Divine. This is the ultimate purpose of every human being on earth to realize that we are not human beings. We are God! But we are lost in ignorance. Life is an opportunity for us to find our way back to our source, our true nature. Our biggest sin is not stealing or killing but our ignorance, our failure to realize that we are the very God that we pray to!

Afterword



***I went from Success to Success,
And achieved everything,
Till I Awakened to the Truth,
That I am nothing!***

Till I was 46, I had heard the term, Enlightenment but I did not know what it really meant. I had had a Guru for 20 years but I was busy running after success and achievement. To me, life was all about goals, dreams and how to make dreams come true. Little did I know that life itself was like a long dream. One day, my Guru, my Spiritual Master, *Dada*, provoked me, '*You are exploring the world, going to Finland and Iceland, Greenland and New Zealand. When will you Realize the Truth?*' I had just returned after playing with the penguins in Antarctica. When I showed my Guru the pictures, he smiled and asked, '*When will you truly find out who you are and why you are here?*' He urged me to go on a *Talaash*, a quest, an inner voyage for Self-Realization and God-Realization. It was in 2012 that I set out to find the purpose of life. For one year, I wandered. But on the *Buddha Purnima* day in May 2013, I decided that I would dedicate my life to finding out its true meaning. I was seeking Eternal Happiness and my Master told me that for it, I had to find the answers to all the important questions that I had.

I set out with nine questions:

1. What is the purpose of life?
2. What is the truth of birth? Where do we come from?
3. Death is a reality but where do the deceased go, when they depart?
4. Are heaven and hell, a reality?
5. Is there life after death?
6. Does the Law of Karma really work?
7. Is there something like a Soul?
8. Who is God, where is God and what is God?
9. What is Enlightenment and Liberation?

My Guru had explained these to me but I did not have a clear picture. Ultimately, I found the answers to the two most important questions that we forget to ask – '*Who am I? Why am I here?*' I realized that I was not the body, mind and ego. I was the Divine Soul. We were not just here to live and die. We were meant to attain a state of Eternal Happiness, peace, love and bliss, be free from all misery on earth and ultimately, be free from the cycle of death and rebirth. The world called this *Moksha*, *Nirvana* or Salvation. But in essence, our purpose was Spiritual Awakening or Enlightenment.

Since my Awakening, over the last 10 years, I have made it my life's mission to simplify what Enlightenment is and take the message of the truth to the world. We live in ignorance and cry. We look up at the sky and think that there is some God up there. This is a lie. God lives in each one of us. We all are manifestations of that Supreme Immortal Power, SIP, that we call, God. I Realized this Truth and made it my purpose to help the world realize this. Is it very difficult? No! It is not. Is it very easy? No, it is not easy too. But definitely, it is possible! This book has everything that one needs, in order to attain Enlightenment. You need nothing else!

Poem

Now, you can be Enlightened too!

ENLIGHTENMENT SIMPLIFIED



What is Enlightenment, in very simple words?

It is being free to fly like the birds

It is not sinking but climbing upwards

Realizing the Truth and going Godwards

Who am I and why am I here?

Enlightenment is being absolutely clear

We are not the body, the ego or the mind

To be Enlightened, the truth, we must find

We can be Enlightened if we follow the path

From A to Z, without losing heart

Every human being is privileged to be Enlightened

But not to every human being, the truth is Awakened

The key to Enlightenment is the Guru, our Master

Without the Guru, there will be disaster!

It is the Guru, who takes us to Enlightenment, faster

Otherwise, here and there, we would wander

Enlightenment is not possible with the Mind

To be Enlightened, the intellect, we must find

The intellect is activated in Consciousness

We must still the mind with all seriousness

As long as in ignorance, we are lost

Enlightenment can't happen at any cost!

Little by little, our ignorance, we must chip

This is an inner voyage, a Divine trip

The main question to answer is, 'Who am I?'
I am not the body that will die
I am not the mind that we cannot find
But I am. Who I am, must be defined

To begin Enlightenment, find out who I am not
In toxic thoughts, don't be caught
If we finish this round of elimination
There will be Divine Realization!

