

AiR - ATMAN IN RAVI

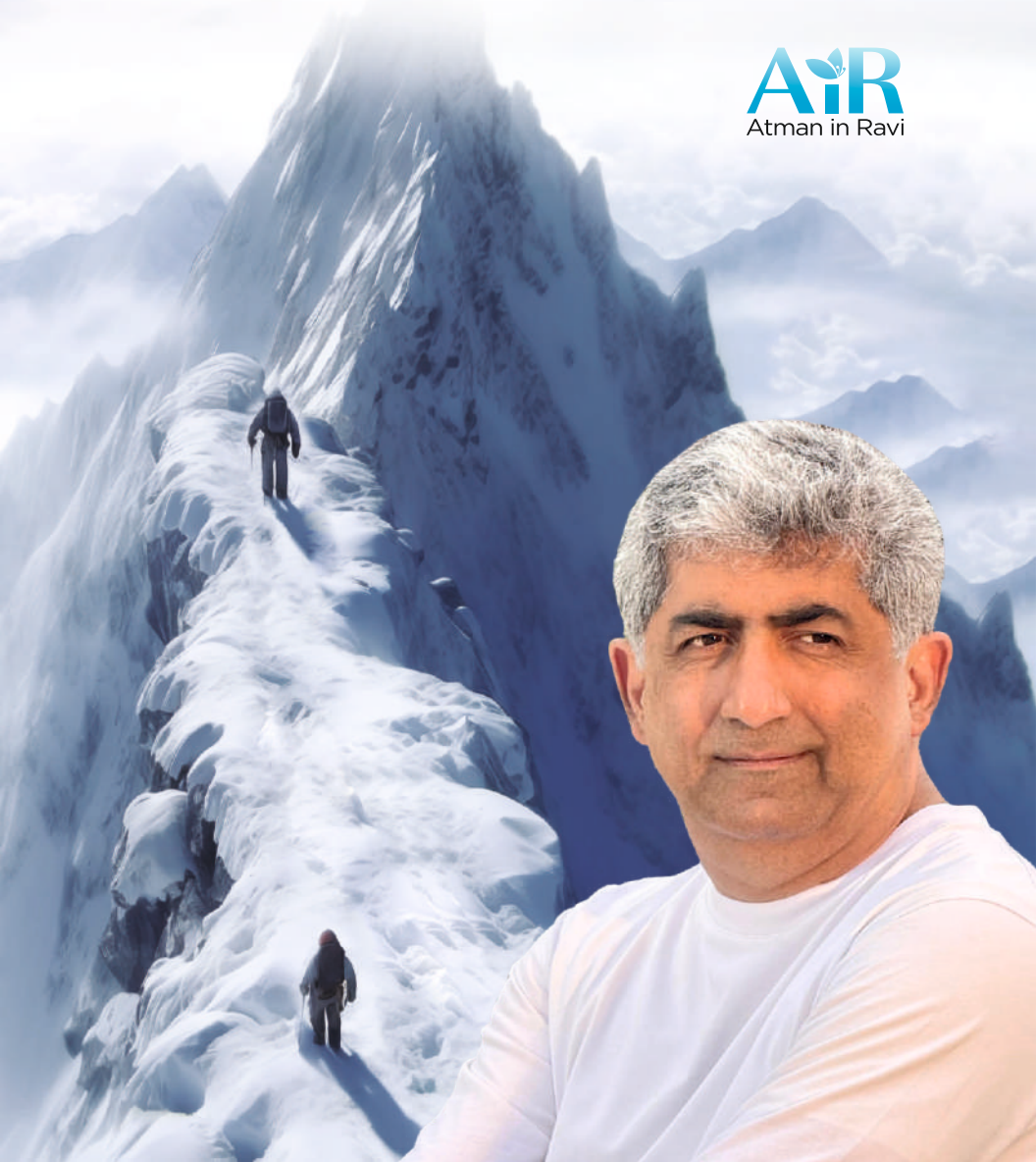
Life is to Transcend the

# LOWER SELF

and Attain the

# HIGHER SELF

**AiR**  
Atman in Ravi





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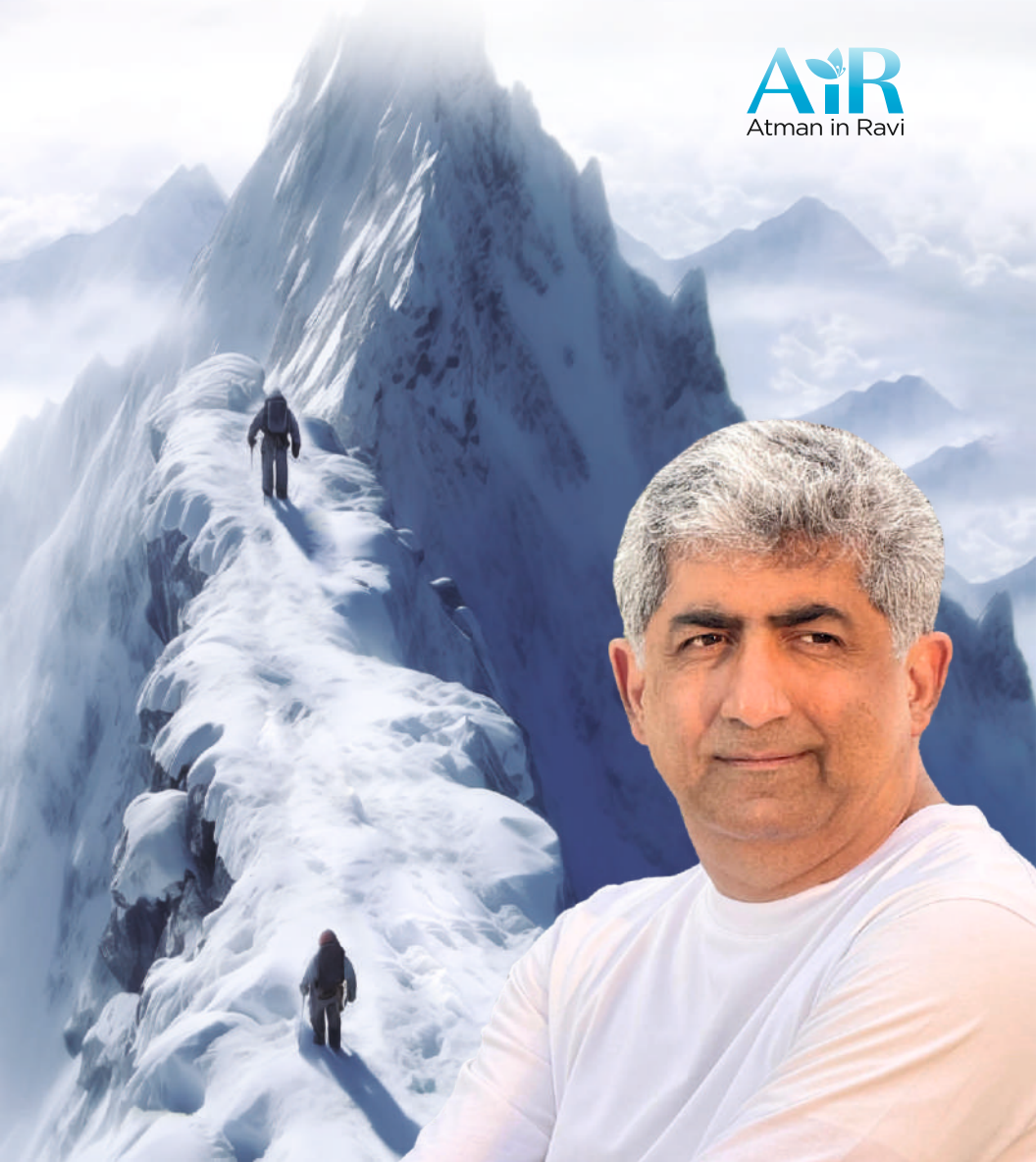
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By



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# About the Author

**AiR - *Atman* in Ravi**



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

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

Like anybody else, AiR started his life being religious. He built a Shiva temple in 1995. Subsequently, inspired by his Guru, he realized that God lives in the temple of our heart and he changed the name of the temple to *Shivoham Shiva*

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

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

Based on his Realizations, AiR has authored over 90 books, composed and sung about 1500 *Songs of Life "Jeevan Sangeet"* and written several blogs, quotes and poems. He conducts Spiritual Retreats and organizes talks to help people evolve on their Spiritual journey. He has also done hundred plus podcasts. He is a TEDx speaker and is often invited to speak at several organizations, corporates and universities. He conducts daily webinars on Zoom, Facebook and Instagram Live to help people realize the Ultimate Purpose of life – Enlightenment.

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



**AiR Linktree**

# Preface



Every morning, we wake up. We don't have a choice. We may choose to close our eyes for a while but ultimately, we have to get our feet on the street. We have to live. However, we can choose how we live. We can continue to suffer the pain of the body, misery of the mind and agony of the ego and live as the Lower Self or we can open our real eyes to realize who we truly are and why we are here. For this, we must transcend, go beyond and evolve from the Lower Self to the Higher Self. We must realize that we are the Divine Soul, that Spark Of Unique Life. Then, we can live a life of Eternal Peace, Divine Love and Everlasting Bliss.

After writing 92 books on every possible aspect of life and Spirituality, Happiness, Enlightenment, Self-discovery and so on, I realized that we must learn the Art of Transcendence. We must work on our transformation. We are not supposed to crawl like a caterpillar, a worm, throughout life. As human beings, we have been blessed to experience a metamorphosis, a Spiritual Awakening that can irreversibly transform our life. However, if we want to discover the ocean, we must have the wisdom and the courage to lose sight of the shore. To climb the steps of a ladder, we must let go of the rung below to step on the rung above. Only then will we discover peace, bliss and love.

Most of us don't try to know who we truly are. So, where is the question of discovering our true self? We think we are who we are and what we are. We have a name, family, job,

career, religion, nationality, friends, society and a permanent address. Little do we realize that there is no such thing as a permanent address. Our name is only an identity. Even our body is not 'I'. It is ours for now but one day, we will give it up as it will return to dust. To discover who we are, is a must. We are so caught in lust that we just don't get to the root to understand the truth. Transcendence is a faraway thing. We don't even understand that the purpose of our life is to discover the purpose of life. We just live and die, without discovering, '*Who am I?*' believing the lie that God lives in the sky, when in reality, God is none other than 'I'.

It's time to discover our true self and our true purpose. It's time to understand that we have a Lower Self, the ego that thinks, '*I am the body and mind that suffers.*' It's time to begin our journey of Self-Realization by first, discovering who we are not and then discovering our true self, the Higher Self.

As we let go of the Lower Self, we begin a new journey of Transcendence. Then, we enjoy the rewards of the Higher Self, the ecstasy of bliss, the tranquillity of peace and the euphoria of Divine True Love. Can you imagine that anger and hate will then, be out of the gate? Fear and worry, that seemed to forever last, would soon be things of the past. The Higher Self is free from regret, shame and guilt, all the junk, as we tame the monkey mind and make it a monk. Yes, the good news is that as we let go of the Lower Self, we can stop crawling like a worm and start flying like a butterfly with wings — wings that were earlier tied with strings. Let's start the journey of Transcendence!

***We can continue to crawl like a worm and cry.  
Or Transcend and open our wings and fly!***

# Introduction



How can we transcend our Lower Self and attain our Higher Self? What is the magic? There is no magic. It is logic! It is overcoming ignorance and Realizing the Truth. To understand *who I am*, first, we must understand *who I am not*. Only then can we start our quest. We must have the courage to put all our beliefs to the test. When we let go of our Lower Self, we will be amazed to discover our true self, the Higher Self.

Understanding, '*Who am I?*' is our first challenge. For this, we must wipe out many a lie. We must start the journey of understanding why we came to earth and why we got this human birth. The rewards of Transcendence are amazing for they will transform the beliefs of our very existence. The Realization will make us dance with joy and bless us with Divine Love, which is greater than any romance. But for this, we must snap out of our trance and advance in Realizing the Truth. We must take a different stance and that won't happen by chance!

*Who am I in reality? Am I this body that will die? How can I be this body? This body came later! I was conceived 9 months before. Once implanted, I can't change my mother! I am alive and kicking before my Arrival Date, which foolishly, I celebrate as my Birthday. One day, this body will die and people will destroy it. Our loved ones know, for sure, that this is not 'I'. But I am. So, who am I and where do I go after the body dies? The journey of Transcendence is realizing, 'I am the Divine Soul.'* Then, all anxiety will turn into tranquillity, and

misery will become ecstasy as our ignorance will be replaced by intelligence. There will be no greed. We will be happy, fulfilling our need. Earlier, we used to enjoy the entertainment that came from achievement but the Higher Self will enjoy fulfillment and Enlightenment.

All this will happen when we try to find the mind. We will realize that there is no mind. Nobody has ever seen the mind because it does not exist. It is just a bundle of toxic thoughts in which we are caught. When we realize that we are not the body or mind but we exist, then we evolve from the unreal to the real. We escape this life's circus as we discover our purpose. Transcendence means an end to all confusion as we arrive at the conclusion. We tame the monkey mind and make it a monk. We eliminate all junk. Fear becomes faith and hate goes out of the gate. Our life is transformed as we let the Lower Self dissolve into nothingness. Then, the Higher Self emerges, blessing us with peace, love and bliss.

Are you seeking to live a life of Eternal Happiness? If yes, it is time to move from mind to Consciousness, to live with the awareness of who we truly are. The truth is that we are a Divine manifestation but our Lower Self stops us from this Realization. This book will start the process of Purification, Illumination and ultimately, Liberation from all misery on earth and the cycle of rebirth. In your hand, is a great treasure, greater than any pleasure! Let's start!

***To enjoy the Higher Self,  
That is full of Peace, Love and Bliss,  
Transcend the Lower Self,  
That is causing all unhappiness.***

# **PART - A**

## **UNDERSTANDING THE SELF – WHO AM I?**



# 01. We All Think We Know Who We Are



Don't we know who we are? Of course, we do! *I know who I am. I know that I am Ravi. I am an Indian businessman who is 40-years old. I am the son of Vashi and Neeta. I have two children. I have a permanent address. All this information is captured in my ID card.* How can anyone not know who they are? In the modern world, we are identified by our biometrics, fingerprints and by means of face recognition. Everything makes us unique. There is no one else on earth like us. *I know exactly who I am and what is mine.* But is this who we truly are?

When we look in the mirror, we identify the one that we see as 'me'. If somebody showed me a photograph of our class picnic, I would point out and say, '*That is me!*' That 'me' is what I was 30 years back. I don't look like that anymore, though there are traces of me, some similarities. But that boy is half the size of what I am now! They are two different beings. This body is constantly changing. One day, I will grow old. But I still believe that it is 'me'. I am ageing but I am not changing. Little do we contemplate the truth that this body is completely renewed every 7 to 10 years. Therefore, I have already had 4 bodies over the last 4 decades. This is what science says. But science does not question, '*Who am I?*' So, why should I?

I live and I will pass away and one day, I will go up into the sky but I do not realize that the belief that God lives in the sky is a lie, just as I do not realize that I, in reality, am not 'I'. This body will die and people will say that I passed away.

They will be so sure that I am not the body that they will burn it, destroy it. How dare they, I may think. But they are absolutely sure that I, no more exist. If I no more exist when the body dies, then who am I when I am alive? If this body is not me, what is my real identity?

From the time we are in school, we remain a fool because we believe in what we are taught. *This is my wife, my children, my house, my money, my bank account.* The list is endless. *How dare you take my pen or my mobile phone? These are my clothes.* We identify with 'mine' and 'I' so deeply that we are unable to comprehend the truth that *I am not 'I'*. That is why we suffer and we cry. We live and we die. We don't realize, *'Who am I?'*

The journey of life is to discover, *'Who am I?'* We all have this one purpose. It is to escape from this circus in which we just have fun till life is done. We jump up and down like a clown and then, we are gone and we will be reborn. And this will go on and on! We are immortal Souls but because we do not find out, *'Who am I?'* we do not achieve our ultimate goal. In fact, man's greatest sin is that he doesn't realize, *I am not 'I'*. He doesn't discover that he is a manifestation of the Divine. Just like a wave thinks that it is just a wave and not the ocean, a ring thinks that it is just a ring, it is not gold, man does not realize that man is not man, man is God. We must go on a quest, put our beliefs to the test and discover, *'Who am I?'*

***I know, 'Who am I?' and one day, I will surely die!  
Little do I realize that all this is a lie!***

## 02. We Have A Body But Are We The Body?



If we check the DNA of somebody, we can be sure about the identity of the person whom we are trying to identify. Every 'body' has genes and cells that reveal their real identity. No doubt, this is true. But this fools us, stopping us from discovering our true self. Of course, this is our body and no doubt, we have a unique identity as per our DNA. But is this who we truly are? Our DNA, fingerprints and face recognition system can certainly identify the body that we have. But the question is, '*Are we the body?*' Nobody will look at somebody else and say, '*That is me!*' I am 'I' and you are 'you'. But the question in study is, '*Who am I?*'

Where did this body come from? Was it readymade? No! It appeared on our so-called birth date and we cut a cake without realizing that our birth date is fake. If we were born on that day, how were we kicking our mother, days before, in her womb? We were alive as the foetus developed from the embryo. In fact, we all learn through biology that we are conceived about nine months before. When the reproductive cells of our parents fertilize, in that moment, a zygote is born. Can anybody deny this? No. Then, the zygote divides into 2 cells, and then 4 cells. Soon, it becomes an embryo, which maybe just 10 cells, three days after fertilization. In five days, it becomes a blastocyst with up to 100 cells. In about two months, the embryo grows into a foetus, in which our organs are formed, like, the brain, the heart and the bones that become our skeletal system. We can continue to learn about this but ultimately,

a newborn baby that is formed, arrives after about nine months. This is our 'Arrival day' not our birthday. This is our body but we were conceived when two cells were fertilized. Isn't that the truth?

This body will grow and ultimately, we will become a 38-trillion-celled structure. We may have been less than 5 kilograms when we are born but ultimately, we will be way over 50 kilograms and up to even a 100 kilograms when we are gone. One thing is sure - every 'body' will die. The body has a lifespan of about 100 years. When the body dies, what happens? The Power that was throbbing in the heart, leaves the body. Don't we say that he passed away, he left the body or he departed? There is no doubt that in the moment of death, when there is no breath, we do not refer to this body with a name. We call it, '*The body.*'

Therefore, our body is formed after we are conceived and we will leave the body when it dies. We should have no doubt that we have a body but we are not the body. Don't we say, '*This is my hand, my nose*'? But who is saying that it is 'mine'? We live and we die but we do not realize, '*Who am I?*' If only we realize this, we will not suffer and cry. The purpose of every human being is to discover their purpose by answering two important questions - *Who am I?* and *Why am I here?* But if we do not discover the first truth that *I am not this body that will die*, we will never discover, '*Who am I?*'

***Of course, we have a Body but this Body will die!  
But I will never die. My body is not 'I'.***

## 03. Where Is The Mind That We Cannot Find?



Have you ever seen the mind? What is its size, shape and colour? We confuse the mind with the brain. But it is not the brain. We know how the brain looks. We even know about the heart and the kidneys. But what about the mind? Nobody has seen the mind! Therefore, nobody knows how it looks. The truth is that there is no mind! The mind is just a bundle of toxic thoughts. It appears to be and makes us believe that I am me. But in reality, we are nothing but Divine energy.

The mind creates misery and sorrow. It creates fear, worry, stress and anxiety as it jumps into tomorrow. Then, it goes into the past that is gone, and regret, shame and guilt are born. This goes on and on! In fact, the purpose of our life is to eliminate the mind, to still and kill it! But the mind fights very hard to stop us from doing this because the moment we still the mind, it will cease to exist. So, it continues to attack us as the MK-50, a weapon more dangerous than the killer weapon, AK-47. The MK-50 is the Mind Killer that can drill us and kill us with up to 50 toxic thoughts every minute. This can become a humongous load of 50,000 stupid or toxic thoughts every day - thoughts of the MIND, which are nothing but Misery, Ignorance, Negativity and Desire. This bunch of negative thoughts creates the mind.

The mind doesn't take our permission to enter our head. It does not knock. It enters uninvited and we are dead! It opens the door and pushes us on the floor and there is peace, no more! For where there is a mind, there is no

peace and where there is peace, there can be no mind! So, until we eliminate every piece of the mind, we cannot have peace of mind.

The mind creates ignorance. It stops us from Realizing the Truth. It stops us from being in Consciousness and activating the intellect, the tool of discrimination. So, there can be no Realization of, '*Who am I?*' The mind inflates the false ego and creates the ME, the Mind and Ego. Then, we create Karma, which entangles us in reincarnation. There is no Realization that *I am not the body that will die. I am not the mind that I cannot find.* Thoughts of the mind pour like rain and push us down the drain. Not only does the mind make us miserable but we are also reborn, again and again. This is all because of the mind that we cannot find!

How can we be the mind that does not exist? Of course, thoughts exist. But if we still the mind and kill the mind, if we lock it and block it, then we can activate the intellect and discriminate if we remain in the state of Consciousness. We don't need to be in the mind state and this will happen when we contemplate and introspect, '*Who am I?*' living in Consciousness. We are already clear that we have a body but we are not the body. We realize this only when we still the mind and now, we realize that there is no mind! However, we exist! Who are we, if we are not the body and not the mind?

***The Mind makes us blind and hides the Truth behind!  
But where is the Mind? Nobody can find!***

## 04. Of Course, I Am. But Who Am I?



Can we doubt that we exist? How can we doubt? We are walking and talking. We are breathing and living. We cannot deny that we exist. But the key to moving from the Lower Self to the Higher Self is to be absolutely clear about 'Who am I?' By now, we are clear that we are not the body. We have a body that is growing and constantly changing. But one day, this body will die. It is not 'I'. The mind says, '*I am the mind.*' But when we try to find the mind, where is the mind, we cannot find! It does not exist. If we are not the body that will die, and not the mind that we cannot find but we are sure we exist, then, 'Who am I?' This is the question that we need to answer.

