



LIVING SPIRITUAL

Master the art of living a 'spiritual life' in a material world, around family and work.

[Explore meditation](#)↗



Author: AiR (Atman in Ravi)

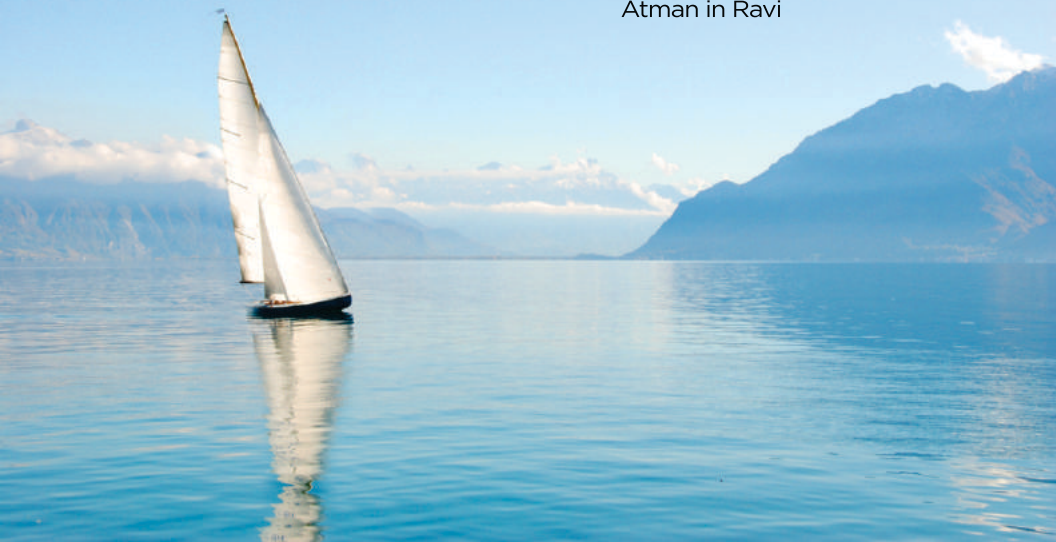
Published by: **Shiv Baba Services Initiative**

Main Website: www.shivbabas.org | **BK Google:** www.bkgoogle.org

Get free PDF books: shivbabas.org/books

HOW TO LIVE A SPIRITUAL LIFE IN A MATERIAL WORLD?

By
AiR
Atman in Ravi





PREFACE

What is Spirituality all about? Is it giving up all the pleasures of the world, and renouncing everything and going into the forest to live in solitude? Is it about having a long beard and hair, and wearing robes? What is it to be Spiritual in the modern world? People wonder if it is actually possible to live a Spiritual life in a family and run a business. Because of the fairy tales we have been told and the myths associated with Spirituality, people are confused. The rituals and superstitions in religion are often mixed up with being Spiritual. Spirituality has been branded and positioned as that state where a man gives up all his pleasures and possessions. But is it true that you have to give up all your worldly duties to pursue a Spiritual life? As I evolved on the journey of life, Realization of the Truth and Enlightenment, I realized the need to bust this myth. Spirituality is a Divine way to overcome all suffering. It is a way to eternal bliss, peace and joy. Anybody can choose to live a Spiritual life and one does not have to give up this world to be Spiritual.

Is a Spiritual life all about striking a balance? No! It is about going on a quest to Realize the Truth. When we overcome ignorance and are enlightened about who we truly are and why we are here, we experience a transformation. This inspires us to choose a life of fulfilment, leaving behind a world of misery and pain. Not everybody is blessed to live a Spiritual life, but those who do, attain the ultimate goal and realize we are the Divine Soul.



INTRODUCTION

Is it possible to live a Spiritual life being in this material world, enjoying all the pleasures, eating and drinking, living with people, and being surrounded by a world of modern gadgets and gizmos? Of course, it is! Spirituality is not about giving up the world and going into the forest. It is about discovering the Divine Spirit within and living a life of eternal bliss and everlasting peace. It is about transcending the triple suffering, the pain of the body, misery of the mind and agony of the ego. Unfortunately, Spirituality has been misunderstood. It has been confused with religion and it has been labelled and branded such that one shudders at the thought of living a Spiritual life.

Very few people embark on a Spiritual journey. Not everybody is blessed to overcome their ignorance and Realize the Truth about life. But those who go on a quest, and discover who they truly are, experience a Divine transformation. They make a conscious choice to live as the Divine Spirit. As they transcend their mind and ego, they realize that this body is just a garment that they have to ultimately shed. Living in this modern world, surrounded by men and material, they live as the Divine Spirit, realizing their true identity. They are the ones who truly live, who experience real happiness, and who discover Spiritual love. They choose to live a Spiritual life. The pages that follow will reveal how to live a Spiritual life in this material world and experience Divine peace and happiness.



CONTENTS

PART A - UNDERSTANDING SPIRITUALITY **01-11**

01. What is Spirituality?	02
02. What is wrong in living in the material world?	03
03. What are we all seeking?	04
04. Is there a way to eternal bliss?	05
05. Overcoming the myth of spirits and ghosts	06
06. Spirituality is not an appearance	07
07. Can we escape death?	08
08. Realizing the Power within	09
09. Starting the Spiritual journey	10
10. The rewards of a Spiritual life	11

PART B - REAL LIFE STORIES OF THE MATERIAL WORLD **12-33**

11. How we suffer in this material world	13
12. The <i>Dharam Sankat</i> – a crisis	14
13. Attachment creates misery	15
14. Duty stops us from Enlightenment	16
15. Is your family your prison?	17
16. Success is not Happiness	18
17. Why do we mix our greed with our need?	19
18. Lust in a Spiritual world	20
19. Money, money, money	21
20. The billionaire who was bankrupt	22
21. What is outside is not inside	23
22. Whisky may give you a kick, but Spirituality does the real trick	24



CONTENTS

23. Living in denial	25
24. Do you just follow the herd?	26
25. Why live to impress others?	27
26. What will people say?	28
27. Pampering the body	29
28. Why are we envious?	30
29. Insecurity syndrome	31
30. What if I lose everything?	32
31. There is bliss, peace in the Spiritual world	33

PART C - LET'S START THE SPIRITUAL JOURNEY **34-48**

32. What is life in the material world?	35
33. We all experience the triple suffering	36
34. Is there a way to eternal happiness?	37
35. How can we find peace of mind?	38
36. How can we Realize the Truth?	39
37. Our biggest enemy - the mind	40
38. The Spiritual journey starts with a Quest	41
39. Are we the body that dies?	42
40. Why do we become miserable?	43
41. We suffer the agony of the ego	44
42. If not body and mind, who am I?	45
43. Realizing the power within	46
44. Are we human beings having a Spiritual experience?	47
45. Why should Spirituality be our life journey?	48



CONTENTS

PART D – RELIGION AND SPIRITUALITY 49-55

46. Being religious is not Spirituality	50
47. What is religion?	51
48. Some remain in the kindergarten all through their life	52
49. Rituals, superstitions and dogmas	53
50. Have the guts to leave the ruts	54
51. Aren't religions a part of this material world?	55

PART E – WHAT IS LIFE ALL ABOUT? 56-70

52. What is the purpose of our life on earth?	57
53. Ask, Investigate, till you Realize the Truth	58
54. To learn the Truth, first unlearn the lies	59
55. Let's bust the myth about Spirituality	60
56. The Truth of birth	61
57. What happens at death?	62
58. The importance of a Guru	63
59. What is our ultimate goal?	64
60. Overcoming ignorance	65
61. Life is <i>Maya</i> - a cosmic illusion	66
62. A Divine <i>Leela</i> unfolds – it's just a show	67
63. We can take nothing with us	68
64. All relationships will end	69
65. Don't we need money to survive?	70

PART F – HOW TO LIVE A SPIRITUAL LIFE? 71-93

66. Lessons from Raja Janak	72
-----------------------------	----



CONTENTS

67. The analogy of the boat in the water	73
68. The lotus blooms in a dirty lake	74
69. You cannot live a Spiritual life anywhere else	75
70. How to balance a material and a Spiritual life?	76
71. Living with Consciousness	77
72. Liberation from misery	78
73. Living like a Yogi	79
74. The 4 cycles of Yoga	80
75. The bliss of <i>SatChitAnanda</i>	81
76. The Power of Silence	82
77. Living as the Divine Spirit	83
78. From Self-Realization to God-Realization	84
79. Experiencing God everywhere, in everything	85
80. The temple of God is within	86
81. The Truth is God is beautiful	87
82. Living without fear and stress	88
83. I am nothing, Thou art everything	89
84. Not this Not this, I am That	90
85. Seeking God and nothing else	91
86. Seeing God in one and all	92
87. Spiritual people don't live on air	93

PART G - HAPPINESS IN A SPIRITUAL WORLD **94-102**

88. Happiness is Success	95
89. The way to peace and happiness	96
90. The three peaks of happiness	97



CONTENTS

91. Pleasure from achievement is temporary	98
92. Enlightenment is being liberated from all suffering	99
93. Happiness is in the 'now'	100
94. The art of living moment by moment	101
95. The joy of giving	102

PART H - LOVE IN A SPIRITUAL WORLD **103-109**

96. True love is bliss, not just a kiss	104
97. The rainbow of love	105
98. True love is from the Divine Spirit within	106
99. Spiritual love flows to the Divine in all	107
100. The Spiritual love of the ancient Sufis and the Greeks	108
101. Spiritual love is a fountain of joy	109

PART I - IT'S A CHOICE! **110-116**

102. You can continue to live in the material world	111
103. Master or slave – what would you be?	112
104. Renunciation! A wise choice	113
105. Do you want to sink into a world of glamour?	114
106. Living as the Divine Soul	115
107. Start a new life today	116

Afterword **117**

POEM **118-123**

About the Author - AiR **124-143**

PART A

UNDERSTANDING SPIRITUALITY

Why should we understand Spirituality?

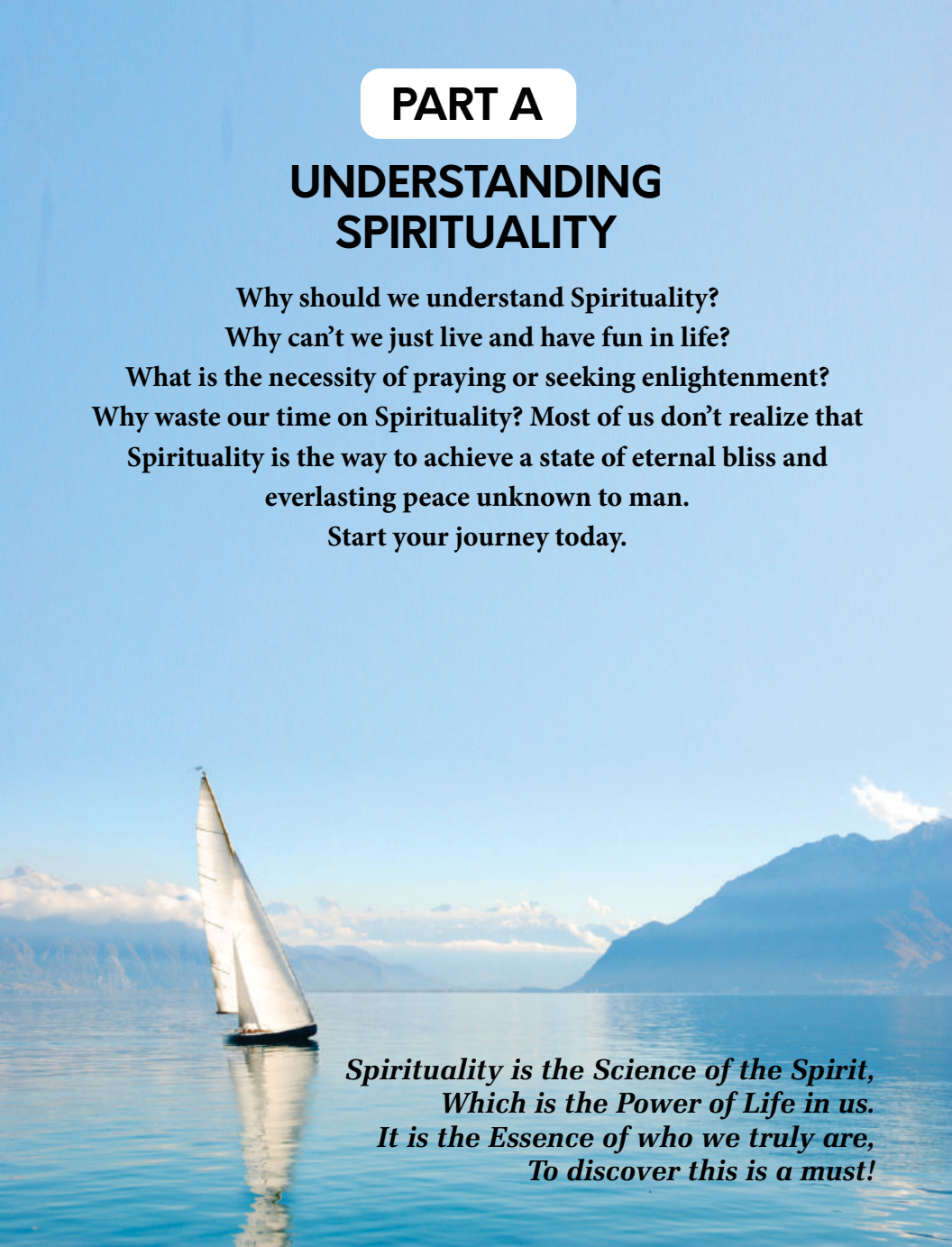
Why can't we just live and have fun in life?

What is the necessity of praying or seeking enlightenment?

Why waste our time on Spirituality? Most of us don't realize that

**Spirituality is the way to achieve a state of eternal bliss and
everlasting peace unknown to man.**

Start your journey today.

A sailboat with white sails is on a calm blue lake. In the background, there are blue mountains under a clear blue sky. The water reflects the boat and the mountains.

***Spirituality is the Science of the Spirit,
Which is the Power of Life in us.
It is the Essence of who we truly are,
To discover this is a must!***



WHAT IS SPIRITUALITY?

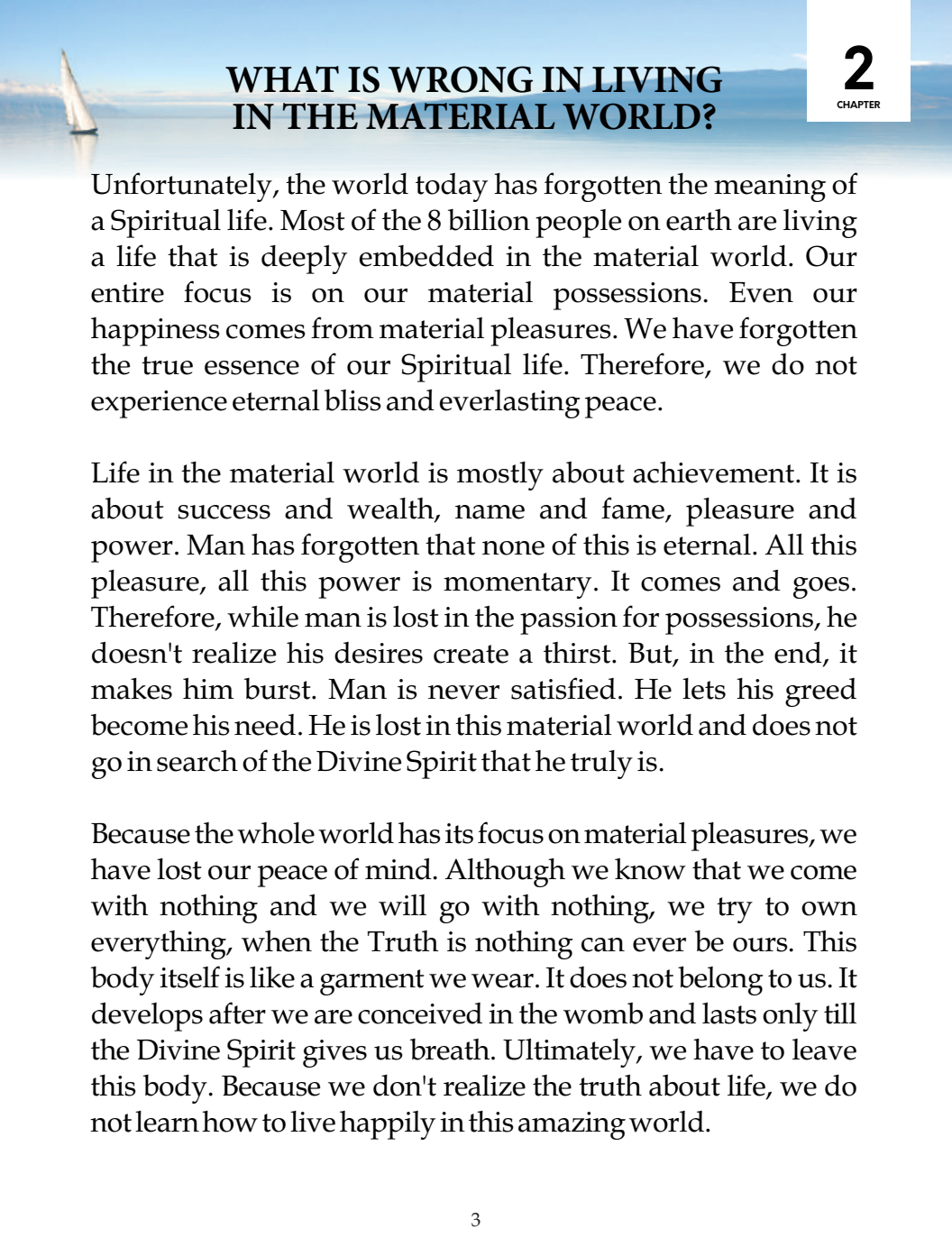
1

CHAPTER

What is the true meaning of Spirituality? Many people consider themselves to be Spiritual when in reality, they are religious. They pray to a God and they are not atheists, and they consider this to be Spirituality. They know very little or almost nothing about the Divine Spirit, the *Atman* or the Soul, but they speak as though they know everything about it. Because all of us have been conditioned and taught to believe in theology based on our scriptures, we consider God to be somebody in heaven. We also believe in Divine Spirits, angels, and ghosts. The fact is that we do not know the real meaning of Spirituality.

Spirituality is all about the Spirit which is the very Power of life within us. It is the energy that gives us breath. The moment the Spirit leaves, we experience death. A dead body has no Spirit or Soul. Where did that Divine Spirit go? Spirituality reveals the Truth. It is the science of the Soul. It helps us to Ask, Investigate and Realize the Truth. It makes us discover our true reality – that we are not this body that we appear to be, we are not the one on the ID card, we are not even the Mind and Ego that thinks it's ME. The Truth is that we are the Divine Spirit.

What is the Truth of this Spirit? It is Power or Energy. Today even science endorses that every cell of human existence is energy. What is this Power? It is God's energy manifesting as you and me. When we realize this, we are liberated from all suffering and pain.



WHAT IS WRONG IN LIVING IN THE MATERIAL WORLD?

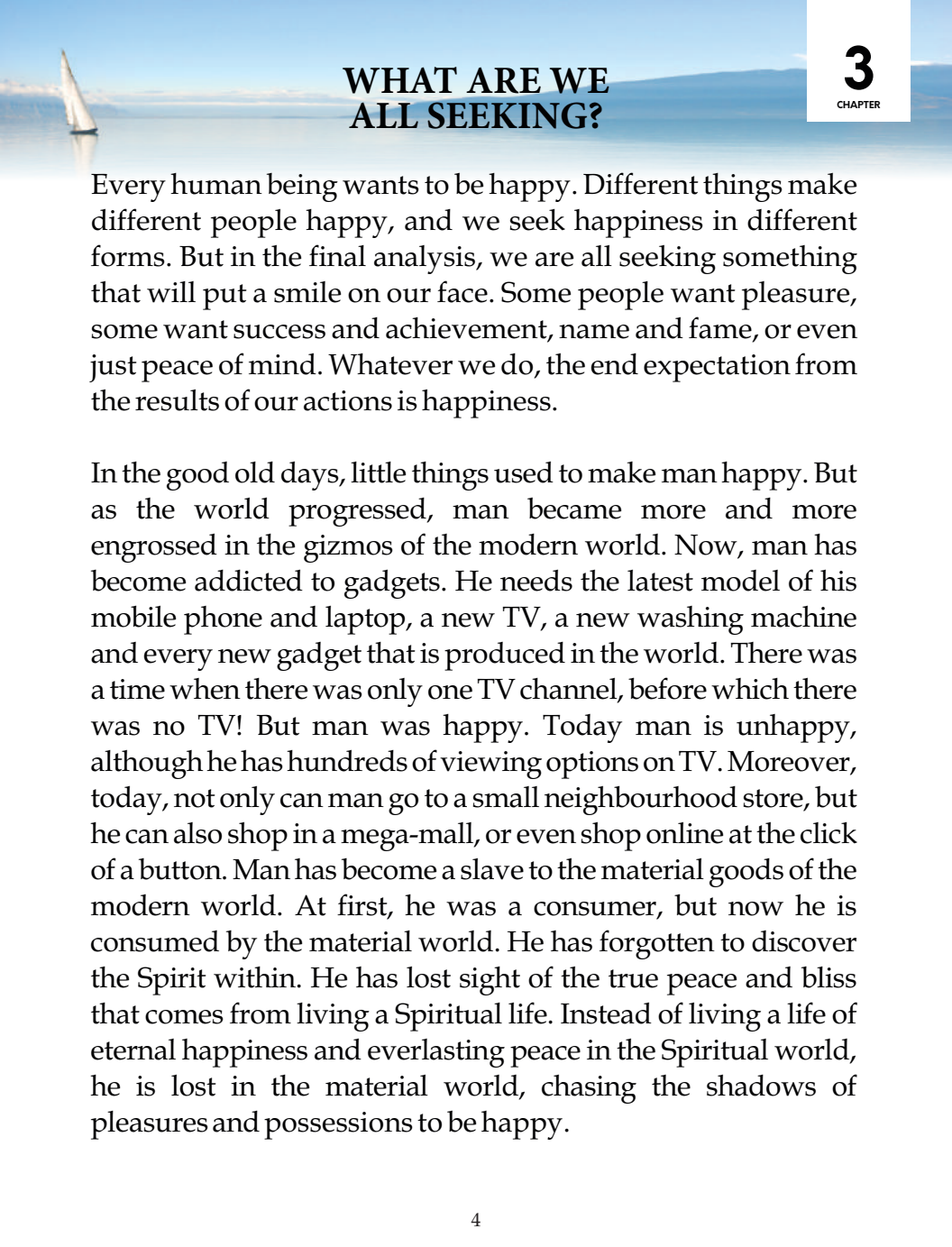
2

CHAPTER

Unfortunately, the world today has forgotten the meaning of a Spiritual life. Most of the 8 billion people on earth are living a life that is deeply embedded in the material world. Our entire focus is on our material possessions. Even our happiness comes from material pleasures. We have forgotten the true essence of our Spiritual life. Therefore, we do not experience eternal bliss and everlasting peace.

Life in the material world is mostly about achievement. It is about success and wealth, name and fame, pleasure and power. Man has forgotten that none of this is eternal. All this pleasure, all this power is momentary. It comes and goes. Therefore, while man is lost in the passion for possessions, he doesn't realize his desires create a thirst. But, in the end, it makes him burst. Man is never satisfied. He lets his greed become his need. He is lost in this material world and does not go in search of the Divine Spirit that he truly is.

Because the whole world has its focus on material pleasures, we have lost our peace of mind. Although we know that we come with nothing and we will go with nothing, we try to own everything, when the Truth is nothing can ever be ours. This body itself is like a garment we wear. It does not belong to us. It develops after we are conceived in the womb and lasts only till the Divine Spirit gives us breath. Ultimately, we have to leave this body. Because we don't realize the truth about life, we do not learn how to live happily in this amazing world.