We are not the body that 'does', the actor of Karma
Nor are we the mind and ego, the Director of this Drama
When we realize we are the Soul, part of the Creator
Then we are free from all earthly trauma

If we don't realize this, we will be reborn
Everybody who comes, one day, will be gone
The cycle of death and rebirth will go on and on
Enlightenment is to see the light of dawn

Enlightenment is searching for the truth
It is not resting till we get to the root
What is the cause of the shoot and the fruit?
Don't blindly believe, don't be mute!

Enlightenment is all about the courage to ask
It is simple but we forget this task
We just let go to the flow of the mind
We don't get the 'Aha' of truth, we remain blind!

We just cut a cake on a birthday that is fake
We don't drill deep in, we don't Awake
We don't ask, 'What came first? The body or the Soul?'
We drift and we die, and don't achieve our goal

*We are the Soul. The truth is, we are SIP!
The Supreme Immortal Power, this, we don't grip
The Power of the Divine is throbbing on our lip
We can be Awakened but alas, we slip!*

*SIP is God, that is in you and me
The Divine is in the butterfly, the bee and the tree
The Power is in the mountain and the sea
When we realize this, we are free*

*The first step of Enlightenment is to be Awakened
Then only can we climb the next, to be Enlightened
There are 3 steps that will lead to Liberation
To that ultimate state of Divine Unification!*

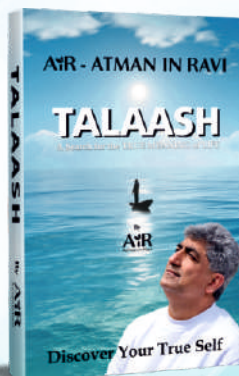
*The journey is simple. Every human can Awake
This Divine gift is a blessing for us to take
If, all ignorance, we wipe away and shake
We can bake the Enlightenment cake*

*Not this, not this, I am That!
It starts with contemplation of this fact
Then the caterpillar will become a beautiful butterfly
And the metamorphosis will make us fly in the sky*

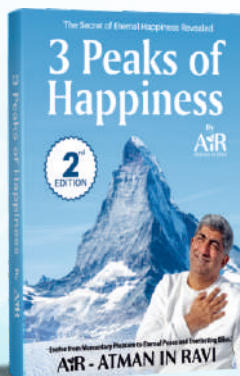
*We are all born. It's not something we choose!
We live and we die, our breath, we lose
Karma unfolds, till the moment we are gone
If we don't realize, we will return, be reborn*

*The simple challenge of Life is to be free
To follow the profound steps, one, two and three
Start that journey now, don't make a mistake!
Don't slumber in ignorance, it's time to Awake!*