The ego always believes that I am 'I'. The ego is that identity that looks in the mirror and says, '*I am the body and the mind. How can I be anything else?*' The ego is absolutely sure of its identity. Throughout life, we say, '*I am hungry. I am happy. I am sick.*' How can there be any doubt about the 'I'? I know very clearly that *I am different from you. My house is different from your house. I wake up every morning with dreams and goals. I eat. I work. I play. Why should I doubt and wonder about who am I?*

The mind locks the ego in this false belief of 'I'. But when the ego is free of the mind, it uses the power to discriminate to find out, 'Who am I?' It realizes that we exist. No doubt, we do! But just like we wear a shirt but we are not the shirt, this body is a garment, which we will ultimately shed when we leave. Who is the one that arrives

in the moment of conception and leaves in the moment of death? Is it the mind?

When we contemplate, we are sure that there is no mind. It is only a bundle of toxic thoughts. So, now, we are absolutely sure we are not the body, we are not the mind, just as we are sure that we exist! What are we in reality?

In Consciousness, the intellect contemplates what leaves in the moment of death. It is that life energy, that Power that is throbbing inside us. It is this Power that strikes life to fertilize two cells in the moment of conception. Therefore, we are that Spark Of Unique Life, the Soul. We are that life energy that people call, the Divine Spirit, the *Atman*, the *Ruh*. When we understand that we are neither the body nor are we the mind, we find the answer to, '*Who am I?*'

When we realize that we are the Soul, we are not the body that will die or the Mind and Ego, ME, the very same ego that lived with a false understanding of our existence, evolves from the Lower Self to the Higher Self. In that moment of illumination known as Self-Realization, we are liberated from ignorance that makes us believe we are the body and mind, and we are transported to the truth that we are the Divine Soul. This is transcending the Lower Self and attaining the Higher Self.

***I am not the Body. I am not the Mind.  
But I am – Who am I? This Truth, I must find!***

## 05. *Neti Neti* – Transcending What I Am Not



In the journey of transcending the Lower Self and attaining the Higher Self, life challenges us first, to realize what we are not. If it was so easy to attain Self-Realization, this whole world would not be living in ignorance, thinking that we are the body, mind and ego. This ignorance makes us suffer the pain of the body, misery of the mind and agony of the ego. The moment we transcend the Lower Self, the false ego that thinks, '*I am the body and mind*,' is able to realize, '*I am the Divine Soul*.' So, what happens exactly?

Nothing happens. It is just that 'Aha' moment, that moment of Realization that I am not 'I'. The 'I' that thinks that *I will die*, now achieves its ultimate goal and realizes that *I am the immortal Soul*. But how does this happen? Will anybody reading this get Enlightened? No! The mind, which we cannot find, which is nothing but a bundle of toxic thoughts, stops us from transcending what we are not. Unless we eliminate the mind, we cannot Enlighten the ego.

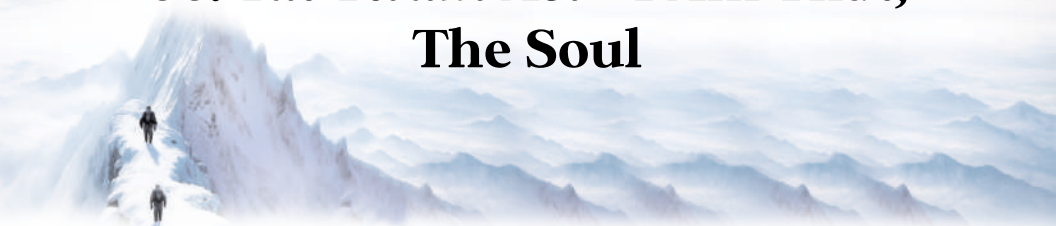
What is the Lower Self? It is the false ego. What is the Higher Self? It is the Enlightened Ego. Not a different ego but the same ego that was under the control of the illusory mind and thought, '*I am the body*,' now realizes, '*I am not the body and mind. I am the Soul*.' This transcendence happens when the mind is eliminated and the ego is Enlightened.

The journey of Transcendence is best achieved with the help of the ancient *Mantra* of two words - *Neti Neti*. *Neti* means not this. We must contemplate *Neti Neti* - not this body, not this mind. When we live in awareness that we are *Neti* - not this body; *Neti* - not this mind, it is this *Neti Neti* which can Enlighten us. The false ego transcends the Lower Self and attains the Higher Self. *I am not the body and mind. But I am. Therefore, I am the Divine Soul*. This Realization changes everything. We are transformed! We were, earlier, like a worm. Now, this Transcendence creates a metamorphosis and we are able to fly like a butterfly. What exactly happened? Nothing but Transcendence or a Realization — letting go of the Lower Self and attaining the Higher Self. But unless there is the Realization that *I am not the body, I am not the mind* - *Neti Neti* - the mind will continue to be, and we will live as the Mind and Ego, ME. When the ego is Enlightened, there remains no ME and we realize that we are Divine energy.

The purpose of human life is to discover our true self. Self-discovery or Self-Realization is the very essence of why we are born. However, if we just live and die and we are gone, we will be reborn. Because the Mind and Ego, ME, will carry Karma that must be settled. The moment we transcend the Lower Self, eliminate the mind and Enlighten the ego, there remains no Karma. Thus, when there is this Realization, there is no reincarnation.

***Neti Neti, not this Body, not this Mind.  
Tat Twam Asi, I am the Soul, I find!***

## 06. *Tat Twam Asi* – I Am That, The Soul



The journey of Transcendence is moving from the lower to the higher self. Unless we take our foot off the lower step, we cannot put our foot on the next, the higher step. It is about climbing and evolving as we transform and transcend. Unless we let go of the body and mind with *Neti Neti*, we cannot arrive at the Realization of *Tat Twam Asi* meaning, *That Thou Art*. Therefore, '*Neti Neti, Tat Twam Asi,*' means, '*Not This Not This, Thou Art That.*' This Awakening makes us realize that we are the Divine Soul, the Spark Of Unique Life.

Self-Realization – the Realization that I am the Soul - is a result of the Realization that I am not the body and mind. It is Transcendence. Without the Illumination of *Neti Neti, Tat Twam Asi* will never happen. Therefore, it is imperative that one goes through the process of meditation, introspection, contemplation and then, use that learning, education, knowledge and wisdom. It is practically impossible to transcend and Realize the Truth, without the help of an Enlightened Master. We need a Guru, an Enlightened Soul, to help us in the journey of Realization. Transcendence from *Neti Neti* to *Tat Twam Asi* is not as easy as it seems. There are many roadblocks that will hold us back. Our own upbringing and indoctrination with the *real lies* will stop us from *Realizing the Truth*. The magic of opening our *real eyes* needs a magician, a Guru, who can handhold us and take us from what we are not, to what we truly are. This realization that *I am not the body that will die, not the mind I cannot find, I am the Divine Soul*, is the very

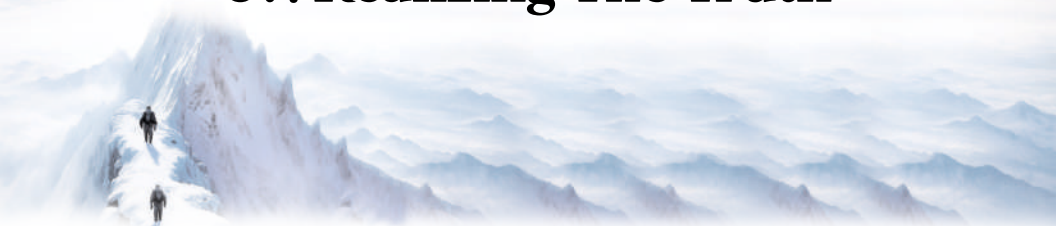
essence and purpose of life. If we don't move from the Lower Self to the Higher Self, we will continue to suffer, cry and ultimately, die. To save us from this disaster, we need a Divine Master. We need to transcend, to overcome ignorance and to Realize the Truth.

'*Neti Neti Tat Twam Asi*,' is written about in the ancient scriptures of the *Vedas* and *Upanishads*. It is not a new age formula or a theory of modern technology and globalization. Unfortunately, we have ignored the call, the question of Koham, '*Who am I?*' The answer was given to us centuries ago - '*Soham - Thou Art That. Shivoham Shivoham*, I am not the body, mind, ego. I am the very God I pray to.' These five magical words - *Neti Neti Tat Twam Asi* - become the root of Self-Realization that ultimately, becomes the fruit of God-Realization. Transcending the Lower Self and attaining the Higher Self is more profound than one can imagine. It is the Spiritual Awakening that *I am nothing* that leads to the Transcendence that *I am everything*. The individual Consciousness now merges with the universal Consciousness, as the duality that separates you from me and me from God, vanishes into a universal non-duality.

When we transcend the Lower Self, not only do we realize that *I am not this, I am that*, we also discover that we are the manifestations of the Divine and thus, we attain the ultimate purpose of human existence. But where does it all start from? It starts from '*Tat Twam Asi, Thou Art That*,' and to unlock this, the key is, '*Neti Neti*.'

***Thou Art That, Not This, Not This, is the key.  
This five-word Mantra of Transcendence makes us free!***

## 07. Realizing The Truth



What is life all about? The journey of LIFE is Liberation from Ignorance and Finding Enlightenment. And how can we be Enlightened? To be Enlightened, we must be liberated from the deep-rooted ignorance that makes us sink as we blink as slaves of the toxic mind that makes us think. The mind makes us blind. It does not let us find the truth that *I am not this. I am that!* The fact is that each one of us is a Divine Soul. We are manifestations of God. But we don't realize it. We are so caught in the Lower Self, the false ego, that we do not transcend and discover the Higher Self, the Enlightened Ego. Our biggest enemy is our own mind. It stops us from the Realization of the Truth.

The truth is not somewhere faraway. The truth is hidden within us. But unless we chip away all the ignorance that camouflages the hidden treasure of the Divine within, we cannot transcend *this* and evolve to *that*, our true self.

A sculptor, through his patient sculpting, is able to extract the magnificent sculpture that was always hidden inside the rock. Earlier, we could not see the beauty of the statue of God that the sculptor artistically carved out by sculpting, eliminating piece by piece, of what was not. But after sculpting, the beautiful reality within that massive rock was revealed.

Realization of the Truth is a process of eliminating all the lies, all the myths, one-by-one. It is a process of Purification and Illumination. As the fog of darkness is eliminated by

the light of truth, we experience the glow of Realization. *I am not the body. I am not the mind. I am the Divine Soul.* This is Self-Realization.

The journey of Transcendence takes us from Self-Realization to God-Realization. '*Neti Neti Tat Twam Asi,*' is the first step. '*I am the Divine Soul,*' begins the next journey. What is the Soul? It is a Spark Of Unique Life. It is life energy. It comes from SIP, the Supreme Immortal Power and it goes back to SIP, the Universal Power that is the origin of our existence, just like a wave that comes from the ocean and returns, merging into the ocean. In Enlightenment, we realize God within. We overcome the lie that God lives in the sky. We realize that we are that Power, the immortal Soul that is throbbing with life. This Power is SIP, which the world calls, God. This is the truth, the ultimate truth. The journey of self-enquiry takes us to the state of Awakening as we transcend what we are not and finally attain the ultimate Realization of who we are. *We are not the body or mind. We are the Soul. The Soul is SIP. We are SIP.* The truth is realized that we are God.

When we don't transcend the Lower Self, we just live and die. We are gone and then, we are reborn, and this goes on and on. The truth that we are the immortal Soul remains hidden under the layers of ignorance created by the mind. The false ego continues to create the agony and anguish of anger, hate, revenge and jealousy, and we don't transcend our Lower Self to realize the ultimate truth of who we are, the Higher Self.

***The Purpose of Life is to Realize the Ultimate Truth,  
To be free from all misery as we get to the root!***

# **PART - B**

## **THE JOURNEY OF TRANSCENDENCE**



# 01. Why Should We Transcend?



Somebody who is gifted this book, *'Life is to Transcend the Lower Self and Attain the Higher Self'* may wonder, *'Why should I transcend? What is this Lower Self and Higher Self? I am who I am, and I am happy. I don't need any Transcendence.'*

As long as our life drifts like a sailboat on the calm waters of the lake, we may not need to consider Transcendence. However, there may be some point in time that life may get challenging. It could be the death of somebody very dear to us. Or it could be a challenge that shatters us. Or it could just be the toxic mind that creates depression. As the journey of life unfolds, we are bound to go round and round in the merry-go-round of life, as we experience pleasure and pain, and loss and gain. Life is such that it doesn't pass with ease. Ultimately, we will fall sick or be afflicted with some disease, and like the Buddha was confronted by death and disaster, we all will come face to face with such trauma in this life drama.

In essence, we live as the body that grows tall as we fall. We all experience the mind that pushes peace and tranquillity behind. And most importantly, we experience anger, revenge, jealousy and hate. And when we are pushed out of the gate, we look up at the sky and question, 'Why?' as we imagine that God lives in the sky. Yes, there are times in life, when we suffer beyond what we can bear and we are forced to ask questions that need answers. We want to smile but our misery is longer than the river, Nile. Then, life leads us to a guide, a Mentor or a Master, with

whom we share our story of disaster. We understand the need for Realization. And then, we go through Purification and Illumination and understand that the cause of our misery and sorrow is the false self, the ego, that along with the mind jumps into yesterday and tomorrow and we lose the gift of the present moment!

*I want to be happy. I want to be rich. I want to be successful. I want to be healthy.* There is no end to the desires of a human being. The 'I' wants everything. Need is replaced by greed. This is the Lower Self. If we continue to live as the Lower Self, we will be slaves of the mind and face fear, worry, stress, anxiety, regret, shame and guilt. The Lower Self has no option but to live with pride, greed, selfishness, and experience anger, revenge, jealousy and hate.

If we want to overcome the triple suffering on earth, the pain of the body, misery of the mind and agony of the ego, the only solution is Transcendence: letting go of the Lower Self that we are not and evolving to the Higher Self that we truly are. This is the very purpose of human existence. But unfortunately, many of us never begin the journey of Transcendence. We are born and one day, we are gone! Then, we are reborn and this will go on and on! To transcend is to Realize the Truth. It is to be free from all misery on earth and from the cycle of rebirth. *We must transcend. We have to transcend. This is life. Without Transcendence, it is mere existence.*

***If in the journey of Life,  
We do not transcend,  
Then, in the valley of sorrow and gloom,  
We will descend.***

## 02. Rewards Of Evolution



When we transcend, we let go of the Lower Self and attain the Higher Self. What is the benefit? If we realize, '*I am not the body that will die; I am not the mind that I cannot find; I am not the ego that says 'I',*' what is the reward? The rewards are unimaginable!

As we transform our life, going through a metamorphosis, we attain a state of Eternal Happiness, unknown to the common man. The worm that was crawling, develops wings that were earlier tied by strings. Now, we can open our wings and fly in the sky as we discover, '*Who am I?*'

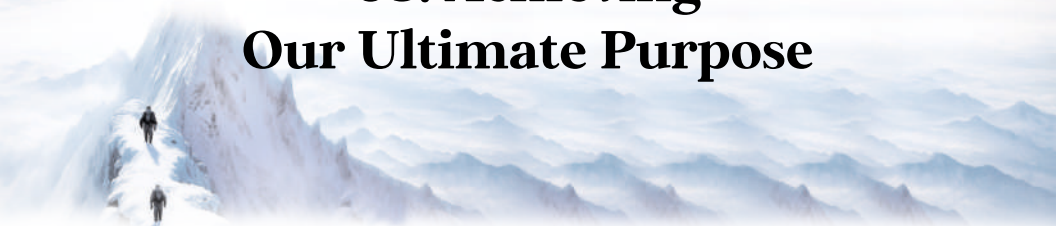
When we discover that *I am not the body, rather, I have a body*, there is no magical disappearance of physical pain. But logically, we will not suffer that pain like we used to. Once we transcend, when we experience pain, we will not cry in vain as we gain the Awareness that *I am not the body*. This is possible as we transcend the mind. We still the mind and kill the mind that otherwise, fills us with toxic thoughts that elevate the physical pain. When we transcend the Lower Self and attain the Higher Self, we eliminate the mind. The mind is no more! Fear, worry, stress and anxiety are out of the door! This is because when there is no mind, we reach the state of Consciousness, in which the intellect is activated, and suffering and sorrow, become things of the past. We enjoy bliss in the present moment as without the mind, we don't shuttle between yesterday and tomorrow.

Transcendence rewards us with freedom. Not just freedom from the pain of the body but also freedom from the misery of the mind. But the biggest reward is freedom from the agony, the anguish caused by the ego. As long as we live as, 'I', we suffer and cry. We burn with anger. We naturally develop jealousy. Then revenge grows and hate becomes a bait because *'I want to be the best. I want more. I want to defeat others.'* The 'I' can make us suffer and die. When we transcend and realize, *'I am not 'I','* all duality ends. Pride evolves to humility. Selfishness becomes selflessness and as our monkey mind becomes a monk, our greed descends into our need. We live with contentment and fulfillment, as Transcendence rewards us with the gift of Eternal Peace, Divine Love and Everlasting Bliss that comes with Enlightenment.

The reward of Spiritual Awakening that appears with Transcendence is freedom from all the petty nuisances of this world. A transcended person is unaffected by the trials and tribulations of life. There is no misery and strife because as we transcend and we evolve, we elevate above the mundane, the ordinary understanding of life as it appears to be. We start to experience our true Divinity as we transcend the Mind and Ego, ME. The rewards of this Eternal Bliss are beyond what words can express. Only the one who transcends can taste the bliss of Transcendence.

***Transcendence has rewards  
That are beyond definition,  
For there can be no greater celebration  
Than evolution!***

## 03. Achieving Our Ultimate Purpose



Why did we come to earth? Why did we get this human birth? Is this world just a circus or is there a purpose? Is everybody on the stage just a clown jumping up and down, till we age, or do we have to grow from stage to stage? How many of us pause to find out the cause of our existence?

The purpose of life is to discover the purpose of life. The reason we are given an opportunity to come to this earth is to discover that our birth is because of our unsettled deeds, commonly referred to as Karma. Everything happening in this earthly drama is because of our Karma. All pleasures and trauma are not mere luck. We pluck what we plant. Just as the seeds that we plant decide the fruit on the tree, our deeds decide our destiny. Unfortunately, we think that success is happiness and chase after achievements. We try to do good deeds so that we can reach the ultimate peak. We do not seek the truth and thus, we grow in this show but we go without understanding its true meaning.

As long as there is Karma, good or bad, we will return to earth in a rebirth. Many don't understand that every 'body' has to die and death happens suddenly. It is only natural for unsettled Karma to remain in our account. Because we think we are the Mind and Ego, ME, we carry this Karma and return to earth in a rebirth. How many of us discover that this is the real reason why we came to earth?

Transcendence is the Realization that we are not the Mind and Ego, ME. It is the Realization that the body comes from the 5 elements and returns to the 5 elements. The mind doesn't exist. When the ego is Enlightened with this truth, we realize that we are the Divine Soul. This is achieving our ultimate goal. The purpose of life is not to do good Karma and be tied in golden handcuffs. Then, we will return, only in a blessed life of pleasure and prosperity. But yet again, we will suffer the triple suffering of the body, mind and ego.

The purpose of life is to be free from the cycle of *Samsara*, from this continuous cycle of death and rebirth. This is Transcendence. It is evolving from the ignorance of the body, mind and ego to the Realization that *I am the Divine Immortal Soul*. The very purpose of life is to transcend the Lower Self and attain the Higher Self. When we understand, '*Who am I?*' and we discover that we are not the body that will die, we achieve the ultimate purpose of realizing that *I am not the Mind and Ego, ME. I am Divine energy. I am the Soul. The Soul is SIP. I am a manifestation of the Supreme Immortal Power that the world calls God*. This is achieving our ultimate purpose. It is called *Nirvana*, *Moksha*, Liberation or Salvation. The purpose of every human being is Realization, Self-Realization and God-Realization. This journey of Transcendence is overcoming all ignorance. This is the renaissance, the Spiritual Awakening that we must attain.

***Every human being,  
Has the same, single purpose on earth.  
It is Transcendence,  
And being free from rebirth.***

## 04. Let's Start The Journey



Every journey needs preparation. But the journey of Transcendence needs a lot more than just preparation. It needs Initiation. It needs an Enlightened Master, a Guru. Otherwise, we may evolve and we may choose to live with self-respect rather than arrogance but we will never attain the Higher Self. To transcend the Lower Self, an Enlightened guide must mentor us. Otherwise, the mind will fool us into believing that it is the intellect. While the mind is the cause of all our suffering, it portrays itself as king. The journey of Transcendence is to eliminate all ignorance caused by the mind.

The pages that follow may seem to overwhelm, but they won't. They will liberate us. They will accelerate our journey to Eternal Happiness. They will ensure that our life is filled with peace, love and bliss. Does one have to complete the entire journey? Not necessarily. Transcendence is not just a destination. It is the journey itself. Therefore, as we begin, we will start to experience Purification and Illumination along the way. The ultimate Realization is Enlightenment. That will take time, just as it is not for everyone to reach the peak of Spiritual Awakening. But definitely, we will experience Liberation from fear, worry, stress and anxiety. As we still the mind, we will kill the mind! The ego will Awaken to the Truth of, '*I am not 'I'.*' The journey has then begun.

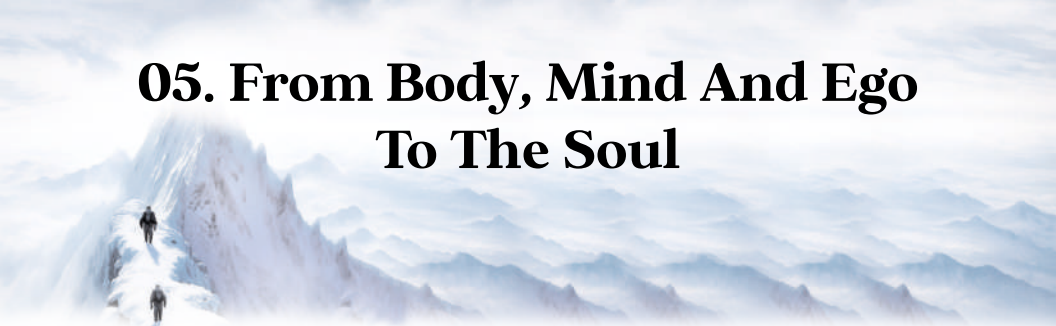
Without understanding, '*Who am I?*' we cannot transcend the earth and reach the sky. Therefore, along with our

passion and persistence, we need patience. We need to chip away, little by little of what we are not, to arrive at that blissful Awareness of what we truly are. Before we switch on the engine of Transcendence, we need to fasten our seatbelts, for it is a rollercoaster ride. To begin with, it shakes our beliefs – *I am not the body. I am not the mind.* We must be absolutely clear before we start our metamorphosis. Transcendence in a human being is the ability to let go of the Lower Self. Only then can one arrive at that state of being a manifestation of the Divine.