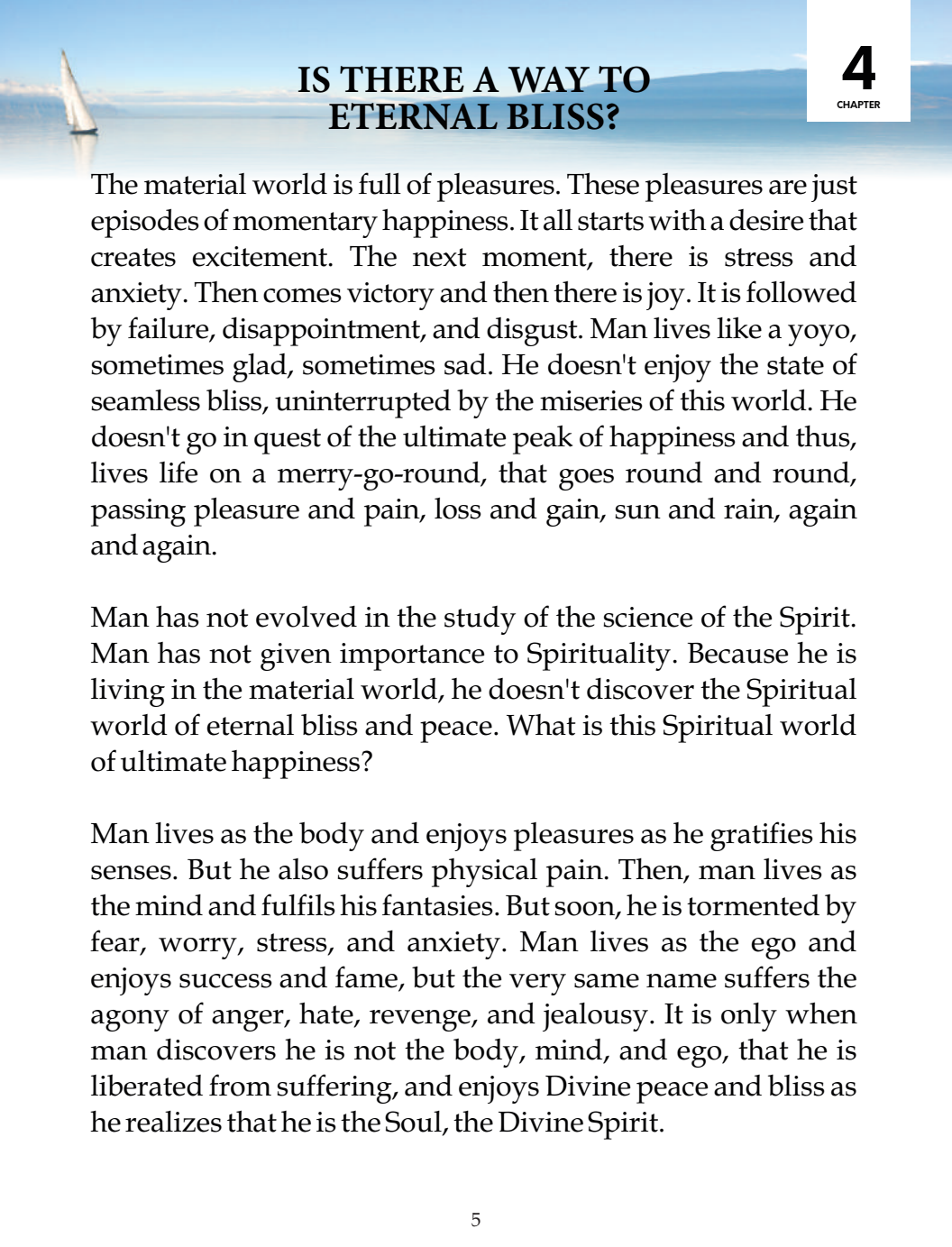


WHAT ARE WE ALL SEEKING?

3 CHAPTER

Every human being wants to be happy. Different things make different people happy, and we seek happiness in different forms. But in the final analysis, we are all seeking something that will put a smile on our face. Some people want pleasure, some want success and achievement, name and fame, or even just peace of mind. Whatever we do, the end expectation from the results of our actions is happiness.

In the good old days, little things used to make man happy. But as the world progressed, man became more and more engrossed in the gizmos of the modern world. Now, man has become addicted to gadgets. He needs the latest model of his mobile phone and laptop, a new TV, a new washing machine and every new gadget that is produced in the world. There was a time when there was only one TV channel, before which there was no TV! But man was happy. Today man is unhappy, although he has hundreds of viewing options on TV. Moreover, today, not only can man go to a small neighbourhood store, but he can also shop in a mega-mall, or even shop online at the click of a button. Man has become a slave to the material goods of the modern world. At first, he was a consumer, but now he is consumed by the material world. He has forgotten to discover the Spirit within. He has lost sight of the true peace and bliss that comes from living a Spiritual life. Instead of living a life of eternal happiness and everlasting peace in the Spiritual world, he is lost in the material world, chasing the shadows of pleasures and possessions to be happy.



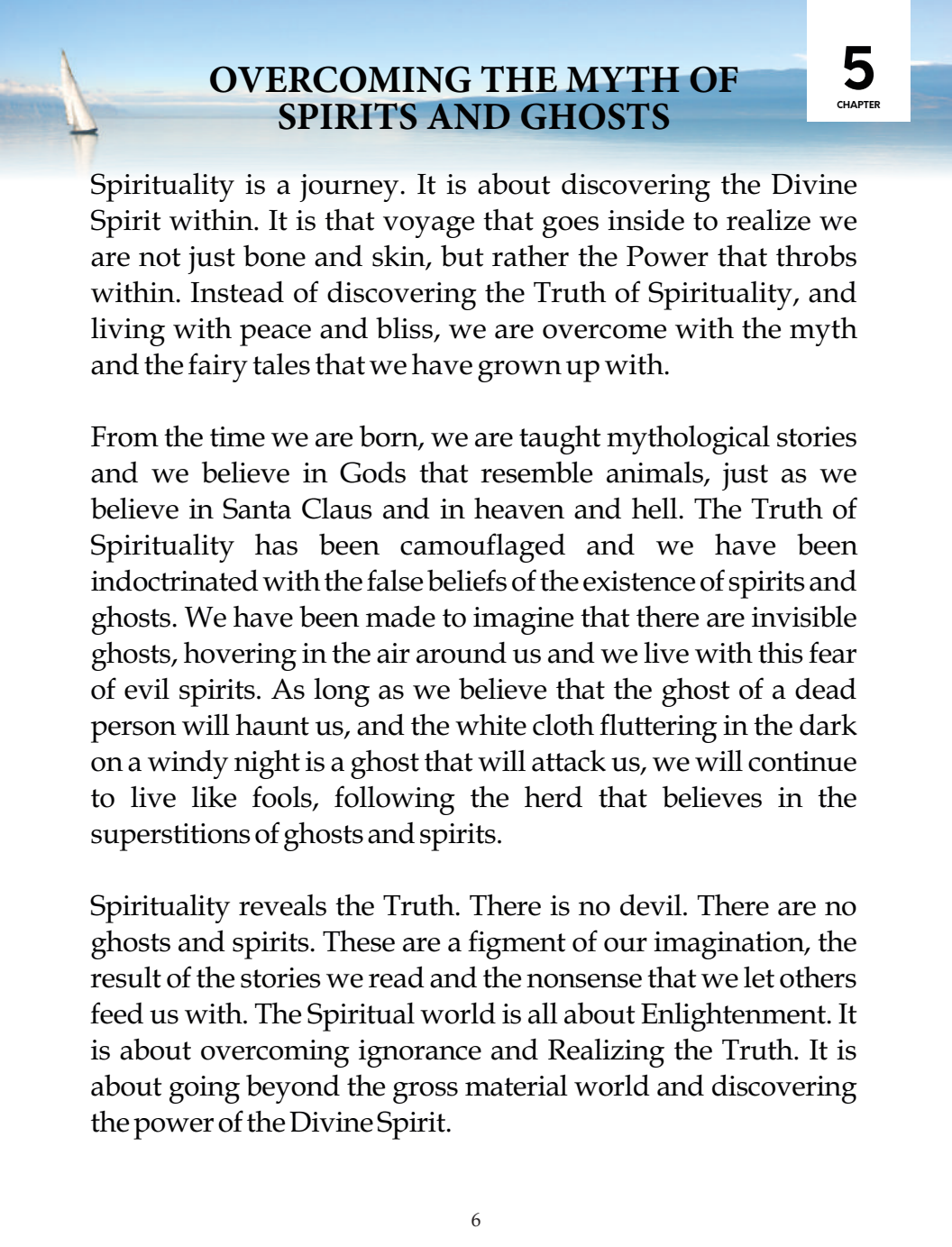
IS THERE A WAY TO ETERNAL BLISS?

4
CHAPTER

The material world is full of pleasures. These pleasures are just episodes of momentary happiness. It all starts with a desire that creates excitement. The next moment, there is stress and anxiety. Then comes victory and then there is joy. It is followed by failure, disappointment, and disgust. Man lives like a yoyo, sometimes glad, sometimes sad. He doesn't enjoy the state of seamless bliss, uninterrupted by the miseries of this world. He doesn't go in quest of the ultimate peak of happiness and thus, lives life on a merry-go-round, that goes round and round, passing pleasure and pain, loss and gain, sun and rain, again and again.

Man has not evolved in the study of the science of the Spirit. Man has not given importance to Spirituality. Because he is living in the material world, he doesn't discover the Spiritual world of eternal bliss and peace. What is this Spiritual world of ultimate happiness?

Man lives as the body and enjoys pleasures as he gratifies his senses. But he also suffers physical pain. Then, man lives as the mind and fulfils his fantasies. But soon, he is tormented by fear, worry, stress, and anxiety. Man lives as the ego and enjoys success and fame, but the very same name suffers the agony of anger, hate, revenge, and jealousy. It is only when man discovers he is not the body, mind, and ego, that he is liberated from suffering, and enjoys Divine peace and bliss as he realizes that he is the Soul, the Divine Spirit.



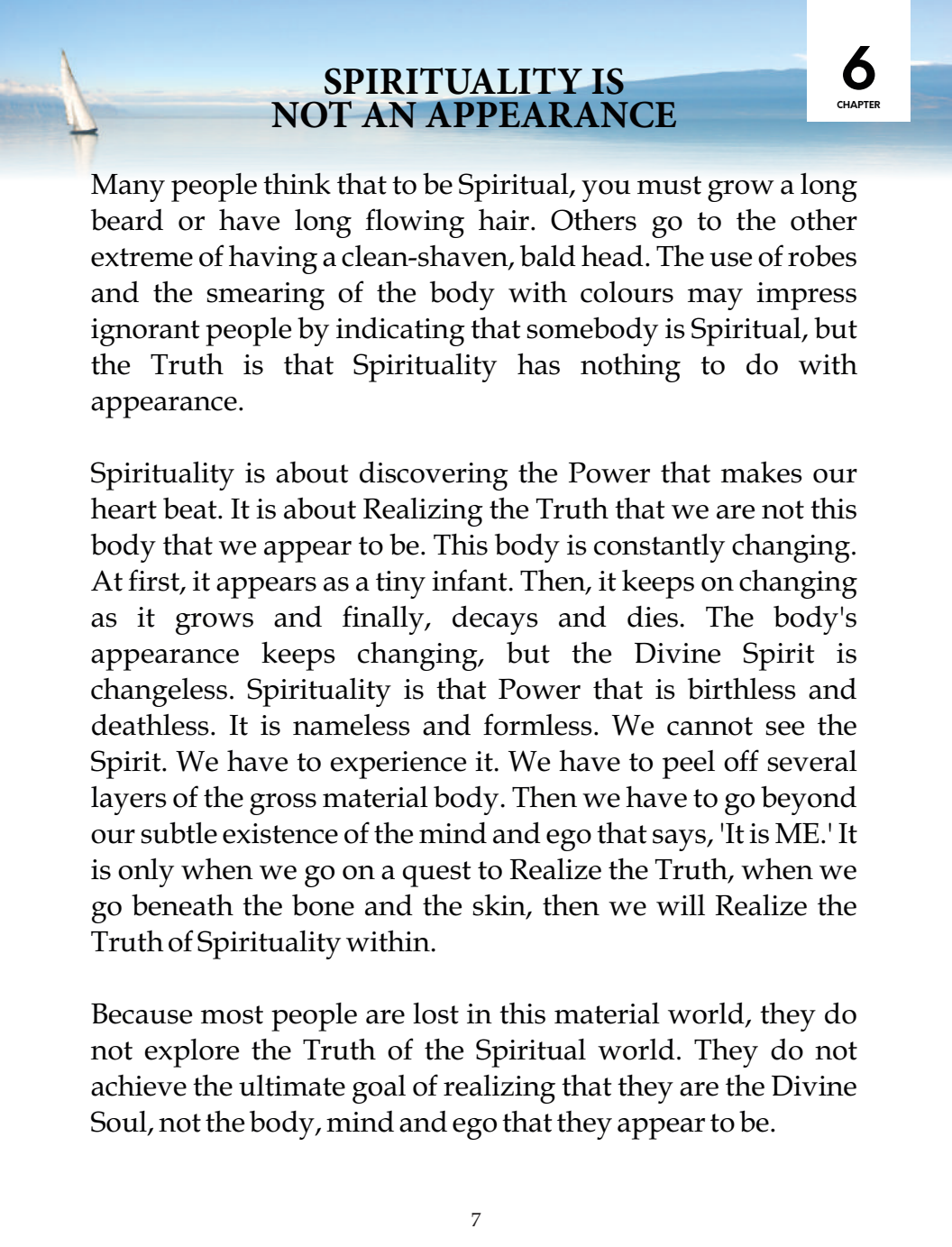
OVERCOMING THE MYTH OF SPIRITS AND GHOSTS

5 CHAPTER

Spirituality is a journey. It is about discovering the Divine Spirit within. It is that voyage that goes inside to realize we are not just bone and skin, but rather the Power that throbs within. Instead of discovering the Truth of Spirituality, and living with peace and bliss, we are overcome with the myth and the fairy tales that we have grown up with.

From the time we are born, we are taught mythological stories and we believe in Gods that resemble animals, just as we believe in Santa Claus and in heaven and hell. The Truth of Spirituality has been camouflaged and we have been indoctrinated with the false beliefs of the existence of spirits and ghosts. We have been made to imagine that there are invisible ghosts, hovering in the air around us and we live with this fear of evil spirits. As long as we believe that the ghost of a dead person will haunt us, and the white cloth fluttering in the dark on a windy night is a ghost that will attack us, we will continue to live like fools, following the herd that believes in the superstitions of ghosts and spirits.

Spirituality reveals the Truth. There is no devil. There are no ghosts and spirits. These are a figment of our imagination, the result of the stories we read and the nonsense that we let others feed us with. The Spiritual world is all about Enlightenment. It is about overcoming ignorance and Realizing the Truth. It is about going beyond the gross material world and discovering the power of the Divine Spirit.



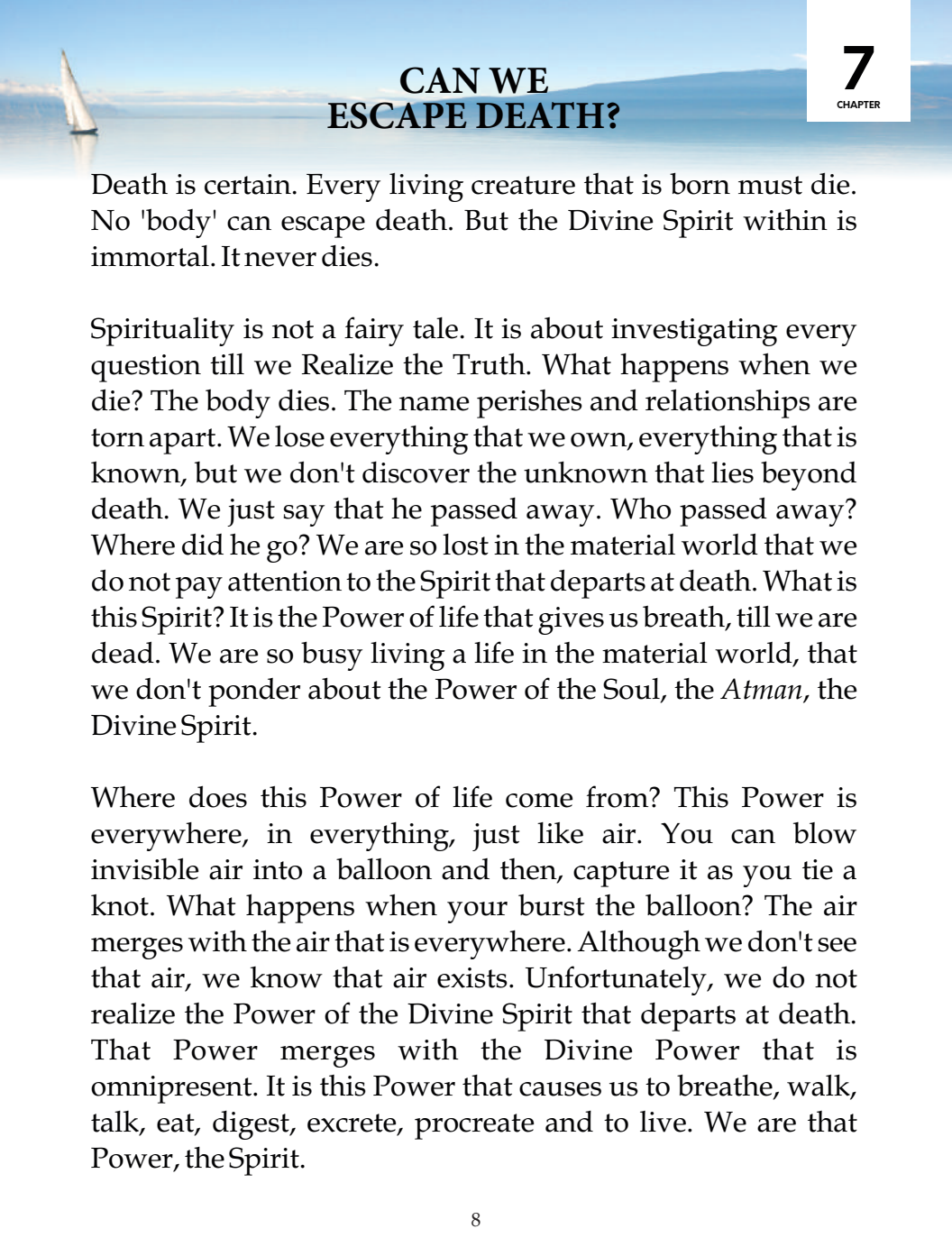
SPIRITUALITY IS NOT AN APPEARANCE

6
CHAPTER

Many people think that to be Spiritual, you must grow a long beard or have long flowing hair. Others go to the other extreme of having a clean-shaven, bald head. The use of robes and the smearing of the body with colours may impress ignorant people by indicating that somebody is Spiritual, but the Truth is that Spirituality has nothing to do with appearance.

Spirituality is about discovering the Power that makes our heart beat. It is about Realizing the Truth that we are not this body that we appear to be. This body is constantly changing. At first, it appears as a tiny infant. Then, it keeps on changing as it grows and finally, decays and dies. The body's appearance keeps changing, but the Divine Spirit is changeless. Spirituality is that Power that is birthless and deathless. It is nameless and formless. We cannot see the Spirit. We have to experience it. We have to peel off several layers of the gross material body. Then we have to go beyond our subtle existence of the mind and ego that says, 'It is ME.' It is only when we go on a quest to Realize the Truth, when we go beneath the bone and the skin, then we will Realize the Truth of Spirituality within.

Because most people are lost in this material world, they do not explore the Truth of the Spiritual world. They do not achieve the ultimate goal of realizing that they are the Divine Soul, not the body, mind and ego that they appear to be.



CAN WE ESCAPE DEATH?

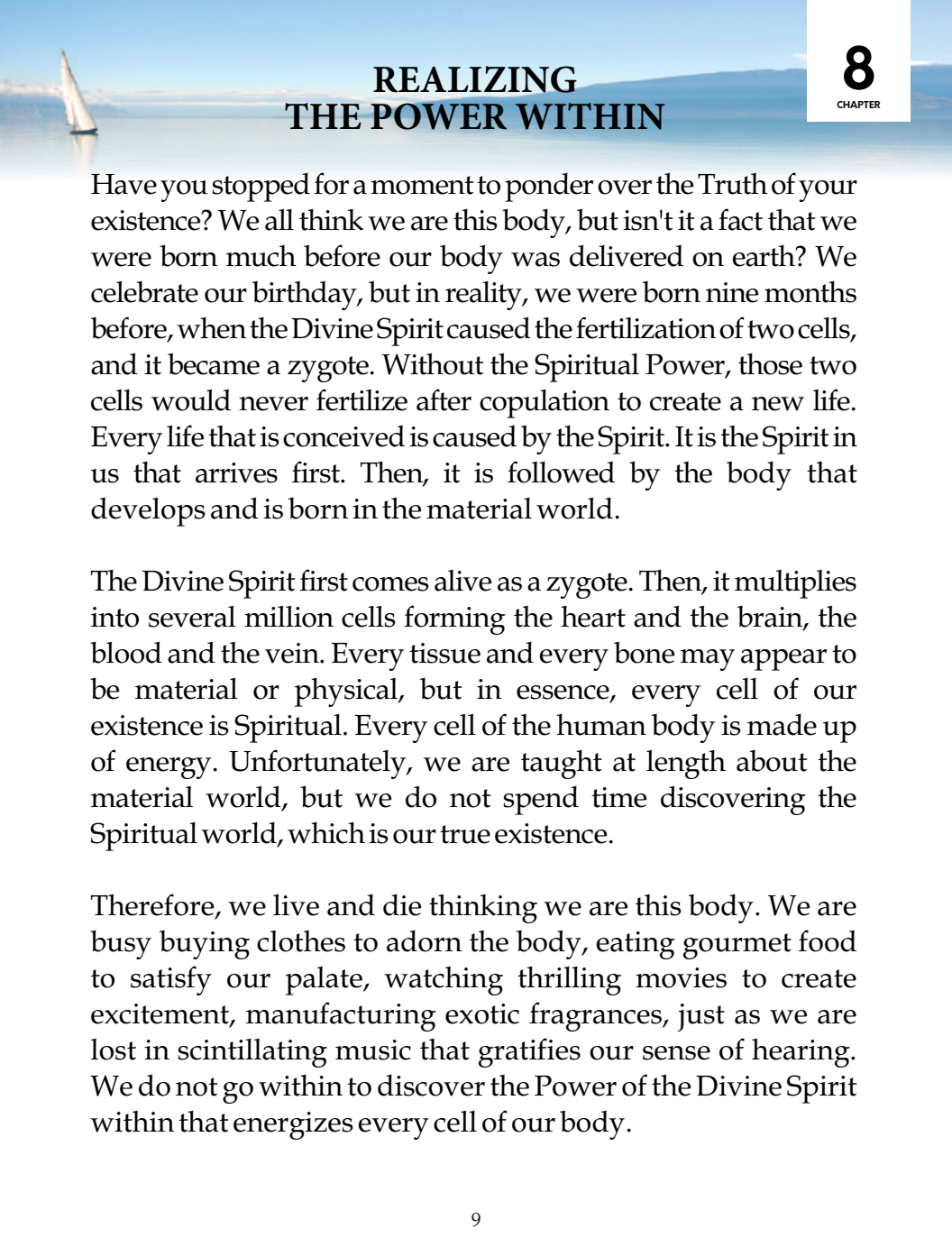
7

CHAPTER

Death is certain. Every living creature that is born must die. No 'body' can escape death. But the Divine Spirit within is immortal. It never dies.

Spirituality is not a fairy tale. It is about investigating every question till we Realize the Truth. What happens when we die? The body dies. The name perishes and relationships are torn apart. We lose everything that we own, everything that is known, but we don't discover the unknown that lies beyond death. We just say that he passed away. Who passed away? Where did he go? We are so lost in the material world that we do not pay attention to the Spirit that departs at death. What is this Spirit? It is the Power of life that gives us breath, till we are dead. We are so busy living a life in the material world, that we don't ponder about the Power of the Soul, the *Atman*, the Divine Spirit.

Where does this Power of life come from? This Power is everywhere, in everything, just like air. You can blow invisible air into a balloon and then, capture it as you tie a knot. What happens when you burst the balloon? The air merges with the air that is everywhere. Although we don't see that air, we know that air exists. Unfortunately, we do not realize the Power of the Divine Spirit that departs at death. That Power merges with the Divine Power that is omnipresent. It is this Power that causes us to breathe, walk, talk, eat, digest, excrete, procreate and to live. We are that Power, the Spirit.



REALIZING THE POWER WITHIN

8

CHAPTER

Have you stopped for a moment to ponder over the Truth of your existence? We all think we are this body, but isn't it a fact that we were born much before our body was delivered on earth? We celebrate our birthday, but in reality, we were born nine months before, when the Divine Spirit caused the fertilization of two cells, and it became a zygote. Without the Spiritual Power, those two cells would never fertilize after copulation to create a new life. Every life that is conceived is caused by the Spirit. It is the Spirit in us that arrives first. Then, it is followed by the body that develops and is born in the material world.

The Divine Spirit first comes alive as a zygote. Then, it multiplies into several million cells forming the heart and the brain, the blood and the vein. Every tissue and every bone may appear to be material or physical, but in essence, every cell of our existence is Spiritual. Every cell of the human body is made up of energy. Unfortunately, we are taught at length about the material world, but we do not spend time discovering the Spiritual world, which is our true existence.

Therefore, we live and die thinking we are this body. We are busy buying clothes to adorn the body, eating gourmet food to satisfy our palate, watching thrilling movies to create excitement, manufacturing exotic fragrances, just as we are lost in scintillating music that gratifies our sense of hearing. We do not go within to discover the Power of the Divine Spirit within that energizes every cell of our body.