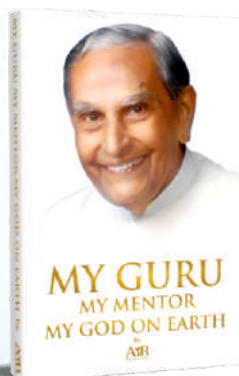
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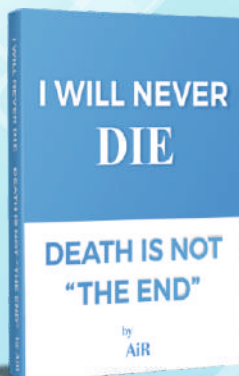
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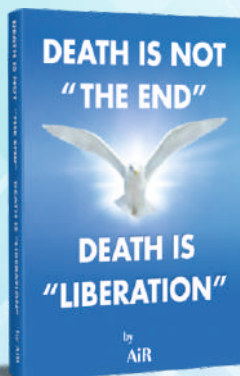
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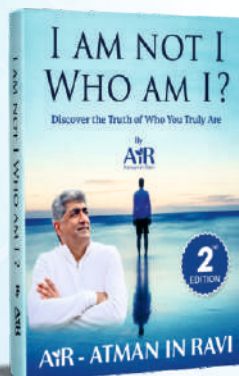
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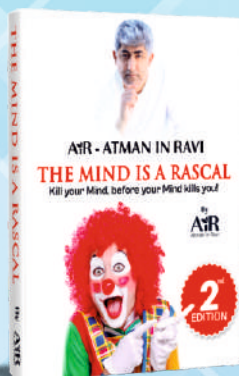
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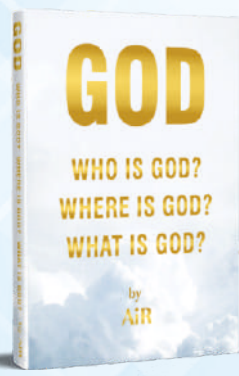
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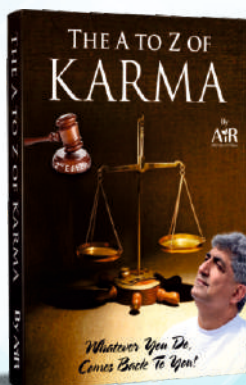
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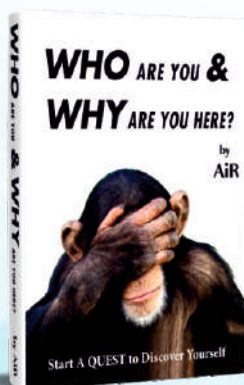
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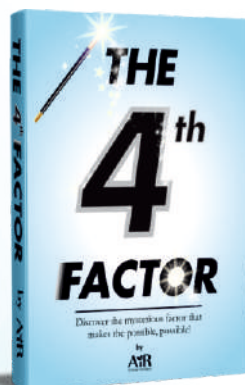
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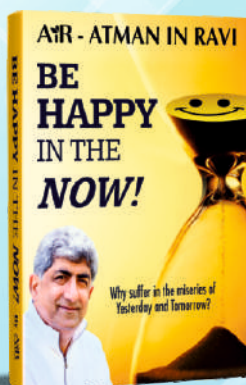
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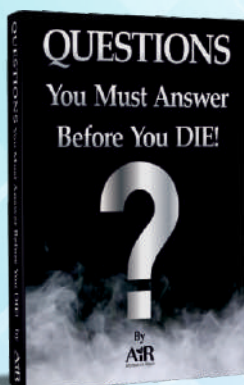
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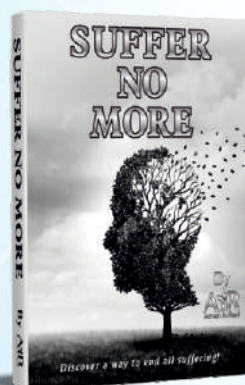
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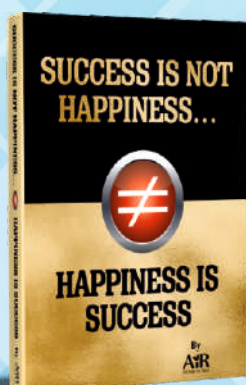
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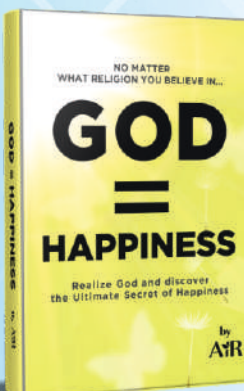