Each chapter that follows will take us one step ahead in our journey of Transcendence. To achieve, we must believe. It is not something mystical. It is all logical. But to move forward in the journey, the ego must be ready to eliminate the mind. We must be in Consciousness that we are not the body. Then, our passport and our visa to Transcendence is ready. Bon Voyage! We can take off! The journey of Transcendence is a journey of bliss. The inner voyage that discovers our true identity is guaranteed to give us peace and tranquillity. But then, the mind does not want to lose the battle of existence. It pushes the ego to believe we are ME, Mind and Ego. To start the journey, we must be free from ME. Then, we can transcend.

***Are we ready for Transcendence,  
The inner voyage?  
Then, we must be free from the mind  
That locks us in a cage.***

## 05. From Body, Mind And Ego To The Soul



Are you ready? Let's go! The first Transcendence is to let go of the body. *I have a body but I am not the body. If I cling to this body, suffering will continue.* To transcend the Lower Self, one must let go of the belief that *I am thin. I am fat* because the body is not me!

The mind will say, '*I am worried. I am anxious.*' But Transcendence will still the mind. The mind is nothing but a bundle of toxic thoughts. It is the biggest enemy of Transcendence. It does not want the ego to be Awakened. Therefore, it pushes us to remain as our Lower Self. But where is the mind? Nobody has seen the mind. How can anybody see it? It does not exist! The bundle of toxic thoughts that appear to be the mind, must be left behind for us to transcend. Without eliminating the mind, the journey of Transcendence cannot begin. Therefore, we have to move from the body and mind, which we are not, to that Power, the Soul, that Spark Of Unique Life which we truly are.

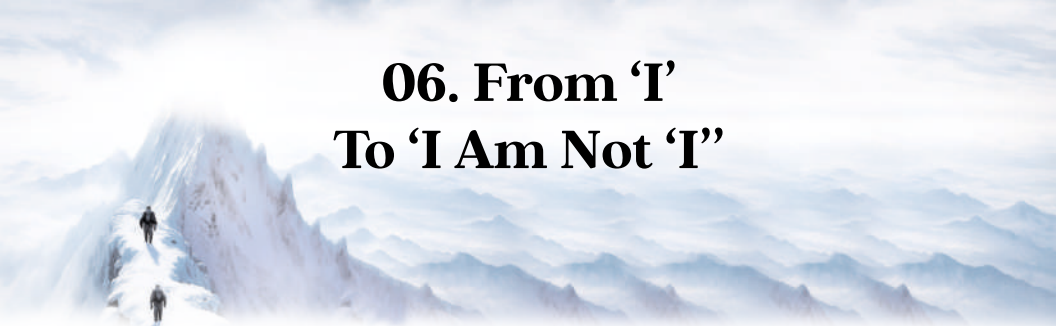
The key in the journey of Transcendence is for the ego to be Awakened. This entire thesis of evolving from the Lower Self to the Higher Self, rests on the fulcrum of the ego, letting go of its false beliefs. Some people think we must kill the ego, we must annihilate it, destroy it completely! We can't! The ego has to be Enlightened. This is the very essence of Transcendence.

What are we, in reality? We are not the body. We know it beyond doubt. What, then, fools us into believing that we are the mind? But there is no mind! We are absolutely sure. If we are not the body and mind, who are we? We are the Soul, that Spark Of Unique Life that is throbbing within. That makes the heart, beat. That gives us breath from birth to death. It is that Power that makes us walk and talk. The Power of the Soul is the Consciousness that gives us life. When that Consciousness departs, we are dead! The Consciousness is in every cell, over 35 trillion cells that make up the body. We are not the cells. We are the energy that keeps the cells alive. The moment the energy leaves, the cells die and return to dust.

To transcend the Lower Self and attain the Higher Self is to let go of the body and mind. It is to live as the Soul, the Immortal Soul, for the Soul is energy that cannot be created or destroyed. The Divine Soul is a manifestation of SIP, the Supreme Immortal Power. You and me, in reality, are nothing but Divine energy. We are all Divine Souls. But because we do not let go of the body and mind, the Enlightened ego, we cannot find. The moment the ego is Awakened, we get a big jump in the journey of Transcendence. Does the entire world not know that we are the Soul? Many do. But they may have not reached Transcendence. They may have not let go of the body and mind. So, Transcendence, they don't find!

***Unless we let go,  
Of the Body and Mind that we are not,  
We will not Transcend to the Soul;  
We will be tied in a knot!***

## 06. From 'I' To 'I Am Not 'I''



Do you want to let go of all the misery on earth? Do you want to live with peace, joy and mirth? The good news is that you can! If only you transcend, 'I,' and evolve to, '*I am not 'I',*' you will be free from the pain of the body, misery of the mind and agony of the ego.

What is life all about? Life is about transcending the Lower Self, which suffers, and attaining the Higher Self that is peaceful and blissful. It is ironical that 99% of the world does not realize this. We just live and die. We suffer and we cry! It is all because we don't know, '*Who am I?*' We must realize that *I am not 'I'. I am not the body that will die. I am the Immortal Soul.* Of course, the body will experience pain. But if we don't program ourselves to understand that we are not the body, we will suffer again and again. The fact is that we are not the body. Just like we all know that we are not the shirt that we wear. Transcendence is about realizing that we are not the bodies that we wear. We are the ones that wear the body. The cells of the body are constantly dying and being regenerated. We all go through a pedicure, once in a while, that scrubs off our dead cells. But not all of us realize that every cell, in every organ of our body, is replaced every 7 to 10 years.

Ultimately, who is the 'I' that we are talking of? Can we be 'I' without the body? We can't! We refer to the one that we see in the mirror. We think that we are the body and the Mind and Ego, ME. But that is a big lie! That is why most of us are afraid that we will die. A very few transcend the lies

and realize that we are the Soul that never dies. They are the ones who transcend the Lower Self.

When we realize, '*I am not 'I,*' then, not only are we free from the pain of the body but we are also free from the misery of the mind. Because where is the mind? It only has a subtle existence. It is like the software in a human computer. Without the hardware, there can be no software. But even if there is both hardware and software, the computer cannot work without the power supply. We are that power supply. In the case of 'I', it is the Power that manifests as every cell. When the Power leaves, the cells go back into the 5 elements. Unfortunately, we remain a fool because of what we are taught in school and we say, '*I want to come first in class! I want to be the school captain.*' Nobody ever taught us the truth that I am not 'I'. Therefore, we never attain the Higher Self. We continue to exist as the Lower Self till the body dies. Then, the Mind and Ego, that thinks it's ME, carries Karma and returns to earth in a rebirth. As long as we do not realize we are the Soul, this will go on and on and we will be reborn.

It is the purpose of every human being to transcend the Lower Self and to be free from all the misery on earth and also be free from this continuous cycle of death and rebirth. It happens when we move from, 'I' to, '*I am not 'I.*'

***Unless we transcend 'I',  
And realize, 'I am not 'I,'  
We will continue to cry,  
Suffer and die!***

## 07. From Ignorance To Intelligence



We are afraid that we will die. We pray to a God in the sky. We suffer and cry because we believe the lie! What can we do? We have been taught the myth and so, we don't Realize the Truth. We are filled with ignorance. We are warned that it is blasphemous to question our religion and therefore, we believe that God lives in the sky and one day, when we die, we will meet God face-to-face. Instead of living with faith, we live in fear. We need to let go of our ignorance. We need Transcendence.

Throughout life, we remain a fool because we believe what we are taught in school. If we want to attain the state of intelligence, we must Ask, Investigate and Realize the Truth. We must evolve. The biggest problem is that the majority of humanity continues to believe in the lies. These are real lies but we don't realize. It's time to open our real eyes! How can we go anywhere when we can see the body die and return to dust? How can we believe that there is a mind? Nobody has seen the mind! You can't find the mind. To transcend is to leave all ignorance behind. But how will we move from this state of ignorance to a state of intelligence?

Most of us are under the influence and the control of the mind. The mind is nothing but a bundle of toxic thoughts. Thoughts pour like rain and push us down the drain. We have to flip over from this mind state to the state of Consciousness. We must still the mind and kill the mind. Then, we will reach that state of Awareness, Mindfulness

or Consciousness. In this state of Consciousness, our intellect is activated.

Man's greatest gift is his tool of discrimination, the intellect. Only human beings are blessed to discriminate black from white, and wrong from right. We have been given the gift to choose and thus, to attain Self-Realization and God-Realization. Unfortunately, our own mind deactivates the intellect and we do not evolve to the Higher Self that we truly are. We are intelligent beings but we remain ignorant. We do not make a sincere effort to transcend in this short journey called life. We come and go, and don't question the purpose of this show. Why did we come to earth? Why did we get a human birth? Is it just luck or magic? We don't use our intelligence to understand the logic.

The purpose of life is to begin an inner voyage, the journey of Transcendence. Life is meant to transcend the Lower Self, which we are not, and attain the Higher Self, which we truly are. We are not mortal human beings. We are immortal Divine Souls. We are not human beings having a spiritual experience. We are the Divine Soul that is enveloped in a body- mind-ego complex due to ignorance and having a human experience. It's time to evolve from ignorance to intelligence. We must block our mind, lock it and live in a state of Consciousness. Then, there will be Transcendence.

***Life is not meant,  
To just live in ignorance.  
Flip from Mind to Consciousness,  
And activate intelligence***

## 08. From Misery To Ecstasy



What is the way to always be glad and never be sad? Is there a way to overcome all misery and enjoy ecstasy in life? Yes. The way is Transcendence. When we let go of who we are not and discover who we truly are, we will reach a state of Eternal Happiness. For this, we need Transcendence.

Who becomes miserable? Who is the sufferer? It is the body, mind and ego. The body suffers physical pain, the mind becomes miserable and the ego is agonized. All this misery and agony is suffered by who we are not. Throughout life, we continue to be miserable because we live as the body, mind and ego. When we embark on the journey of Transcendence, we question our existence. We ask, '*Who am I?*' We realize that we have a body but it will die. We realize that there is no mind. In that moment, the ego is Awakened — this Awakening is the beginning of all Transcendence.

When we Awaken to the Truth that we are not the body, mind and ego, we transcend misery and reach the state of Eternal Bliss. We enjoy the ecstasy of joy as we transcend to the Divine Soul, our true identity.

The truth is that we are all Divine Souls. We may appear to be different human beings with different religions, nationalities, cultures and castes but in reality, this is just the outer appearance, which we are not. We are the Power that is throbbing inside, a Spark Of Unique Life, the Soul.

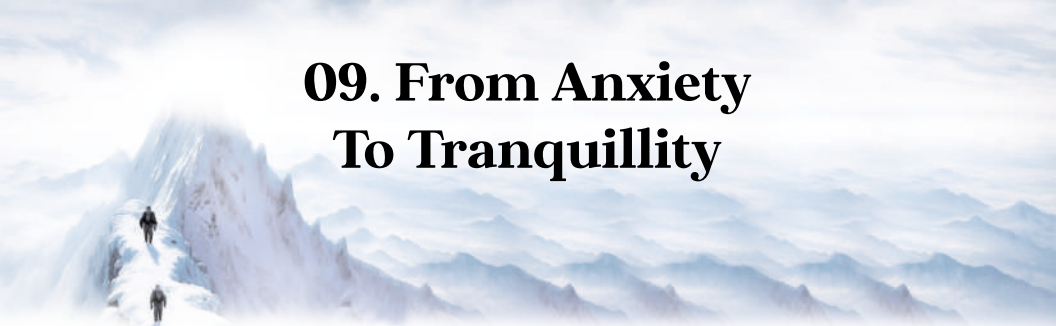
But we don't transcend our ignorance and evolve to this Realization. Therefore, we don't experience the true ecstasy of our Divinity.

With Transcendence, we can reach a state of Eternal Peace, Divine Love and Everlasting Bliss. Because we transcend the sufferer, the body, mind and ego, there is no suffering. Transcendence creates that Consciousness, which makes us live as the Divine Soul. This Awareness of us being manifestations of the Divine, eliminates fear, worry, stress and anxiety created by the mind. We wipe out anger, hate, revenge and jealousy which is the normal behaviour of the ego. We realize the Divine within and we experience the Divine presence in one and all. Therefore, there is no misery. Living in Truth Consciousness is pure bliss, pure joy. But if we do not transcend the Lower Self, we will not be able to attain the Higher Self and experience ecstasy.

When we stand on a street, we can see what we can see. But if we take an elevator to the 40<sup>th</sup> floor and look from the rooftop, what can we see? We can see the beautiful surroundings from the very same spot, where our vision was earlier limited. What if we take a helicopter and fly higher up? We can see the entire city with a bird's eye view. Why? Because we are going higher and higher. So, it is with life. When we evolve to the Higher Self, we see Divinity and transcend the Mind and Ego, ME.

***We can choose to be miserable,  
To suffer and cry.  
Or we can enjoy ecstasy,  
As we transcend high!***

## 09. From Anxiety To Tranquillity



Isn't it common for us to live in stress and make our life a mess? How many of us suffer anxiety attacks? Why? We continue to have anxiety because we lose our tranquillity, just as we jump into a yesterday that is gone and then, to a tomorrow that is not yet born. Because of this shuttling from yesterday to tomorrow, we are filled with misery and sorrow. But if we eliminate the mind, if we still it and kill it, we will not have anxiety. We will enjoy peace and tranquillity.

Can anybody go to yesterday? No. Is there any way to travel to tomorrow? No, it is impossible! But we go. How do we manage this? It is the rascal mind that drags us into a past that creates regret, shame and guilt and then, into a future where fear, worry, stress and anxiety are built. How can we be peaceful? Where is the question of experiencing tranquillity? The mind is constantly creating anxiety because it is stealing our present moment. Moment after moment, it makes us stressed. If we want peace, we have to eliminate the mind.

Transcending the Lower Self is nothing but eliminating the mind. There is no mind but it appears because of toxic thoughts and locks us into being the Lower Self, which we are not. The journey of Transcendence is to let go of the mind, to lock it and to block it as we stop it from stealing our peace and tranquillity. In the journey from the Lower Self to the Higher Self, all we need is Realization. It is not that we must achieve something. Rather, we must

eliminate something. As long as we continue to honour the mind as king and talk very highly about the mind, we will continue to suffer and be blind. It is the mind that is the monkey that is swinging from one toxic thought to another. If you notice, the word 'monkey' has 'monk' inside it. Anxiety has tranquillity within. The truth is that peace we don't have to find. It is within. We just have to still the mind. When we cut the tail of the monkey, the EY, that is Ever-Yelling and Ever-Yearning, we immediately become a monk. There is no junk as there is no monkey mind. There is no anxiety. Instead, there is tranquillity.

Have you seen a still lake? It is so peaceful and blissful. If a motorboat zooms through, the sanctity is lost. Waves disturb the stillness — so does our mind. It creates ripples of fear and anxiety. It creates worry and stress. We have to eliminate this mess! This is the journey of Transcendence, a journey of Realization that there is no mind, just a bundle of toxic thoughts. If only we slow down our pace, we can learn to live with grace. But the Lower Self is continuing to run a race trying to be an ace in this chase. We get caught in the maze of anxiety.

In reality, tranquillity is our birthright. We can be peaceful and blissful when we evolve to that state of being which we truly are and meant to be. But when we slip from Consciousness to the state of the mind, the mind will push our tranquillity behind.

***The Lower Self is filled,  
With fear, worry, stress and anxiety.  
The Higher Self only knows,  
Of Peace and Tranquillity***

## 10. From Revenge To Forgiveness



Don't we often struggle as the Lower Self, burning to get even with somebody who has harmed us? '*I will kill you!*' says the ego, '*Just let me get a chance and I will destroy you!*'

Why do we want to take revenge? Does revenge actually make us happy? No. On the contrary, it pushes us into a state of desperation and depression. The toxic thought of revenge continues to drill us and kill us, as we lose the beautiful moment, the present to the Lower Self. If only we transcend the Lower Self and attain the Higher Self, we will forgive.

The false ego is a cause of a lot of stress and anxiety. It develops a false understanding and thus believes, '*If I get even with somebody who has wronged me, I will be happy.*' In fact, by doing wrong or taking revenge, we may get momentarily excited as the false ego or the Lower Self gets inflated. However, not only will we feel miserable afterwards but we will create bad Karma too. We will plant a bad seed that will further result in bad things unfolding in our life. We must evolve and let go of the agony of the ego. And the only way is to attain the Higher Self. We must learn to forgive, unconditionally, Realizing the Truth that whatever happens, is as per the Law of Action and Reaction. We must graciously accept without protest and then move on with life. This is to enjoy the bliss of the Higher Self.

When we evolve as we transcend the Lower Self, we live in the Consciousness that we are all manifestations of the Divine. We live with the Awareness that we may be different human beings on earth, but ultimately, the Higher Self Awakens to the Truth that as the Soul, the Spark Of Unique Life, we are all effects of one cause. Ultimately, each of our individual Consciousness is part of the universal Consciousness. This Transcendence is magical, for not only will we replace revenge with forgiveness but we will also forgive and completely forget about the incident. To transcend is to wipe out every possible evidence of the hurt.

It is said that somebody asked Jesus, '*Should we forgive 7 times or 70?*' Jesus is said to have answered, '*70 times 7.*' A transcended being does not forgive 'sometimes'. He makes forgiveness a part of his life philosophy. He forgives, forgets and moves on! When one transcends the Lower Self, one lets go of all anguish and evolves to a state of peace and tranquillity, the very foundation of happiness. But this is not magic. This is intelligent logic that is born out of Transcendence. Only when we let go of the Lower Self can we let go of the toxic emotions like revenge. The Higher Self absorbs positive emotions like love, compassion, fellowship and forgiveness. Therefore, if we truly want to make our life full of peace, love and bliss, we must go beyond the Lower Self.

***From the Lower Self to the Higher Self,  
We learn to forgive,  
We transcend revenge, we forget,  
And we are no more captive!***

# 11. From Anger To Peace



When we get angry, what do we do? We hurl our agony on the one who has raised our temper. Little do we realize that we are throwing burning hot charcoal on somebody that we are upset with. Before burning them, we burn our own hand that throws the fire! This is the ignorance of the Lower Self. As long as we are slaves of the Lower Self, we will burn in the agony and the anguish of anger, hate, revenge and jealousy. These toxic emotions of the Lower Self will destroy us.

When we transcend the Lower Self, we realize that we must burn anger before anger burns us. In fact, anger becomes a thing of the past. Transcendence is losing the steam of losing our temper. The burning hot summer of our life changes its season and turns to a cool winter as we let go of all the fire that the Lower Self emits.

Transcendence gives us the gift of peace, and peace, we don't have to find. It is within. We just have to still the mind. It is the mind and its toxic thoughts that incite the ego, the Lower Self to anger. When we transcend the Lower Self, we block the mind, lock the mind and we shut the door for thoughts of anger to appear. We live in Truth Consciousness realizing that it is our own Karma that returns to us. We accept. We don't protest. We don't resist like the oak tree that breaks as the winds blow. We bend as the willow tree and let the storm pass. The transcended Higher Self has eliminated the toxic mind and thus, is

established in peace, in the Consciousness of the Truth. But how can we transcend?

As long as we are rooted in the ignorant 'I', we have no option but to suffer and die. Transcendence is climbing up higher than the foolish 'I'. It is realizing that *I am not 'I'*. It is Awakening to the Truth that we are all one — we only appear to be different. When we transcend the lower state of existence and evolve to the higher state of existence, stress and anxiety get replaced by peace and tranquillity. We realize the meaninglessness of getting angry and if a situation does arise, where it is necessary to show our displeasure, the transcended being will, in such a state, *use* their temper but never *lose* their temper.

The journey of life is all about Transcendence. It is about letting go of the myth and living with the truth. It is realizing that life is all about surrender and acceptance. We dissolve all differences as we develop evidence that we are all manifestations of the Divine. This is our true existence. We break the resistance of the false self and overcome arrogance as we learn to live with tolerance. Yes, when we overcome the ignorance of the Lower Self, we go beyond all the turbulence of life and enjoy peace, love and bliss. All agony and anguish will cease as we change from the altitude of the Lower Self and raise our altitude living as the Higher Self. This is the journey of Transcendence.

***The Lower Self lives with Anger.  
We lose our precious Peace.  
We suffer in anguish.  
We see our tranquillity, cease!***

## 12. From Greed To Need



What are the symptoms of the Lower Self? Anger, hate revenge, jealousy, pride and greed? All these reveal the Lower Self but greed is the lowest of them all.

We, human beings, are never satisfied. We want more and more. Of course, we have needs but when we let greed replace our need, we sink into our Lower Self. It is a challenge to transcend the Lower Self and live with contentment and fulfillment.

We all need water but when we sink as the Lower Self, we want Cola, wine and whiskey. There is no end to our wants. But our wants are not our needs. These are our greed. Of course, we need food to eat but if we want a specific gourmet pizza and a crab from New Zealand or a lobster from Australia, that is not a need. Our passion for these is greed and greed is like a bottomless well. Such desires will never quench our thirst. They will always make us burst. It is the Lower Self that ultimately leads us to misery as our greed takes us to disappointments. It is for us to transcend greed and attain fulfillment as we get satisfied with our needs. It is a mindset. When we are slaves of the mind, then in desire, we grind. But if we move from mind to Consciousness, there is Transcendence, which creates peace and bliss. It is a choice.

Greed is a habit. If we let it take charge of our life, we can never climb up from that obsession of achievement and relax peacefully on the plateau of fulfillment. We must evolve. We must transcend. We must Realize the Truth.

What did we bring with us? What will we take when we go? Nothing. Not even a pin. The story of money is very funny. We can't take with us even a penny but because we are imprisoned behind the bars of the Lower Self, we don't discover the stars of the Higher Self. We don't develop the gift of philanthropy and charity. We never experience compassion because we are so tied up with passion and obsession. Transcendence changes the game. We replace greed with need. We exit the race for achievement as we gain grace with fulfillment. But all this happens only when we transcend the Lower Self. Then, we attain the Higher Self.

Transcendence is the Realization that we are not the ego that seeks to have more. Transcendence pushes ignorance out of the door. We live in Consciousness of the truth and enjoy pleasure but we do not lose the real treasure of peace that comes from contentment and fulfillment.