STARTING THE SPIRITUAL JOURNEY

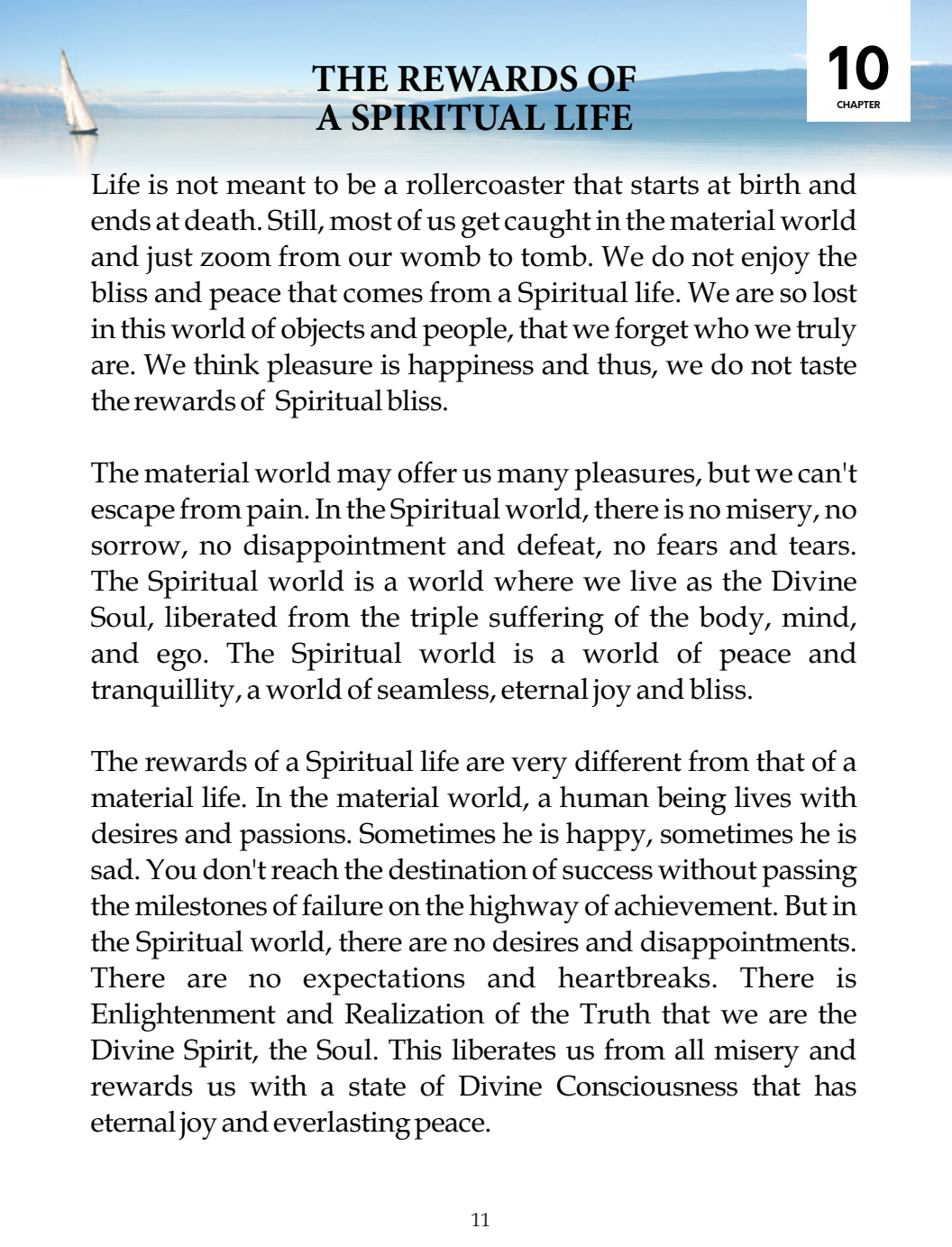
9
CHAPTER

How does one start a Spiritual journey? We all know how to book our tickets, pack our bags, apply for a visa, and board an aircraft. But we have not learned to start the voyage within. How can we start a journey to discover the Divine Spirit, the Power of the Soul, the life energy that we truly are?

To start a Spiritual journey, one must go on a quest. One must ask the question – Who am I in reality? Am I this body that will die? Am I the ego that keeps on saying 'I'? Am I the mind that I cannot find? When we go on a quest to Realize the Spiritual Truth, we start the journey.

The majority of the human population just lives and dies. They enjoy the pleasures of this material world, but when something goes wrong, they look up at the sky, they cry and ask, 'Why?' They don't try to understand why things unfold in the world as they do. They do not discover the Truth of their existence. Less than 1% of humanity goes on a Spiritual journey. This rare minority tries to discover the Power of the Soul, the Divine Spirit within, and decode the mystery of life.

Why is it that very few people discover the Spiritual world? It is because most of humanity is lost in the material world. We are screaming and yelling, dancing and singing, living and dying without knowing who we truly are. Alas! We do not experience the Divine bliss that comes from living as the Divine Spirit. We must start our Spiritual journey now!



THE REWARDS OF A SPIRITUAL LIFE

10 CHAPTER

Life is not meant to be a rollercoaster that starts at birth and ends at death. Still, most of us get caught in the material world and just zoom from our womb to tomb. We do not enjoy the bliss and peace that comes from a Spiritual life. We are so lost in this world of objects and people, that we forget who we truly are. We think pleasure is happiness and thus, we do not taste the rewards of Spiritual bliss.

The material world may offer us many pleasures, but we can't escape from pain. In the Spiritual world, there is no misery, no sorrow, no disappointment and defeat, no fears and tears. The Spiritual world is a world where we live as the Divine Soul, liberated from the triple suffering of the body, mind, and ego. The Spiritual world is a world of peace and tranquillity, a world of seamless, eternal joy and bliss.

The rewards of a Spiritual life are very different from that of a material life. In the material world, a human being lives with desires and passions. Sometimes he is happy, sometimes he is sad. You don't reach the destination of success without passing the milestones of failure on the highway of achievement. But in the Spiritual world, there are no desires and disappointments. There are no expectations and heartbreaks. There is Enlightenment and Realization of the Truth that we are the Divine Spirit, the Soul. This liberates us from all misery and rewards us with a state of Divine Consciousness that has eternal joy and everlasting peace.

PART B

REAL LIFE STORIES OF THE MATERIAL WORLD

When we look around us, don't we find people suffering?

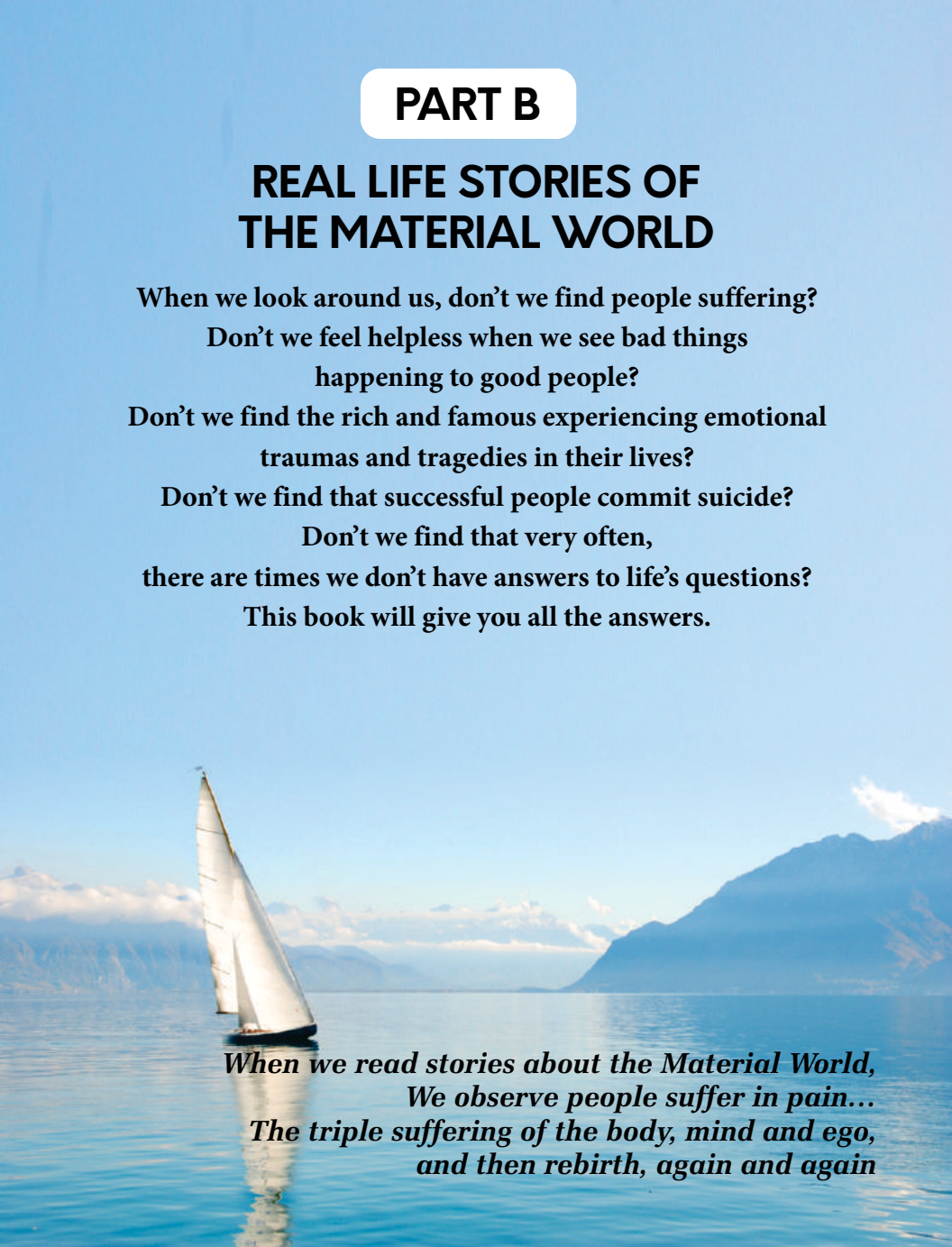
**Don't we feel helpless when we see bad things
happening to good people?**

**Don't we find the rich and famous experiencing emotional
traumas and tragedies in their lives?**

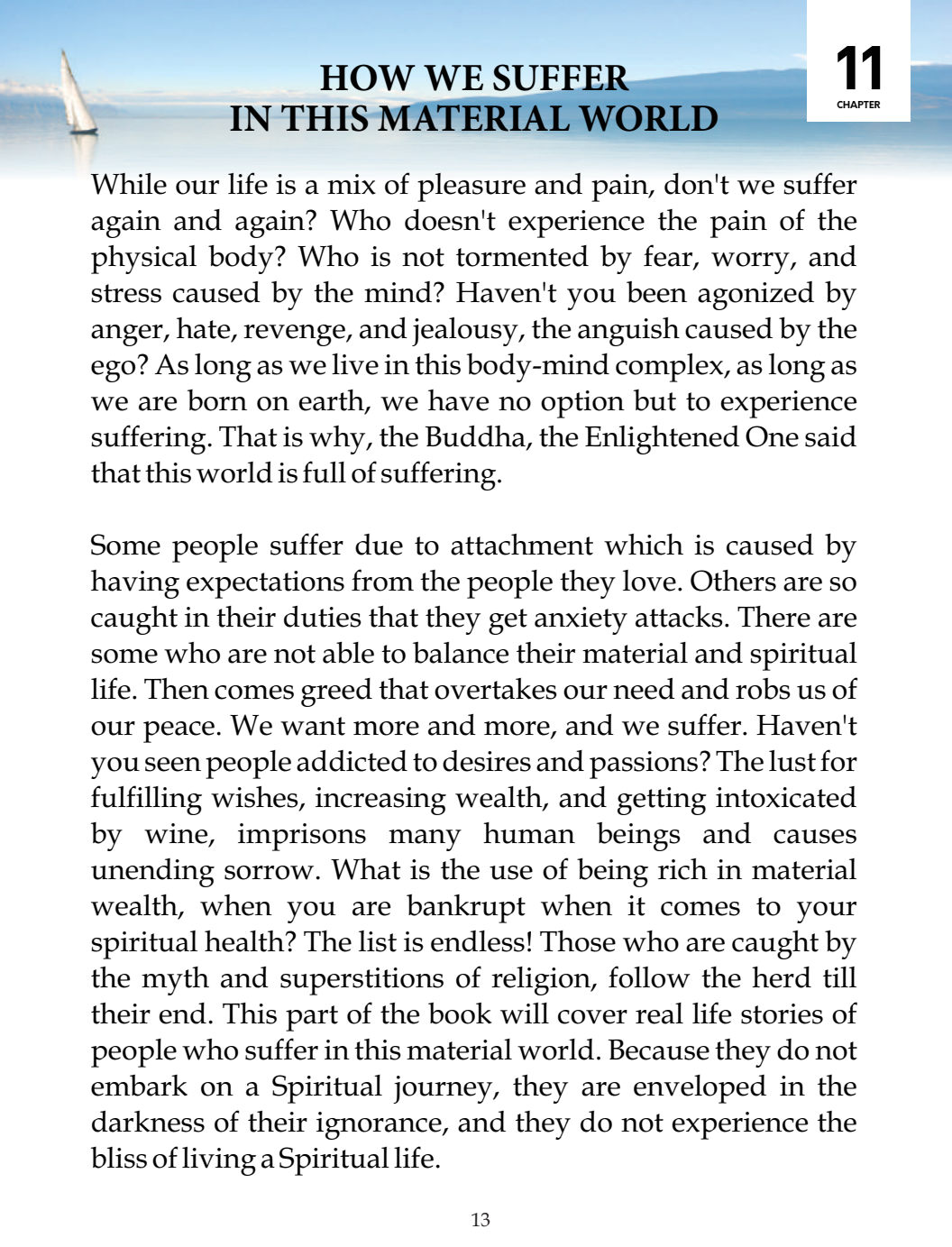
Don't we find that successful people commit suicide?

**Don't we find that very often,
there are times we don't have answers to life's questions?**

This book will give you all the answers.

A sailboat with white sails is on a calm blue sea. In the background, there are blue mountains under a clear sky. The water reflects the boat and the mountains.

***When we read stories about the Material World,
We observe people suffer in pain...
The triple suffering of the body, mind and ego,
and then rebirth, again and again***



HOW WE SUFFER IN THIS MATERIAL WORLD

11
CHAPTER

While our life is a mix of pleasure and pain, don't we suffer again and again? Who doesn't experience the pain of the physical body? Who is not tormented by fear, worry, and stress caused by the mind? Haven't you been agonized by anger, hate, revenge, and jealousy, the anguish caused by the ego? As long as we live in this body-mind complex, as long as we are born on earth, we have no option but to experience suffering. That is why, the Buddha, the Enlightened One said that this world is full of suffering.

Some people suffer due to attachment which is caused by having expectations from the people they love. Others are so caught in their duties that they get anxiety attacks. There are some who are not able to balance their material and spiritual life. Then comes greed that overtakes our need and robs us of our peace. We want more and more, and we suffer. Haven't you seen people addicted to desires and passions? The lust for fulfilling wishes, increasing wealth, and getting intoxicated by wine, imprisons many human beings and causes unending sorrow. What is the use of being rich in material wealth, when you are bankrupt when it comes to your spiritual health? The list is endless! Those who are caught by the myth and superstitions of religion, follow the herd till their end. This part of the book will cover real life stories of people who suffer in this material world. Because they do not embark on a Spiritual journey, they are enveloped in the darkness of their ignorance, and they do not experience the bliss of living a Spiritual life.

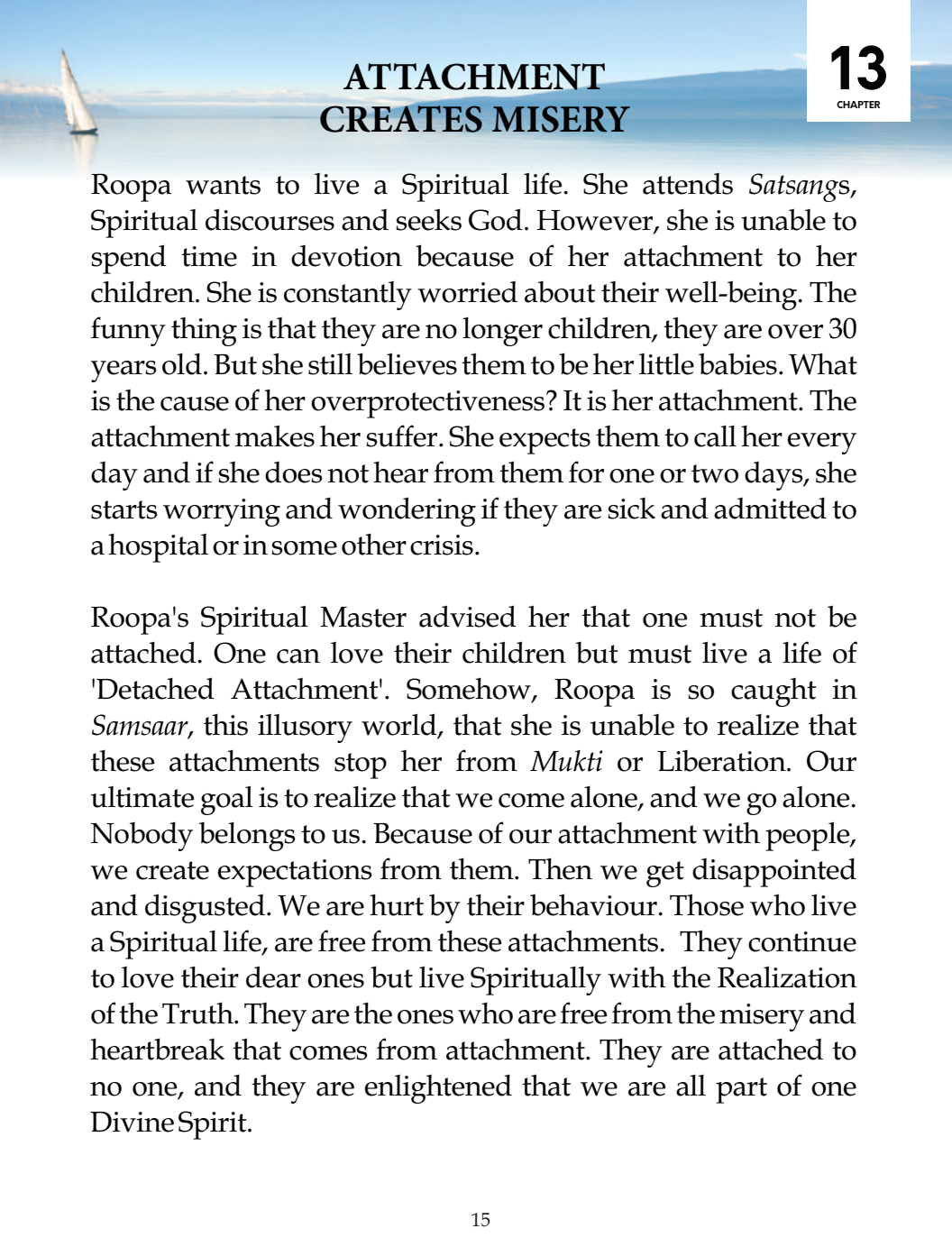


THE *DHARAM SANKAT* – A CRISIS

12
CHAPTER

Gautam wanted to live a Spiritual life. However, he was caught between the devil and the deep sea. This *Dharam Sankat* created a crisis that was pulling him apart. On one side were his parents, the society, religious leaders urging him to follow traditional beliefs. On the other side, there was the voice of his conscience, telling him to let go of the myth and Realize the Truth. He wanted to explore and find God, but he had been warned that he would burn in hell if he deviated from the path laid down by his religion and scripture.

Many people live in such a dilemma. They grow up following a religion that teaches them to pray to a God in a temple or church. They have deep devotion and their love for God makes them seek God. However, they are scared to ask questions because they are told that it is blasphemous to question their religion. They continue to perform rituals and follow superstitions. Although they grow from kindergarten to a university and achieve a lot of success in the material world, they do not graduate in the university of Spirituality because they are caught in their *Dharam Sankat* – a crisis, that on one side urges them to do the duties that they are expected to perform, and on the other, explore the Spiritual Truth that will enlighten them and liberate them from all misery and suffering. If Gautam sinks in the crisis of his *Dharam Sankat*, he will suffer because of the myth, but if he Realizes the Truth, he will be enlightened and he will experience eternal bliss and peace that comes from living a Spiritual life.



ATTACHMENT CREATES MISERY

13

CHAPTER

Roopa wants to live a Spiritual life. She attends *Satsangs*, Spiritual discourses and seeks God. However, she is unable to spend time in devotion because of her attachment to her children. She is constantly worried about their well-being. The funny thing is that they are no longer children, they are over 30 years old. But she still believes them to be her little babies. What is the cause of her overprotectiveness? It is her attachment. The attachment makes her suffer. She expects them to call her every day and if she does not hear from them for one or two days, she starts worrying and wondering if they are sick and admitted to a hospital or in some other crisis.

Roopa's Spiritual Master advised her that one must not be attached. One can love their children but must live a life of 'Detached Attachment'. Somehow, Roopa is so caught in *Samsaar*, this illusory world, that she is unable to realize that these attachments stop her from *Mukti* or Liberation. Our ultimate goal is to realize that we come alone, and we go alone. Nobody belongs to us. Because of our attachment with people, we create expectations from them. Then we get disappointed and disgusted. We are hurt by their behaviour. Those who live a Spiritual life, are free from these attachments. They continue to love their dear ones but live Spiritually with the Realization of the Truth. They are the ones who are free from the misery and heartbreak that comes from attachment. They are attached to no one, and they are enlightened that we are all part of one Divine Spirit.

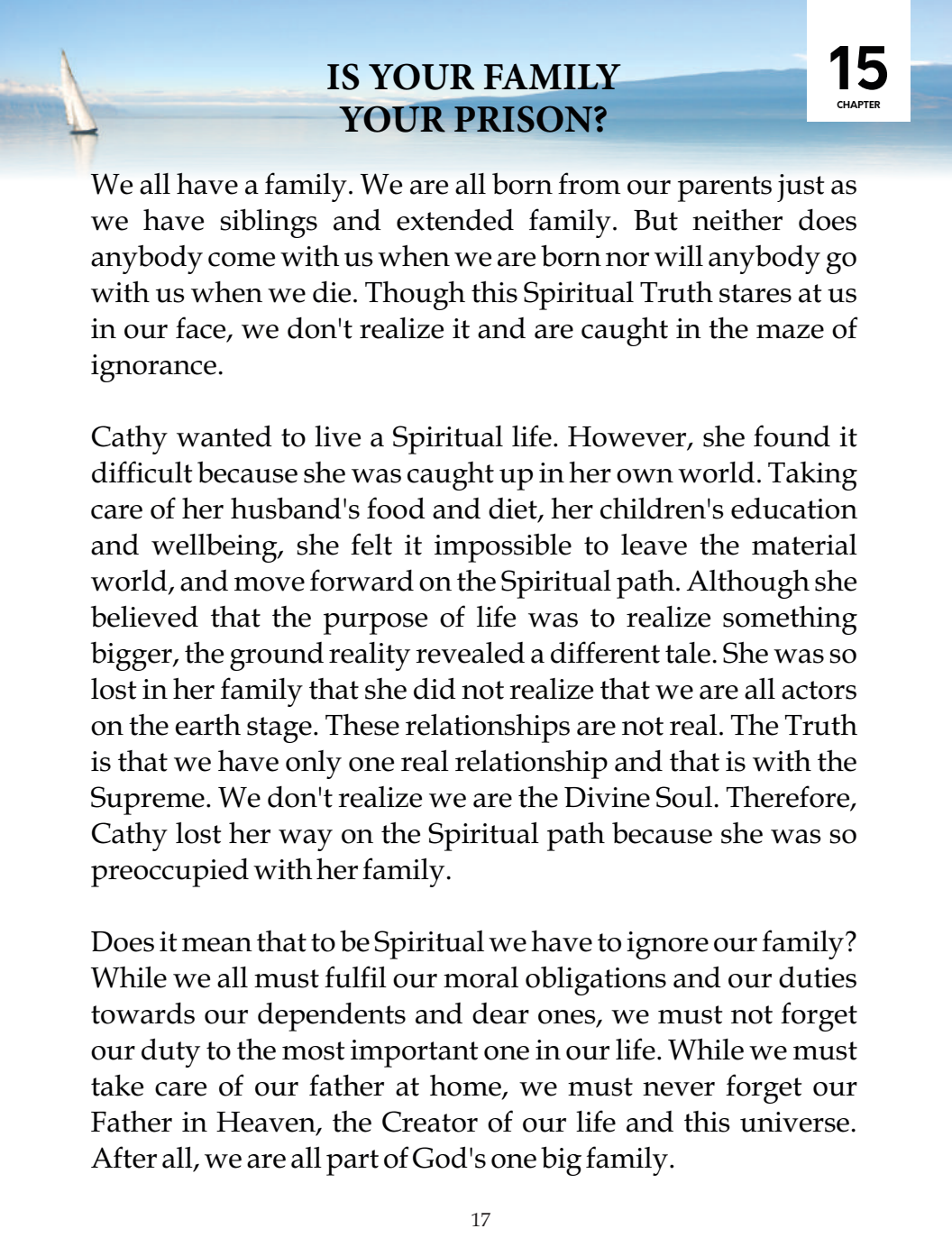


DUTY STOPS US FROM ENLIGHTENMENT

14
CHAPTER

When we read this for the first time, we may think we have read it wrong. How can duty come in the way of living a Spiritual life? We all have to do our duty, don't we?