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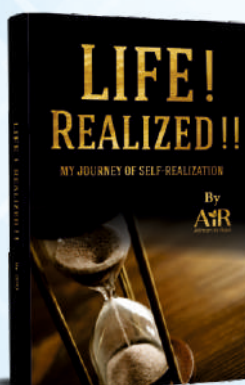
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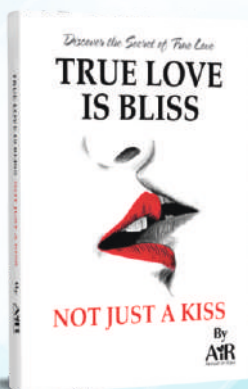
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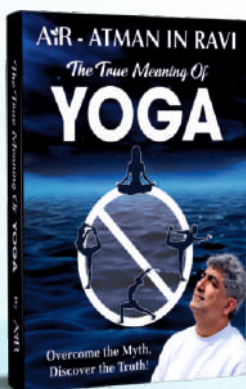
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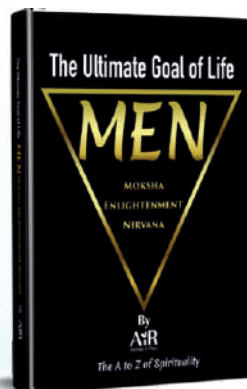
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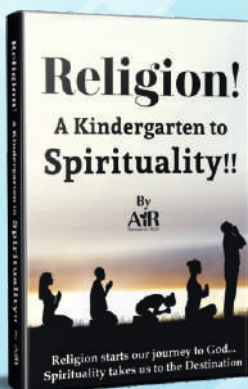
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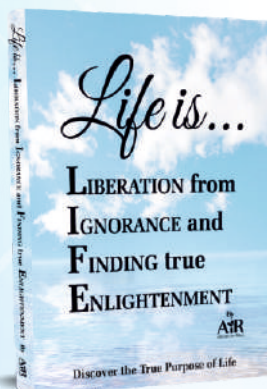
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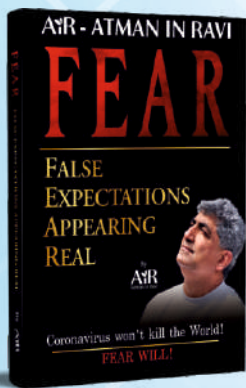
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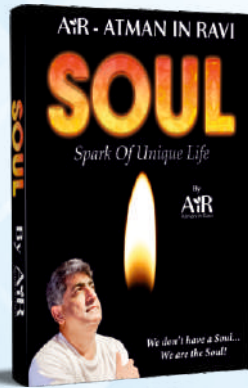
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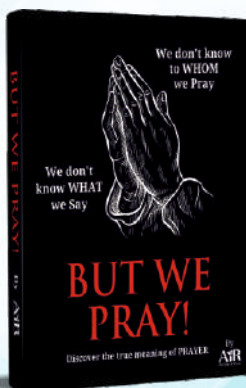
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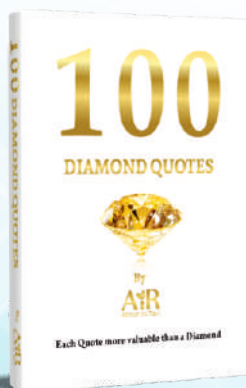
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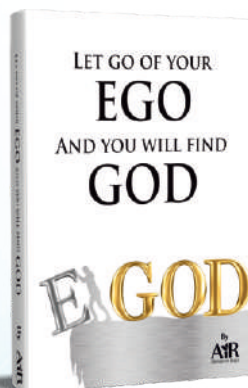
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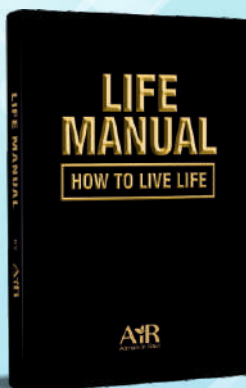
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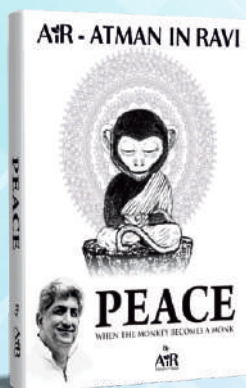