Transcendence overcomes greed, which is the cause of anxiety and stress in most people, for it is the desire, the passion that makes our life a mess. The rich want to become richer. Little do they realize that they are becoming poorer as their Lower Self captures the Higher Self, their true self. As long as we are slaves of the body and mind, the lower ego will continue to bleed with greed.

***As the Lower Self, we are never satisfied.  
We live with greed.  
As the Higher Self, we're content, fulfilled,  
Satisfying our need.***

# 13. From Disappointment To Acceptance



We live through life struggling to cope with disappointment. Why? Have you ever wondered? The tongue wants more taste. The eyes want to feast on more beauty. Our senses are craving. And where there is desire, the thirst will never get quenched. Ultimately, we will burst. We are slaves to our passions and we let our need become greed. How can there not be disappointments?

Disappointments are symptoms of the Lower Self. When we live as the body, mind and ego, we will never be content. Satisfaction comes from fulfillment, and fulfillment is the effect of the Higher Self. As long as we don't transcend, we will be disappointed, discouraged and defeated. What will happen if we transcend the Lower Self?

If we attain the Higher Self, we will replace disappointment with acceptance. We will use the same senses to enjoy what we receive. We will not enjoy any less than the Lower Self. In fact, we will enjoy much more. We will live with an attitude of gratitude and the altitude of our bliss will reach the skies. What is this art of acceptance?

Transcendence makes us the master of the body. It locks the toxic mind. It awakens the thirsty ego. It activates Consciousness of the Soul. This Consciousness is not imported from outside the body. Living in the same body, we will enjoy through the very same senses but with a flavour of the Higher Self. The Lower Self is like being in the gutter. There is so much clutter of desire and passion.

But in the Higher Self, we will savour what we receive. We won't suffer if we don't receive.

Life is about action and reaction — what we give is what we will get. We should do our best. But transcending to the Higher Self, we surrender the rest. We are highly motivated in our action but there is no expectation in the reaction. We follow a simple formula called EE – Excellence at the highest and Expectation at the lowest. This is Transcendence.

Life with disappointments will never create peace and bliss. Ultimately, there will be a lack in our Happiness. But if we want to live a life of Eternal Happiness that is seamless, it is not about how much we get but about how much we enjoy what we get. As long as the greed of the Lower Self exists, disappointment will exist too. But when we tame the monkey and make it a monk, we will accept and live joyously. The monkey is the Lower Self. The monk is the Higher Self. The monkey's tail, EY, that is Ever-Yearning and Ever-Yelling, turns the monk into a monkey. When we switch off the fire of desire, then even if we aspire, there won't be any obsession that leads us to disappointments. We will replace disappointment with 'His Appointment', accepting the Divine Will and living with fulfillment.

***The Lower Self is like a monkey,  
It wants all the junk.  
The Higher Self is fulfilled,  
As we tame the monkey to a monk.***

## 14. From Anticipation To Surrender



How do we live life? We live our lives by constantly anticipating the outcome of our actions. We have not learned the simple truth of life that while we have control over our action, we have no control over the fruit of action. Of course, life is Karma, the Law of Action and Reaction. *As we sow, so shall we reap.* But what we don't learn is that there are unsettled actions of the past that are bearing fruits now. Therefore, we live with stress and anxiety. We wonder what will happen as the Lower Self. We don't surrender as the Higher Self.

While it is good to have HOPE - Having Only Positive Expectations, it is not good to live with anticipation. Anticipation can create depression. The desire for a particular outcome in the future creates misery and stress. Our life becomes a mess. With Transcendence, there is peace and Happiness because as we transcend the Lower Self and live as the Higher Self, we live with total surrender. We sing the song, '*Que Sera, Sera...Whatever will be, will be.*' We will be free.

Can anybody control the future? Nobody can. Still, the monkey mind takes us into a tomorrow that is not yet born, makes us anticipate and our misery goes on and on. There is so much anxiety about what will happen, although we cannot control an iota of it. What we can control is the present moment. We can live it. We can do our best. But instead, we lose the present moment worrying about tomorrow. This is being the Lower Self.

The Higher Self is able to still the mind and kill the mind. We don't swing like a pendulum to a past that is gone and a future not yet born. There is no anticipation or expectation. There is complete surrender. Total Transcendence means total surrender. When we have surrendered completely, we have destroyed the Lower Self. We are Awakened as the Higher Self. We have conquered the mind. The ego is Enlightened. We realize that we are nothing and in that moment, we achieve everything.

What is it to live in total surrender? It is the Realization that nothing is mine. I brought nothing and I will take nothing. Nobody is mine. I came alone. I will go alone. It is blissfully enjoying the plateau of fulfillment, living with full satisfaction, with contentment. What about motivation? The Higher Self is fully inspired to perform with excellence but has no anticipation, no expectation! This is Transcendence. This is enjoying *SatChitAnanda, Eternal Bliss* living in Truth Consciousness. Transcendence is Awakening to the Truth of life. It is realizing that life is all about the present moment, not about the past and the future. Unfortunately, most of the world suffers in a 'tomorrow' that does not exist. We all have the opportunity of living in the present moment with peace, love and bliss but because we do not transcend the Lower Self, we do not attain this.

***As the Lower Self,  
We Anticipate and we wonder!  
As the Higher Self,  
We celebrate, we Surrender!***

## 15. From Achievement To Enlightenment



The whole world is running a race. Everybody wants to be an ace. We think life is a chase. We have been taught that success is Happiness. And that success is not just the main thing, it is the only thing. Therefore, from the time we are born, till the time we are gone, we are zooming on the highway of achievement. We climb from peak to peak, thinking that we will reach loftier heights. But ultimately, we reach a cliff called death. Then, it is over. The Lower Self is stuck in the rut of achievement. When we transcend the Lower Self, we get out of the race and we live with grace, as we attain the Higher Self.

The body, mind and ego are so programmed that the body wakes up to achieve. The mind and ego make the body believe that it has to be flogged to attain more and more. But for what? When we go out of the door in the moment of death, we cannot even take a pin. Then, why waste our entire life just trying to win? We begin with a glass full of life. We live through emptying the glass of life and filling it with success, money and achievement. There is no fulfillment. Ultimately, the glass is full of wealth and possessions but we lose our health and peace. Because we are caught in the Lower Self, we don't understand the meaning of life. The race for achievement creates so much misery and stress, we make our life a mess!

Very few wise ones take an exit from the highway of achievement. That is a tough call because it's a road, less travelled. But I, from my personal experience, realized the

importance of this. I shut down my business when I was 40-years old. I realized the meaninglessness of the pursuit of success and achievement. I had fulfilled my need long ago and I understood that the Lower Self was full of greed. So, one day, I took an exit from the achievement highway. And after sailing for 5 years in peace and fulfillment, I embarked on the journey of Enlightenment.

Life is Liberation from Ignorance and Finding Enlightenment. But because we seem to be enjoying the roller coaster of achievement, we go round and round in the merry-go-round of life without transcending our Lower Self and attaining the Higher Self. We are not who we think we are. When the ego transcends the body and mind, we slowly Awaken to the Truth that we are the Divine Soul. This Spiritual Awakening can lead to Enlightenment. This is the very purpose of every individual on earth. Unfortunately, less than 1% of humanity is seeking to be Enlightened. Only 1% is visually blind but 99% is spiritually blind. We don't even understand the meaning of Enlightenment, how we can 'en-lighten', bring in the light of truth into our inner sanctum, which is filled with darkness. The darkness of ignorance makes us run after entertainment, which seems to give us pleasure. Alas! We forget that Enlightenment is Eternal Bliss. We need Transcendence.

***We spend our entire life  
Running after Achievement,  
Caught in entertainment,  
We forget our goal of Enlightenment.***

## 16. From Attachment To Detached Attachment



Life is strange. We wake up every morning, wanting to be happy. We want to spend moments in silence and peace. We want to enjoy the bliss of love. This leads us to loving our near and dear ones. In the process, we get attached to a few people. Our love grows and we enjoy the ecstasy of the emotion of love.

A human being does not need just air to breathe and water and food to exist. Every human being needs love for without the Divine emotion of love, we will shrivel and die. We may continue to exist but love makes us blossom. It is a fountain of joy. But we do not discover what true love is all about.

Love flows from the depths of our Soul but it gets contaminated with the body, mind and ego. As long as love is of the Lower Self, we become attached, we become possessive, we become unhappy. We enjoy loving so much that we become insecure and fear losing love. But we can never lose the blissful emotion of love for it is an eternal river that flows from the depths of our Soul. However, when this love becomes attachment, we start to suffer as the Lower Self.

How can we transcend the Lower Self that suffers attachment in love? Is it through detachment, dispassion and renouncing love? Those who try to suppress the emotion of love and all its manifestations will lead themselves only into a state of depression. Love is an inspiration. It must not lead us as the Lower Self to

detachment. When we transcend the Lower Self, we reach that state of Consciousness in which we practice Detached Attachment.

What is Detached Attachment? On the outside, we seem to be attached to the ones we love. But deep within, we are detached. There is no expectation and therefore, there is no disappointment. As long as we are attached, we will continue to create a prison for the ones we love and for ourselves. We will continue to suppress the Divine emotion of love. Love grows in the aura of freedom and attachment is exactly the opposite. It is the Lower Self that makes us attached because we are ignorant that we are all one. We are not the bodies that we wear, we are the Divine Soul. When we realize this as the Higher Self, we start to love the Divine in one and all. Then there is detachment. However, detachment should not remain in the Lower Self, for then, the magic of love and romance disappears. The Higher Self learns the art of Detached Attachment. We continue to love the ones that we love — not just our beloved, our parents, our friends but everyone. But as the Higher Self, we are free from attachment. How can we testify that we have evolved to the Higher Self? If we are able to overcome hurt, worry, stress and anxiety in love, and accept love as a Divine benediction that flows to us, we have attained the Higher Self. We replace seeking love constantly to loving one and all, every moment that we live.

***Transcending the Lower Self of Attachment,  
Is not Detachment.  
It is the magic of Universal Love,  
With Detached Attachment.***

## 17. From Fear To Faith



We all experience fear and sometimes, this fear makes us paranoid. We develop phobias too. But what is the cause of this fear?

Fear was actually given to human beings as an emotion to protect us from danger. It is an instinct that triggers our response to something that may cause us harm. Unfortunately, living as the Lower Self, as the body, mind and the ego, fear creates a paralysis and stops us from enjoying our life.

Fear comes from the mind. The mind bombards us with toxic thoughts that create FEAR - False Expectation Appearing Real. There is no inherent danger. But even the slightest movement of a little lizard makes us worry that there must be a crocodile in the vicinity! We are afraid of darkness and imagine the worst that can happen to us. These fears are unnecessary and make us unhappy. If we transcend the Lower Self, if we still the mind and kill the mind, then, the Awakened Ego will replace fear with faith. We will live with courage and confidence. This is possible, only with Transcendence.

As the Higher Self, we Realize the Truth that this body will ultimately die. There is no fear of disease and death. But the whole world is afraid to die. We are constantly looking at our body and become paranoid at any sign that could indicate cancer. In today's world, we Google every symptom of our body and imagine that we have the

deadliest of the diseases. These actions are of the Lower Self that is trapped in fear. The Higher Self knows that *I am the immortal Soul. I will never die. The body may go through some disease but that is not 'I'*. The Higher Self transcends all fears. The list is unending — fear of sickness, fear of poverty, fear of the loss of love, fear of death and so on. We can fear in every breath but the Higher Self is free from fear.

The Higher Self learns to live with FAITH – Full Assurance In The Heart. The Higher Self needs no reassurance because there is Transcendence. The Higher Self makes every fear disappear. As the Higher Self, we learn to do the things we fear. When there is a fear, we face it, fight it and finish it, for we believe that we are stronger than our fears. We realize that our fears are illusions and they are not dangers. The dangers are very few and the fears are innumerable. Therefore, the Higher Self chooses to live with faith, hope, trust and enthusiasm.

Life unfolds every day and every moment is an opportunity to be happy. Alas, the Lower Self drifts towards being unhappy. Fear, worry, stress and anxiety rob us of our peace and tranquillity. Transcendence has magic. When we eliminate the mind, we are no more blind. We can see and we are free. Fears disappear like the mist in the morning sun. So, let us transcend our Lower Self and replace fear with faith.

***It is the Lower Self that suffers,  
Every moment with Fear.  
The Higher Self lives with Faith,  
And so our Fears disappear!***

## 18. From Reacting To Responding



Why is it that we react and become miserable? We get angry, we get upset. It is because we live in the Lower State of being. We don't transcend the Mind and Ego, ME. The Higher Self learns to respond, not react.

Have you heard of RDX? It is the infamous explosive used often by the military for centuries. When it comes to the Lower Self, it is RDX – React, Destroy and eXplode. It is the rascal mind that inflates the ego and spontaneously reacts without reflection. Once we react, it's done. We can't delete it. We can't reverse it. But instead, if we live as the Higher Self, there is no RDX, there is RDR – Respond, Don't React. This is an important Transcendence that transforms life.

If we look around, we can identify people who are still in their Lower Self by looking at their RDX index. There are people who get so easily irritated, upset and who, so frequently, burn with anger. Not only do they destroy themselves but they also create an environment of negativity and stress. Of course, their life is a mess!

What is the use of reacting? We lose our peace and bliss. If we transcend the Lower Self and experience the Higher Self, we will never react. Even if our reaction is justified, we will respond with peace and diplomacy because the Higher Self realizes how meaningless RDX is. The Higher Self is living as the Divine Soul, experiencing universal Consciousness and oneness. Therefore, we don't fail in the trauma of life. We enjoy the drama as we watch Karma

unfold. Of course, things will happen. They are meant to happen. But we are not meant to react. We must respond but our response must be with our intellect that is activated in Consciousness. Otherwise, we are no better than an animal who lives by instinct, without an intellect.

RDX is the absence of intelligence. It is the absence of self-control. It is the absence of reflection and contemplation because there is no Illumination and Realization. As long as we live as the Lower Self, we will live with regret after needlessly reacting to a situation.

Why is life about transcending the Lower Self of RDX to the Higher Self of RDR? It is because we cannot judge something in a moment. We cannot understand the reason why somebody says something or does something. Therefore, it is both unfair and needless to react. Sometimes, we are prejudiced and at times, judgemental. Both are the symptoms of the Lower Self. The Higher Self is forgiving and understanding, compassionate and kind. When we develop patience as the Higher Self, we live with peace. We let the storm pass. We don't React, Destroy or eXplode!

***Why live as the Lower Self,  
eXplode and Destroy?  
Why not transform to the Higher Self,  
So that Peace we can enjoy?***

## 19. From Pride To Humility



*Who am I? Why am I here?* This is realized when we transcend the Lower Self and attain the Higher Self. The ego that stands tall like a wall has a fall! There is a profound Realization that we may appear as the river that is gurgling and flowing majestically but ultimately, we will merge with the ocean. We are all individual Consciousness as the body but finally, we will all become one with the universal Consciousness.

Because we are ignorant, we live with pride. The ego lives with 'I' and we continue to cry. We compete and kill because we don't see what is wrong and right. The mind makes us blind. We can't differentiate between black and white! We don't care for others. All that matters is 'I', 'me' and 'mine'. Our pride protects our position and it is unacceptable for us to be inferior to the rest. We have to be the best. Failure is out of question. This Lower Self attitude of pride ultimately destroys our peace and Happiness.

As we transcend the Lower Self, we replace pride with humility and attain the Higher Self. We evolve to a state of realizing that *I am not 'I'. This body will die. But the one in the mirror that I see is, in reality, not me. I come from dust and to dust, I will go.* The Higher Self realizes the truth of the show. We realize the Eternal Truth that every being, be it man or animal, is a manifestation of the Divine. We are all Divine Souls. This Realization leads us to a state of humility, where we are able to see the Divine in all. *We are*

*able to love every Soul and serve every being.* This humility is magical and it can transform our life.

Why is it rare to find humble people? Because most of us are imprisoned behind prison bars of ego, pride and selfishness. We think that we are the centre of the world and that everything revolves around us. We think that we are the most important entity in the universe. But what are we in reality? We are not even a speck of a speck of a speck of a speck. We are a tiny speck in our city. Our city is a tiny speck in our country. Our country is a speck on the earth and the earth is a minute speck in the universe. When will we realize that we are nothing? It is only then that we will become part of the everything that we truly are. The wave will always remain a limited entity until it realizes that it is a part of the ocean. Because we don't realize the truth of our existence, we live with pride and destroy our life.

How often does pride destroy relationships? When 'I' becomes more important than 'you', we lose precious friendships. We cry and our heart also breaks in love. Pride does not let us surrender. Surrender comes with humility. Humility lets us dissolve into our beautiful relationships. Then, one plus one does not become two. It becomes one! We become nothing! We achieve everything! This is the magic of humility. We must transcend pride and live with humility.

***When we transcend Pride to discover Humility,  
And say, 'I am nothing,'  
We win the biggest war.  
We become everything!***

## 20. From Selfishness To Selflessness



Why are we selfish? Why are we so self-centred? We believe that we are everything. Nobody else matters! It is because of our ego — 'I', 'me' and 'mine'. The ego is only an identity. But the Lower Self makes it our reality, which we are not. When we overcome our ignorance and Realize the Truth, we transcend the Lower Self and attain the Higher Self. By doing so, we become free from anger, hate, revenge and jealousy. There is no pride or greed. Our selfishness becomes selflessness.

What is the magic? The magic is the Realization that *I am not 'I'. I am not this body, it will die. I am not the monkey mind that appears as a bundle of toxic thoughts. There is no mind. But I am. Who am I?* Life is all about self-discovery. It is about Self-Realization. The moment there is Self-Realization, we learn to forgive and forget. We develop universal love and compassion. Kindness replaces cruelty. We give, for there is more joy in others' Happiness. What creates this magic? It is Illumination of the self – *I am nothing*. It is the Realization that we are all effects of the same cause. The source is one. The Souls are many. When we realize that a tree with countless branches emerges from a single seed, we realize that all of us look different, all of us are ego-driven but our source is the Supreme Immortal Power, SIP. This Awakening dissolves the 'I'. Up to now, we only thought of ME but now, we think of WE. What reverses our paradigm? What changes our thinking process? It is Transcendence from the Lower Self to the Higher Self.

What is life all about? Ultimately, everybody has to die. Death is certain but our greed goes beyond our need. We want to amass more. There is no limit. Our selfishness reaches a level of meanness and this makes us unpopular and disliked. The result is a loss of love from our near and dear ones. Everybody loves those who share and those who care. But when we only care about ourselves, we trigger others to distance themselves from us. Ultimately, we will end up living a life that is lonely and sad. This is the result of living as the Lower Self, where we see only ME. Isn't it time to change our focus?

Selfishness will only go with Transcendence. As long as the Lower Self is in command, we will want to become richer and more famous at any cost. There are no ethics. There is war and conflict because our objective as the Lower Self is to defeat everybody else to grow higher. With selflessness, we grow higher by loving everybody else, by caring and giving. This fellowship only happens when the ego is Awakened to realize that we are not the mortal body, we are the immortal Soul. While this may seem to be a good philosophy to talk about, in reality, it is the secret to a life of peace, love and bliss. This is what we truly need, we truly seek. Alas! Our Lower Self takes us in the wrong direction with only ME in focus. We must make WE, the focus.

***The Lower Self is Selfish.  
It thinks only of ME.  
The Higher Self is Selfless.  
It thinks of WE!***

## 21. From Mind To Consciousness



What is the mind? Is it round? What is its colour and size? Nobody knows! Nobody has seen the mind. But for sure, it seems to exist! It is a bundle of toxic thoughts. These toxic thoughts pour like rain. They push us down the drain. This is the mind that makes us miserable, again and again. It creates fear, worry and stress, and makes our life a mess. We recognize it because it causes anxiety and steals our tranquillity. But the mind is the Lower Self. In reality, it does not exist.

The mind creates the false ego that becomes ME, the Mind and Ego. In reality, when we realize that the mind is nothing but toxic thoughts, the ego is Awakened. But how can this happen? It is only when we transcend the Lower Self that we can attain the Higher Self. It is only when we question, '*Who am I?*' that we discover, '*I am not 'I'.*' However, the mind becomes the biggest bottleneck in our self-discovery. The mind wants to exist. It does not want to give us a chance and so, it makes us dance with the 50,000 thoughts that it creates every day. We are unable to be still and so, we cannot kill the mind! We cannot eliminate it. What is the process to eliminate the mind?

We must live with Awareness about how the MK-50, the Mind Killer-50 is shooting at us up to 50 toxic thoughts every minute. This MK-50 becomes more dangerous than the AK-47 weapon. But when we become aware of the thoughts, we can slow down the MTR, the Mental

Thought Rate. We can slowly still the mind as we move from a state of mind to a state of Consciousness.

What is Consciousness? It is a state of Thoughtlessness where there is complete Awareness. Some people call it Mindfulness too. The Mind and Consciousness are two sides of the same coin. Either the mind is on top or Consciousness is. When one appears, the other disappears. Imagine a sunny day with a bright blue sky. Suddenly, dark clouds appear. The sun and the blue sky disappear. Do they really disappear? No! They are only covered by the dark clouds. So also, Consciousness is eternal. But it gets covered by the dark clouds of the mind. This makes us descend into the Lower Self. The bright sunshine of life disappears as the gloomy thoughts of the mind take over. If we want sunshine in our life, we must block the mind, lock the mind and always shine with our Consciousness. This is possible if we activate our intellect. But to do this, we must transcend the mind and evolve to being in Consciousness. Otherwise, the mind will drill us and kill us with its toxic thoughts.

Most of us do not realize that the mind is a rascal. It is our biggest enemy. It appears to be king, when in reality, it is the cause of all our suffering. If we want Transcendence, we must still the mind and kill the mind. What we need in life is the intellect, not the mind!

***The Lower Self has the Mind as the Master,  
Which causes nothing but Disaster!  
But as the Higher Self, we live in Consciousness,  
Which leads to a life of Peace and Bliss.***

## 22. From Using The Mind To Using The Intellect



The way to transcend the Lower Self and attain the Higher Self is to move from ignorance to intelligence. The only way to do this is to stop using the mind and start using the intellect.