Rachita was a mother of two children. She was pursuing a life of Spirituality. Somehow, every time she wanted to spend time in meditation and yoga, she would be pulled towards her children. She loved her children, but they became a hurdle in her Spiritual evolution. But she did not realize this. The reality was that not only was she fulfilling her duties towards her children, but she was also over-attached to them. Of course, she would read profound Spiritual passages which stated that we are not the body that we appear to be. We are all the Spirit, the Divine Soul. We are actually one. While she understood this, she could not let go of her belief that she was the creator of her two children. She believed that she was not only responsible for their upbringing, but she was also responsible for every aspect of their life. In her anxiousness to do her duty towards her children, she had forgotten that each of them had their own Karma and ultimately, they had to live their own life. Although her children became adults, she did not work towards making them independent and continued to let them be dependent on her for everything. Her life revolved around the two and before she realized it, life had escaped her! She forgot her duty towards discovering her own purpose of life. She could not devote her time to her intrinsic Spiritual interests because of her perceived duty.



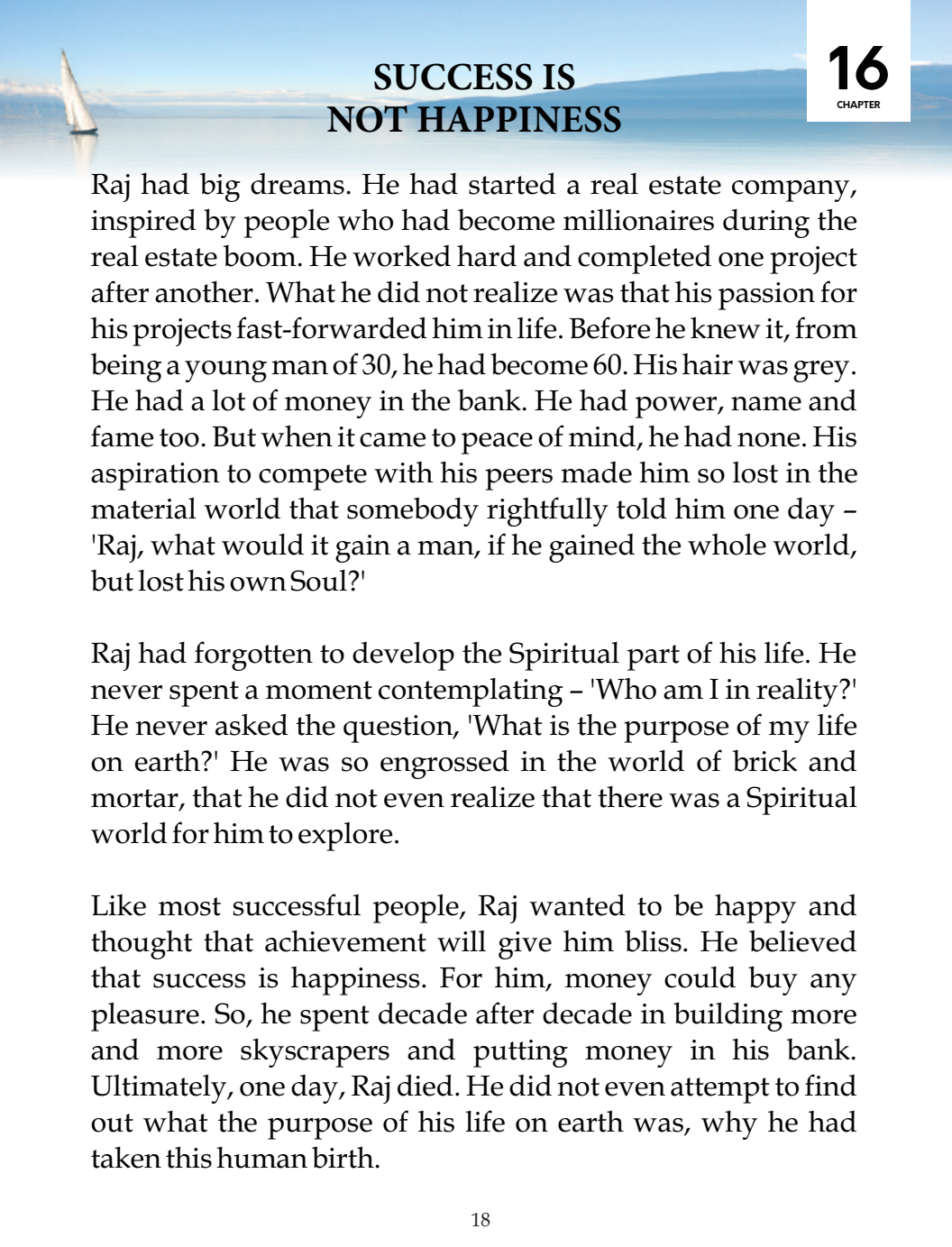
IS YOUR FAMILY YOUR PRISON?

15
CHAPTER

We all have a family. We are all born from our parents just as we have siblings and extended family. But neither does anybody come with us when we are born nor will anybody go with us when we die. Though this Spiritual Truth stares at us in our face, we don't realize it and are caught in the maze of ignorance.

Cathy wanted to live a Spiritual life. However, she found it difficult because she was caught up in her own world. Taking care of her husband's food and diet, her children's education and wellbeing, she felt it impossible to leave the material world, and move forward on the Spiritual path. Although she believed that the purpose of life was to realize something bigger, the ground reality revealed a different tale. She was so lost in her family that she did not realize that we are all actors on the earth stage. These relationships are not real. The Truth is that we have only one real relationship and that is with the Supreme. We don't realize we are the Divine Soul. Therefore, Cathy lost her way on the Spiritual path because she was so preoccupied with her family.

Does it mean that to be Spiritual we have to ignore our family? While we all must fulfil our moral obligations and our duties towards our dependents and dear ones, we must not forget our duty to the most important one in our life. While we must take care of our father at home, we must never forget our Father in Heaven, the Creator of our life and this universe. After all, we are all part of God's one big family.



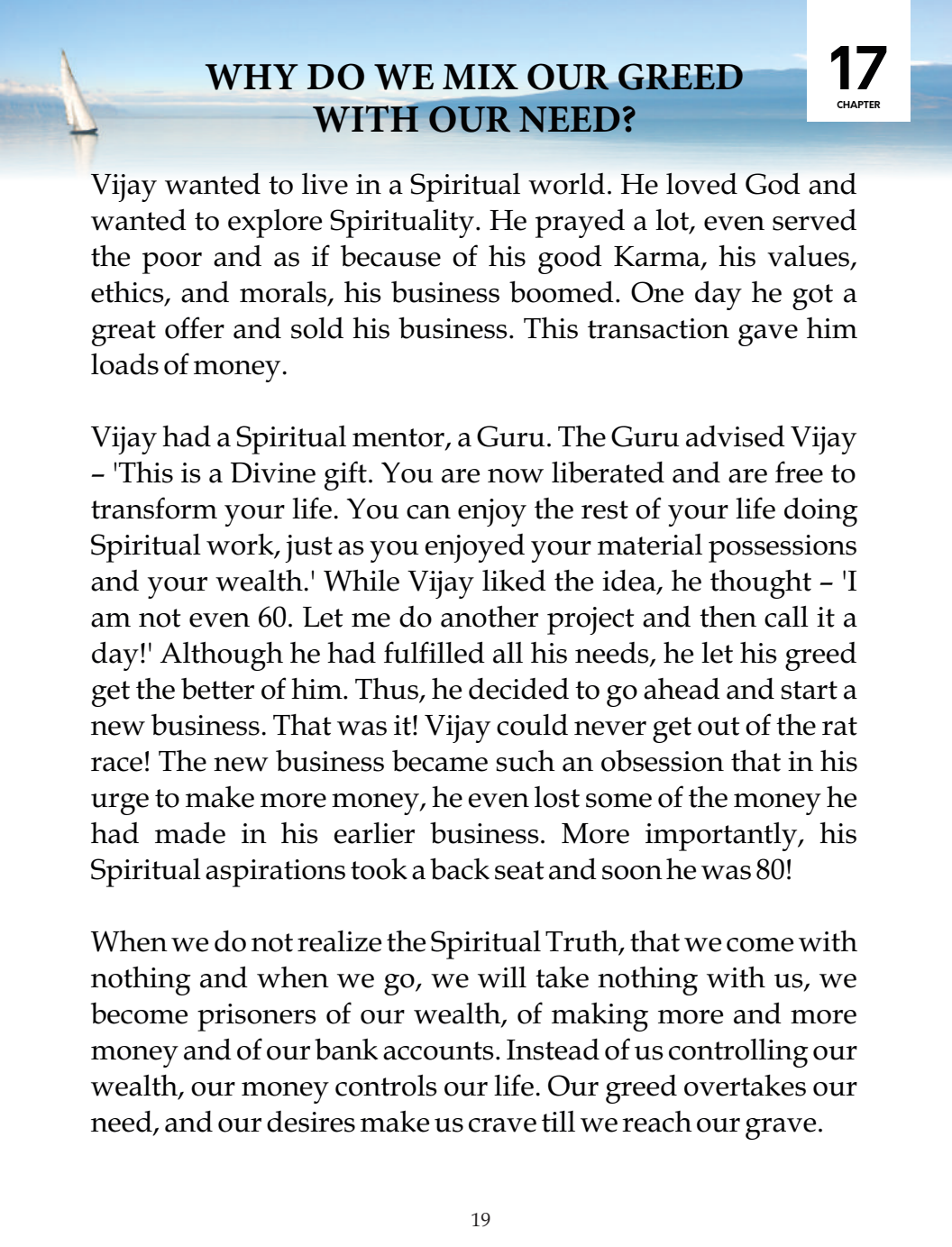
SUCCESS IS NOT HAPPINESS

16
CHAPTER

Raj had big dreams. He had started a real estate company, inspired by people who had become millionaires during the real estate boom. He worked hard and completed one project after another. What he did not realize was that his passion for his projects fast-forwarded him in life. Before he knew it, from being a young man of 30, he had become 60. His hair was grey. He had a lot of money in the bank. He had power, name and fame too. But when it came to peace of mind, he had none. His aspiration to compete with his peers made him so lost in the material world that somebody rightfully told him one day – 'Raj, what would it gain a man, if he gained the whole world, but lost his own Soul?'

Raj had forgotten to develop the Spiritual part of his life. He never spent a moment contemplating – 'Who am I in reality?' He never asked the question, 'What is the purpose of my life on earth?' He was so engrossed in the world of brick and mortar, that he did not even realize that there was a Spiritual world for him to explore.

Like most successful people, Raj wanted to be happy and thought that achievement will give him bliss. He believed that success is happiness. For him, money could buy any pleasure. So, he spent decade after decade in building more and more skyscrapers and putting money in his bank. Ultimately, one day, Raj died. He did not even attempt to find out what the purpose of his life on earth was, why he had taken this human birth.



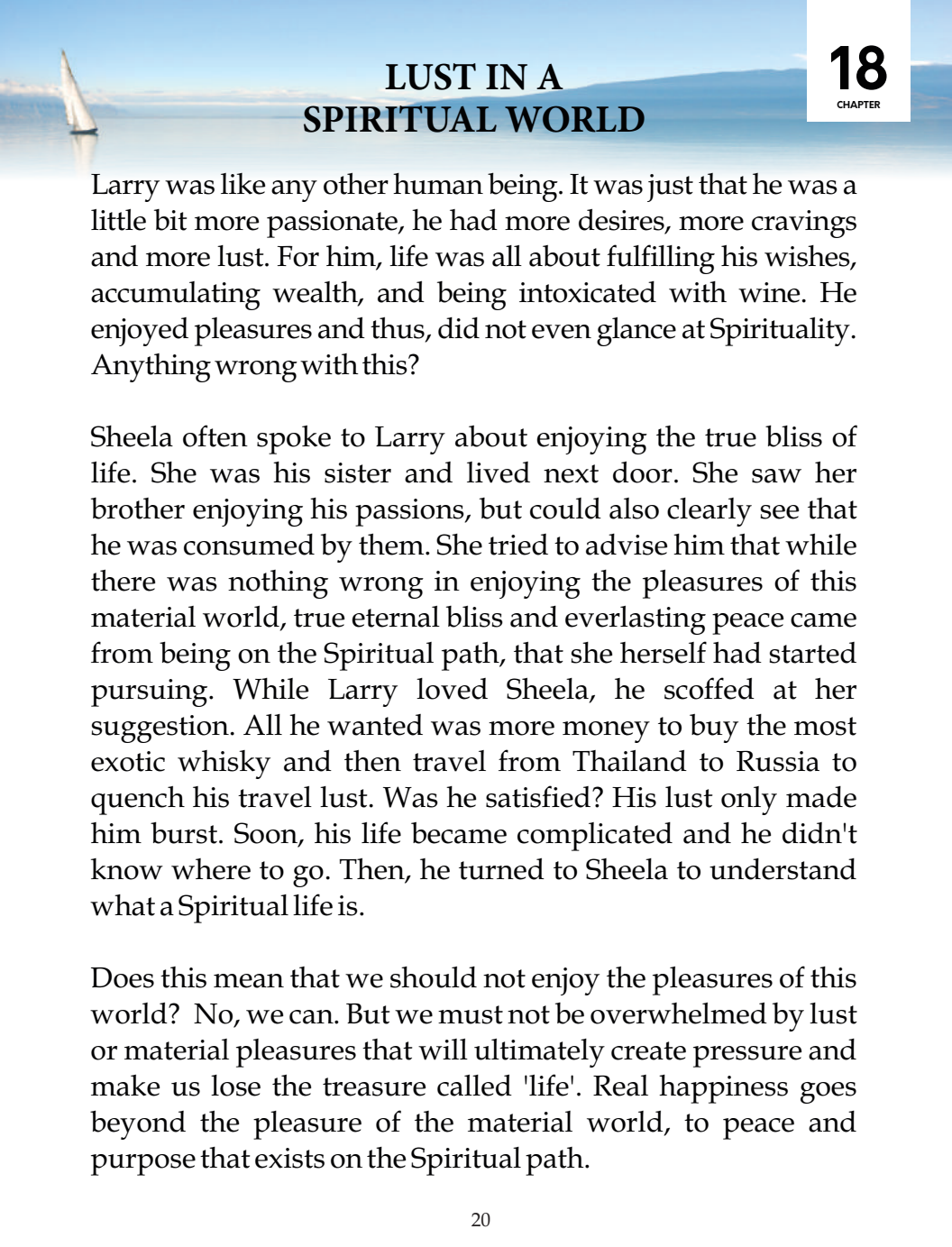
WHY DO WE MIX OUR GREED WITH OUR NEED?

17
CHAPTER

Vijay wanted to live in a Spiritual world. He loved God and wanted to explore Spirituality. He prayed a lot, even served the poor and as if because of his good Karma, his values, ethics, and morals, his business boomed. One day he got a great offer and sold his business. This transaction gave him loads of money.

Vijay had a Spiritual mentor, a Guru. The Guru advised Vijay – 'This is a Divine gift. You are now liberated and are free to transform your life. You can enjoy the rest of your life doing Spiritual work, just as you enjoyed your material possessions and your wealth.' While Vijay liked the idea, he thought – 'I am not even 60. Let me do another project and then call it a day!' Although he had fulfilled all his needs, he let his greed get the better of him. Thus, he decided to go ahead and start a new business. That was it! Vijay could never get out of the rat race! The new business became such an obsession that in his urge to make more money, he even lost some of the money he had made in his earlier business. More importantly, his Spiritual aspirations took a back seat and soon he was 80!

When we do not realize the Spiritual Truth, that we come with nothing and when we go, we will take nothing with us, we become prisoners of our wealth, of making more and more money and of our bank accounts. Instead of us controlling our wealth, our money controls our life. Our greed overtakes our need, and our desires make us crave till we reach our grave.



LUST IN A SPIRITUAL WORLD

18
CHAPTER

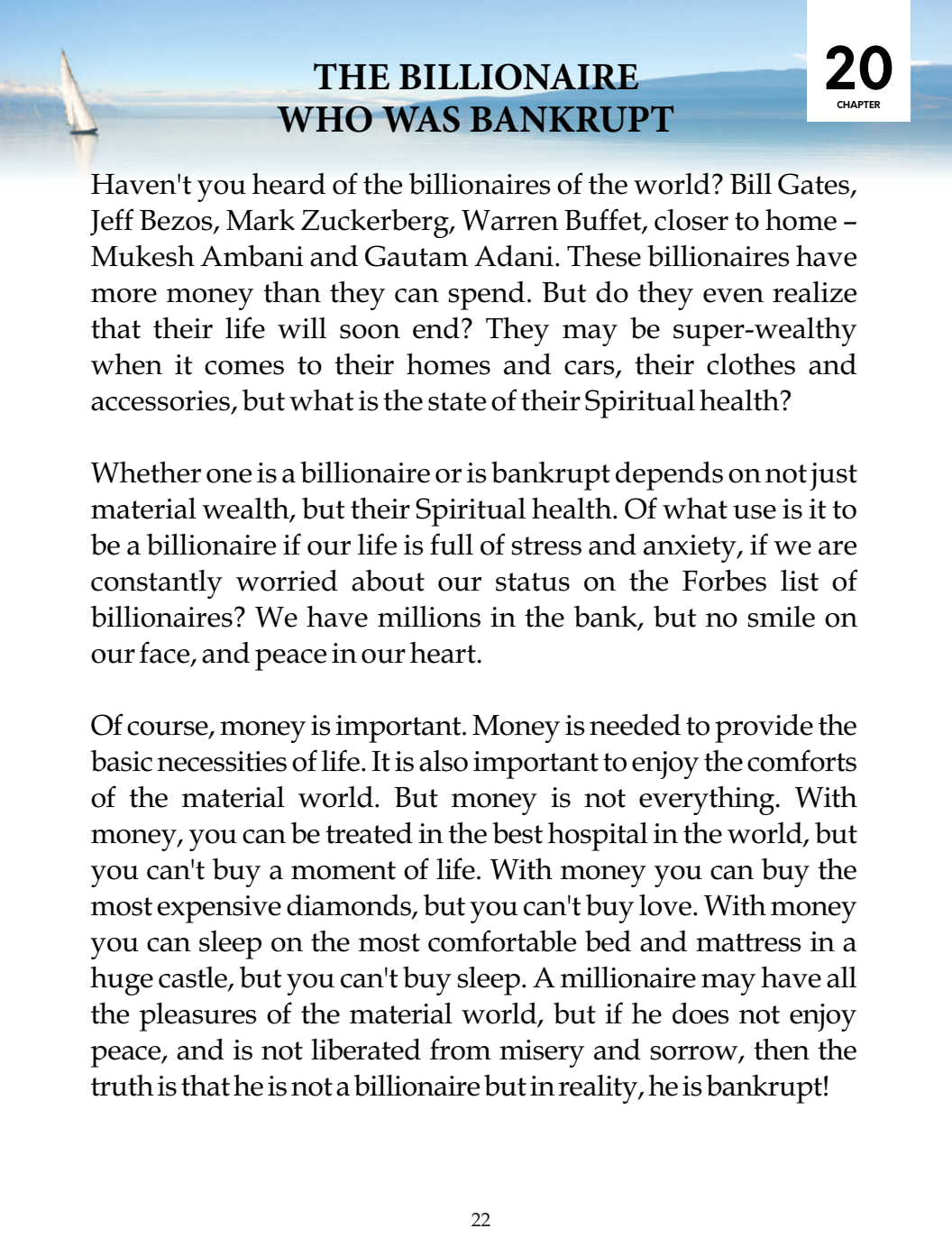
Larry was like any other human being. It was just that he was a little bit more passionate, he had more desires, more cravings and more lust. For him, life was all about fulfilling his wishes, accumulating wealth, and being intoxicated with wine. He enjoyed pleasures and thus, did not even glance at Spirituality. Anything wrong with this?

Sheela often spoke to Larry about enjoying the true bliss of life. She was his sister and lived next door. She saw her brother enjoying his passions, but could also clearly see that he was consumed by them. She tried to advise him that while there was nothing wrong in enjoying the pleasures of this material world, true eternal bliss and everlasting peace came from being on the Spiritual path, that she herself had started pursuing. While Larry loved Sheela, he scoffed at her suggestion. All he wanted was more money to buy the most exotic whisky and then travel from Thailand to Russia to quench his travel lust. Was he satisfied? His lust only made him burst. Soon, his life became complicated and he didn't know where to go. Then, he turned to Sheela to understand what a Spiritual life is.

Does this mean that we should not enjoy the pleasures of this world? No, we can. But we must not be overwhelmed by lust or material pleasures that will ultimately create pressure and make us lose the treasure called 'life'. Real happiness goes beyond the pleasure of the material world, to peace and purpose that exists on the Spiritual path.

Some people like Victor think that the purpose of life is to make money, accomplish achievements and success. From the time Victor graduated from college, his focus was on his bank account. It did not matter whether he made money by fair or foul means. His mind was enveloped by thoughts of success from the time he woke up, till he slept, 7 days a week. Of course, he made a lot of money, more money than he ever needed, even more than he could ever spend. But he was zapped zooming down the highway of achievement.

His mother often used to meet a Spiritual Master, a Guru. One day, the Spiritual Master joined them for dinner at their house. He asked Victor – 'Do you even realize that what you earn, others will burn and you will return to face your Karma, your action? Why don't you live such that when you die, others will cry? Instead of just making money, why don't you make a difference? The purpose of wealth is ultimately happiness and ultimate happiness comes not from achievement, but rather from Enlightenment.' Victor just smiled. He thought to himself, 'What does this poor old saint know about my pleasures and life.' Little did he realize that the saint had evolved beyond the ordinary pleasures that money could buy. Victor's belief that money could buy everything was a myth. One day, when the doctors told Victor that he had cancer which was in its final stage, he realized that all his millions could not buy him even one extra day of life. He then turned to the saint for advice.



THE BILLIONAIRE WHO WAS BANKRUPT

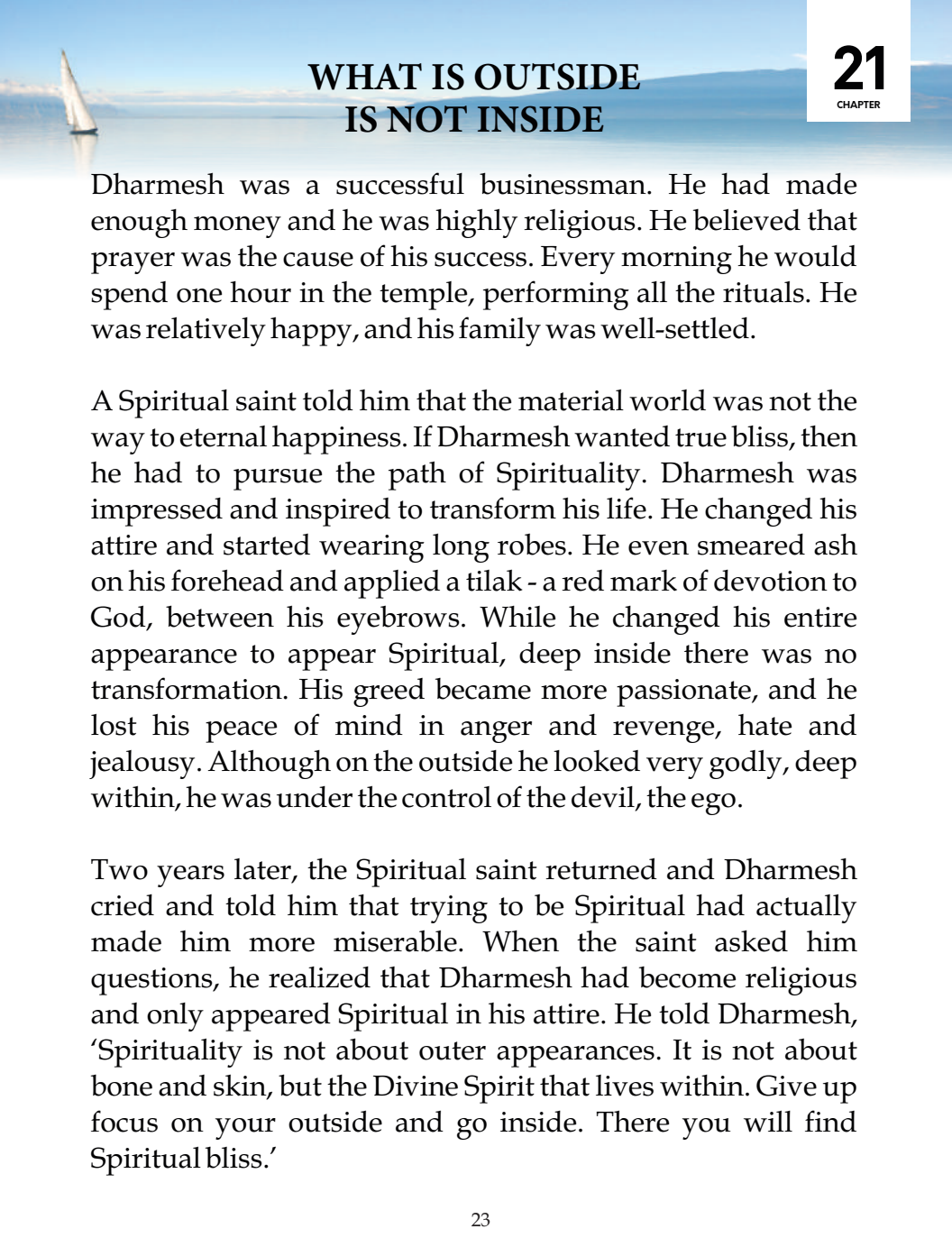
20

CHAPTER

Haven't you heard of the billionaires of the world? Bill Gates, Jeff Bezos, Mark Zuckerberg, Warren Buffet, closer to home – Mukesh Ambani and Gautam Adani. These billionaires have more money than they can spend. But do they even realize that their life will soon end? They may be super-wealthy when it comes to their homes and cars, their clothes and accessories, but what is the state of their Spiritual health?