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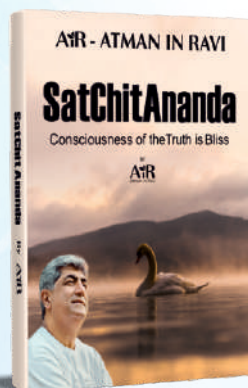
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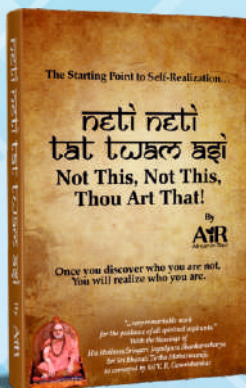
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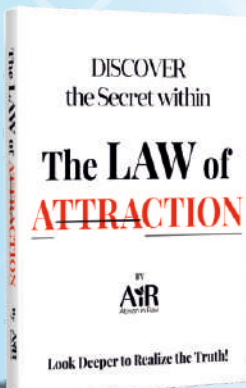
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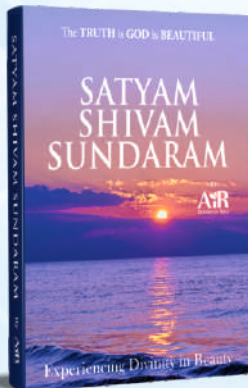
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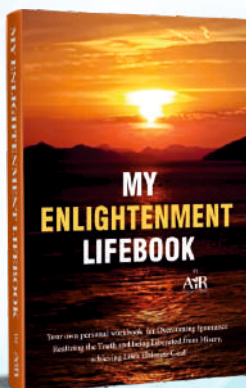
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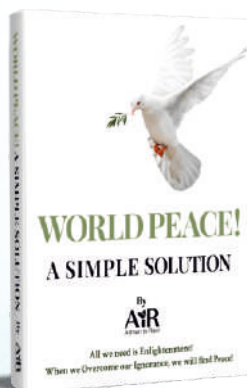
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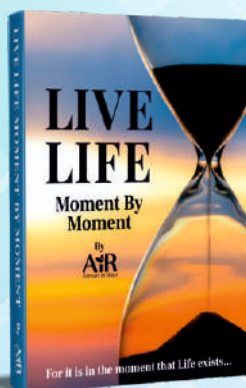
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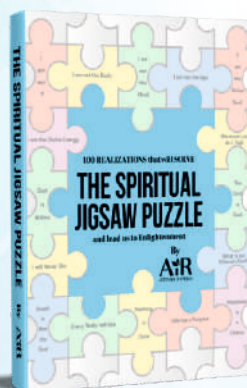
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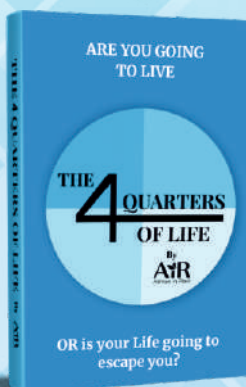
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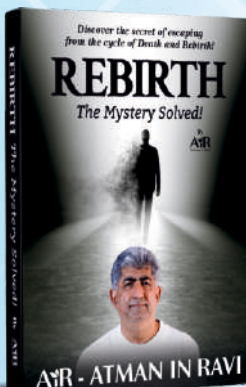
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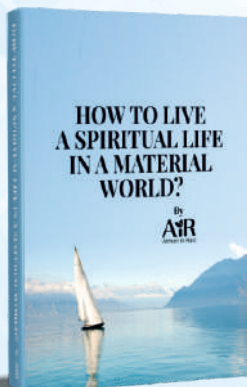
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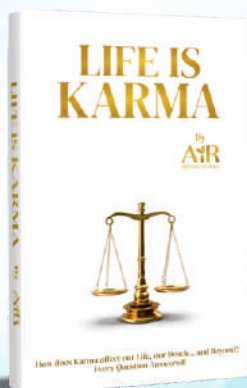
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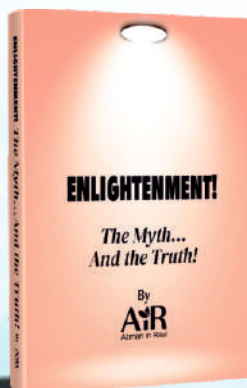
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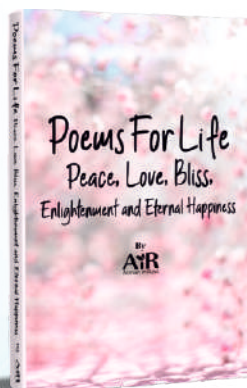