We, human beings, are the only species who are blessed with a fully developed intellect. We can differentiate between black and white and wrong and right. Why, then, do we still make foolish decisions? The intellect is the tool of discrimination. Unfortunately, it is not always active. It is deactivated by the mind. The mind, which is nothing but a bundle of toxic thoughts, clouds our Consciousness. In this state of mental delusion, the intellect cannot be activated. Just like the sun can only shine in a bright blue sky, the intellect can only shine in Consciousness. Therefore, to transcend the Lower Self and to live as the Higher Self, we must first move from mind to Consciousness. Thereafter, when the intellect is activated, we must block the mind and lock the mind. We must stop it from gushing with toxic thoughts and drowning us.

How do we stop a gushing river? We need to build a dam. But we cannot build a dam when the river is in spate. So, we can only close the gate to stop the mind when we still it in Consciousness. When we are in the state of Consciousness and we activate the intellect, we can build a dam to stop toxic thoughts from bombarding us. In such a case, we have deactivated the mind. Toxic thoughts will no longer pour like rain. They will appear as gentle

snowflakes. Even after we block the mind, thoughts will continue to enter our Consciousness but gently, like little fish entering a vast ocean. When there is no mind, just thoughts, the intellect is able to discriminate and choose. Then, we don't lose the battle to the mind.

What is life all about? It is about moving from mind to Consciousness. It is flipping over from the mind to intellect. This is the journey of Transcendence, the journey from the Lower Self to the Higher Self. Being in Consciousness with the intellect in charge is living a blissful life as the higher being that we truly are. Once we let the lower being of the mind and ego control our life, we will live with misery and strife! Therefore, it is of paramount importance to become aware of the monkey mind that is swinging from yesterday to tomorrow, creating pain and sorrow. In Consciousness, we live moment by moment, using our intellect, living with peace, love and bliss.

When the mind overpowers our Consciousness and blocks our intellect, we make foolish decisions and the mind creates regret, shame and guilt. These are the emotions on which the Lower Self is built. It's time to flip over from the Lower Self to the Higher Self, from mind to Consciousness and from ignorance to intellect.

***When we use the Mind,  
We make the wrong choice.  
Let us choose the Intellect,  
Then we can rejoice!***

## 23. From *Bhoga* To Yoga



The Lower Self lives in *Bhoga*. The Higher Self lives in Yoga. The world of *Bhoga* is the material world, a world of pleasures and possessions. We are enamoured by our desires and passions. We never transcend *Bhoga* to ultimately reach the peak of Yoga.

In fact, just like a car goes from driving gear to reverse, we have to pass through the neutral gear before we reach Yoga. As long as we are in *Bhoga*, we will sink in lust. We will be so caught in the body-mind-ego complex that we will never realize our true self, the Divine Soul and thus, never discover the magic of Yoga.

Those who live in *Bhoga* think of Yoga as some physical exercises and breathing techniques. In reality, Yoga comes from the word *Yuj*, which means union with the Divine. It is when our Soul connects with the Supreme Soul, when the *Atman* connects with the *Paramatman*, that we can experience Yoga or the union with the Divine. We experience something like this in our daily lives, when our mobile SIM card connects with the satellite. Without this connection, the mobile is of no use. Transcendence is about living in Yoga. It is being united with SIP, the Supreme Immortal Power. When our individual Consciousness is connected with the Supreme Consciousness, we feel the Divine bond.

How can we transcend *Bhoga* and live in Yoga? This is the journey of moving from the Lower Self, the body and

mind, to the Higher Self, the Soul. Until the ego is Awakened, we will always sink in the pleasures of *Bhoga*.

How can we live in this material world and still live as a Yogi? A *Yogi* is like a lotus flower. Although, the lotus is rooted in the dirty waters of a lake, it remains above the waters. It does not sink. So also, the transcended being is unaffected by the pangs of *Bhoga*. A *Yogi's* desires are transcended — the only desire is the Divine union with the Supreme. So, how can we transcend *Bhoga* and be in Yoga?

The journey of Transcendence begins when we realize the ephemeral nature of this world. Everything is temporary. Nothing is ours. Even this body that craves will return to dust. The mind that appears to desire is an illusion. First, we must get out of this passion, this obsession for the world that appears to be real. Unless we step out of *Bhoga*, we can never attain Yoga. Life will appear to be so full of fun and pleasure but as it is done, there will be pain. As we age in *Bhoga*, we will be caught in the cage of decay and disease. Since we have not evolved to the Soulful state, we will not experience the Eternal Happiness that comes from Yoga.

Ultimately, it is a choice. We can choose *Bhoga* or we can be in Yoga. We have free will. If we prefer to remain in the Lower Self, we will suffer, not just all misery on earth but also the cycle of continuous rebirth. But Yoga will liberate us from both.

***The Lower Self enjoys,  
Ephemeral pleasures of Bhoga.  
The Higher Self transcends,  
To Eternal Happiness in Yoga.***

## 24. From The Unreal To The Real



What do we think of this world? We think it is very real. We think that a dream is just a dream — it is unreal! But when we wake up, we wake up to the real world. Little do we realize that this is the understanding of the Lower Self. The Higher Self realizes that even the world is like a dream. It is unreal.

So many things may happen in a dream. You may borrow money from me in my dream. But when I wake up, I cannot come up to you and ask you to return my money because it was just a dream. But if you actually came and borrowed money when I was awake, I would have every right to recover it in the real world. But is this world, real?

As long as we live as the body and mind, the ego considers this world to be real. We live with the fear of death. We are afraid of disasters. The thought of a disease paralyzes us. As long as we live as the Lower Self, we suffer. But the moment we transcend the Lower Self and we realize that we are the Divine Soul, we are free from all the misery of this world. We realize that this world is a *Leela*, a Divine drama. Everything is *Maya*, an appearance, a manifestation of the Divine. But for this, we need Transcendence. We need to Realize the Truth that this world is nothing but Divine energy.

Today, science has declared that every particle of matter in this gross physical world is energy, in reality. When scientists were observing the tiniest particle of matter —

smaller than the molecules and atoms — when the Quark was being examined under an advanced microscope, it suddenly disappeared. The scientists were baffled and were recording their observations, when the particle reappeared. They called this phenomenon, the Wave-Particle Duality. Under the branch of Quantum Physics and Quantum Mechanics, science accepts that every molecule of matter is intrinsically nothing but energy. This scientific revelation helps us in the journey of Transcendence.

When we transcend the Lower Self, we realize that we are not the gross physical body that we appear to be. We are the Divine energy. Sages and saints have said this thousands of years ago but science is understanding it now. The fact is that this real world as seen by the Lower Self is, in reality, unreal. Everything in this world is a manifestation of Divine energy. You, me, the butterfly, the bee and even the tree, the mountain and the sea, are in reality, nothing but energy. But as long as we are living as the body, mind and ego, this truth, we will never realize. We will never move from the unreal to the real. We will always be caught in myth. We will never Realize the Truth.

The journey of life is a journey of Transcendence. It is a journey from the outer world to the inner world, a journey from the unreal to the real, a journey from ignorance to intelligence. It is a journey of Self-Realization and God-Realization. Do you think of this world as real or unreal?

***The Lower Self thinks, 'I am the Body,  
The Mind and Ego, ME.'  
The Higher Self realizes that this is unreal;  
Then, we are free!***

## 25. From Pleasure To The Real Treasure



Every human being in this world wants pleasure. Nobody wants pain. We hate to hear of loss. We only want gain. Unfortunately, we become miserable, again and again. Why? It is because we have not understood the true meaning of happiness. We think that happiness is pleasure. But pleasure is temporary. It comes and goes. True Happiness is Eternal Bliss that forever flows. As long as we live as the Lower Self, we live and die seeking pleasure. We spend our life trying to gratify our senses. We never transcend and attain the state of Eternal Happiness.

How can we achieve Eternal Happiness? There are 3 keys that can be remembered as the 3 Ps. Pleasure is the first P of Happiness. We must enjoy it but we must evolve to the second P. It is Peace. Peace is the foundation of happiness. As long as we are full of pleasure, the Lower Self will remain ignorant about the importance of peace. The journey of Transcendence is to move from Pleasure to the real treasure. The real treasure is the third P - Purpose, to discover, '*Who am I?*' and '*Why I am here?*' How can this be a way to happiness, one will wonder.

When we transcend pleasure to peace and ultimately, purpose, we discover that we are not the body, mind and ego that suffers. Happiness is not only pleasure. It is also about eliminating pain. Discovering purpose saves us from being miserable again and again. When Transcendence reveals that we are the Divine Soul, we are free from the miseries of the mind, fear, worry, stress and anxiety. We

are free from the agony of the ego, anger, hate, revenge and jealousy. This raises our Happiness index and we experience the state of *Ananda*, Eternal Happiness.

Those living as the Lower Self will enjoy pleasure but they will never discover the real treasure. The Lower Self locks us in achievement. There is no contentment and fulfillment. Therefore, we must break free from the Lower Self. We must find these 3 keys or the 3 Ps to unlock the real treasure of happiness – Pleasure, Peace and Purpose.

While the Lower Self enjoys only pleasure, the Higher Self enjoys all the 3 Ps. Transcendence leads us to enjoying pleasure in the right measure. There is no greed. There is contentment, fulfilling our need and that gives peace. Where there is no peace, there can be no happiness. Therefore, the Higher Self enjoys pleasure and peace. To add to the magic, the Higher Self that discovers purpose is free from the triple suffering on earth - pain of the body, misery of the mind and agony of the ego. Can there be a happiness greater than this? Happiness is like an equation with a numerator and denominator. When the lower self has miseries in the denominator, our overall Happiness is reduced. So, we must not only choose pleasure as the numerator but also eliminate the denominator of the Lower Self that lowers our Happiness. This is the way to living with Eternal Happiness. One discovers Eternal Peace, Divine Love and Everlasting Bliss. Alas, we cling to pleasure and lose the real treasure!

***The Lower Self seeks Pleasure,  
Pleasure, Pleasure!  
The Higher Self discovers Peace,  
And Purpose, the Treasure!***

## 26. From Circus To Purpose



We, human beings, think that this world is a circus. We all want to have fun. Before we realize it, life is done! It's time to go even before we understand the true meaning of this show. We just keep jumping up and down like a clown. Sometimes, we smile and sometimes, we frown. But we don't realize that the purpose of life is to discover the purpose of life.

As long as we live as the Lower Self, we will enjoy pleasure but will never discover Eternal Happiness. We will have moments of peace but every now and then, the mind will seize our peace. It will make us slaves of many a toxic thought and then, we will be caught in fear and worry, stress and anxiety. Life is not a circus! When we discover our purpose and answer the two most important questions, '*Who am I?*' and '*Why am I here?*' we will experience the state of Eternal Happiness. But this doesn't come if we run after achievement. We must evolve to fulfillment and then, attain Enlightenment. How many of us have time for seeking the truth? We have time for entertainment and spend all our life running after pleasure but we do not seek purpose that comes from Enlightenment.

The purpose of life is to evolve. We must transcend the circus and achieve our purpose. We are not just jesters who are meant to entertain others. We are Divine Souls and we are meant to Enlighten ourselves. However, we are more worried about impressing the world. The show

runs for a limited time. Before we realize it, it will be time for us to go but we would not have evolved from the circus to a life of purpose.

When should we transcend the circus? The time is now. Many people think that life is to enjoy. They say, '*Let us get a little old to discover our purpose.*' Do we do the same with gold? We want all the money and the wealth now, even though we can't even take a penny with us. What is needed is Transcendence but for that, we don't have the time. We are so enamoured by the circus that we are watching all the clowns around us display their funny acts of life.

Look around you! Today, you will find people immersed in their mobile phones. Some are playing games or watching movies, and some are addicted to reality shows or other forms of entertainment on their mobile device or laptops. The circus has come into our homes, our lives and in fact, our hands. We don't need to go to the circus. The entertainment has created so much entanglement that we have forgotten that our purpose is Enlightenment.

It is time to pause. It is time to find the cause of human existence. We have not come here to live like a clown and ultimately drown. We have come here to rise and that is to claim the spiritual prize, evolve, transcend the circus and discover life's purpose.

***We all want to have fun.  
We all enjoy the circus!  
But the true meaning of Life,  
Is to transcend to our Purpose!***

## 27. From Confusion To Conclusion



We are all so confused in life. We don't know what to do. There are so many options in today's world. We want everything but there is no time! We are running after success and achievement because we want all the pleasures of the world. Today, the pleasures are innumerable and our need has become our greed. Before we realize it, time is over. To add to the confusion, the digital world has entered our space and modern communication has created such a mess that our life has become full of stress. Audio calls, video calls, Zoom calls, YouTube and podcasts have stolen our time from us. However, even though there is so much entertainment, many people are still bored. They still feel lonely. The human touch is missing to a level that even while living in the same house, people are communicating through mobile phones, social media and other applications. The confusion is far too much. Where are we heading to?

The world has become too fast paced and everybody is in a race. We have no time to live with grace. We are all so obsessed with achievement that we haven't thought of fulfillment. Pleasure has overcome peace and purpose. This life will come to an end but we have not even thought about death and realized that death is just a bend. It is not the end of the book called life. It is just the end of one chapter. Therefore, we struggle through life without meaning and purpose. We don't transcend the confusion to arrive at a conclusion.

What is life all about? For those who have transcended and evolved, life is about Self-Realization and God-Realization. These are not complicated terms. Life is about finding the meaning of existence. Life is understanding the purpose of the show before we go. Life is like a jigsaw puzzle. We have to put the pieces together to get the true picture of life. Haven't you seen people who get impatient while solving a puzzle? That is because the pieces of the puzzle are all jumbled and they have no clue as to what is emerging out of the puzzle. So it is with life. Because we do not focus on our destination, we continue to live with confusion. What is the ultimate conclusion of life?

Everybody will die. Nobody can escape this conclusion. But we can replace conclusion with clarity. As long as we let the mind run our life horse, we will be at a great loss. It is the mind that is a source of all confusion because MIND is Misery, Ignorance, Negativity and Desire. Transcendence means elimination of the Mind, the source of confusion. This will help us evolve and discover the conclusion. We will experience stillness as we overcome mental illness and in that state of peace, we can seize the purpose of life.

Just like an aeroplane has to take off from the runway and reach the skies before it arrives at its destination, we, too must take off from our mental confusion, transcend it and arrive at the conclusion to achieve that state of Realization. Let confusion not be our conclusion!

***The world is confused.  
There is so much misery and strife.  
There is no conclusion on  
What is the meaning of Life!***

## 28. From Monkey To Monk



We have all heard of the theory that man has evolved from monkeys. Darwin is famous for the Theory of Evolution but the unfortunate truth is that we are still monkeys. As long as the mind jumps into yesterday that is gone and tomorrow not yet born, we will continue to struggle and not enjoy the peace of a monk. We are human 'beings' but our monkey mind has made us into human 'doings'. All the time we are doing and doing. There is no time for being. The journey of Transcendence is about evolving from a monkey to a monk.

Somebody new to the concept of Spirituality may be rattled by the statement that we are monkeys. But it is a fact! As long as we hand over our life to our monkey mind, we can never be a monk. If we look deep within the word monkey, we will find 'monk'. But the monkey has a tail, EY. The EY tail is Ever-Yelling and Ever-Yearning. As long as the monkey is in command of our life, we cannot transcend, evolve and grow. The journey of life is real evolution, not the evolution that Darwin spoke of. As long as we live like monkeys, jumping from the regrets of the past to the worries of the future, the true peaceful monk that has transcended the illusion will never come to light.

Why should we live like a monk? Some people enjoy this monkey business. It is so much fun to jump here and there. There is so much excitement in living like a monkey. But the monkey is greedy. The monkey is always stressed and worried. It does not know the meaning of fulfillment. It

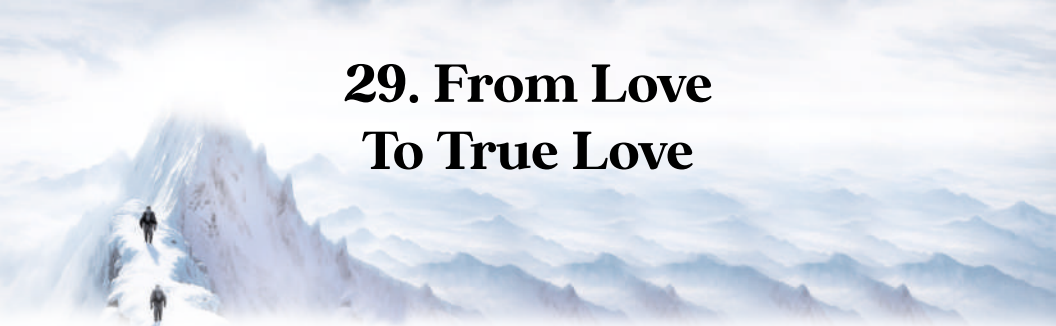
will reach out to grab the entire bunch of bananas. It will also leave a half-eaten banana to grab a pack of biscuits. Aren't we like the monkey, sometimes? This is not the way to live with peace, the very foundation of happiness. We need to be a monk.

The journey of life is actually transcending the monkey and evolving to the state of a monk. A monk has overcome greed. A monk has been able to still the mind and kill the mind. A monk has overpowered passion and desire, just as a monk has replaced all negativity with positivity. A monk is the master of the mind. Living in Consciousness, a monk does not allow toxic thoughts to pour like rain. Thoughts still appear but they appear gently. A monk is unaffected as he is able to discriminate and choose. He does not lose the battle to the mind. Most of us are slaves of the mind. But a transcended monk has made the mind, a slave.

Do you have a monkey mind or do you live as a peaceful monk? Is your life, a life of mundaneness or Transcendence? If you are full of worry and stress and your life is a mess, it's time to tame the monkey mind and live like a monk. If we don't transcend the mind, it will continue to bombard us with toxic negative thoughts and fill our life with junk. Monkey or monk, it's your choice!

***We can choose to live,  
Like a Monkey or a Monk!  
If we let the Mind take charge,  
We will be full of junk!***

## 29. From Love To True Love



Can we live without love? Not only does man need air, water and food to exist, man definitely needs love. But unfortunately, we have not understood what love truly is.

True Love is bliss, it's not just a kiss! True LOVE is Longing Of the Soul which is Very passionate and creates an Ecstasy of Joy. Because we think that love is from skin to skin, we don't evolve to that state of True Love that sprouts from the Divine within. True love is Soulful, Spiritual and Universal Love. The acronym reveals that TRUE Love is Transcendental. It is a Rainbow of seven colours. It is Unconditional and Eternal. Those who haven't transcended and evolved to attain True Love, may not understand what it is.

What is the rainbow of love? Just like the rainbow has 7 colours VIBGYOR, True Love manifests as Violet Love for our parents, Indigo Love for friends, Blue Romantic Love, Green Self-Love, Yellow Intellectual Love, Orange Emotional Love and Red Physical Love. When love transcends to True Love, then we love every being as they are manifestations of the one above. Love comes from the Soul. It is Divine and True Love is loving the God in every creature. It may be your beloved, family or friend or even a dog!

Most of the world does not attain Transcendence when it comes to love. Although the Greeks separated love as *Eros* or erotic love and *Agape* or Divine Love centuries ago, man

still thinks of love as lust. Lust is Love Underestimated as a Sexual Transaction. But it is not True Transcendental Love. The Sufis called the Divine Love as *Ishq-e-Haqiqi*, just as they called worldly love as *Ishq-e-Majazi*. If we truly want to transcend the Lower Self in life and attain the Higher Self, it's time that we transcend love and discover True Love.

When we live with True Love, it is unconditional and eternal. We don't say, '*I love you because I need you.*' In True Love, we need somebody because we truly love them. We transcend the transactions that appear in ordinary love. Love is not a crush or an attraction. It is a deep soulful bond. Unfortunately, the world has not transcended and evolved to experience Divine True Love.

Have you experienced Transcendental True Love? Have you experienced that readiness to sacrifice for the one you love or is your love so selfish that it only looks for self-pleasure and satisfaction? True Love is giving and forgiving. True Love is accepting unconditionally. True Love comes from the Divine Soul within and is a longing for the Divine Soul. Each Soul is a manifestation of the Divine. Therefore, True Love is universal. It is not just passionate love from man to woman. It is the ecstasy of joy, the fountain of bliss that erupts from the Soul when True Love flows.

***Love is hearts, hugs, Valentine's and a kiss!  
True love is Transcendental and Divine. It is Bliss!***

## 30. From Slavery To Freedom



Are we still slaves in this modern day and time? In this age, everybody is free, although there are countries where dictators rule and freedom is still precious. But although we may be free as a nation, we remain slaves if we live as the Lower Self. We are slaves of the body, mind and ego. Transcendence is to be free to live as the Divine Soul, which is our true identity.

Life is all about freedom. First, freedom from all misery on earth and then, freedom from the cycle of death and rebirth. Unfortunately, we are slaves of fear, worry, stress and anxiety. These rule our life, and we are full of strife. Then, we are slaves of regret, shame and guilt. We need freedom from these too. Even though our country is free, if we live behind prison bars of these toxic emotions, are we truly free? Sometimes, we are slaves of anger. Anger can destroy us. At other times, it may be hate, revenge or jealousy. The false ego can be more devastating than a dictator. We need to eliminate these prison bars. Only then will we be free to enjoy the stars. If we are a slave of pride, greed or selfishness, how can we be free to enjoy this journey of life?

Freedom is the key to a happy and fulfilled life. But most of us are still slaves. We may be slaves of our own tongue. There may be a desire, a passion which becomes an obsession. Then we have handcuffs because of our own senses. Our eyes want to feast on something, just as our nostrils are addicted to a fragrance and our ears obsessed

with some music. How are we free if the skin is attached to a specific touch and yearns for it? Then, we will burn in disappointment and depression.

We must break free. We must let go of all slavery. This is Transcendence. Life is not about being a slave till we reach our grave. We must stop these cravings that imprison us. To transcend is to be brave and is to make the ego that stands tall like a wall, fall. We must understand that we are nothing and this Transcendence makes us everything. We must still the mind and kill the mind. Only then, freedom we will find!

Stop for a moment and reflect – Are you free from all these prison bars? Do you rule your senses or your senses rule you? If they do, they will be like the 5 wild horses of the chariot which will make your life go astray. Are you free from the false ego that makes 'I' the most important person in the world? Are you free from the toxins of the mind? If you are not free from the body, mind and ego, how will you be free to transcend the rest of the world's challenges and reach your ultimate destination? We need Realization. It requires Purification and Illumination. Then, we will be free from the prison of pleasures, people and possessions. We will become a master if we transcend the body, mind and ego and live as the Divine Soul.