Whether one is a billionaire or is bankrupt depends on not just material wealth, but their Spiritual health. Of what use is it to be a billionaire if our life is full of stress and anxiety, if we are constantly worried about our status on the Forbes list of billionaires? We have millions in the bank, but no smile on our face, and peace in our heart.

Of course, money is important. Money is needed to provide the basic necessities of life. It is also important to enjoy the comforts of the material world. But money is not everything. With money, you can be treated in the best hospital in the world, but you can't buy a moment of life. With money you can buy the most expensive diamonds, but you can't buy love. With money you can sleep on the most comfortable bed and mattress in a huge castle, but you can't buy sleep. A millionaire may have all the pleasures of the material world, but if he does not enjoy peace, and is not liberated from misery and sorrow, then the truth is that he is not a billionaire but in reality, he is bankrupt!



WHAT IS OUTSIDE IS NOT INSIDE

21
CHAPTER

Dharmesh was a successful businessman. He had made enough money and he was highly religious. He believed that prayer was the cause of his success. Every morning he would spend one hour in the temple, performing all the rituals. He was relatively happy, and his family was well-settled.

A Spiritual saint told him that the material world was not the way to eternal happiness. If Dharmesh wanted true bliss, then he had to pursue the path of Spirituality. Dharmesh was impressed and inspired to transform his life. He changed his attire and started wearing long robes. He even smeared ash on his forehead and applied a tilak - a red mark of devotion to God, between his eyebrows. While he changed his entire appearance to appear Spiritual, deep inside there was no transformation. His greed became more passionate, and he lost his peace of mind in anger and revenge, hate and jealousy. Although on the outside he looked very godly, deep within, he was under the control of the devil, the ego.

Two years later, the Spiritual saint returned and Dharmesh cried and told him that trying to be Spiritual had actually made him more miserable. When the saint asked him questions, he realized that Dharmesh had become religious and only appeared Spiritual in his attire. He told Dharmesh, 'Spirituality is not about outer appearances. It is not about bone and skin, but the Divine Spirit that lives within. Give up focus on your outside and go inside. There you will find Spiritual bliss.'



WHISKY MAY GIVE YOU A KICK, BUT SPIRITUALITY DOES THE REAL TRICK

22
CHAPTER

Many people believe that the fun of life comes from celebrations and parties. Whisky, beer, and wine fill the bars as people rock and dance. Why? Because alcohol can give you a kick that can make you feel really good. You experience a lightness in your head while your feet are still on the ground.

Don't we know that alcohol increases the dopamine in our system and releases endorphins? Of course, these produce a euphoria of joy and pleasure, but does this ecstasy last forever? The moment we are out of the frenzy, we have to face the reality of life. What we don't realize is that alcohol fogs the mind and deactivates the power of the intellect. It turns a man into a beast. We often hear stories of people who, under the influence of alcohol, misbehave with others. While there is no doubt that alcohol can give pleasure, the challenge is how do we stop from becoming addicted to it. The moment we are a slave of wines and spirits, we cannot pursue the true purpose of life. We get so lost in the world of our addictions that we don't realize that one day, we will lose our health and ultimately our life itself. We must not be a slave to the spirit in the bottle. Rather discover the true Spirit within.

Those who pursue the Spiritual path, experience an ecstasy that no drug or spirit can produce. More so, this state of bliss lasts forever and doesn't get over after the hangover of the night. What would you choose?

Ishwar was surrounded by God-fearing people. They were people who often went to religious places to pray and believed in the Power of the Divine. They would go and serve the poor with an intention to create good Karma for themselves. Ishwar would scoff at them. 'Enjoy life!' he would say, 'Why are you wasting your time and energy in all this nonsense?' Raising a toast he would announce, 'Cheers! Let's celebrate!' He would luxuriate in every possible way. His focus was on his food and drinks. He enjoyed the highs of the material world, without realizing that one day he would die. He grew up without Spiritual ethics, morals, and values and always said, 'Live today! Who has seen tomorrow?'

Ishwar's friends tried to get him into their circle of philanthropy and service. They would invite him for prayer meetings. But he would go to the club to play poker and drink whisky. He lived in denial that one day he would die. When they asked him what will happen after death, he would reply – 'Who has seen death? Have you? We will deal with death when it comes.' He never realized that alcoholism could spoil his kidneys and he could be bedridden forever. Many people in this world do not want to ask existential questions, the answers to which would reveal the reality of life. They just live and they die. They do not find that path that would lead to eternal happiness and everlasting bliss. They are so enamoured by the pleasures of this world, that they only touch the superficial layers of happiness.



DO YOU JUST FOLLOW THE HERD?

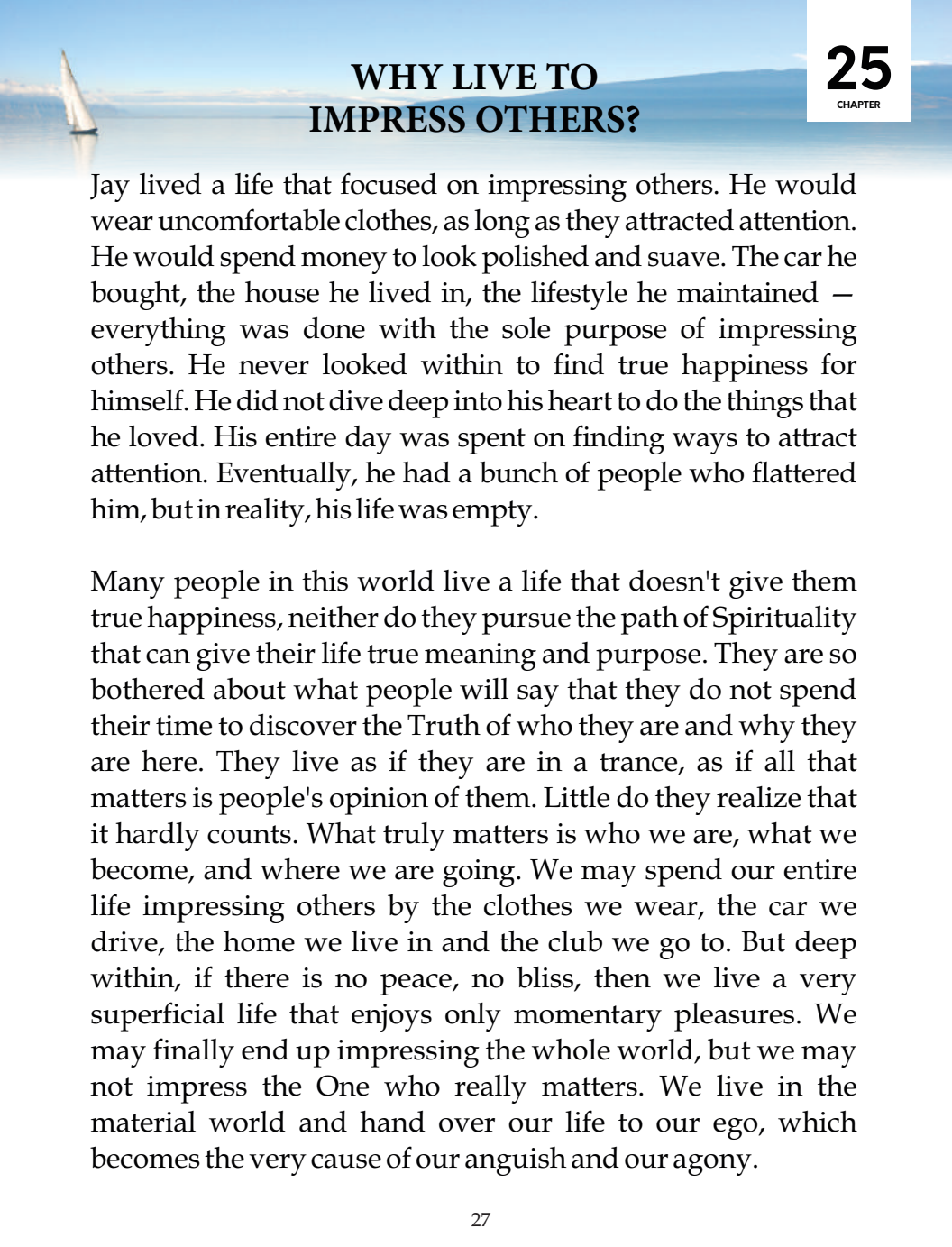
24

CHAPTER

Many people in this world, do not have their own philosophy of life. They just look at others and follow them blindly. Whether it is right or wrong, it doesn't matter to them. They do what they do because others do that. Finally, they hit a dead-end and life is over. Rita was in her eighties. One day she got her hands on some Spiritual books. She had attended a Spiritual talk and they had distributed books on how to live life. As she went through the book, she had a feeling that she had missed the bus. All her life she had been busy trying to living fashionably, in style, trying to impress others. She had been busy in her corporate career, and she made more money than she needed. Her children had grown up and moved on. She had been so busy watching television news and serials, that she had never stopped to discover that this life itself was a drama. After all, she was doing all that her friends were doing.

Suddenly, she had this feeling that life had a purpose, and that she should not have just followed the herd and squandered her life chasing the pleasures of the material world. Now she feared death and what lay beyond. She regretted following her friends blindly without finding the true purpose of life.

Rita continued to attend Spiritual sessions. She was advised that it is never too late to start a Spiritual journey. Even though in her eighties, now she wanted to peel off the fake, plastic life that she had been living. She wanted to wake up to the reality of life.



WHY LIVE TO IMPRESS OTHERS?

25
CHAPTER

Jay lived a life that focused on impressing others. He would wear uncomfortable clothes, as long as they attracted attention. He would spend money to look polished and suave. The car he bought, the house he lived in, the lifestyle he maintained — everything was done with the sole purpose of impressing others. He never looked within to find true happiness for himself. He did not dive deep into his heart to do the things that he loved. His entire day was spent on finding ways to attract attention. Eventually, he had a bunch of people who flattered him, but in reality, his life was empty.

Many people in this world live a life that doesn't give them true happiness, neither do they pursue the path of Spirituality that can give their life true meaning and purpose. They are so bothered about what people will say that they do not spend their time to discover the Truth of who they are and why they are here. They live as if they are in a trance, as if all that matters is people's opinion of them. Little do they realize that it hardly counts. What truly matters is who we are, what we become, and where we are going. We may spend our entire life impressing others by the clothes we wear, the car we drive, the home we live in and the club we go to. But deep within, if there is no peace, no bliss, then we live a very superficial life that enjoys only momentary pleasures. We may finally end up impressing the whole world, but we may not impress the One who really matters. We live in the material world and hand over our life to our ego, which becomes the very cause of our anguish and our agony.

Danny would spend all his money travelling first class. To him, travelling in economy or even business class was embarrassing. He would worry about what people would say if they saw him. Everything he did was influenced by what 'people would say'. He wore clothes that would make him look pious because he was worried that people would gossip if he wore flashy clothes. He would go to prayer gatherings not because he enjoyed attending them, but because that was the done thing. He felt he would be shamed for not attending them.

When our life is controlled by others' opinions of us, when we live with the fear of shame, we become prisoners. We don't pull happiness triggers that make us truly happy. Instead, we are constantly protecting ourselves from 'what will people say?' We are so controlled by the material world that we don't want to follow a Spiritual path because our friends would laugh at us. Thus our life escapes us as we do not do what we must do, rather, our life is based on what others' opinions would be on what we do.

Why are we influenced by the material world? Why don't we nurture our Soul within? Why can't we find a way to eternal joy and peace, which is independent of others' opinions about our life? Just because others are seeking a material world, why should we not follow a Spiritual path? Just because the majority is doing something that is not fulfilling, why should we do the same, in the apprehension of what others would say if we took the path less travelled?

Elizabeth loved to go to spas. Who doesn't? But for her, it was her second home. One day, she had an appointment for her hair and the next day, for her skin. She was so obsessed with beautifying her skin that she never even wondered what was actually within. At 65, her only focus was on her clothes and coordinating accessories. If her watch did not match her shoes, then she would not wear that. Don't you have one Elizabeth around you? We all do! Some people spend their entire life pampering their body, without realizing that it is neither them nor theirs.

Just like everything in this world is a loan, so also we have to return the body too when we go. Those who live a Spiritual life discover this Truth. The body is constantly changing. But somehow, we believe that we are the body. We are so caught in this material world that very few amongst us even start a Spiritual journey. It is just like when somebody buys an expensive state-of-the-art laptop and pays for all the features but does not invest in good software. So also, when the human-computer is only pampered in body but the mind has corrupted software then we will never transcend it and discover the Power of the Soul within.

Look around you. The entire world is full of merchandise that pampers the body. Whether it is exotic food to satiate the tongue or fragrances that cause ecstasy or even music that is pleasing to our ears, everything is focused on satisfying the passions of our body and we live without contemplating the Divine Spirit, the Soul, the *Atman*.

Kathy was strange. What mattered to her was not what she had, but what her friends had. Her eye was on other people's possessions. If her best friend got a promotion at work, she would be upset. She envied her neighbour's television, just as her pride had a fall when she saw somebody buying a car. What was the problem with Kathy?

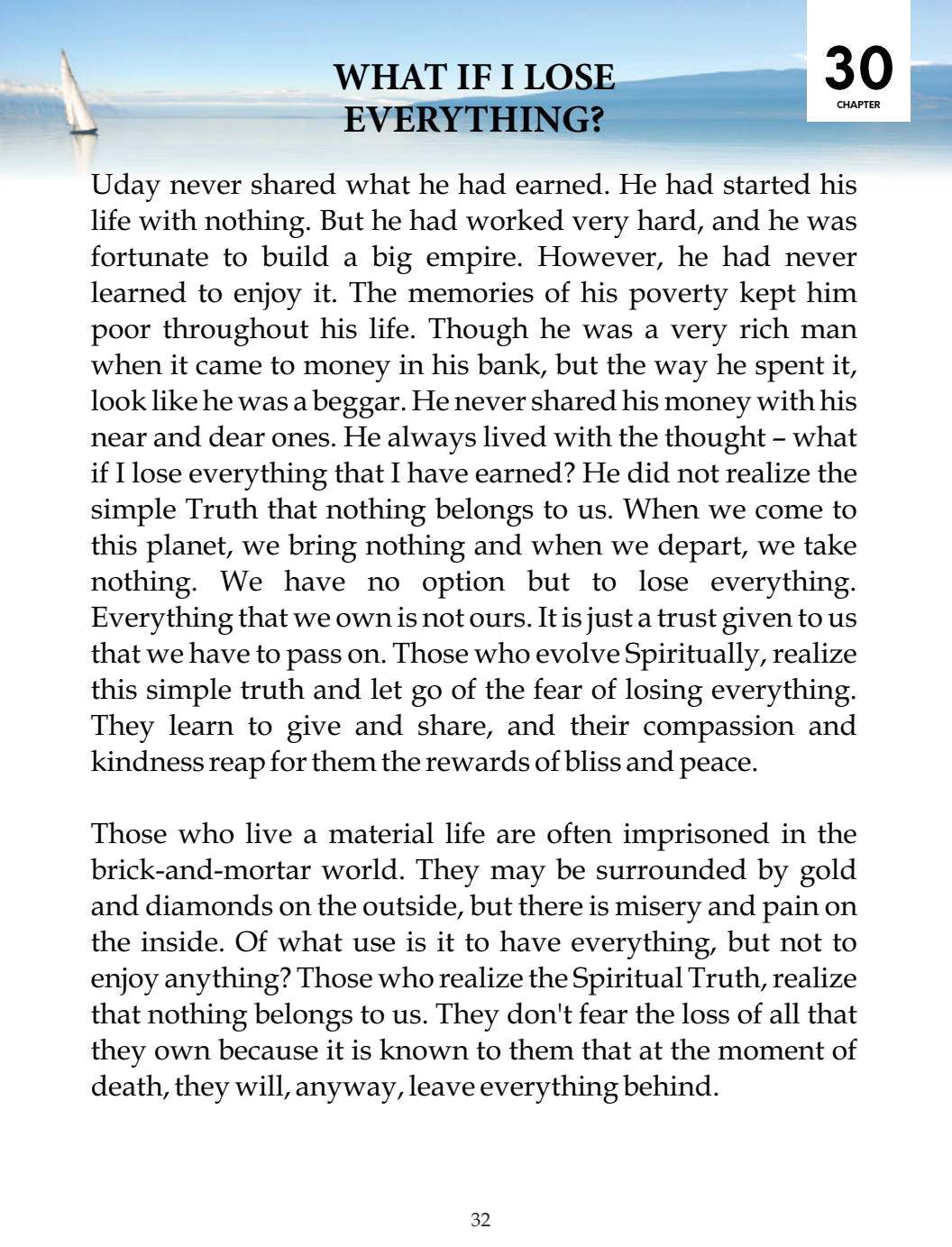
Kathy was a victim of envy and jealousy. She always compared herself with others and although she was blessed and had many good things, she wasn't able to enjoy them because her friends had something better. Many of us who live in this material world like Kathy, get caught in the web of jealousy, anger, hate, and revenge. We, so easily, get agitated at others, and we don't realize why we flare up. If somebody wrongs us, we are unable to forgive and forget. Hate and revenge, become a thorn that pricks us throughout our life. Why do we human beings become a slave of our envy, our anger, and our hate?

Because we do not discover the Spiritual Truth of life, we live separate from each other. We believe that we are distinctively different, and so we compare and compete. We do not realize that this becomes a cause of our misery. Those who start their Spiritual journey, discover the profound Truth that while we may be different on the outside, on the inside, we are all the same Divine Soul. They are the ones who are free from envy and other poisons.

Roger lived a very protected life. He had insured everything, his house, his car, his assets, and even the health of his entire family. He was always worried about something going wrong. While it is natural to plan and protect ourselves, Roger was insecure about life. He had not only saved money in a bank account for a rainy day, but he had more than enough investments in gold, property, and other assets. He was so busy building a solution to his insecurity syndrome, that he forgot to live life.

Many people live like Roger. They don't know how to enjoy this beautiful life. Their entire life is consumed in doubt and hesitation. They lack optimism and faith. And so, their mind is full of insecure thoughts. Even though they have a spare tyre at the back of their car, they worry about going on a long drive, with the fear – what if the spare tyre also gets punctured? What is the solution to such a lack of confidence?

Life is a short journey. Those who are lost in the material world, often do not learn the meaning of trust. They do not surrender to the Divine Power that controls and governs what happens on earth. Thus, they are insecure about everything. They worry about the food they eat, just as they are paranoid about a storm that is approaching. They are not spiritually evolved to realize *whatever will be will be*. They do not develop confidence and courage to overcome their fears and so they live through their life with tears.

A background image of a sailboat on a calm body of water under a clear blue sky. The sailboat is white with a single mast and is positioned on the left side of the frame. The water is a light blue-grey color, and the sky is a pale blue. The overall scene is peaceful and serene.

WHAT IF I LOSE EVERYTHING?

30

CHAPTER

Uday never shared what he had earned. He had started his life with nothing. But he had worked very hard, and he was fortunate to build a big empire. However, he had never learned to enjoy it. The memories of his poverty kept him poor throughout his life. Though he was a very rich man when it came to money in his bank, but the way he spent it, look like he was a beggar. He never shared his money with his near and dear ones. He always lived with the thought – what if I lose everything that I have earned? He did not realize the simple Truth that nothing belongs to us. When we come to this planet, we bring nothing and when we depart, we take nothing. We have no option but to lose everything. Everything that we own is not ours. It is just a trust given to us that we have to pass on. Those who evolve Spiritually, realize this simple truth and let go of the fear of losing everything. They learn to give and share, and their compassion and kindness reap for them the rewards of bliss and peace.

Those who live a material life are often imprisoned in the brick-and-mortar world. They may be surrounded by gold and diamonds on the outside, but there is misery and pain on the inside. Of what use is it to have everything, but not to enjoy anything? Those who realize the Spiritual Truth, realize that nothing belongs to us. They don't fear the loss of all that they own because it is known to them that at the moment of death, they will, anyway, leave everything behind.



THERE IS BLISS, PEACE IN THE SPIRITUAL WORLD

31
CHAPTER

While the material world has a lot of pleasure and fun, what is missing is that state of eternal peace and everlasting joy. Of course, there is the glitter of gold, and we enjoy the power of our name and fame. But none of this is lasting. We may possess many material treasures, and these may give us a lot of pleasure. But ultimately, we suffer if we do not evolve Spiritually.

The stories of all the people in the pages that have gone by are true life stories. These people enjoyed the material world. But they did not taste the bliss and peace that exists in the Spiritual world. People who live Spiritual lives are not only far happier, but they also have more peace and love in their lives.

Does it mean that we have to give away our material wealth? Does it mean we have to give up the material world? No! We can learn to live a Spiritual life in the material world. We can discover a way to peace and bliss, enjoying the pleasures that we are blessed with, but we must not be so caught up with these trinkets and treasures that we become slaves and prisoners of our own possessions. We should enjoy the relationships that we are blessed with but we must learn to live with 'detached attachment,' such that we do not break our hearts. All this is possible if we learn to live a Spiritual life in the material world. Then we will have eternal bliss and everlasting Peace.

PART C

LET'S START THE SPIRITUAL JOURNEY

**Is it not true that we don't know the real meaning of Spirituality?
Don't we struggle between what we must do and what we must not?
Don't we find different religions and philosophers
confusing us on how to live life?
Don't we struggle to understand the true meaning of death, of life?
Spirituality has all the answers.**

A sailboat with white sails is on a calm blue sea. In the background, there are blue mountains under a clear blue sky with some light clouds. The water reflects the boat and the sky.

***It's time to start a new voyage,
A journey that will take us within...
To experience a euphoria of peace and bliss,
That lies beneath the bone and skin.***



WHAT IS LIFE IN THE MATERIAL WORLD?

32

CHAPTER

Look around you to observe how people are enjoying their lives. People are eating and drinking. People are having fun with their friends and family. People are shopping in malls to satisfy their senses of taste, smell, and touch. It is an era of Bluetooth and wireless music that is making people dance. Every now and then, a new mobile phone and a new laptop is launched to satisfy the desires of the gadget freaks. Cinemas and theatres offer dozens of movies just as the television offers hundreds of channels. There is unlimited entertainment for the body and mind. Spas and wellness centres sprawl across every city in the world. We human beings have become so enamoured by gold and diamonds, watches and clothes, shoes and accessories that we are lost in the world of these trinkets and treasures. Our pleasures lie in products, in people, and in exploring places around the world. There are cruises that take you to New Zealand and Greenland, Iceland, and Antarctica. Man is so busy trying to be happy, that this material world has created hundreds of options, if not thousands. But why is man still unhappy?

Life in the material world is all about having desires and fulfilling these passions. All these options give us pleasure for the moment, but soon we are thirsty for something else. Products, people, and places do not give us eternal peace and bliss. Therefore, man lives in the material world but does not experience that state of eternal happiness. He lives and dies in pleasure and pain, moment after moment.