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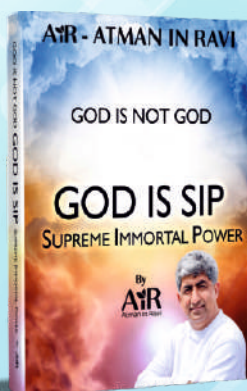
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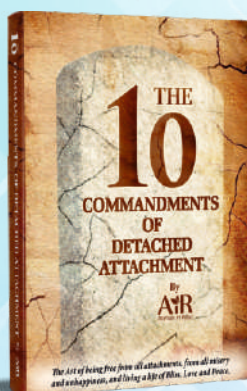
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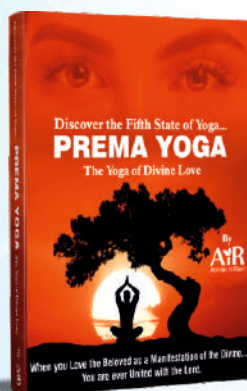
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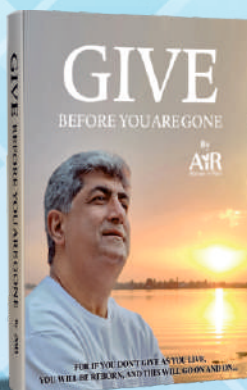
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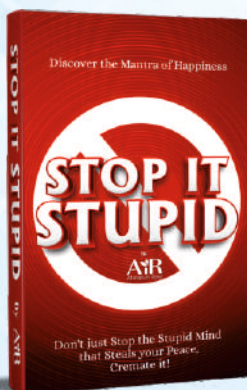
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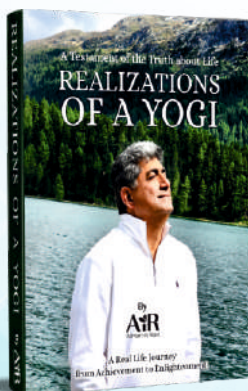
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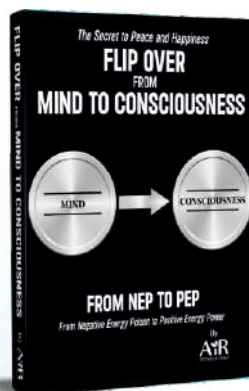
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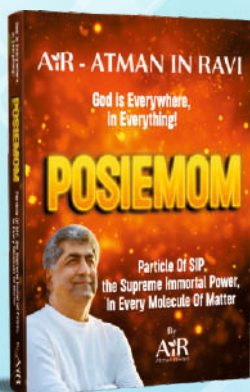
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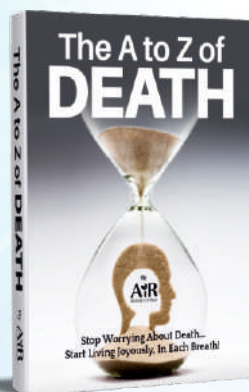
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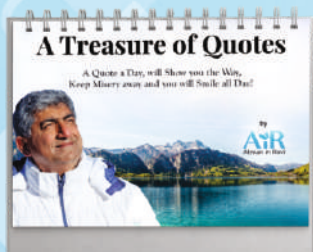
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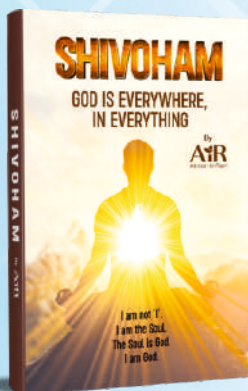
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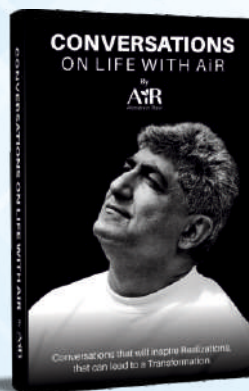
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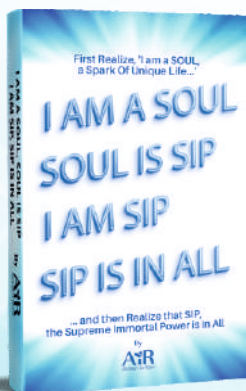