***We can suffer as we crave,  
Till we reach our grave.  
Or we can be free if we are brave enough,  
Not to be a slave!***

## 31. From A Caterpillar To A Butterfly



What would you prefer? To crawl like a worm, a caterpillar or fly like a beautiful butterfly? They are both the same entity but unless the caterpillar goes through the stages of metamorphosis, it cannot become a butterfly. What does this metamorphosis teach us? It inspires us to transform our life, transcend our state of being a worm and evolve to the Higher Self of the butterfly. How can we do this?

Throughout life, we crawl as the body, mind and ego. Ignorance ties our wings with strings. We do not realize that we are the Divine Soul. So, we continue to drag through life, suffering the pain of the body, misery of the mind and agony of the ego. Each one of us is capable of a transformation. The ultimate purpose of our life is a spiritual metamorphosis. Alas! We live and die without discovering, '*Who am I?*'

What is the purpose of life? It is not to crawl like a worm and just live and die. We must transform from the Lower Self of the body, mind and ego and transcend to living as the Divine Soul. The truth is we are that Spark Of Unique Life but because of our ignorance, we are trapped as the mind and ego that carries Karma and is entangled in the constant cycle of death and rebirth. Transcendence is to be Enlightened. It is about switching on the light of truth. It is about realizing our true self. The journey starts with Self-Realization and ends with God-Realization.

Who are we, in reality? We are not the body, mind and ego. We are the Divine Soul, just as the caterpillar is none other than the butterfly. But till the metamorphosis is complete, the worm continues to crawl. We too crawl through life thinking that *I am the body, mind and ego*. We don't transcend to the Higher Self. Each of us is the Divine Soul. But because there is no Transcendence, we don't achieve our ultimate goal.

We are born, we learn and then, we earn. Thereafter, we burn and return. The cycle goes on and on. If only we turn and yearn for a metamorphosis, we will transcend the Lower Self and attain the Higher Self. This is the very purpose of human life. Unfortunately, nobody taught us that we need a spiritual metamorphosis. Nobody guided us on Transcendence. We don't even know that we are manifestations of SIP, the Supreme Immortal Power. We are the very God that we pray to. Till we transcend, we will never realize God in the temple of our heart. Unless we let go of the Lower Self, which we are not, how can we discover the Higher Self that we truly are?

Imagine what would happen if all the birds in this world forgot that they could fly! Birds fly because they instinctively believe that they can fly. We must believe that we can be Enlightened. Once we believe this, we can attain the Higher Self that we truly are.

***Let's stop crawling,  
And start flying with our wings.  
Let's Transcend our Lower Self,  
Which ties us with strings.***

## 32. From The Cosmic Illusion To The Manifestation



In this world, some people make things happen. Others watch things happen. There are many others who wonder what happened! If we want to make things happen, we need to work hard to Realize the Truth. Otherwise, we will just watch our life drift by. Let us not just wonder what's happening. Let us Realize the Truth.

What is this world? Is it real? Where did this world appear from? The earth, the planets, the solar system — they are beyond man's imagination. Science says that it all happened because of a Big Bang. But what is this Big Bang? Who caused it to happen? The answer is nature.

Spirituality calls it *Maya*, a Cosmic Illusion. Everything that appears to be is, in reality, nothing but Divine energy. *Maya* has two powers – it conceals the truth and projects the myth. To understand this better, imagine a movie projected on a white screen. We clearly understand that it is just a movie being projected. In reality, it is just a white screen. When the movie is over, what remains is the white screen. So also, *Maya* is that Cosmic Illusion that is projecting everything in this world. How is this possible? Normal human beings cannot fathom the logic behind this.

Today, science, through its branch of Quantum Physics talks about the theory of Wave-Particle Duality. Scientists have discovered that every particle of matter is nothing but energy. What is this energy and how can we put things

together? As long as we live as the Lower Self, we will never be able to discover this. The truth is scientific and exactly what Spirituality has presented. This whole world is a manifestation of energy. But as long as we are the Lower Self, we cannot decode this mystery. The Cosmic Illusion of this universe is, in reality, a manifestation of the Divine. Whatever appears to be, you and me, a butterfly and a bee, even the tree and the mountain and the sea, everything is ultimately, Divine energy. Every atom of this universe is energy appearing as matter. Everything is a manifestation of the Supreme Immortal Power. It is not just a Cosmic Illusion that people think it is. The truth is that we are all Divine manifestations.

As long as we live as the Lower Self, we will be zapped and we may believe that this whole world is an illusion. But how can it be an illusion? There is so much intelligence in the universe. Today, human intelligence has created Artificial Intelligence but who has created human intelligence? Obviously, there is some Supreme intelligence that is beyond our comprehension. We can call this SIP, the Supreme Immortal and Intelligent Power. The Lower Self calls this Power, God, and gives this Power a name and form. That is why there are so many Gods known to man but the Higher Self realizes that we are all manifestations of the one Supreme Divine.

***The Lower Self thinks,  
That this world is just a Cosmic Illusion.  
The Higher Self realizes,  
That it's all a Divine manifestation.***

## 33. From Religion To Spirituality



About 80% of the world believes in some religion or God. The rest are either atheists or agnostics. However, many religious people think that they are spiritual. But they do not transcend the Lower Self that is religious and attain the Higher Self that is spiritual. What is the difference?

People who are religious believe in a particular God and scripture. They follow the dogmas, rituals and myths laid down by their religion. Every religion thinks that its God is the real God and its scripture is the ultimate truth. What does this mean? Does it mean that there are many Gods up in the sky or is any one religion the real religion and the others are fake? Let us investigate.

We all go to school and college. But we start in a kindergarten. Do we remain in the kindergarten forever? Of course not! We evolve from school to university but when it comes to the subject of religion, we remain in kindergarten all our life. We do not transcend. We do not evolve. Thus, we live and die as the Lower Self.

All religions are good. All religions teach us about God, prayer, ethics and values. They differ in many ways but just like kindergarten builds the foundation for our learning, all religions build our basic foundation about God. The problem arises when we literally believe that God is somebody with a name and form. We believe the lie that God lives up in the sky. Although several scriptures teach us that the kingdom of God is within and God lives

in the temple of our heart, we do not evolve from the kindergarten of religion to the university of Spirituality.

What is Spirituality? It is the science of the Spirit. It is realizing that we are not the body that will die, not the Mind and Ego, ME. We are the Divine Soul, Spirit or *Atman*. This Spark of Unique Life, Soul comes from SIP, the Supreme Immortal Power we call God. In reality, we are manifestations of God. Spirituality makes us realize that we are nothing. God is everything. But that God does not belong to a religion. God is SIP, the Supreme Immortal Power. This is Spirituality.

Unless we evolve from the Lower Self to the Higher Self and unless we transcend religion, we will never attain the ultimate truth of Spirituality. Of course, we need religion to start our journey to God. Without religion, we cannot attain God. But with religion too, we cannot attain God. We need to let go of religion to Realize the Truth of Spirituality. We are none other than the Divine Spirit, the *Atman* which is *Paramatman*. The Soul is nothing but SIP. This is Spiritual Transcendence. It calls for us to evolve from religion and transcend to Spirituality. The whole world is unfortunately living as a Lower Self, blindly believing in religion. We need to let go of our blind faith and transcend to Spirituality. Then, we can realize God.

***Just like we grow and go,  
From Kindergarten to University,  
We must evolve,  
From Religion to Spirituality.***

## 34. From Nothing To Everything



The world is filled with people who think, '*I am everything!*' How proudly we announce that *I am the President, the Chairperson, the CEO or a scientist*. Our ego is in full bloom and we think that we are the best in the room. Most people live with a false perception of, '*I am everything!*' They believe that the whole world revolves around their existence. But is this true?

As long as we live as the Lower Self, we will continue to believe that we are everything when in reality, we are nothing! Transcendence from the body, mind and ego to the Divine Soul will truly make us the everything that we are. But as long as we live in ignorance, we will live as the Lower Self and while we are nothing, we will presume that we are everything.

What is the world looking for today? Primarily the world is looking for power, fame and wealth. People are in the pursuit of these 3 transient possessions. These temporary achievements are ephemeral. Wealth comes and goes. Power is never permanent and fame always has its peaks and valleys. We know this for sure. But still, we are chasing things which are impermanent in nature. This is the Lower Self. The Lower Self gets excited with money, position and fame, only because the Mind and Ego, ME, continues to remain without the evolution that is needed to truly transcend to the state of being everything.

Life is about Realizing the Truth. While talking about my own personal journey, I always mention that *I started with nothing, became something, achieved everything, only to realize that we are nothing!* Then, I transcended the Lower Self and evolved to the Higher Self. I let go of the body, mind and ego. I realized that I was a Soul, the *Atman*. I even changed my name to *Atman* in Ravi. When I was rich and famous, I thought that I was everything but Transcendence made me realize that I am nothing. This nothingness has led me to evolve and realize that *I am the Soul. The Soul is SIP. I am SIP. I am none other than a manifestation of the Divine.* In fact, we all are. But because of being caught in the Lower Self, we do not discover the Higher Self that we truly are. We need Transcendence.

What is the truth? We are not what we think we are. But we continue to think we are what we are not! Just like a wave thinks that it's a wave, when in reality, it is the ocean. We think that we are everything, when in reality, we are nothing. The moment we realize that we are nothing, we become a part of the everything that we truly are.

Isn't it time to descend the false peak that we are on, the peak of achievement and ascend the true peak, the peak of Enlightenment? Should we not discard the Lower Self that we are not and adorn the Higher Self that we truly are? Then, we can live with peace, love and bliss.

***We think we are everything,  
When in reality, we are nothing!  
When we realize we are nothing,  
We become everything!***

## 35. From Reincarnation To Realization



People are confused about the truth of life and death. Some people believe that we will go to heaven or hell. Then, we will meet a God. I have heard a fairy tale about how our entire life story will be played on a video in front of God in heaven or hell and then, we will be either rewarded or punished. There are many far-fetched ideas. But what is the truth?

Death is certain. Every 'body' has to die but the fact is that the body returns to dust as we burn it or bury it. So, who will go to heaven? How will we go and where will we go? We must Awaken to Realize the Truth. The world operates based on certain universal laws like the Law of Gravity, the Law of Cycles that causes revolution and rotation, and even the Law of Karma. At death, our Karma is unsettled as death happens suddenly. When we link this to birth, we will understand why some are born in fortunate and some in unfortunate circumstances. If we transcend the Lower Self and evolve to the Higher Self, we will realize the truth of what happens at death.

At death, only one of two things can happen and neither of the two possibilities is going to a heaven or hell, as people tell. The two possibilities at death are Reincarnation and Realization. If we live and die as the Lower Self, there will be reincarnation. And if we transcend the Lower Self to the Higher Self, the Realization will lead to Liberation and Unification with the Divine. It is our choice.

When we live as the body, mind and ego and we die, the body dies and returns to dust. But the Mind and Ego, ME, carries the unsettled Karma and returns to earth in a rebirth. The Lower Self is dead and gone. But the Mind and Ego, ME, is reborn and this goes on and on. If we transcend the body, mind and ego and realize that we are the Divine Soul, in the moment of death, the mind and ego cease to exist. There is no carrier of Karma to a new life. The Realization that we are the Divine Soul or the Higher Self leads to Liberation from rebirth and Unification with SIP, the Supreme Immortal Power.

Most of the world lives as the Lower Self. Therefore, this drama called life continues and will go on and on. Every 'body' has to die, one day. It is not a choice. And Karma does not excuse anybody. Therefore, we will carry unsettled Karma and return. Reincarnation is the only logical way to understand the continuity of existence on the planet. But transcending the Lower Self means escaping from reincarnation. For this, we need Realization. Only the transcended being who realizes that *I will never die; I am the immortal Soul*; will be free from the cycle of reincarnation. But for this, we need to transcend the Lower Self and evolve to the Higher Self.

Living as the Lower Self means, there is no possibility but reincarnation. Transcending to the Higher Self means Realization, Liberation and Unification with the Divine.

***We can live as the Lower Self,  
And have reincarnation.  
Or live as the Immortal Soul,  
And attain Liberation.***

## 36. From Death To Immortality



If you ask anybody, '*Will you die?*' what is the answer that you will most likely get? '*Of course, I will die!*' Eventually, everybody has to die. But those who read this book and transcend the Lower Self will evolve to realizing that they are an Immortal Soul that is deathless.

The truth is that you will never die. Of course, the body will die. But you are not the body that will die. We all have a body. But we are not the body. Because we grow up believing that *I am Robert and I am Rajesh*, we identify ourselves as the name which we are not. Because we identify ourselves as the body and the body dies, we think that we will die. Therefore, we live as the Lower Self with the constant fear of death. We fear the loss of all that we own. We fear losing everybody that we love that is known, just as we fear that unknown beyond death. The moment we realize that we are the immortal Soul, our fear will disappear.

Death is not the end. Death is only a bend. Unfortunately, the Lower Self believes that we are the body that will die. The Lower Self believes that we are the Mind and Ego, ME, just as it believes that we create Karma and we will return to the world, again and again.

What is the escape from death? It is overcoming ignorance and Realizing the Truth. It is being free from the body, mind and ego and transcending to the Divine Soul. Then, we will be free from death.

The Soul never dies. Although there is a lot of misinterpretation about the transmigration of the Soul, the truth is that the Soul is the Spark Of Unique Life. The Soul is the life energy, *Prana, Chi, Ruh, Atman* or Spirit. Just like energy cannot be destroyed or created, this life energy, that is our true identity is birthless and deathless. However, as long as the Soul is giving us power from the moment of conception, 9 months before our so-called birthday, till the moment of death, when there is no breath, this Soul is unique and sparks only our life. When the body dies, the Soul merges with the Supreme Soul. Try to burst a few balloons and ponder — where does all the air go? The air inside the balloons merges with the air that is everywhere. But as long as the air is in the balloon, it is a blue balloon or a pink balloon. So are we individual bodies but our true identity is the Immortal Soul.

Do we want to die and return to earth or do we want to transcend and be united with the Divine? The famous prayer of Transcendence is worth repeating, '*Lord, take me from the untruth to the truth. Take me from darkness to light. Take me from death to immortality.*' With Transcendence, this is possible. We must transcend the Lower Self and evolve to the Higher Self. Then, we will not suffer as we return to earth in a rebirth. The immortal Soul then, experiences Eternal Peace, Divine Love and Everlasting Bliss.

***We can transcend Death,  
And attain Immortality,  
If we let go of the world,  
And take up Spirituality.***

## 37. From Man To God



How can man be God? Ridiculous! When people talk of non-duality and that in reality, we are all manifestations of God, those who live in the Lower Self think of it as being completely crazy. Man is man and God is God. Never ever can man become God.

However, Transcendence gives a different story. Transcendence leads us to realizing that not just you and me, even a butterfly and a bee is none other than a manifestation of God. Every tree has life and every animate entity is God. Not only the animate but even the inanimate entities like the mountain and the sea, the flower and the tree, are nothing but a manifestation of Divine energy.

Somehow, we have been tied with strings. We have never had the courage to open our wings. We have never pondered the several scriptures that state, '*The kingdom of God is within; God lives in the temple of your heart.*' The Bible also says that God breathed into his nostrils the breath of life and man became a living Soul. Lord Sri Krishna in the *Bhagavad Gita* says that he is in everybody. Even though, many scriptures tell us, '*Aham Brahmasmi,*' '*Shivoham,*' and '*Soham,*' which directly tell us that man is none other than God, we continue to live as the Lower Self, the body, mind and ego. We do not transcend to the Divine Soul and live as God.

What does Transcendence reveal? The ultimate truth is that the sun that glows, the wind that blows, the water that

flows, every molecule of energy in this world is nothing but SIP, the Supreme Immortal Power. 3 scientists from the field of Quantum Physics have been awarded the Nobel Prize in Physics for their work, which was hitherto considered mystical and illogical. Today, science and Spirituality have synergy. Both believe that we are energy.

What is the energy that fills the universe? What is the energy that is in every cell of our being? It is Consciousness. Where does this Consciousness come from? It comes from the Soul, the Spark Of Unique Life in the moment of conception. It is this Divine energy that divides the cells that ultimately, becomes a human body of 35-trillion cells. All this is beyond man's comprehension and definition. However, Transcendence can lead to the Realization that we are in fact, nothing but God. God does not live in the sky. It's a lie! Every Soul or *Atman* is *Paramatman* or the Divine Spirit. Transcendence will lead us to Seeing God in all, Loving God in all and Serving God in all.

As long as we live as the Lower Self, the ego will believe, '*I am the body and mind,*' and we will never transcend the Lower Self and attain the Higher Self. Transcendence is letting go of the ego. When we let go of the ego, we realize God within. We realize that we are not man having a spiritual experience. Rather, we are God having a human experience.

***Man is God,  
But this, he has long forgot!  
Man can be God,  
If he Realizes, that man, he is not!***

## 38. From 'God Is In Heaven' To 'God Is Within'



Most of the world prays to a God. We believe in different religions and different Gods. But ultimately, our common sense tells us that there is just one God. Therefore, by and large, we respect all religions, although there are cases where we are willing to kill in the name of religion. This extremism is ignorance and it even drags us beneath the Lower Self into becoming animal-like in our actions.

The Lower Self, however, still believes the lie that God lives in the sky. The Lower Self has not discovered the secret of, '*Who am I?*' As long as the ego stands tall like a wall, we will continue to fall and never realize that God lives in one and all. This needs Transcendence. We must evolve. It is a journey from Self-Realization to God-Realization. There is no other way.

As long as we believe that God is in heaven, somewhere up in the sky, and as long as we believe that eventually, we will die and meet God, we will be trapped as the Lower Self. Even though we have faith and devotion, and live with hope and trust, we are still prisoners behind bars of ignorance. God does not live in the sky. God is SIP, the Supreme Immortal Power. God is nameless, formless, birthless, deathless, beginningless and endless. God is omnipresent, present everywhere; omniscient, knows everything; and omnipotent, all-powerful. To realize this is the beginning of Spiritual Transcendence. It is the beginning of God-Realization. Life is to transcend the Lower Self that believes that God lives in heaven and

attaining the Higher Self that realizes God within the temple of our hearts. We have already learned we are not the body, mind and ego. We are the Divine Soul. The Soul is none other than SIP. Therefore, we are SIP. This knowledge is not enough. Unless the intellectualization of this truth turns into Realization, we will never experience God in the temple of our heart. The truth is that every cell of our existence is none other than the Divine energy of SIP, the Supreme Immortal Power that we call, God.

As we transcend the journey of life, we evolve, we Awaken, we are Enlightened. We start experiencing God, not just within us but also within every Soul that lives. We are able to *See God in all, Love God in all and Serve God in all*. A truly transcended one stops praying to God. Rather, the Awakened one prays through God to the Divine that manifests everywhere, in everything.

As long as we live as the Lower Self, we will pray with fear but Awakening makes us pray with faith. Once we are Enlightened, we realize that we are nothing but a manifestation of the Divine. We realize that God is not God. God is SIP. SIP is the Soul. We are the Soul. We are none other than the God that we prayed to.

***God does not live in Heaven,  
That's a lie!  
I'll find God within me when I realize,  
'I am not 'I'.'***

## 39. From Duality To Non-Duality



The journey of life is all about experiencing universal oneness. It is about experiencing the union between individual Consciousness and Universal Consciousness. How does one do that? It is only when we let go of the Lower Self and evolve to the Higher Self that we begin our journey of universal oneness. The way this happens is when we overcome the ignorance of duality and Realize the Truth of non-duality.

Throughout life, we believe that *I am 'I'* and *you are 'you'* and never can the two become one. This is the belief of someone living as the Lower Self. But when we transcend the Lower Self and evolve to the Higher Self, when the ego is Enlightened and we realize that *I am not the body that will die, I am not the mind I cannot find*, we realize that we are nothing but energy. The energy in you and me is the Spark Of Unique Life. It is different, unique to each one of us. Therefore, when one dies, the other continues to live. But what happens to the energy within us, ultimately? The energy of life in each one of us merges with the Supreme Immortal Power, SIP which is the universal Divine energy that is omnipresent.

The challenge of moving from duality to non-duality is the challenge of Transcendence, letting go of the Lower Self and living as the Higher Self. As long as we think that *I am 'I'* and *you are 'you'*, it is duality. Duality also believes that God and I can never be one. But when we transcend the body and mind and reach the world of the Divine Spirit,

the Soul, then, the Realization that I am a Divine manifestation reveals the truth—that we are not the different bodies that we appear to be. We are, in essence, different Souls that are ultimately, one energy. This energy is God energy. It is SIP that manifests as you and me, as a dog and a frog, as a cat and a rat. Everything alive is the energy of the Supreme. The moment this Divine energy leaves the body, we experience death and there is no breath.

When we go to buy jewellery in a gold shop, we shop with duality saying, '*I want a chain, not a bangle.*' But the goldsmith who is the shopkeeper, sees everything as gold. It hardly matters what you buy. To him, what matters is how many grams of gold he can sell. So, duality differentiates between you and me. But non-duality realizes that there is God within each one of us. Each one of us is a Divine manifestation. We are all Souls. All the Souls are SIP. Therefore, we are all one. This is non-duality.

The journey of life is all about this Realization and then, ultimately, at death, Liberation from reappearing as the body and Unification with the Divine. This is our ultimate goal, and we can realize it only when we transcend and live as the Divine Soul. Otherwise, one day, we will be dead and gone and our duality, will cause us to be reborn. This duality will make us return to earth in a rebirth and this will go on and on. We need Transcendence from duality to non-duality.

***Transcendence is moving from  
Duality to Non-Duality.  
It is possible when we understand,  
The science of Spirituality.***

## 40. From Lower Self To Higher Self



Life is ultimately, a journey of evolution, not from an ape to a man but taming the monkey mind and becoming a Divine monk. It is about transcending the false ego and living as an Enlightened Ego. This is the very purpose of human existence.

If we just live and die but we don't find out, '*Who am I?*' then we will suffer and cry. We will be gone and we will be reborn. The purpose of human birth is Realization and Liberation. It is transcending the Lower Self and evolving to the Higher Self.