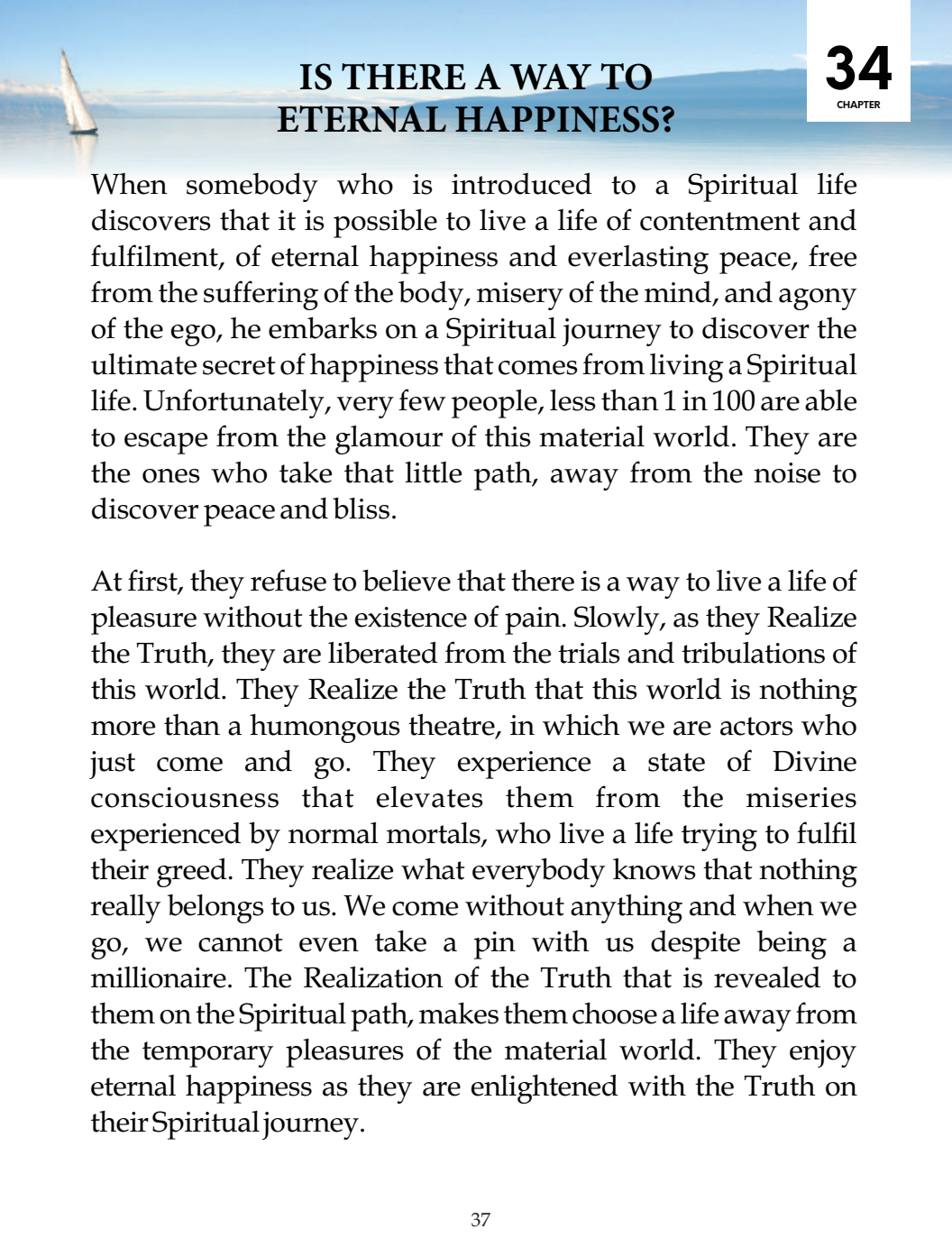
WE ALL EXPERIENCE THE TRIPLE SUFFERING

33
CHAPTER

Who on earth is free from the pain of the physical body? Right from the time we are children, we experience hurts, as we fall in the journey of growing tall. We fracture our bones when we play games, and age takes us face to face with diseases.

Apart from physical pain, we human beings suffer more misery because of the mind. The mind makes us feel disappointed and upset when our desires are not fulfilled. It bombards us with thoughts that disturb us with fear and leads us to stress, worry, anxiety, and even suicide. The material world has seen the mind becoming more of a monkey that jumps from thought to thought and makes us lose our peace.

Apart from the pain of the body and misery of the mind, we human beings are agonized by the ego. We live in anguish as we experience hate and anger, revenge and jealousy. Every human being on earth suffers this triple suffering of the body, mind, and ego. Although we enjoy the pleasures of the material world, we have not found a way to liberate ourselves from this triple suffering in the material world. It is only when a man starts his spiritual journey and realizes that he is not the body, mind and ego that suffers, he tastes the ecstasy that comes from a Spiritual awakening. The moment he does, he leaves behind the pleasures of the material world to live in the Spiritual world, with eternal peace and happiness. Those who don't, live on the roller coaster called 'life', sometimes glad and sometimes sad.



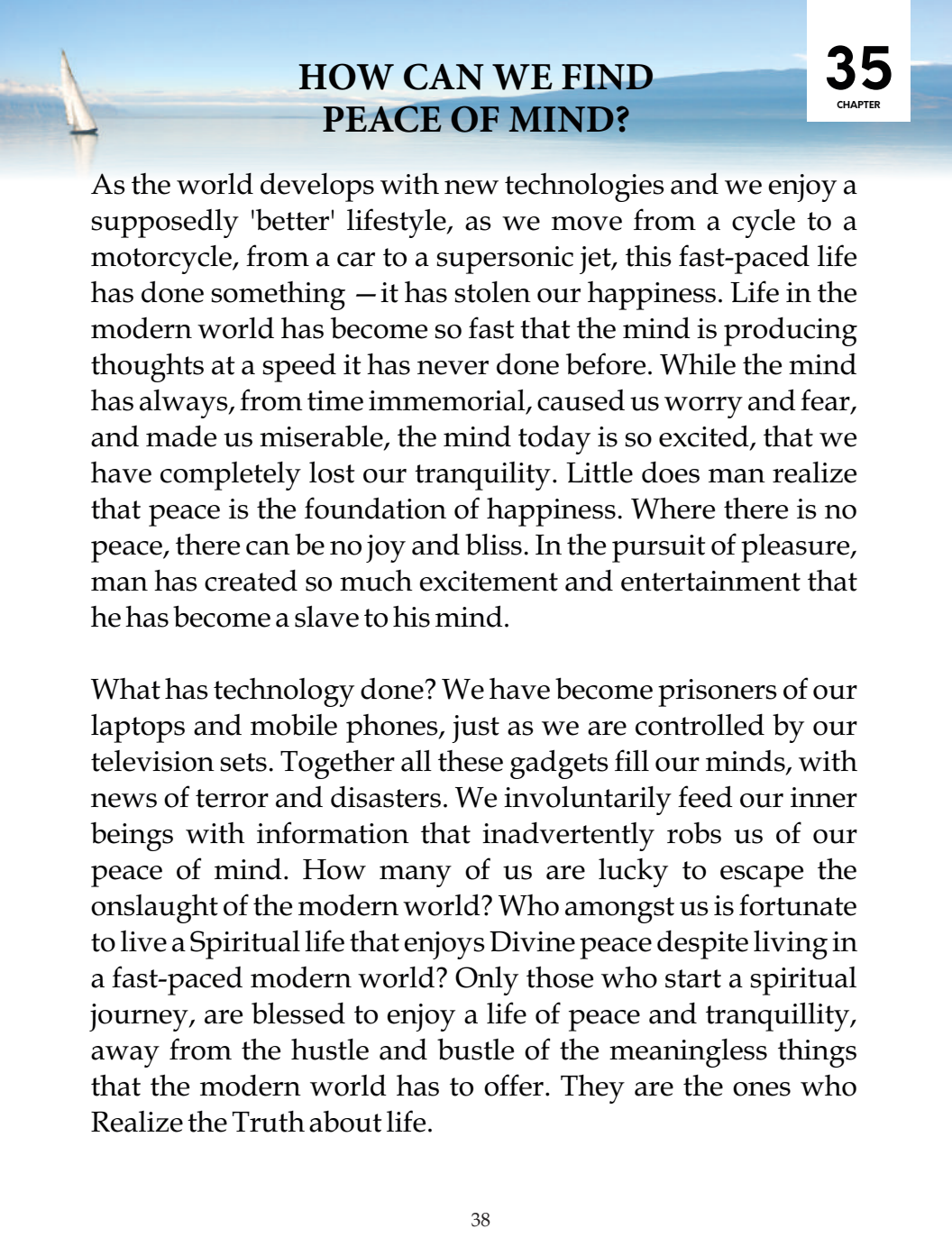
IS THERE A WAY TO ETERNAL HAPPINESS?

34

CHAPTER

When somebody who is introduced to a Spiritual life discovers that it is possible to live a life of contentment and fulfilment, of eternal happiness and everlasting peace, free from the suffering of the body, misery of the mind, and agony of the ego, he embarks on a Spiritual journey to discover the ultimate secret of happiness that comes from living a Spiritual life. Unfortunately, very few people, less than 1 in 100 are able to escape from the glamour of this material world. They are the ones who take that little path, away from the noise to discover peace and bliss.

At first, they refuse to believe that there is a way to live a life of pleasure without the existence of pain. Slowly, as they Realize the Truth, they are liberated from the trials and tribulations of this world. They Realize the Truth that this world is nothing more than a humongous theatre, in which we are actors who just come and go. They experience a state of Divine consciousness that elevates them from the miseries experienced by normal mortals, who live a life trying to fulfil their greed. They realize what everybody knows that nothing really belongs to us. We come without anything and when we go, we cannot even take a pin with us despite being a millionaire. The Realization of the Truth that is revealed to them on the Spiritual path, makes them choose a life away from the temporary pleasures of the material world. They enjoy eternal happiness as they are enlightened with the Truth on their Spiritual journey.



HOW CAN WE FIND PEACE OF MIND?

35

CHAPTER

As the world develops with new technologies and we enjoy a supposedly 'better' lifestyle, as we move from a cycle to a motorcycle, from a car to a supersonic jet, this fast-paced life has done something — it has stolen our happiness. Life in the modern world has become so fast that the mind is producing thoughts at a speed it has never done before. While the mind has always, from time immemorial, caused us worry and fear, and made us miserable, the mind today is so excited, that we have completely lost our tranquility. Little does man realize that peace is the foundation of happiness. Where there is no peace, there can be no joy and bliss. In the pursuit of pleasure, man has created so much excitement and entertainment that he has become a slave to his mind.

What has technology done? We have become prisoners of our laptops and mobile phones, just as we are controlled by our television sets. Together all these gadgets fill our minds, with news of terror and disasters. We involuntarily feed our inner beings with information that inadvertently robs us of our peace of mind. How many of us are lucky to escape the onslaught of the modern world? Who amongst us is fortunate to live a Spiritual life that enjoys Divine peace despite living in a fast-paced modern world? Only those who start a spiritual journey, are blessed to enjoy a life of peace and tranquillity, away from the hustle and bustle of the meaningless things that the modern world has to offer. They are the ones who Realize the Truth about life.



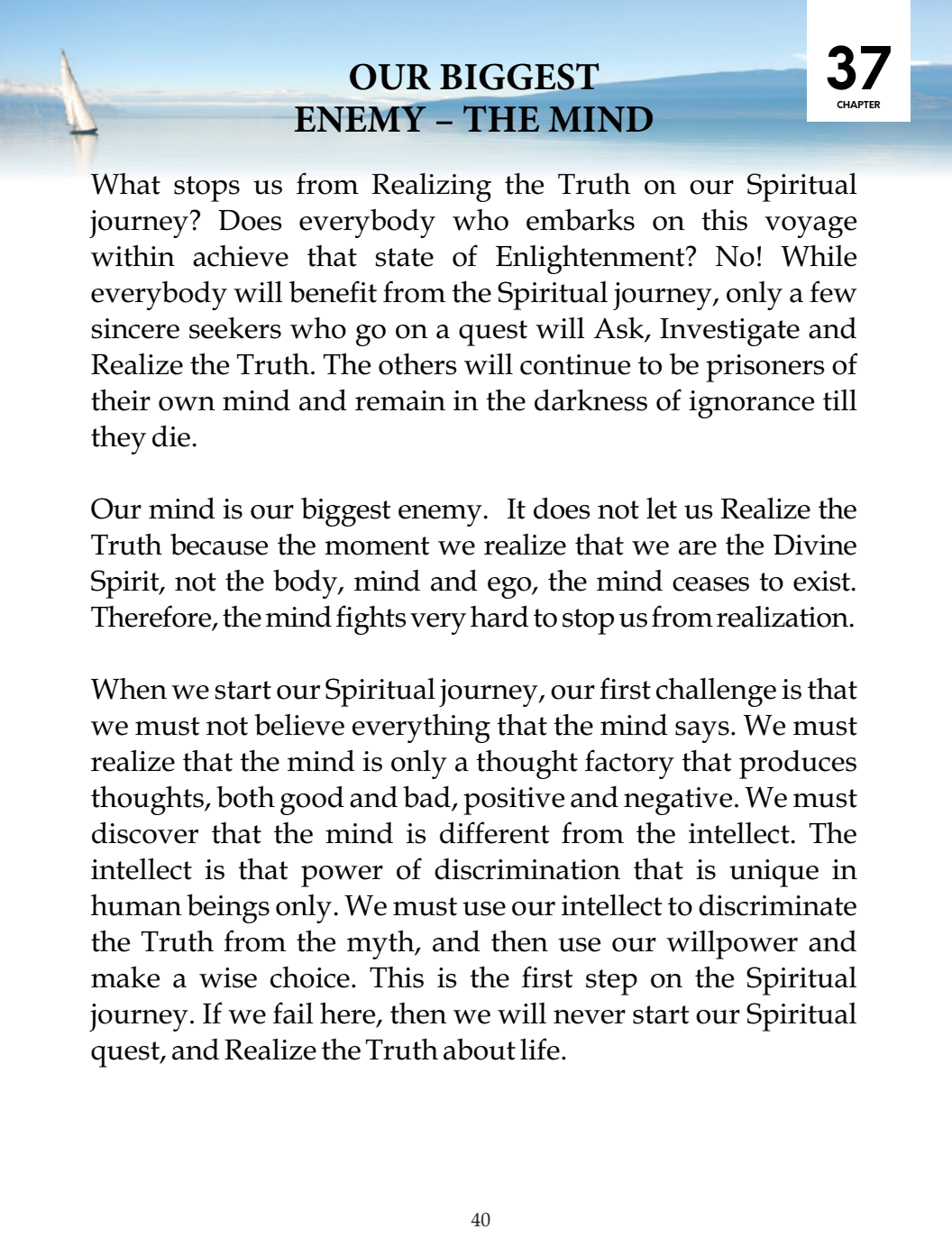
HOW CAN WE REALIZE THE TRUTH?

36

CHAPTER

When we start our Spiritual journey, the first thing that happens is that we realize that we have been living in ignorance. All the myths and superstitions that we believe in, start to look so frivolous and meaningless. We begin our journey of Enlightenment as we overcome the darkness that envelops us all through life. However, unless we are sincere in our seeking of the truth, we will fall prey to our own mind, and never achieve that state of Spiritual Enlightenment.

What is Spirituality all about? It is Enlightenment! What is Enlightenment? It is switching on the light within. When we enter a dark room where there is absolutely no light, we see nothing. What happens when we switch on the light? Suddenly, we can see everything – the tables and chairs, the paintings on the wall, the television, the refrigerator. All these were there, but we could not see them because it was pitch dark. But the moment we switched on the light, everything that was there became visible to us. Enlightenment is switching on the light inside us. It is overcoming the darkness and replacing it with light that reveals the Truth of the Divine Spirit within. We realize God in the temple of our heart, just as we discover that true happiness, peace and bliss, comes from the Soul within, not from the material world which makes us think, blink and sink in misery and sorrow. We can be enlightened and we can Realize the Truth if we start our Spiritual journey and question everything we believe in. Then we will be blessed with Realization.



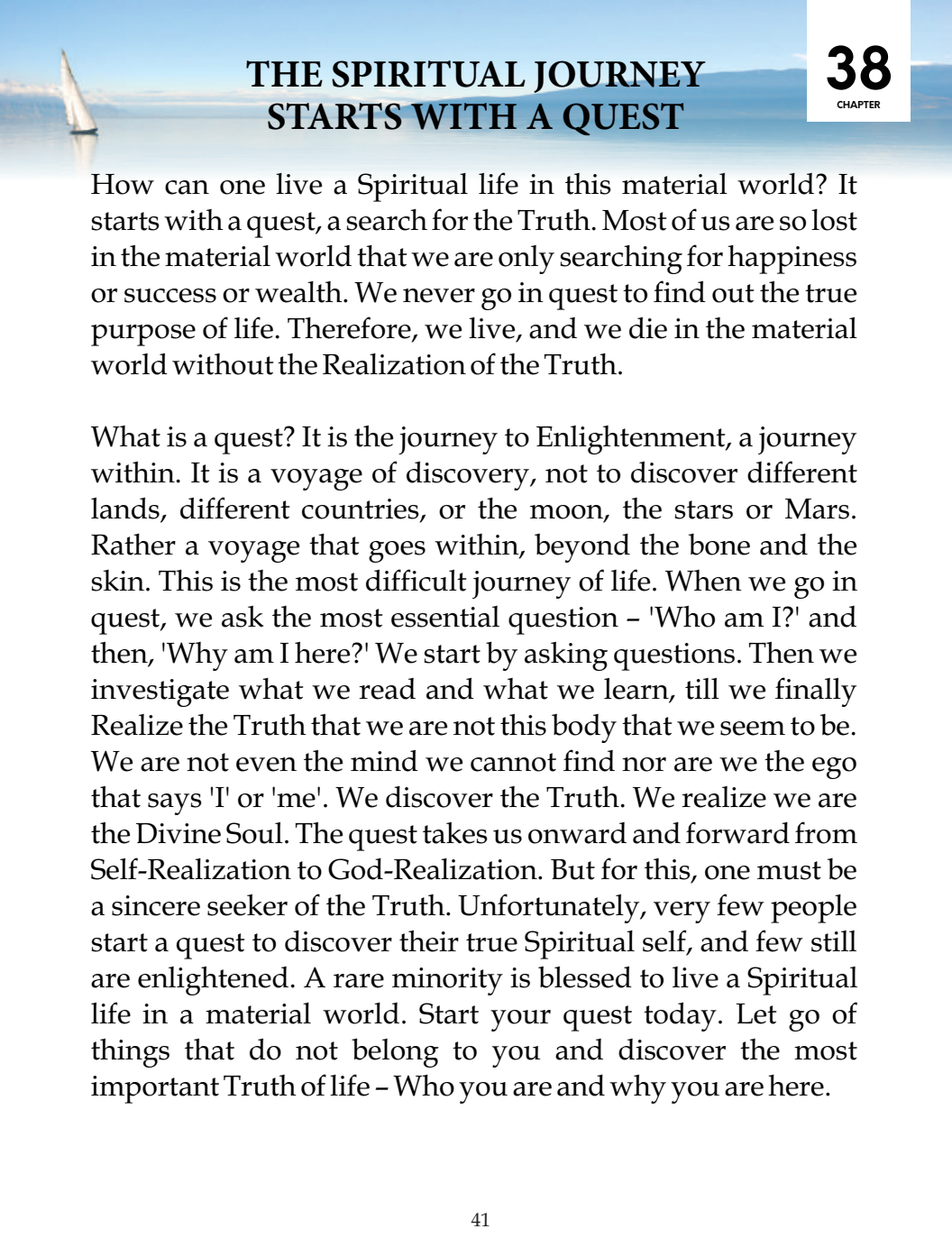
OUR BIGGEST ENEMY – THE MIND

37
CHAPTER

What stops us from Realizing the Truth on our Spiritual journey? Does everybody who embarks on this voyage within achieve that state of Enlightenment? No! While everybody will benefit from the Spiritual journey, only a few sincere seekers who go on a quest will Ask, Investigate and Realize the Truth. The others will continue to be prisoners of their own mind and remain in the darkness of ignorance till they die.

Our mind is our biggest enemy. It does not let us Realize the Truth because the moment we realize that we are the Divine Spirit, not the body, mind and ego, the mind ceases to exist. Therefore, the mind fights very hard to stop us from realization.

When we start our Spiritual journey, our first challenge is that we must not believe everything that the mind says. We must realize that the mind is only a thought factory that produces thoughts, both good and bad, positive and negative. We must discover that the mind is different from the intellect. The intellect is that power of discrimination that is unique in human beings only. We must use our intellect to discriminate the Truth from the myth, and then use our willpower and make a wise choice. This is the first step on the Spiritual journey. If we fail here, then we will never start our Spiritual quest, and Realize the Truth about life.



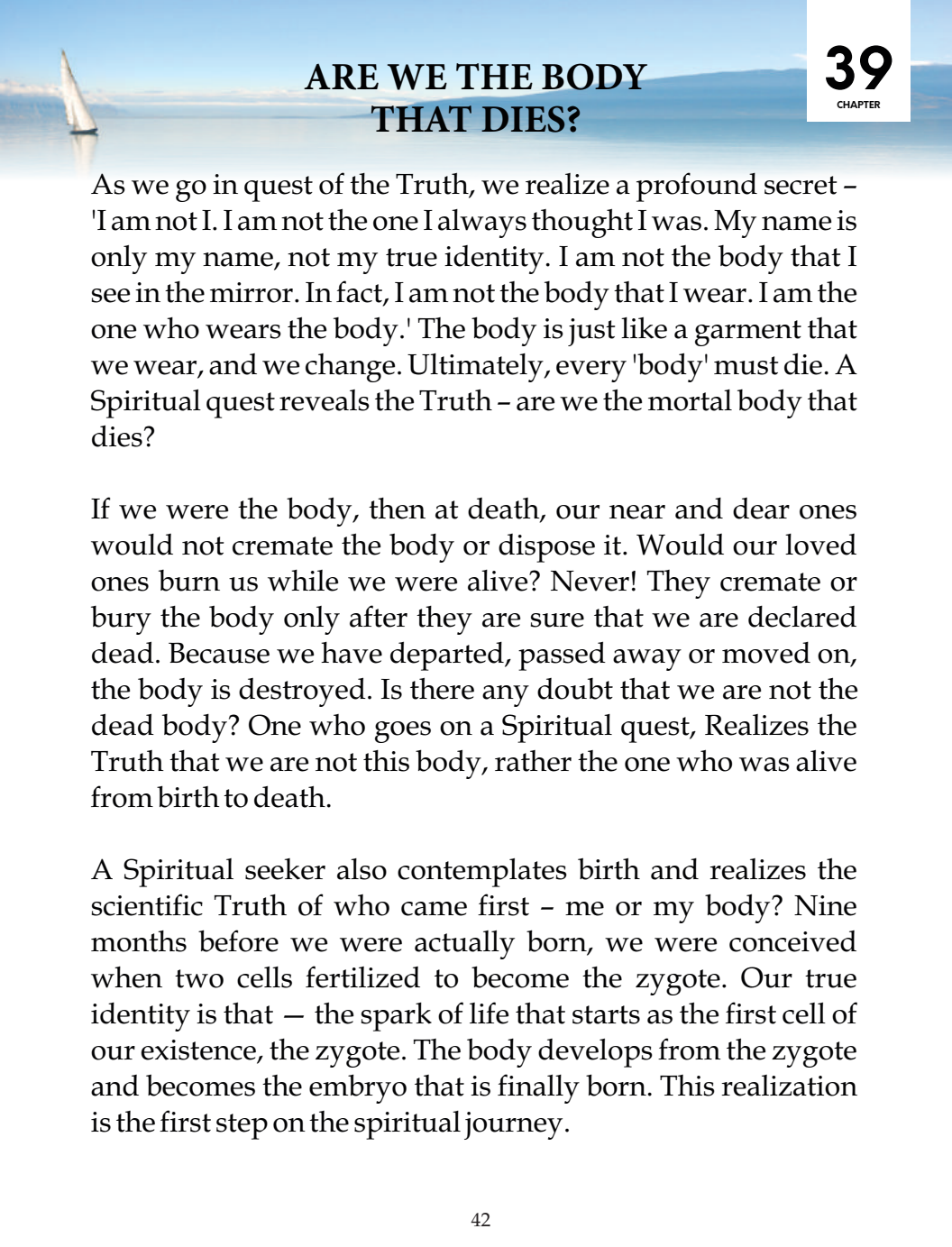
THE SPIRITUAL JOURNEY STARTS WITH A QUEST

38

CHAPTER

How can one live a Spiritual life in this material world? It starts with a quest, a search for the Truth. Most of us are so lost in the material world that we are only searching for happiness or success or wealth. We never go in quest to find out the true purpose of life. Therefore, we live, and we die in the material world without the Realization of the Truth.

What is a quest? It is the journey to Enlightenment, a journey within. It is a voyage of discovery, not to discover different lands, different countries, or the moon, the stars or Mars. Rather a voyage that goes within, beyond the bone and the skin. This is the most difficult journey of life. When we go in quest, we ask the most essential question – 'Who am I?' and then, 'Why am I here?' We start by asking questions. Then we investigate what we read and what we learn, till we finally Realize the Truth that we are not this body that we seem to be. We are not even the mind we cannot find nor are we the ego that says 'I' or 'me'. We discover the Truth. We realize we are the Divine Soul. The quest takes us onward and forward from Self-Realization to God-Realization. But for this, one must be a sincere seeker of the Truth. Unfortunately, very few people start a quest to discover their true Spiritual self, and few still are enlightened. A rare minority is blessed to live a Spiritual life in a material world. Start your quest today. Let go of things that do not belong to you and discover the most important Truth of life – Who you are and why you are here.