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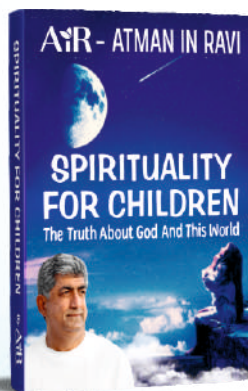
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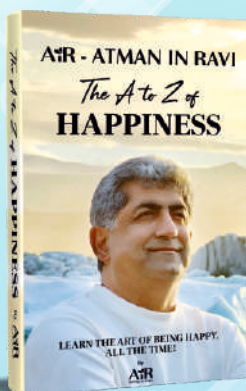
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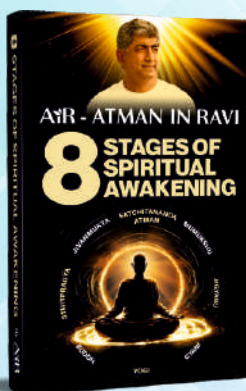
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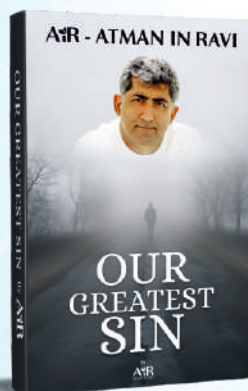
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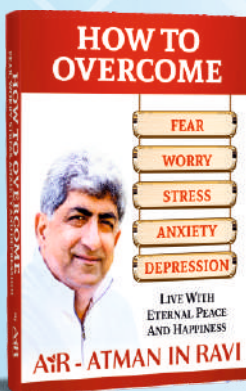
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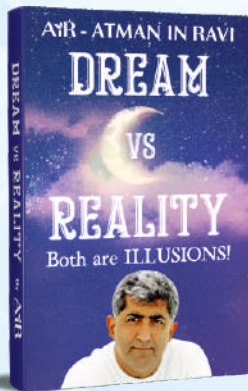
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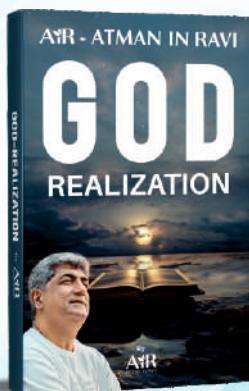
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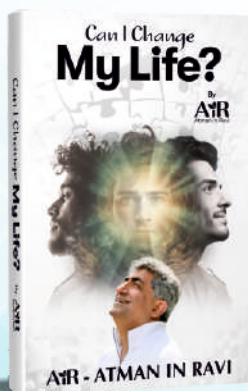
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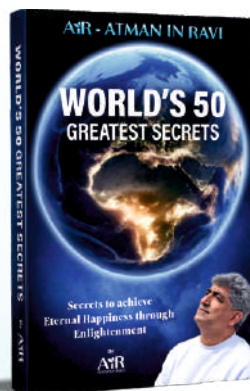
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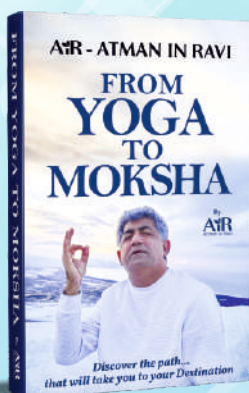
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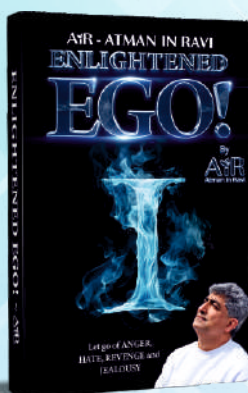
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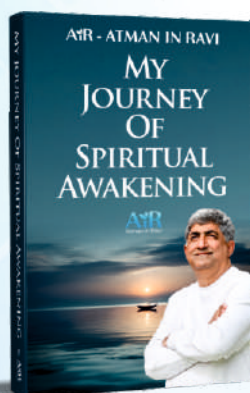
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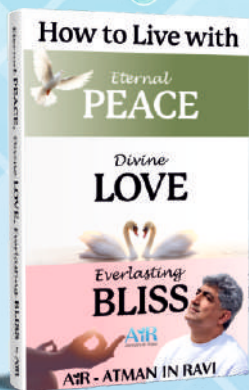