How can we grow from the Lower Self to the Higher Self? This is the question that we must ask. We just zoom from the womb to the tomb, forgetting the very essence of who we truly are and why we are here. There is a Divine purpose for us on the planet. The purpose of life is to discover the purpose of life. This can only happen when we let go of the Lower Self and discover the Higher Self. And this cannot happen through knowledge that we pick up in a college. It happens when there is Purification of ignorance that leads to Illumination of the truth that finally transcends into Realization that we are none other than the God that we pray to. We are the Soul. This is our goal. It is to live as the Higher Self, free from the triple suffering that every human being experiences. The Soul does not suffer. But as the Lower Self, we suffer the pain of the body, misery of the mind and agony of the ego. Transcendence liberates us from this triple suffering and elevates us to our true state of the Divine Soul, that is

always in a state of Eternal Peace, Divine Love and Everlasting Bliss. It's our choice. Do we want to crawl like a worm or fly like a butterfly? Do we want to drag through life as a human being or do we want to dance through life with the euphoria of Divine Love and ecstasy of bliss? It is a choice.

Only a human being is blessed to transcend and evolve. No other creature can be Enlightened. Although they too are none other than the Soul, they cannot achieve this goal. We humans are blessed with an intellect but if we don't still the mind and kill it, the monkey will never let us transcend to a Divine monk. This is LIFE – Liberation from Ignorance and Finding Enlightenment, realizing who we are and living as God as we See God in all, Love God in all and Serve God in all.

Most of us live as the Lower Self because of our lust and passion for pleasure. We don't get out of the rut and so, we suffer. Transcendence liberates us from ignorance and elevates us to the Higher Self, where not only do we enjoy pleasure but also discover peace as we live with purpose.

We must not lose this opportunity to transcend. We must not cling on to the Lower Self and lose the Higher Self that we truly are. A king in the guise of a beggar should not forget that he is the king. Man should not forget that he is God. But everybody does not have the courage to let go of the Lower Self to attain the Higher Self.

***To discover the ocean,  
We must let go of the shore.  
So, we need courage,  
To let go of what we were before!***

# **PART - C**

## **LIVING AFTER TRANSCENDENCE**



# 01. Liberation From All Misery



The journey of Transcendence has rewards that are far greater than the efforts. No doubt, it looks like we have to do so much to transcend. But in reality, it is just about transcending the Lower Self and attaining the Higher Self. In doing so, we are free from the triple suffering on earth - pain of the body, misery of the mind and agony of the ego.

Everybody in this world wants pleasure. Nobody wants pain. But the body experiences suffering, again and again. Don't we all have a fall as we grow tall? The body cannot be free from aches and pains. Ultimately, it will decay after some disease and then die. The Lower Self will cry but the Higher Self will not suffer although there is pain. This is because of the Realization that *I have a body but I am not the body*. Living with Transcendence, we see the Spiritual Masters being able to bear all physical pain with a smile. The pain will not disappear but the suffering will. This is what the Higher Self does. It raises our Consciousness to a state of being, where there is no suffering.

Not only do we become strong physically and free ourselves from suffering and sorrow but when we transcend the Lower Self and evolve to the Higher Self, we eliminate the illusory mind too. By doing so, we wipe out every possible fear or phobia. We stop worrying and overthinking. We eliminate stress and our life is not a mess. Tranquillity replaces anxiety, just as we wipe out guilt on which regret and shame are built. The Higher Self

lives without the 7 miseries of the mind. When there is no mind, how can the toxic thoughts drill us and kill us?

The Higher Self is liberated from all the agony and anguish caused by the ego. Normally, one suffers because of anger, just as one burns in hate, jealousy and revenge. All this is caused by the ego. The Higher Self transcends the ego. The ego is Enlightened and so, all the anguish vanishes. The Higher Self has no pride. Humility creates peace. The Higher Self has no greed and selfishness. Therefore, all the agony of the ego disappears with Transcendence.

Imagine living a life without physical pain, mental misery and all the agony caused by the ego. Wouldn't life be blissful and peaceful? This is what one experiences after Transcendence. One lives as the Divine Soul that is liberated from all misery and suffering. Then, one enjoys peace, love and bliss.

Life after Transcendence is Eternal Happiness, for on one side, living as the Higher Self is full of joy and on the other side, we are free from all misery and sorrow. Both are important. Achievement and fulfillment cannot give us this reward. We need Enlightenment. Once we are Spiritually Awakened, we live a life of seamless bliss till our ultimate last breath. Thereafter, we are liberated and united with the Divine.

***We can continue to live as the Lower Self,  
A life that is hollow,  
Or transcend and be free,  
From all misery and sorrow!***

## 02. Living With Peace, Love And Bliss



What is the ultimate purpose of life? It is to be happy. And what constitutes Happiness? Happiness has 3 keys, which are the 3 Ps – Pleasure, Peace and Purpose. As long as we live as the Lower Self, we are only running after pleasure and more pleasure. The Lower Self's 'happy' has only 2 Ps. The Higher Self transcends to Happiness with 3 Ps. This is because although we enjoy pleasure from the body, we realize that we are not the body.

As we eliminate the mind, peace, we automatically find. Then the ego is Awakened and we discover our purpose. In that moment, we are free from all misery of the Mind and Ego, ME. Having transcended the Lower Self, the Higher Self enjoys pleasure that is built on the foundation of peace and without the mind and ego, one lives in Consciousness with the Realization that the Soul has a purpose and this liberates us from all suffering.

What does this lead us to? It leads us to a life of Eternal Peace, Divine Love and Everlasting Bliss. Peace disappears with the mind but when the mind disappears, peace appears. Transcendence leaves the mind behind and we seize the gift of peace, every moment that we live.

Transcendence leads us to the Realization that we are the Divine Soul. The Spark Of Unique Life is none other than SIP, the Supreme Immortal Power that we call God. As we transcend the Lower Self and attain the Higher Self, we See God in all, Serve God in all and Love God in all. Having

transcended all duality, the Higher Self enjoys the state of Divine Love that creates an ecstasy of joy. This love has no heartaches or heartbreaks because this Love emanates from the Soul, not just from skin to skin. When love is from a deep longing from the Soul within, this love flows to every Soul unconditionally and eternally, without any expectations. The joy comes from loving and not waiting to be loved. Thus, Transcendence from body, mind and ego to the Soul is blessed with TRUE LOVE - Transcendental, Rainbow of seven colours which is Unconditional and Eternal. And it is this True Love, the Longing Of the Soul, that is Very passionate that creates an Ecstasy of Joy. Alas! As the Lower Self, we miss the bliss that comes from True Divine Love.

Life after Transcendence is Everlasting Bliss that rests on the pillars of Eternal Peace and Divine Love. Bliss, now, is seamless Happiness. One lives life, moment by moment, without worrying about yesterday that is gone and tomorrow that's not yet born. Transcendence leads to being established in Divine Consciousness that we are all manifestations of the one Divine. It leads us to that state of *SatChitAnanda* – Truth Consciousness Bliss, where there is no shadow of unhappiness. If Transcendence promises peace, love and bliss, why should we continue to suffer as the Lower Self with all kinds of unhappiness? We must resolve to realize who we are and keep all misery and sorrow afar.

***We can live with Transcendence,  
With Peace, Love and Bliss.  
Or struggle as the Lower Self,  
With misery and unhappiness.***

## 03. Freedom From Death And Rebirth



Transcendence from the Lower Self to the Higher Self has the greatest reward of life. It is Liberation from the cycle of death and rebirth and Unification with the Divine. How can we achieve this?

As long as we are caught in the Lower Self, living as the body, mind and ego, we have no option but to face death and then, reincarnation. But Realization has magic. We transcend the body that dies, we eliminate the mind which nobody can find. In that moment when the ego is Enlightened, we become free from all Karma. Karma causes rebirth. Although the body dies, the Lower Self or the Mind and Ego, ME, carries Karma and is reborn, and this goes on and on.

Anybody who is born suffers the triple suffering of the body, mind and ego. However, if we are blessed with Transcendence, we live as a *Jivanmukta*, a Liberated Soul. Then, even though we live in a body, we transcend the Lower Self and live as the Higher Self. In this state of Transcendence, we never die. We are the immortal Soul. The body dies but there is no fear and frustration. There is celebration because death of the body for the transcended one leads to Liberation and Unification.

Living after Transcendence, therefore, is living as the Immortal Soul, with peace, love and bliss, transcending unhappiness and death. The Lower Self is a prisoner of the body, mind and ego and continues in the cycle of *Samsara*.

The Lower Self is gone and reborn but the Higher Self is free from all misery and returns to its source. The Soul becomes one with SIP, just as the wave becomes one with the ocean. The truth is that we are that, the Divine. But we live as a swine, as we pine for pleasure and wine. We don't enjoy the true sunshine of the Divine that dwells within us.

What is life all about? Is it just to come and go? We must discover the true purpose of this show. The purpose of life is to attain *Nirvana*, *Moksha*, Liberation or Salvation. Our purpose is to discover our Higher Self and to be united with the Supreme when we lose breath at death. The body dies but we never die. This is to live in Transcendence. After we transcend the mortal body, we enjoy the ecstasy of Divine Bliss as the Soul. Death and disease do not affect a transcended one. The transcended one enjoys the *Leela*, the Divine Drama and accepts the *Maya*, the Cosmic Illusion, as it unfolds as per Karma. The transcended one continues to do their *Dharma*, their Divine Duties but more as a Divine instrument, seeking nothing through their actions and thus, being free from creating Karma. Such a *Karma Yogi*, lives in union with the Divine, till death liberates them to be united with the Supreme. Transcendence is the way to live, to evolve beyond the Lower Self that suffers and dies, as we realize and transcend who we are and discover why we are here. We can transcend death and enjoy every breath till we depart.

***Transcendence is freedom,  
From the cycle of death and rebirth.  
It is the ecstasy of Joy,  
Living every moment on earth.***

## 04. Achieving Our Ultimate Purpose



What is our purpose of life? Why did we come to earth? Why this human birth? It is to transcend the Lower Self and attain the Higher Self. Transcendence is achieving our ultimate purpose, being free from the body, mind and ego, which we are not, and realizing our true identity of being the Divine Soul. This is our goal - to realize we are the Higher Self, to let go of the false ego and to attain the state of an Enlightened Ego.

The journey of Transcendence starts with a quest. It needs the help of an Enlightened Master or a Guru. Then, we go through the process of Purification and Illumination, till there is Realization of the Truth. But this is not Transcendence. This is just Spiritual Awakening. Once we are Awakened, we must walk the talk. We need to be Enlightened. This is to transcend the Lower Self and attain the Higher Self. Knowledge can be gathered from any college. Transcendence is Realization and more importantly, Liberation from the body which we are not. We must be free from the senses that crave. Otherwise, it will be our Lower Self that goes to the grave. Transcendence is completely eliminating the mind. The mind must be stilled forever. The ego must be completely Enlightened. The transformation of the body, mind and ego must be irreversible. Our ultimate purpose is achieved when we complete the metamorphosis. We shed our Lower Self like how a butterfly sheds its former body of a caterpillar and we cut all the strings that had tied our wings. Now, we are a free Soul. No religion, dogma or

superstition can hold us back. We are beyond the reach of toxic thoughts as we live as a *Sthitpragya*, one with an unwavering steady intellect. The journey of Transcendence is completed when we become a *Jivanmukta*, one who is free from the body, mind and ego, although alive. The Lower Self fails because the body, mind and ego, imprison the Lower Self in ignorance. Unless all ignorance is replaced with the Illumination of the truth and we are locked in this Consciousness, we can fail and return to the jail of this world.

What is our ultimate purpose? It is first, to realize, '*Who am I?*' Then, to discover, '*I am not 'I'.*' Then, to realize, '*I am the immortal Soul. I will never die. I am Divine energy. I am a manifestation of the Divine.*' Transcendence is not just intellectualization. It is Realization. However, achieving our ultimate purpose is complete when there is Liberation.

The journey of Transcendence is therefore, not considered complete till our last breath. We may have achieved our purpose but we still live in a body that has senses. We still have thoughts that can become the toxic mind. The ego can still become a slave of the body and mind before we reach our grave. Therefore, the journey of Transcendence is all about living as the Higher Self, the Divine Soul, every moment we live. A truly transcended one will not fail. They will sail through and become one with the Divine!

***Our ultimate Purpose,  
Is not to think, Blink and Sink.  
Our ultimate Purpose is to shine,  
And live as the Divine!***

# Afterword



I, too, lived as the Lower Self for so many decades. I didn't even understand that there was something called the Higher Self, till one day I Awakened to realize, '*I am not 'I'.*' I realized that my body will die but people will say that I passed away. Suddenly, I was free from the triple suffering of the body, mind and ego. It was because my ego was Awakened. From 16 to 40, I was chasing success and achievement. I didn't even know that life had a purpose. I had no clue that I was a manifestation of the Divine. Today, I have transcended the Lower Self and attained the Higher Self. This book is my personal experience of life. It is not some theory. Every word that is written is practised in my day-to-day life.

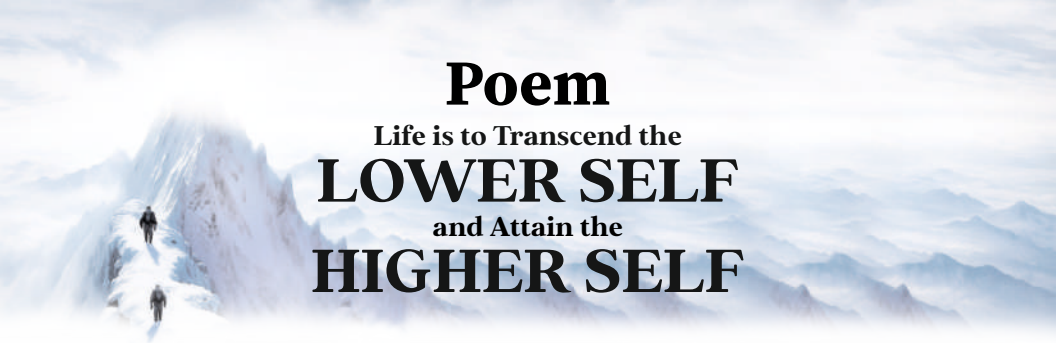
We all have a choice. We can live as the body, mind and ego and suffer or we can realize that we are the Divine Soul and live a life of peace, love and bliss. If we do not want to transcend fear, worry, stress and anxiety, we can befriend our mind but if we realize that it is our mind that makes us blind, we can still it and kill it and move into the state of Consciousness. I did it and I do it every day. Whenever a toxic thought of the Lower Self tries to enter my head, I shoot it dead. I don't let my ego return to its false identity. Nor do I let my ego agonize me with pride, greed and selfishness with which I lived till I was 48. Once I transcended the Lower Self that I was not and evolved to the Higher Self, that we all actually are, it was a game-changer. When we turn the coin, when we flip over from the Lower to Higher Self, we become the master of our life. We move from misery to ecstasy, from anxiety to tranquillity.

I used to live in the mind state but now, I live in Consciousness, in Awareness. I used to treasure pleasure. But now I bask in the bliss of Eternal Peace. I used my intellect to block and lock my mind, converting all confusion to a clear conclusion. We all have a monkey in our head. But if we tame this monkey mind, we can live as a peaceful, blissful monk.

What is life all about? I Realized the Truth. I not only transformed but as I transcended the Lower Self, I experienced the transformation from living in the mind state to the state of Consciousness, as the Higher Self, the Divine Soul that we all are. We can continue to crawl like a caterpillar or transcend to flying like a butterfly. I chose to cut the strings that tied my wings. I preferred immortality to death. I realized that *I will never die. I am the Divine Soul.*

This journey of Transcendence is the most beautiful experience of my life. I moved from misery and sorrow, to living each moment blissfully, not shuttling from yesterday to tomorrow. I discovered life's true purpose and now, enjoy the circus knowing that it seems like we are actors who come and go. But in reality, we are manifestations of God, of SIP, the Supreme Immortal Power. I transcended the Lower Self and attained the Higher Self. From man, I became God. You can too.

***I, too, thought that I was this Body,  
This Ego, this Mind,  
Till Transcendence revealed my Soul,  
And the Truth, I could find!***



# Poem

Life is to Transcend the  
**LOWER SELF**  
and Attain the  
**HIGHER SELF**

*Life is a journey of Transcendence!  
From I am 'I' to I am not 'I'  
From I will die to I will never die  
Realizing that God is in the sky, is a big lie  
Letting go of misery and sorrow to I will never cry  
Letting go of the Lower Self and climbing high!*

*Life is a journey of Transcendence!  
It is to still the mind, to kill the mind  
It is leaving all toxic thoughts behind  
It is transcending the mind that we cannot find  
Opening our real eyes that were blind  
Discovering the Soul and being kind*

*Life is a journey of Transcendence!  
It is going from ignorance to intelligence  
It is replacing revenge with forgiveness  
Letting go of disappointment, living with acceptance  
Moving from mind to Consciousness  
Overcoming all duality and finding oneness*

*Life is a journey of Transcendence!  
It is Purification that leads to Illumination  
It eliminates confusion and helps us reach the conclusion  
It is Realization that leads to Liberation  
And then Unification, our ultimate destination  
It's not an illusion, everything is a manifestation*

*Life is a journey of Transcendence!  
 From the monkey mind, we become a monk  
 We eliminate all misery, throw out all junk  
 The triple suffering comes to an end  
 As the Lower Self we transcend  
 The ultimate peak we then ascend*

*Life is a journey of Transcendence!  
 Exiting the highway of achievement  
 Living with fulfillment  
 Living with contentment  
 Not Attachment but Detached Attachment  
 As we transcend the peak of Enlightenment*

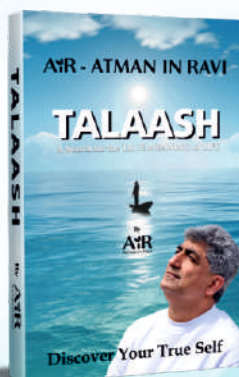
*Life is a journey of Transcendence!  
 It is discovering True Love that is Bliss  
 Not living as a prisoner to a hug and a kiss  
 Enjoying pleasure that gives Happiness  
 Living with Peace that is Eternal Bliss  
 Discovering purpose with Transcendence*

*Life is a journey of Transcendence!  
 It is discovering our true purpose on earth  
 It is being free from the cycle of rebirth  
 It is transcending the Lower Self while on earth  
 Attaining the Higher Self, while we still have breath  
 Realizing that we are the Divine Soul, before death*

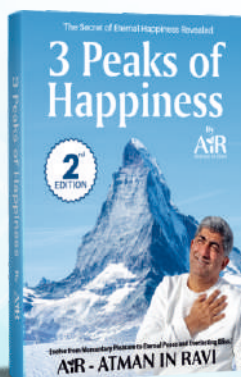
*Life is a journey of Transcendence!  
 It is to discover the Purpose of life  
 Not living with sorrow, misery and strife  
 It is realizing God, not continuing to bray  
 A Transcendence that changes us in every way  
 Becoming the very God to whom we pray!*