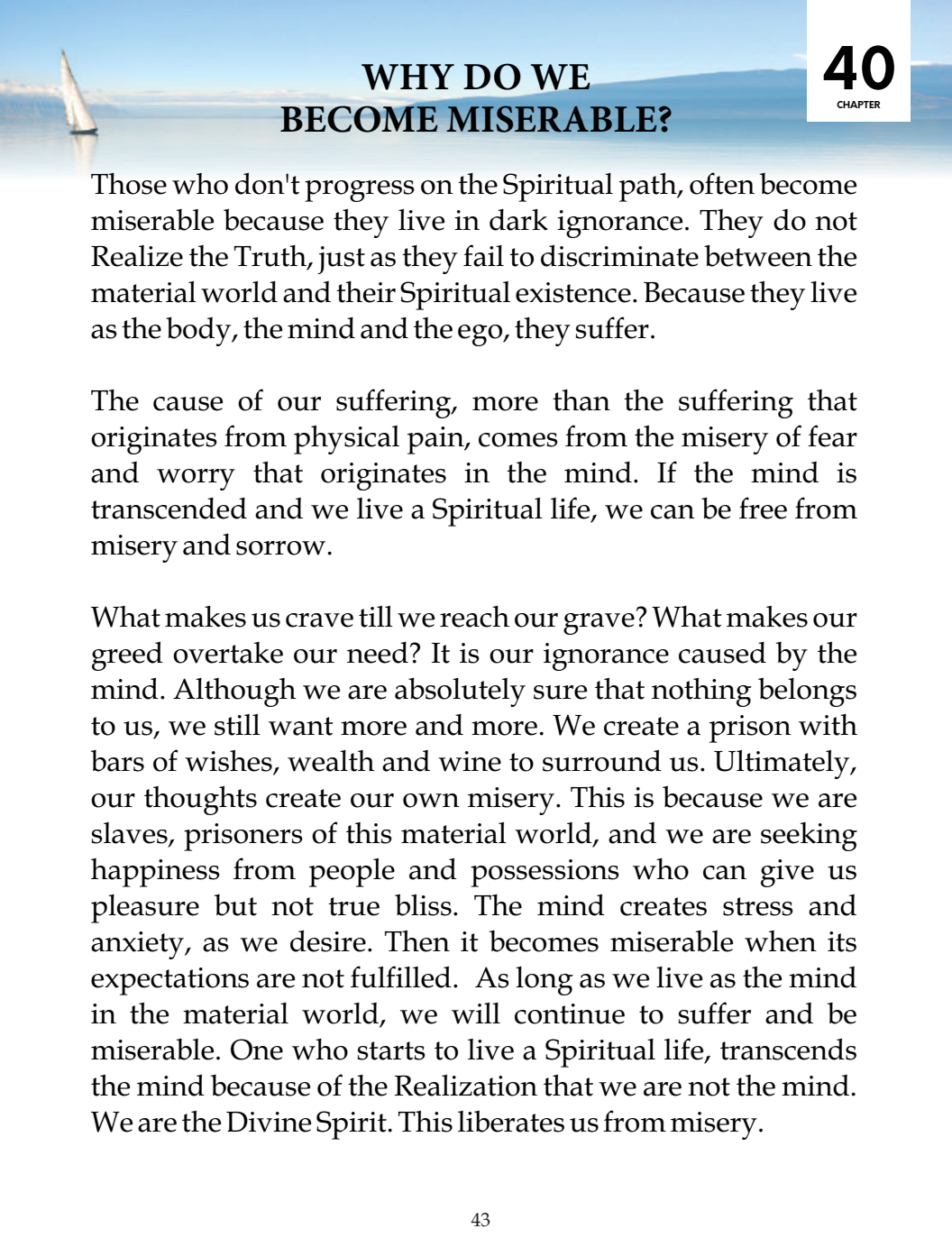
ARE WE THE BODY THAT DIES?

39
CHAPTER

As we go in quest of the Truth, we realize a profound secret – 'I am not I. I am not the one I always thought I was. My name is only my name, not my true identity. I am not the body that I see in the mirror. In fact, I am not the body that I wear. I am the one who wears the body.' The body is just like a garment that we wear, and we change. Ultimately, every 'body' must die. A Spiritual quest reveals the Truth – are we the mortal body that dies?

If we were the body, then at death, our near and dear ones would not cremate the body or dispose it. Would our loved ones burn us while we were alive? Never! They cremate or bury the body only after they are sure that we are declared dead. Because we have departed, passed away or moved on, the body is destroyed. Is there any doubt that we are not the dead body? One who goes on a Spiritual quest, Realizes the Truth that we are not this body, rather the one who was alive from birth to death.

A Spiritual seeker also contemplates birth and realizes the scientific Truth of who came first – me or my body? Nine months before we were actually born, we were conceived when two cells fertilized to become the zygote. Our true identity is that — the spark of life that starts as the first cell of our existence, the zygote. The body develops from the zygote and becomes the embryo that is finally born. This realization is the first step on the spiritual journey.



WHY DO WE BECOME MISERABLE?

Those who don't progress on the Spiritual path, often become miserable because they live in dark ignorance. They do not Realize the Truth, just as they fail to discriminate between the material world and their Spiritual existence. Because they live as the body, the mind and the ego, they suffer.

The cause of our suffering, more than the suffering that originates from physical pain, comes from the misery of fear and worry that originates in the mind. If the mind is transcended and we live a Spiritual life, we can be free from misery and sorrow.

What makes us crave till we reach our grave? What makes our greed overtake our need? It is our ignorance caused by the mind. Although we are absolutely sure that nothing belongs to us, we still want more and more. We create a prison with bars of wishes, wealth and wine to surround us. Ultimately, our thoughts create our own misery. This is because we are slaves, prisoners of this material world, and we are seeking happiness from people and possessions who can give us pleasure but not true bliss. The mind creates stress and anxiety, as we desire. Then it becomes miserable when its expectations are not fulfilled. As long as we live as the mind in the material world, we will continue to suffer and be miserable. One who starts to live a Spiritual life, transcends the mind because of the Realization that we are not the mind. We are the Divine Spirit. This liberates us from misery.



WE SUFFER THE AGONY OF THE EGO

Why is the material world full of agony and anguish? Why is the world full of hate, revenge, anger, and jealousy? It is because of our ignorance. We think that we are ME, the Mind and Ego. As long as the ego thinks, 'I am different from you,' I can hate you or get angry at you. But the moment I realize the Spiritual Truth that we are not different from each other, there will be no hate and anguish in this world.

Why do we suffer this agony, this anguish? It is because of our ego. From the time we start growing up, we are made to believe that we are the body that walks and talks. We don't realize that we are the Divine Spirit. It is the ego that wants to be successful, that competes in this world, that runs the race to become an ace. Because the ego thinks, 'I, me, mine,' it is trapped in the emotions of revenge and jealousy. We normally don't see someone's right leg kicking the left leg. This is because the right leg knows that the left leg is not somebody else, it is me. But we are ignorant about the Truth that we are all one; we are all part of that one Divine Spirit, the Soul, the Power of existence.

When one goes in search of the Spiritual Truth, one transcends the ego and leaves behind anger and hate. Unfortunately, because we are so deeply immersed in the material world, we are unable to transcend ME, the Mind and Ego, and we suffer. Those who live a Spiritual life, let go of their ego. They experience oneness with everybody and enjoy Divine bliss.



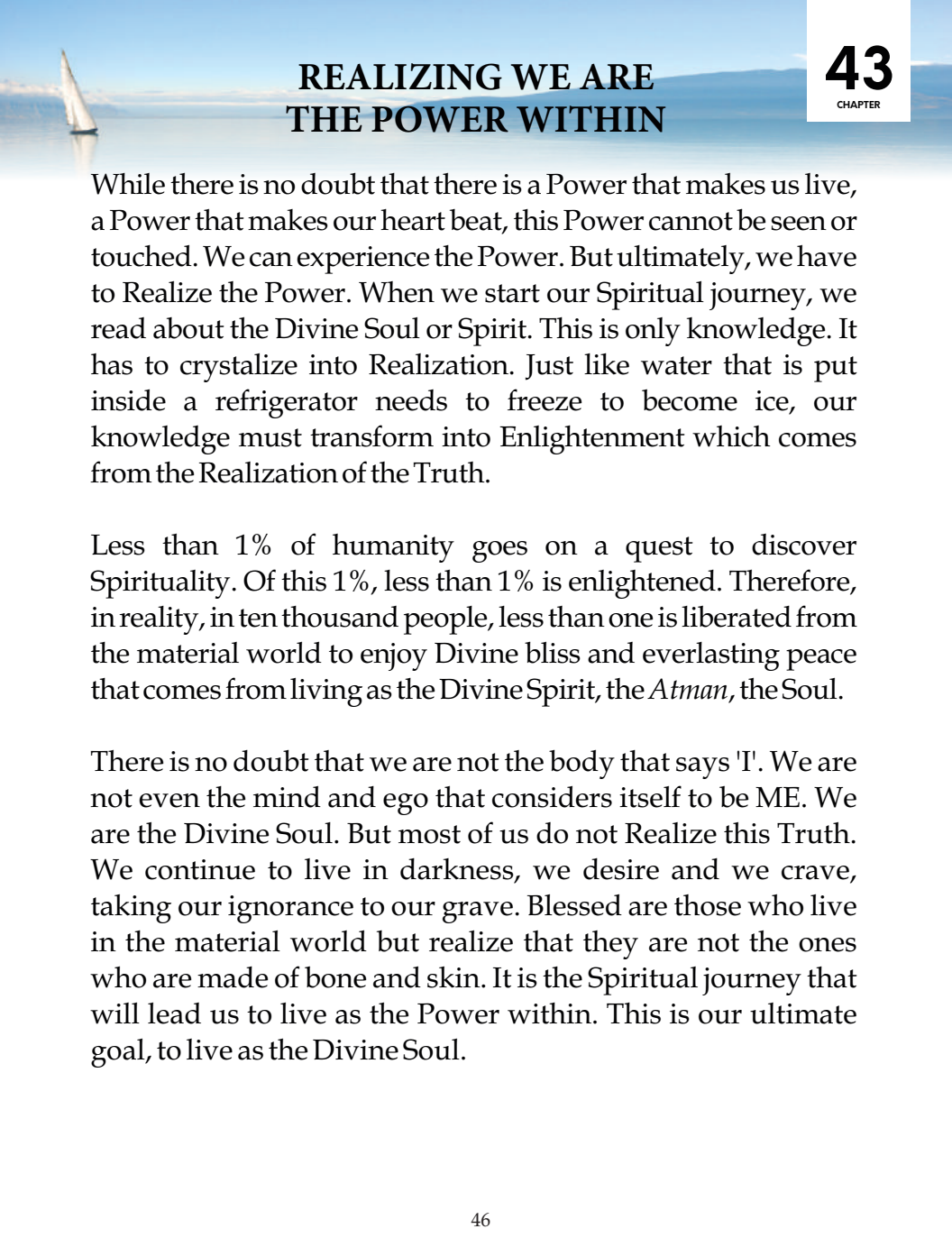
IF NOT BODY AND MIND, WHO AM I?

42
CHAPTER

The material world is full of merchandise that tries to satisfy the desires of our senses. Why is this sensual gratification all over the material world? It is because billions of human beings believe that they are the body and mind and want to fulfil their passions. The rare minority that seeks the Spiritual Truth, realizes that we are not the body that will perish. They also realize that the mind is just a bundle of thoughts, nothing more. They go on searching to find the answer to the question – 'Who am I?'

Sure, I am not the body and mind. But there is no doubt that I am. I exist! When I die, people will say that I passed away. When I am born, people celebrate my arrival. There is no doubt that I come, and I go. But who is the one that arrives and departs?

Spirituality reveals that we are that Power of life that gives us breath. When we depart, we experience death. We are the energy, the electricity of the human body. When we realize that the body is only the hardware and that the mind, memory, intellect, and ego are just the software, we realize that we are the source of Power that makes the human-computer function. This Power may be called the Divine Spirit, the *Atman*, the Soul. It is a Power that cannot be seen. Just like electricity makes a bulb glow, we are that Energy, that Power, the human electricity that makes us come and go.



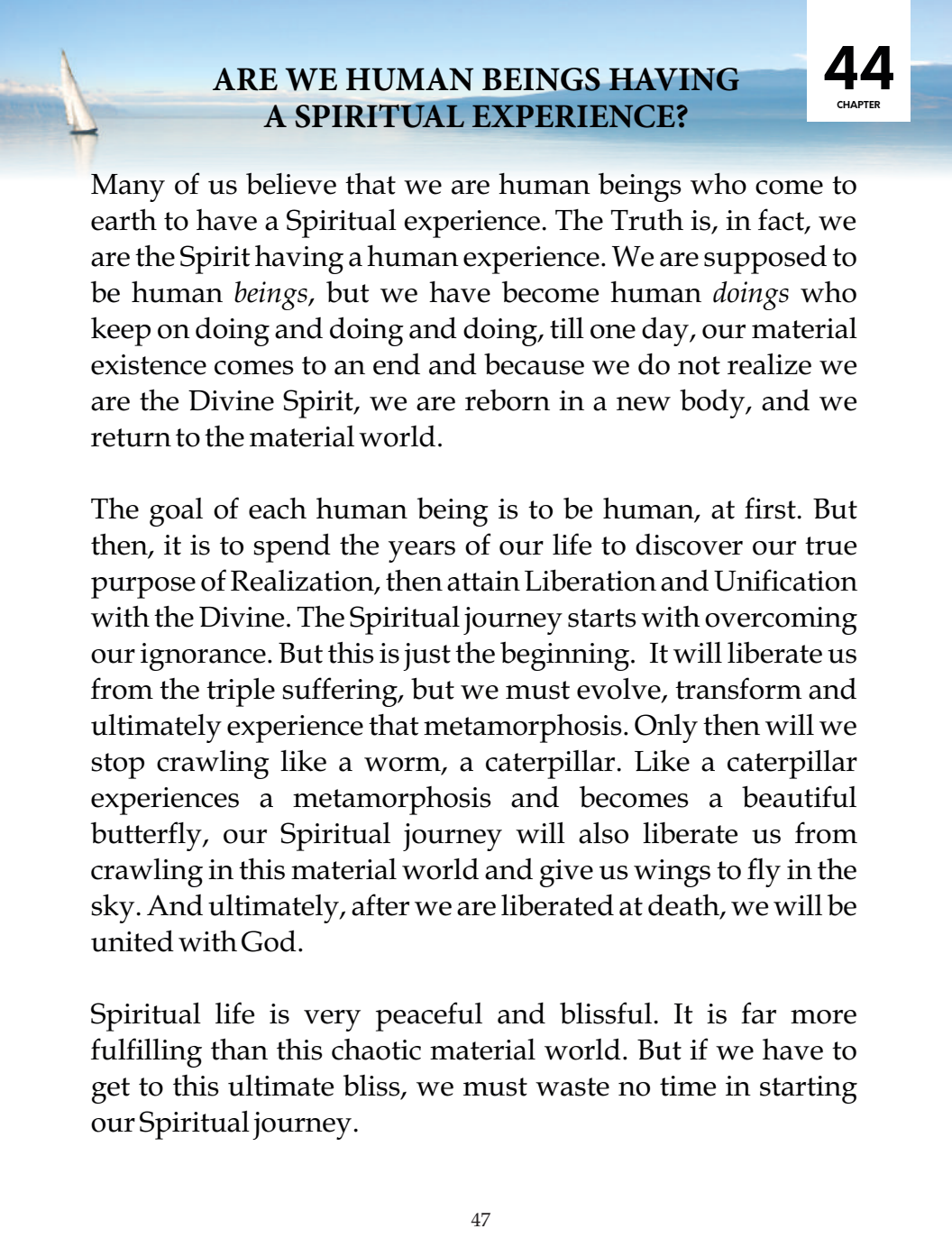
REALIZING WE ARE THE POWER WITHIN

43
CHAPTER

While there is no doubt that there is a Power that makes us live, a Power that makes our heart beat, this Power cannot be seen or touched. We can experience the Power. But ultimately, we have to Realize the Power. When we start our Spiritual journey, we read about the Divine Soul or Spirit. This is only knowledge. It has to crystalize into Realization. Just like water that is put inside a refrigerator needs to freeze to become ice, our knowledge must transform into Enlightenment which comes from the Realization of the Truth.

Less than 1% of humanity goes on a quest to discover Spirituality. Of this 1%, less than 1% is enlightened. Therefore, in reality, in ten thousand people, less than one is liberated from the material world to enjoy Divine bliss and everlasting peace that comes from living as the Divine Spirit, the *Atman*, the Soul.

There is no doubt that we are not the body that says 'I'. We are not even the mind and ego that considers itself to be ME. We are the Divine Soul. But most of us do not Realize this Truth. We continue to live in darkness, we desire and we crave, taking our ignorance to our grave. Blessed are those who live in the material world but realize that they are not the ones who are made of bone and skin. It is the Spiritual journey that will lead us to live as the Power within. This is our ultimate goal, to live as the Divine Soul.



ARE WE HUMAN BEINGS HAVING A SPIRITUAL EXPERIENCE?

44
CHAPTER

Many of us believe that we are human beings who come to earth to have a Spiritual experience. The Truth is, in fact, we are the Spirit having a human experience. We are supposed to be human *beings*, but we have become human *doings* who keep on doing and doing and doing, till one day, our material existence comes to an end and because we do not realize we are the Divine Spirit, we are reborn in a new body, and we return to the material world.

The goal of each human being is to be human, at first. But then, it is to spend the years of our life to discover our true purpose of Realization, then attain Liberation and Unification with the Divine. The Spiritual journey starts with overcoming our ignorance. But this is just the beginning. It will liberate us from the triple suffering, but we must evolve, transform and ultimately experience that metamorphosis. Only then will we stop crawling like a worm, a caterpillar. Like a caterpillar experiences a metamorphosis and becomes a beautiful butterfly, our Spiritual journey will also liberate us from crawling in this material world and give us wings to fly in the sky. And ultimately, after we are liberated at death, we will be united with God.

Spiritual life is very peaceful and blissful. It is far more fulfilling than this chaotic material world. But if we have to get to this ultimate bliss, we must waste no time in starting our Spiritual journey.



WHY SHOULD SPIRITUALITY BE OUR LIFE JOURNEY?

45
CHAPTER

What is the purpose of life? We are born, but one day, we will be gone! We did not decide our birth nor is death in our hands. Even our life, our breath, is involuntary. That is why when we sleep, our breathing continues. Therefore, do we have a choice to live? Actually, no! Some may argue that we can commit suicide and so control death. But in reality, while this may be true, some people who try to end their life, end up in a hospital bed for many years, before that destined moment of departure actually arrives.

Therefore, till we are alive, we must not live just going round and round on the merry-go-round of life. We must not just experience pleasure and pain, loss and gain, sun and rain, over and over again, till we die. Then we will be reborn, again and again. This is not the purpose of our life.

Our purpose is to discover the Divine Spirit. We human beings must pay attention to Spirituality. Human beings are not meant to live in this material world just to exist. The reason we are given such a unique human-machine, is to realize who we are and ultimately Realize God, the Creator. Therefore, it is ultimately a must for us to live a Spiritual life, if we want to escape from this material world, be liberated and be united with the Divine. We are just effects. The Divine is the cause. We must realize that though we may appear as waves, in reality, we are the Divine Ocean. We come from the Divine and ultimately, we must return and become one with the Divine.

PART D

RELIGION AND SPIRITUALITY

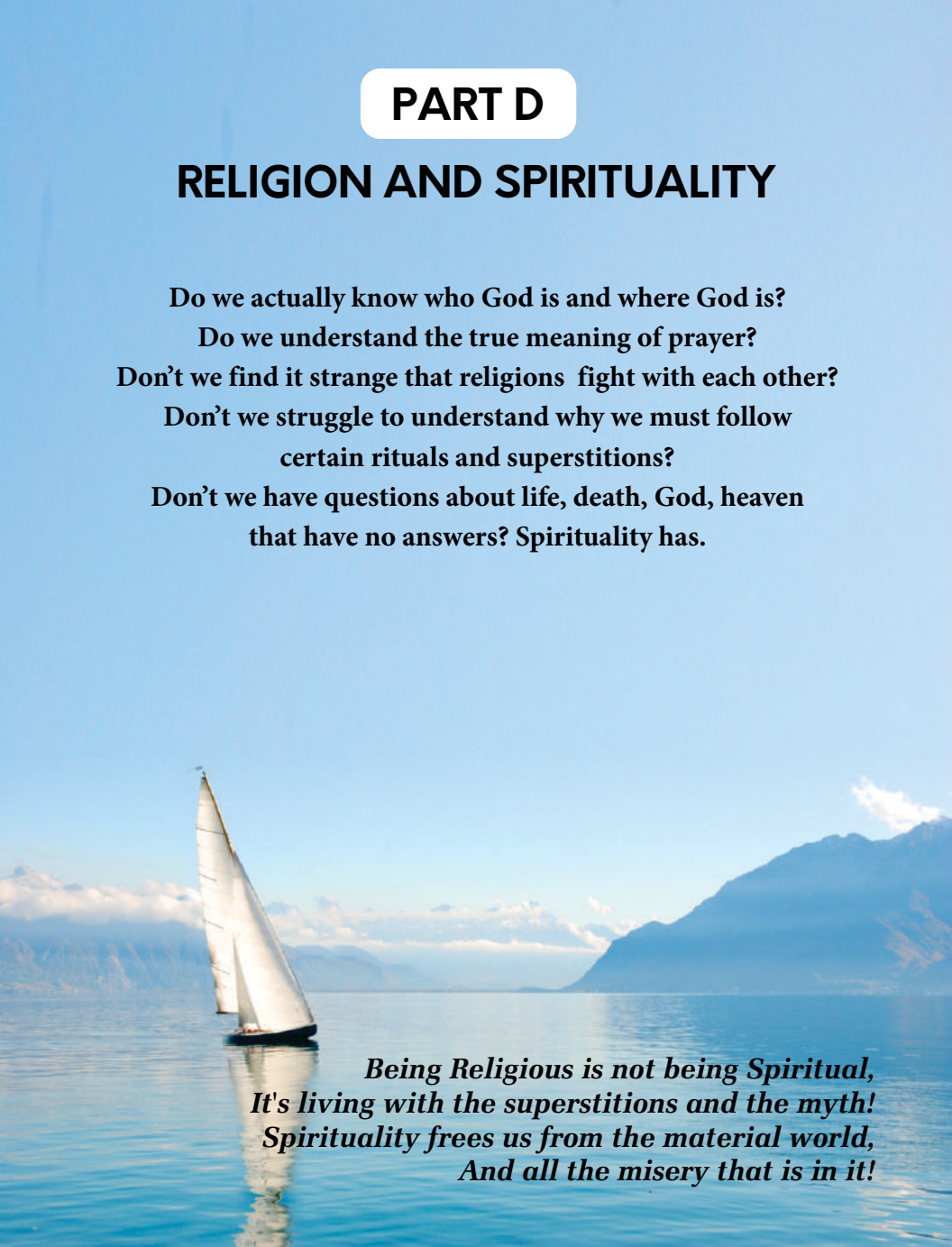
Do we actually know who God is and where God is?

Do we understand the true meaning of prayer?

Don't we find it strange that religions fight with each other?