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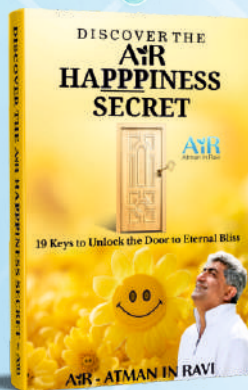
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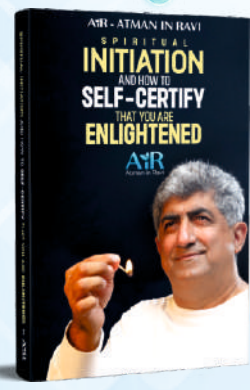
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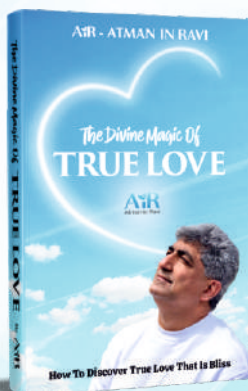
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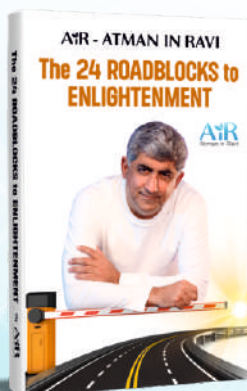
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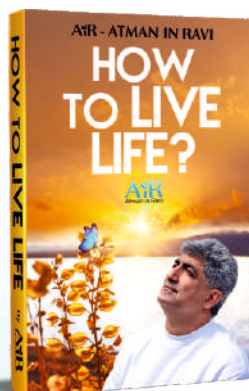
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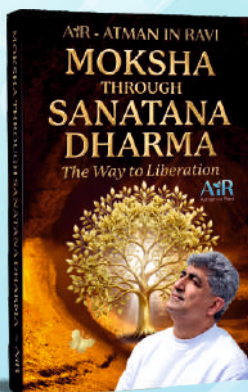
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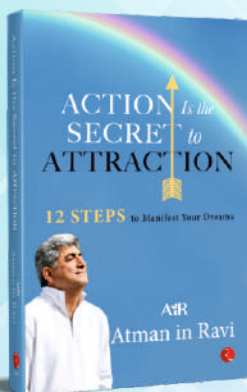
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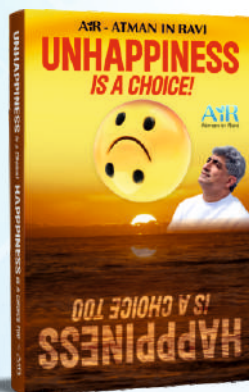
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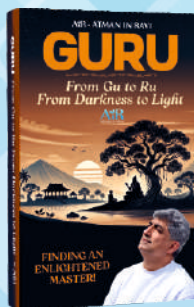
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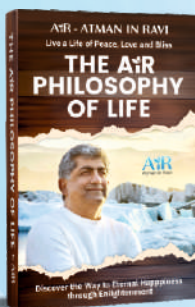
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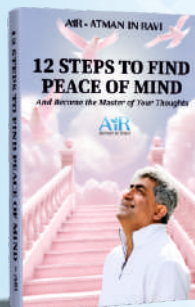
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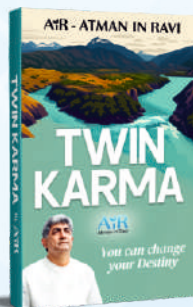
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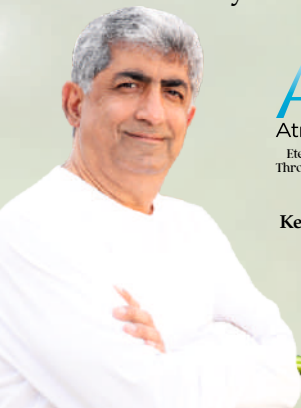
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