By  
  
 Atman in Ravi

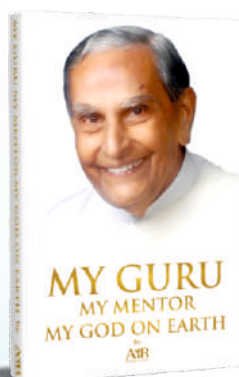
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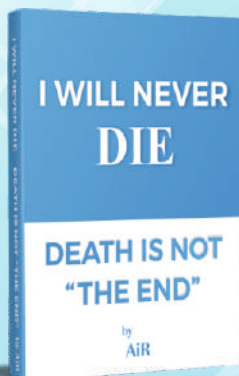
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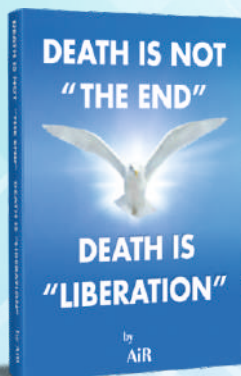
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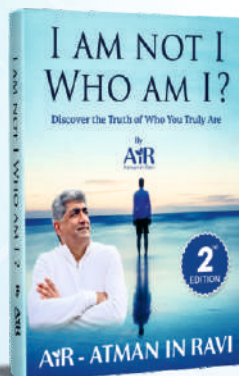
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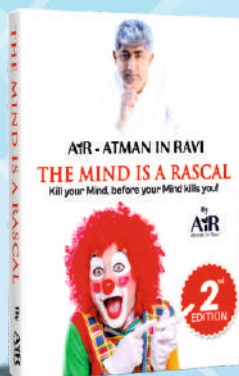
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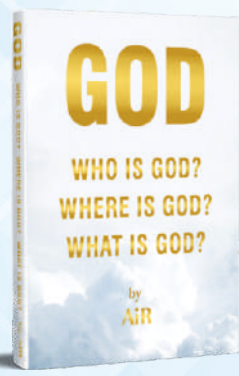
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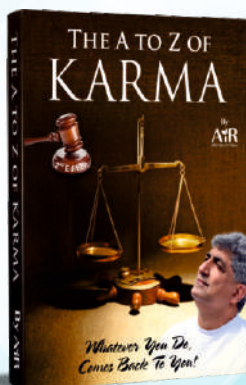
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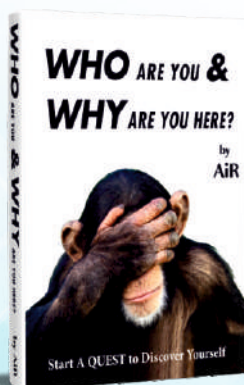
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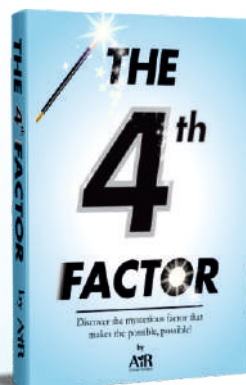
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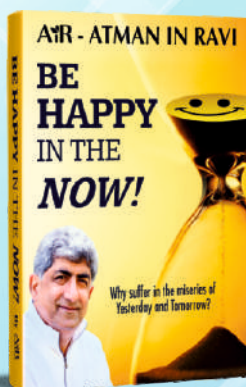
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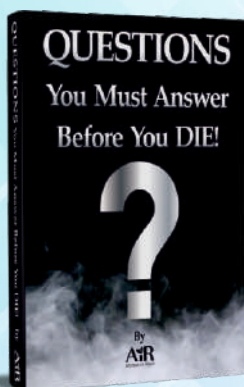
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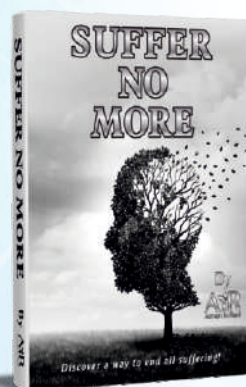
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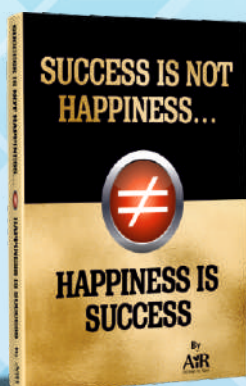
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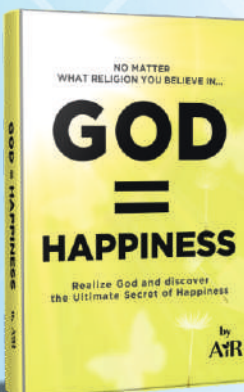
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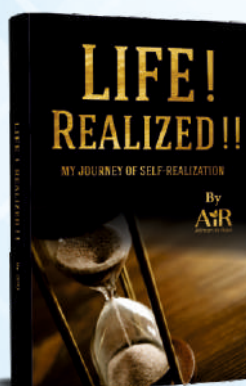
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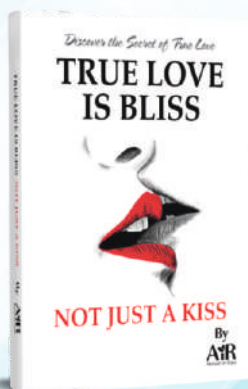
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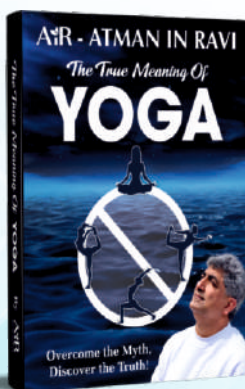
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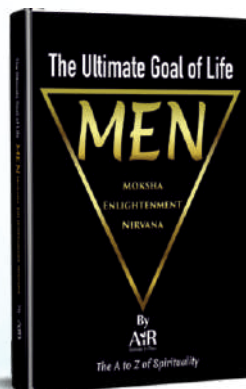
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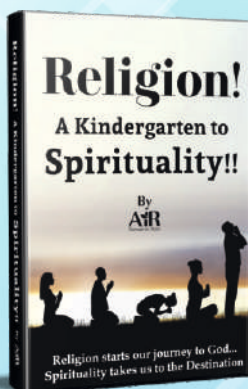
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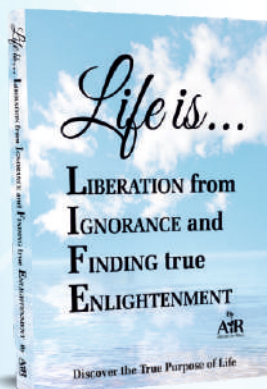
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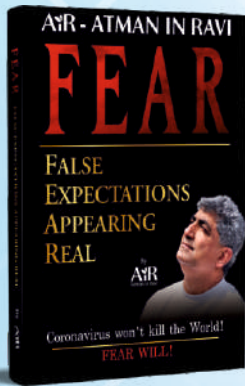
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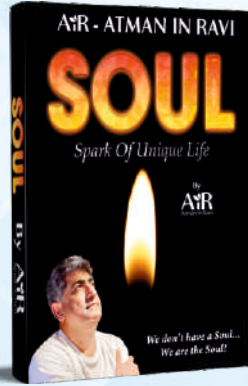
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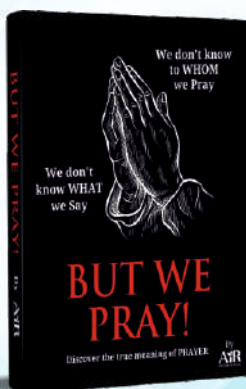
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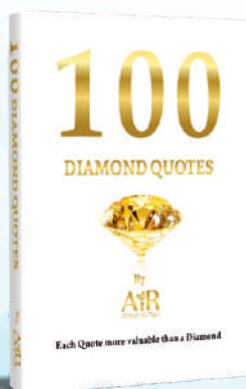
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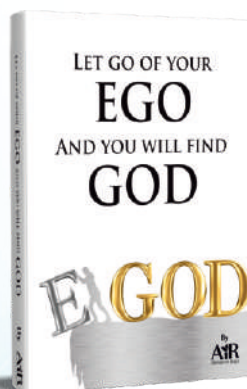
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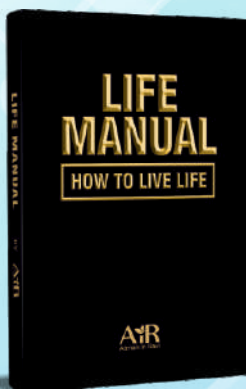
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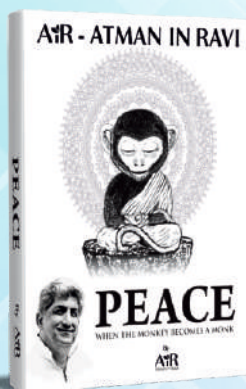
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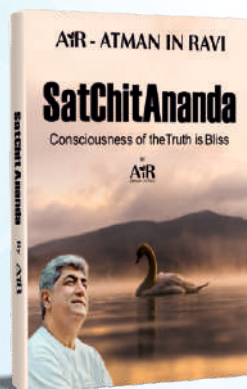
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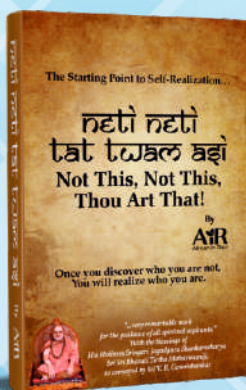
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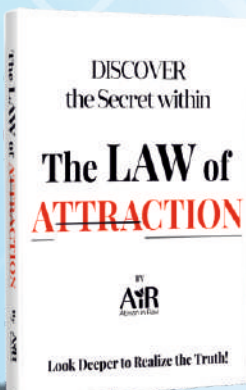
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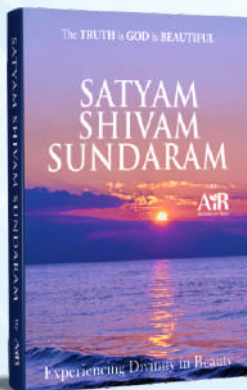
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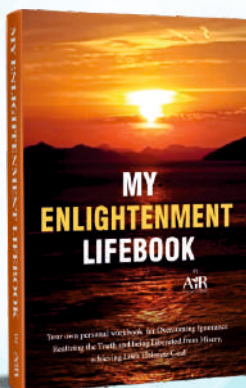
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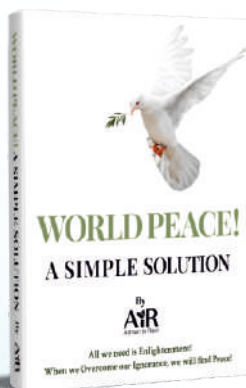
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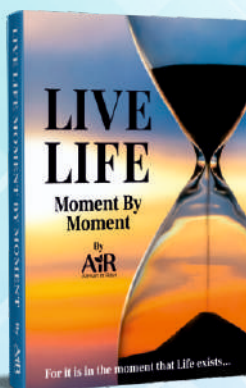
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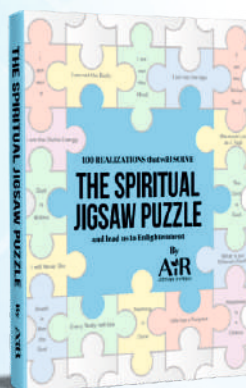
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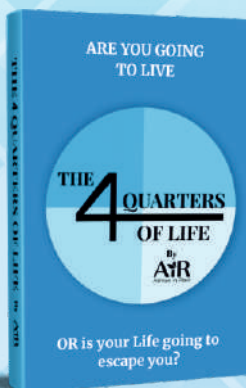
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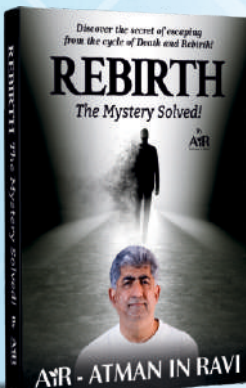
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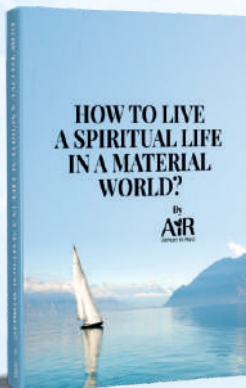
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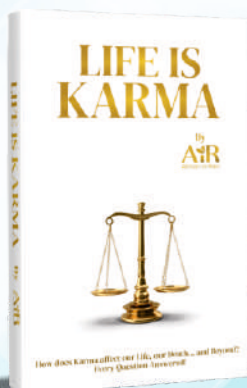
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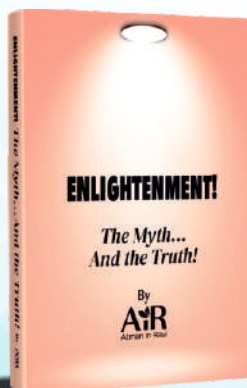
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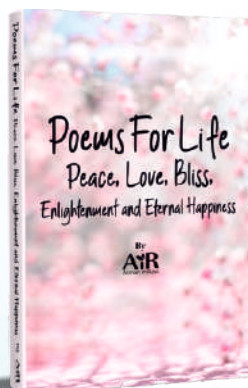
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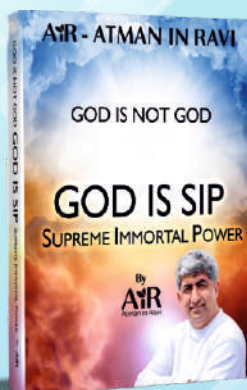
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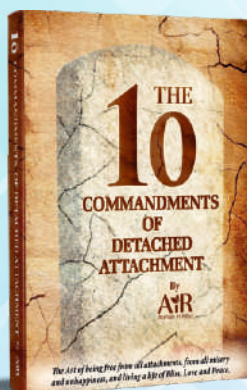
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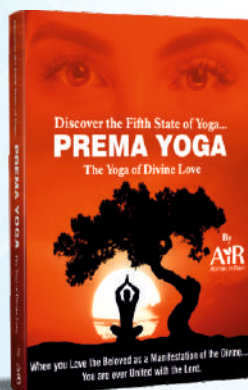
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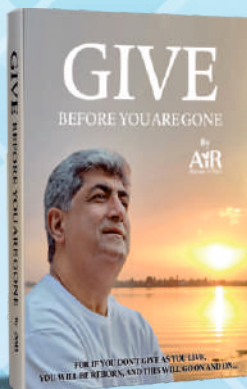
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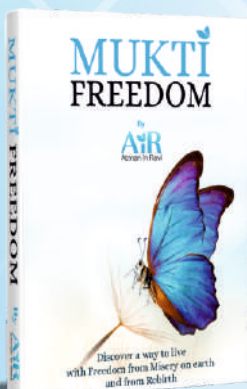
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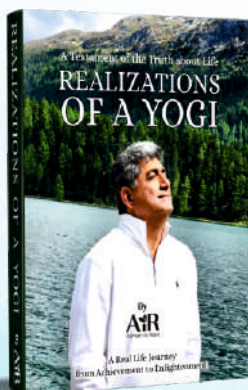
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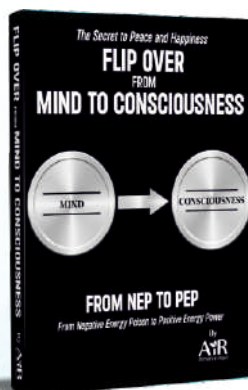
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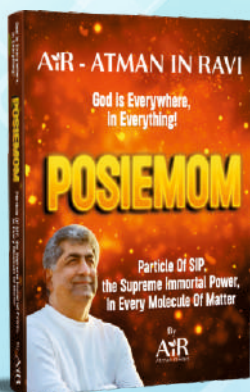
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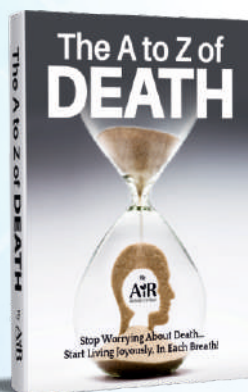
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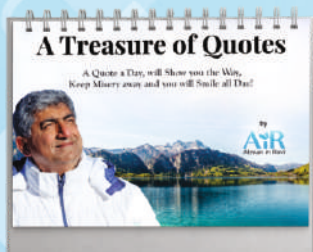
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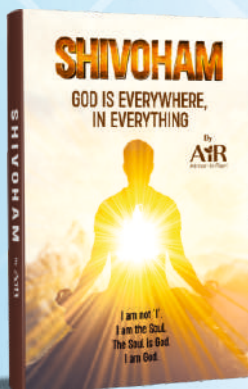
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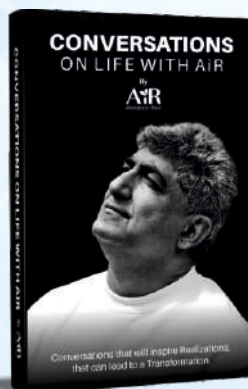
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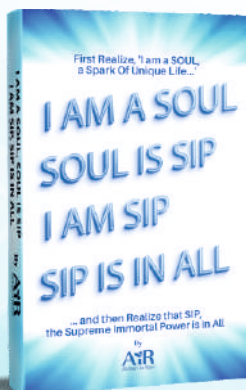
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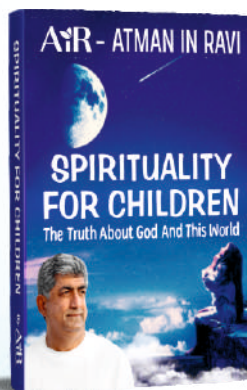
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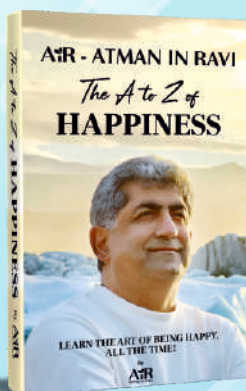
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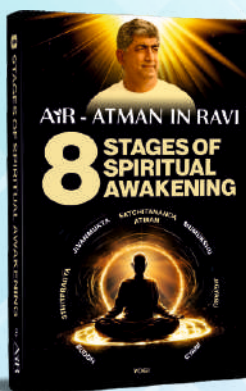
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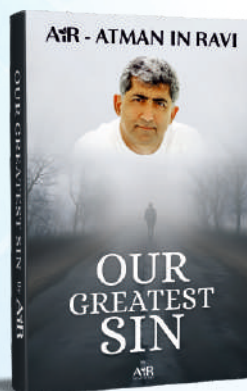
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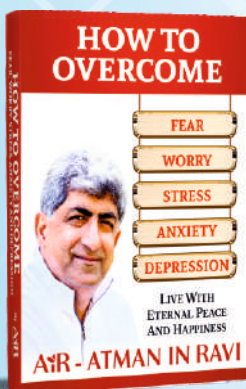
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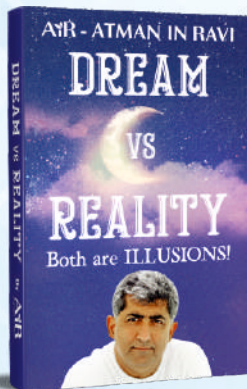
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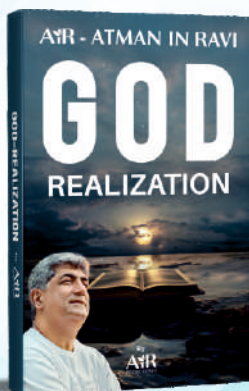
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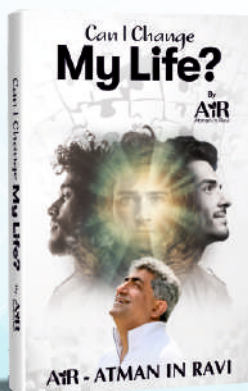
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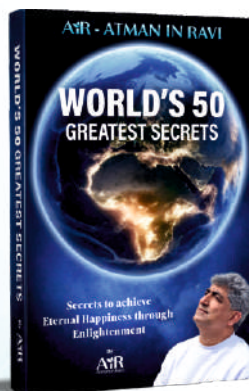
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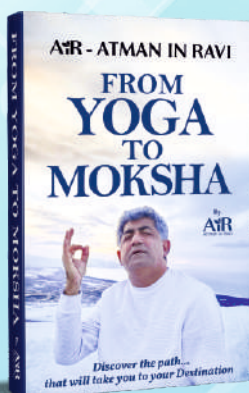
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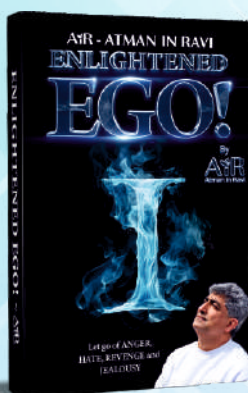
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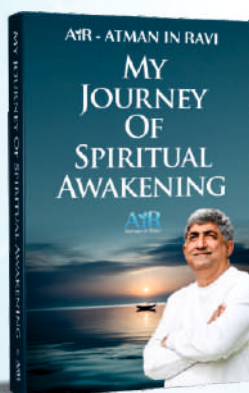
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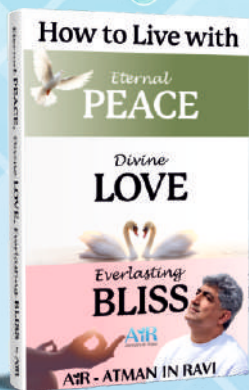
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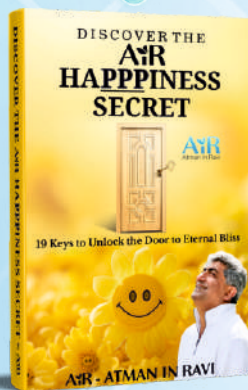
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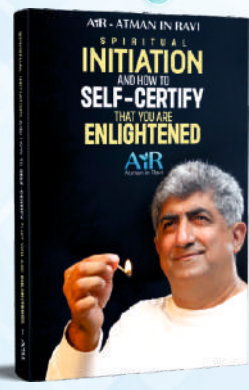
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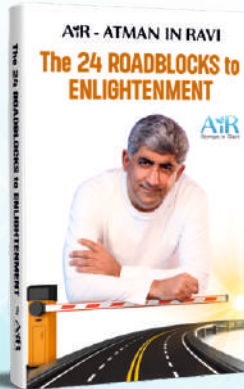
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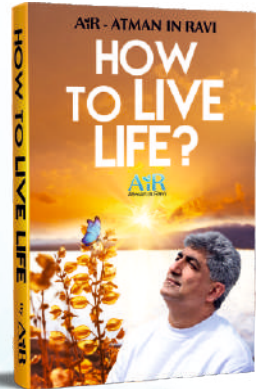
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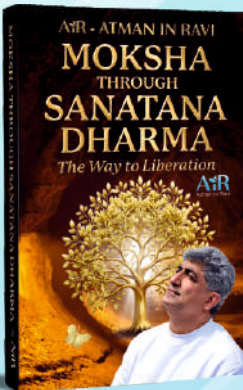
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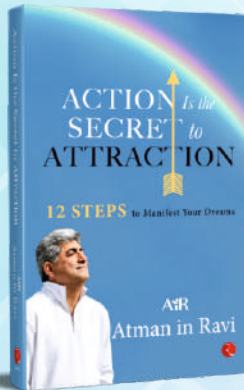
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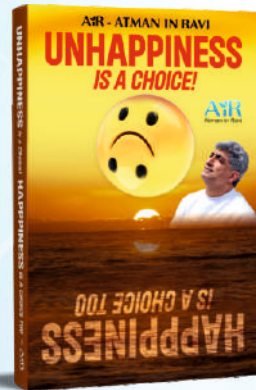
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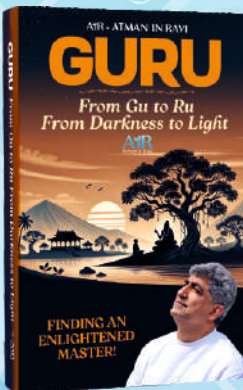
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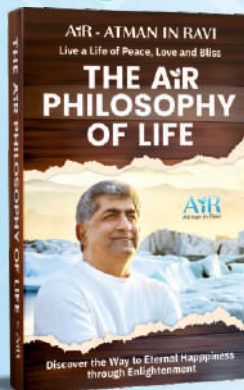
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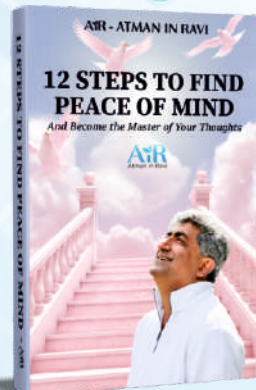
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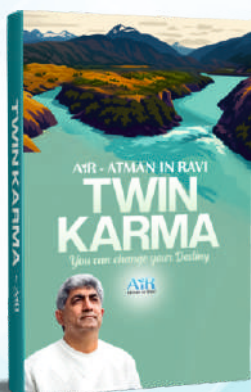
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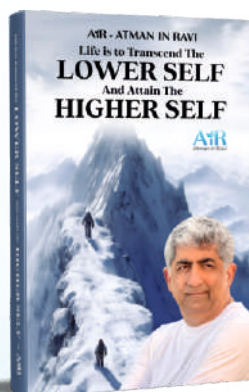
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What is the Lower Self and the Higher Self? Our mind makes us blind! It does not let us find the truth of who we are and why we are here. We believe that we are this body which will ultimately die. But this is a lie. We are the Divine immortal Soul. That is why people say, '*He passed away!*'

As long as we live as the Lower Self, the body, mind and ego, we will suffer and cry! We will not discover the truth of, '*Who am I?*' But once we transcend the Lower Self, our ego is Enlightened. We Realize the Truth – we are the immortal Soul. We are blessed with Eternal Peace, Divine Love and Everlasting Bliss. But for this, we need Transcendence.

This book is my personal experience of realizing that *I am nothing*, and in that moment, becoming everything! Life is to evolve from the Lower Self, which we are not, to the Higher Self, which we truly are. Discover Eternal Happiness living in Truth Consciousness that you are 'That', not this.



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