**Don't we struggle to understand why we must follow
certain rituals and superstitions?**

**Don't we have questions about life, death, God, heaven
that have no answers? Spirituality has.**



***Being Religious is not being Spiritual,
It's living with the superstitions and the myth!
Spirituality frees us from the material world,
And all the misery that is in it!***

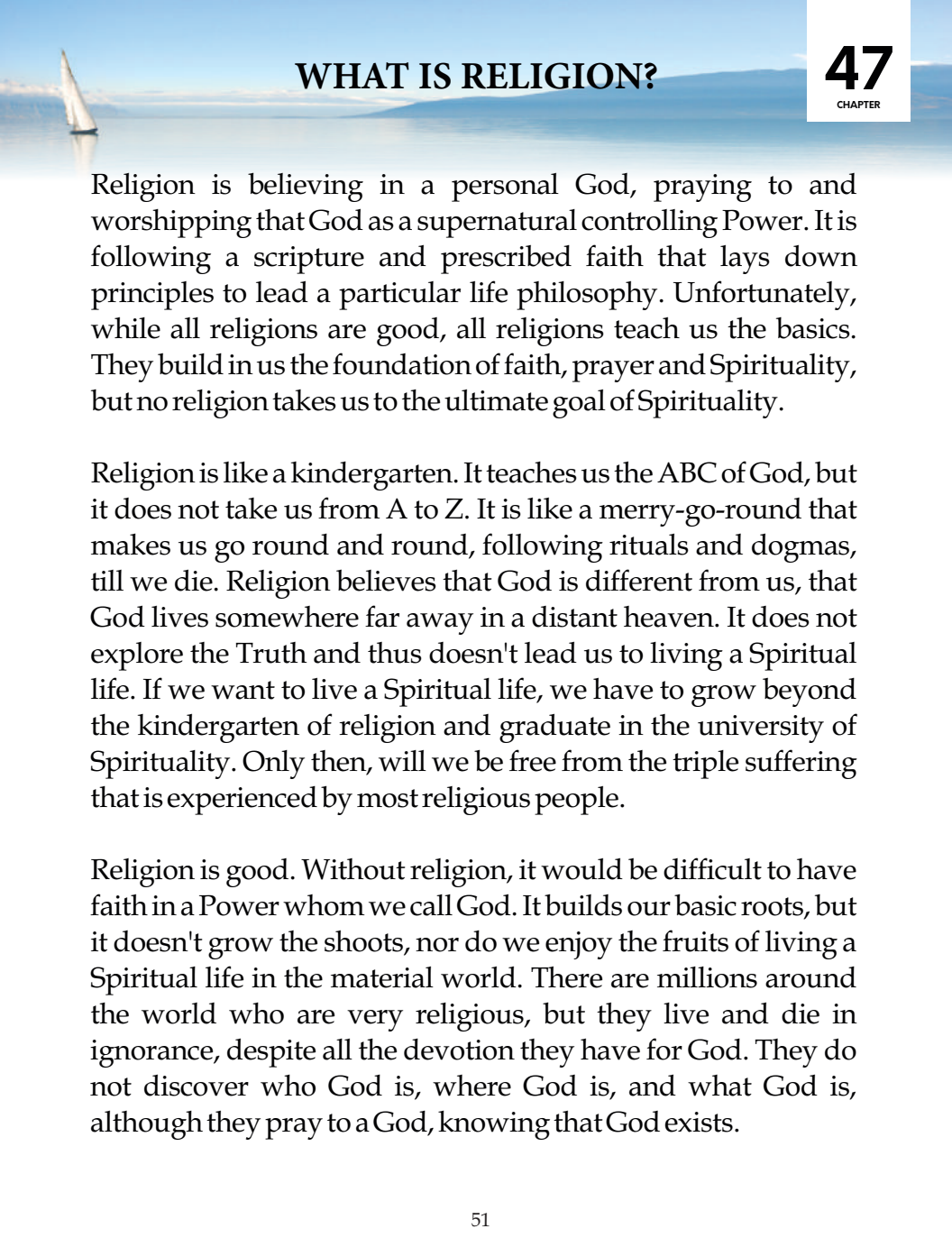


BEING RELIGIOUS IS NOT SPIRITUALITY

46
CHAPTER

Many people confuse religion with Spirituality. Just because they go to a temple or church, just because they pray to a God, they consider themselves to be Spiritual. In reality, Spirituality is entirely different. Religion teaches us the basics about God, prayer and faith. It doesn't help us lead a Spiritual life in this material world. There are many religious people who do not have an iota of Spirituality in them. They use religion as a shield to sin. As long as they contribute a part of their salary to their religious institution, they believe that God will forgive them. Some even believe that God will suffer for their sins. This is religion, not Spirituality.

Spirituality is praying to a God who doesn't belong to any religion. It is the Realization that God is one. God does not have a name or a form. God is omnipresent, present everywhere; omnipotent, all-powerful; and omniscient, knows everything. Spirituality is about realizing God in the temple of our heart. It is about interpreting the words in the scripture correctly, that the kingdom of God is within. Thus, Spiritual people are ever-connected with the Divine. Because many people pray or chant, they think that they are Spiritual. Nothing could be further from the truth! They do not realize that Spirituality is far more magical. Spirituality liberates one from the triple suffering of the body, mind and ego, while religion does the opposite. Religion binds us with all the dogmas, superstitions, and mythological tales and does not lead us to living a Spiritual life in a material world.



WHAT IS RELIGION?

47
CHAPTER

Religion is believing in a personal God, praying to and worshipping that God as a supernatural controlling Power. It is following a scripture and prescribed faith that lays down principles to lead a particular life philosophy. Unfortunately, while all religions are good, all religions teach us the basics. They build in us the foundation of faith, prayer and Spirituality, but no religion takes us to the ultimate goal of Spirituality.

Religion is like a kindergarten. It teaches us the ABC of God, but it does not take us from A to Z. It is like a merry-go-round that makes us go round and round, following rituals and dogmas, till we die. Religion believes that God is different from us, that God lives somewhere far away in a distant heaven. It does not explore the Truth and thus doesn't lead us to living a Spiritual life. If we want to live a Spiritual life, we have to grow beyond the kindergarten of religion and graduate in the university of Spirituality. Only then, will we be free from the triple suffering that is experienced by most religious people.

Religion is good. Without religion, it would be difficult to have faith in a Power whom we call God. It builds our basic roots, but it doesn't grow the shoots, nor do we enjoy the fruits of living a Spiritual life in the material world. There are millions around the world who are very religious, but they live and die in ignorance, despite all the devotion they have for God. They do not discover who God is, where God is, and what God is, although they pray to a God, knowing that God exists.



SOME REMAIN IN THE KINDERGARTEN ALL THEIR LIFE

48

CHAPTER

How does one go beyond living a religious life to living Spiritually, in the state of eternal bliss and peace? One has to grow out of religion. Do we remain in kindergarten all through our life or do we go to school and then to university? Of course, we all evolve and move ahead in the educational institutions that we study in. But we do not evolve in the religion we believe in. Most of us remain in the kindergarten of religion till we die. We increase the intensity of our faith, but we do not Realize God. We may love God deeply, but we are not passionate enough to go on a quest to Realize God. Therefore, we believe in the God of our temple or church, and we do not go in search and Realize the Truth of who, where, and what God is.

Spirituality makes us ask questions. It makes our love for God turn into a deep yearning for the Divine. The Spiritual yearning for God that a true seeker has is more than the yearning that a miser has for gold, a lover has for his beloved, a child has for its mother whom it has just lost. Spirituality creates that yearning for God that is far more passionate than any desire or craving. It compels us to seek God as the Divine Spirit within, as the very Power that gives us breath. Spirituality doesn't talk about praying to a physical form of God. Of course it starts with our religion, the physical form, and then we evolve through Spirituality that leads us to experiencing God all the time, everywhere, and in everything. It is Spirituality that leads to God-Realization. Religion makes us pray and believe in God, but we cannot Realize God through religion.



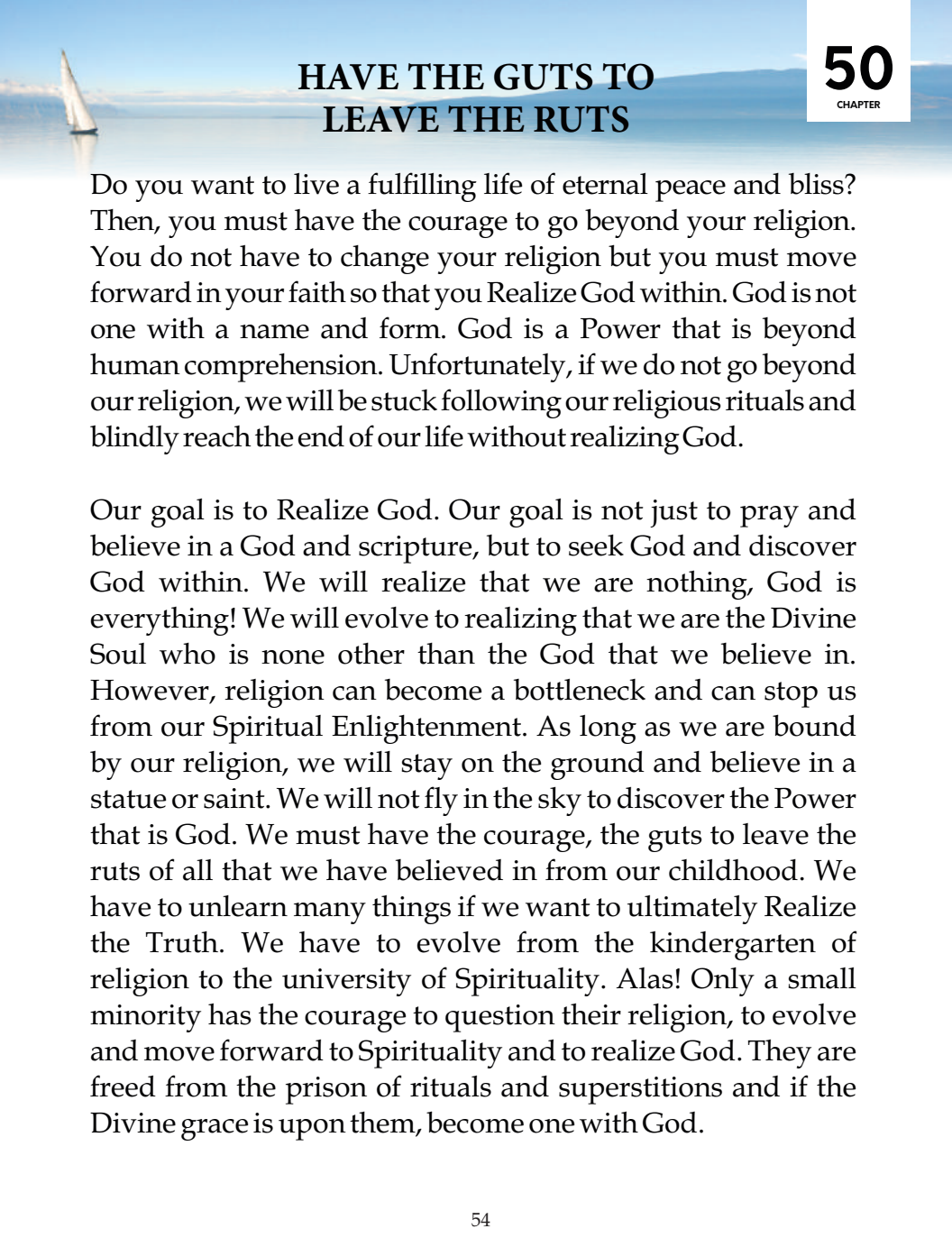
RITUALS, SUPERSTITIONS AND DOGMAS

49
CHAPTER

Those who are devout in their religion, follow all the rituals, the superstitions, and the dogmas they have been taught. They blindly believe what their scripture says, often without correctly interpreting what it actually means. Inadvertently, religions keep us in the dark and we remain ignorant about the Truth of God. They do not help us in achieving the ultimate goal of realizing God and becoming one with God.

Do religions encourage us to ask questions about God? Most religions consider it blasphemous if anyone wants to question God or the scripture. Ironically, every religion believes that only *their* God is the real God. Instead of uniting people around the world, religion has divided the global community so much so, that we are ready to wage a war, to fight with one another in the name of religion. It is most unfortunate that we follow our religion and scripture blindly following the herd. We do not fly like a bird to explore and to Realize God. Spirituality encourages us to ask questions, to investigate the Truth, and to Realize God in the temple of our heart.

Unlike in religion, in Spirituality, there is no fear of blasphemy. One is encouraged to overcome ignorance and Realize the Truth. One is not forced to follow meaningless rituals, believe in unnecessary superstitions, and get caught in the fairy tales of gods and goddesses that exist only in the fantasy of our mind. Religion, in fact, stops us from realizing we are the Divine spirit.



HAVE THE GUTS TO LEAVE THE RUTS

50

CHAPTER

Do you want to live a fulfilling life of eternal peace and bliss? Then, you must have the courage to go beyond your religion. You do not have to change your religion but you must move forward in your faith so that you Realize God within. God is not one with a name and form. God is a Power that is beyond human comprehension. Unfortunately, if we do not go beyond our religion, we will be stuck following our religious rituals and blindly reach the end of our life without realizing God.

Our goal is to Realize God. Our goal is not just to pray and believe in a God and scripture, but to seek God and discover God within. We will realize that we are nothing, God is everything! We will evolve to realizing that we are the Divine Soul who is none other than the God that we believe in. However, religion can become a bottleneck and can stop us from our Spiritual Enlightenment. As long as we are bound by our religion, we will stay on the ground and believe in a statue or saint. We will not fly in the sky to discover the Power that is God. We must have the courage, the guts to leave the ruts of all that we have believed in from our childhood. We have to unlearn many things if we want to ultimately Realize the Truth. We have to evolve from the kindergarten of religion to the university of Spirituality. Alas! Only a small minority has the courage to question their religion, to evolve and move forward to Spirituality and to realize God. They are freed from the prison of rituals and superstitions and if the Divine grace is upon them, become one with God.



AREN'T RELIGIONS A PART OF THIS MATERIAL WORLD?

51
CHAPTER

Those who want to live a Spiritual life in this material world, discover a strange Truth. They realize that the religion that they believed in all these years is a good foundation for Spirituality but the involvement of religion in collecting money, tithes, donations makes it seem to be like a commercial establishment. Just like every organization wants to grow, earn and spread its market capitalization, religions too have goals of converting more people to their religion and marketing their God to make their God the most powerful. Fortunately, this is not the way of Spirituality.

Spirituality is a non-commercial activity. It is moving away from the material world, from the world of profit and business, which seems to be present in some religions. If we add all the wealth and the money of the religions of this world, they would, by far, be the wealthiest organization globally. But is this helping Spirituality? Because we are caught in this material world of money and wealth, of Power and fame, we are not liberated to be in the Spiritual world which goes beyond all these meaningless things that are not everlasting. While religions believe in God and talk of Spirituality, they are no better than worldly organizations in the guise of an institution of God, covered by the garb of God and scripture. God is beyond money and wealth. If we truly want God, we have to realize that religion may start us on our godly journey but will never take us to our ultimate goal. Only Spirituality will make us realize we are the Divine Soul and liberate us.

PART E

WHAT IS LIFE ALL ABOUT?

Have you understood the meaning of life?

Why do we come to earth?

Why are we not like the animals and the birds?

Do you know what happens after death?

Where will you go? Will you be reborn?

Don't we struggle to find answers to understand

how to live our life in a perfect manner?

Spirituality will make us realize the true meaning of life.

A sailboat with a white sail is on a calm blue sea. In the background, there are blue mountains under a clear blue sky. The water reflects the boat and the sky.

***Did you and me, come to this beautiful world,
Just to live and to die?
Shouldn't we discover why we are here,
Before we pass away into the sky?***

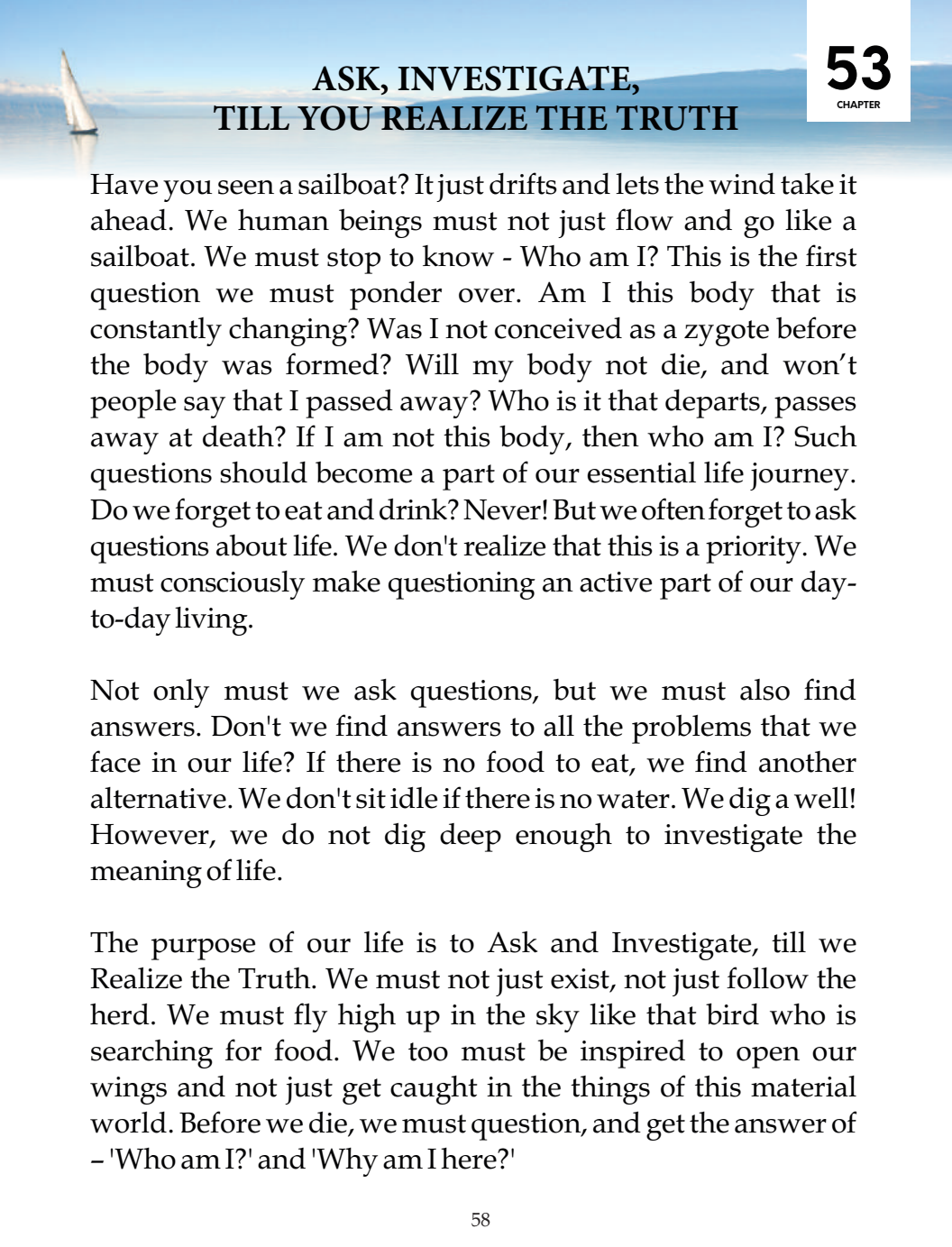


WHAT IS THE PURPOSE OF OUR LIFE ON EARTH?

52
CHAPTER

Everybody who is born on this earth lives, but only a few try to discover the purpose of life. Do we have to make an effort to breathe? Everybody who is born on this earth lives automatically. We do not even have to charge or change any battery for our hearts to beat. We fall asleep naturally and our body and mind are restored. The Creator has done everything for us. He has made enough food for us to eat and there is beauty all around us for us to live in joy and bliss. However, is just seeking happiness the purpose of our life? Do we exist just to do all this? We don't realize that there is a greater meaning, reason, and purpose for our existence.

Most of us are so lost in this world that we do not realize that the purpose of our life is to discover the purpose of our life. Before we lose our final breath, and we reach that eventuality called 'death', we have to find out who we truly are and why we are here. We are not like the other living organisms, the birds and animals that form the flora and fauna of this beautiful world. We are human beings. We have been blessed with an intellect. Before our life comes to an end, we must realize that we are not what we appear to be on the outside. The Truth is that we are the Divine Spirit, the *Atman*, the Soul, that arrives at birth and departs at death. To realize this is the purpose of life. Our ultimate goal is to live as the Divine Soul and to be liberated from the cycle of death and rebirth and to be united with the Lord. This is our life purpose.



ASK, INVESTIGATE, TILL YOU REALIZE THE TRUTH

53
CHAPTER

Have you seen a sailboat? It just drifts and lets the wind take it ahead. We human beings must not just flow and go like a sailboat. We must stop to know - Who am I? This is the first question we must ponder over. Am I this body that is constantly changing? Was I not conceived as a zygote before the body was formed? Will my body not die, and won't people say that I passed away? Who is it that departs, passes away at death? If I am not this body, then who am I? Such questions should become a part of our essential life journey. Do we forget to eat and drink? Never! But we often forget to ask questions about life. We don't realize that this is a priority. We must consciously make questioning an active part of our day-to-day living.

Not only must we ask questions, but we must also find answers. Don't we find answers to all the problems that we face in our life? If there is no food to eat, we find another alternative. We don't sit idle if there is no water. We dig a well! However, we do not dig deep enough to investigate the meaning of life.

The purpose of our life is to Ask and Investigate, till we Realize the Truth. We must not just exist, not just follow the herd. We must fly high up in the sky like that bird who is searching for food. We too must be inspired to open our wings and not just get caught in the things of this material world. Before we die, we must question, and get the answer of - 'Who am I?' and 'Why am I here?'



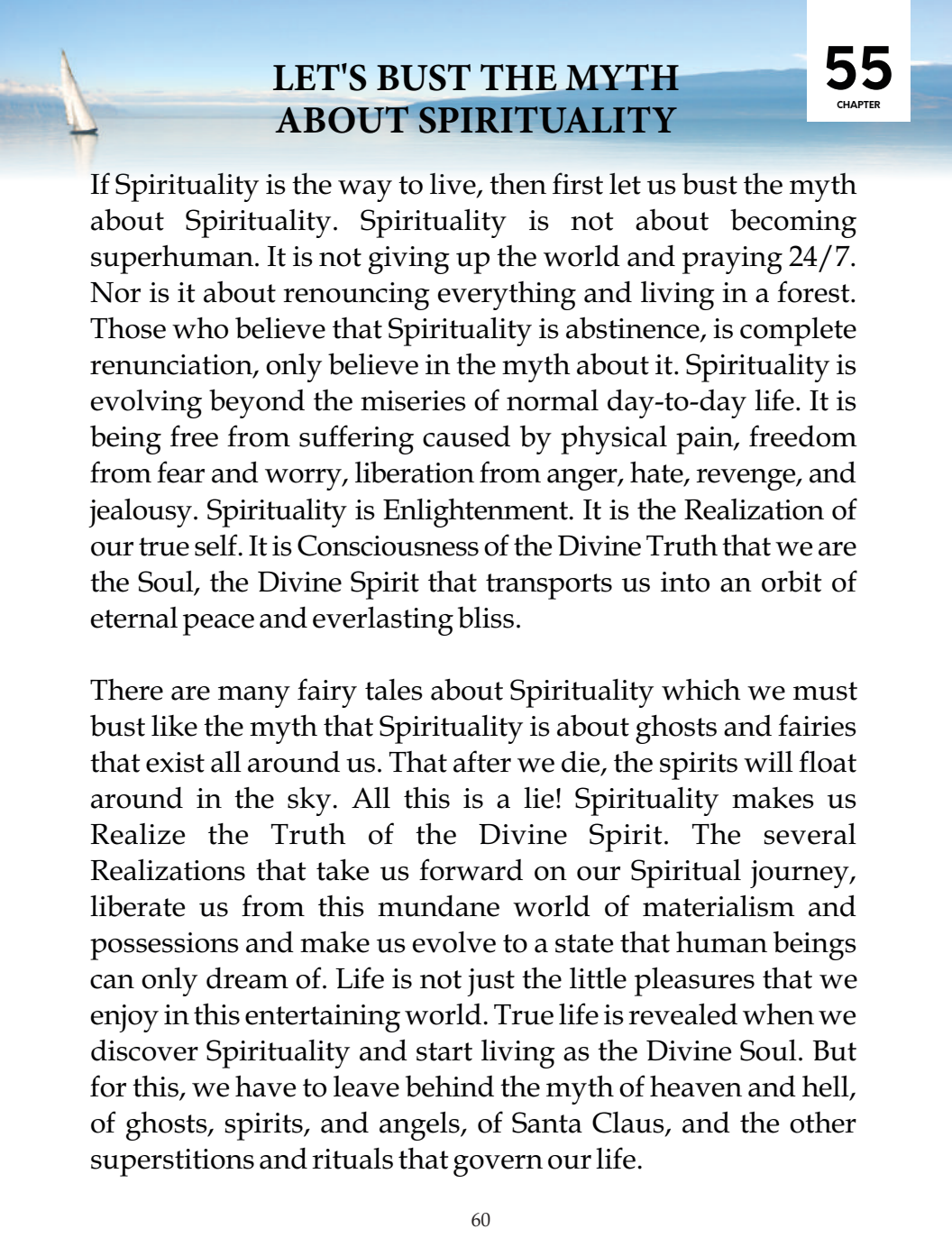
TO LEARN THE TRUTH, FIRST UNLEARN THE LIES

54

CHAPTER

If we want to truly live, if we want to enjoy a life of true happiness and peace, we must discover how to live a Spiritual life in this material world. As long as we live in this world of people, possessions and pleasures, we will be trapped and lost. If we want to Realize the Truth, we must first unlearn the lies that we have been taught. From the time we are born, till the time we are gone, we are taught to blindly follow our religion, some God in heaven, to perform rituals, and to believe in superstitions. We have been fed so many myths that there is no time to Realize the Truth. If we want to Realize the Truth, we have to let go of all those beliefs which we have been blindly following without any logic. We have to wipe out the blackboard of our life which has all the lies about life written on it.

Throughout our life, we say 'I am John.' But were we John when we were born? John is just a name and one day when we are gone, John will lie dead on the bed. We are taught to believe we are this body that will die. Although we see this body return to dust, we are made to believe that it will go to heaven or hell. We innocently accept whatever we are taught, but discovering our life purpose, we sadly forgot! How can we discover our life purpose until we clean the glass of our life, and empty it of what has been filled in all these years? To know what life truly is, let us first erase all the myths and the lies that we have been fed with.



LET'S BUST THE MYTH ABOUT SPIRITUALITY

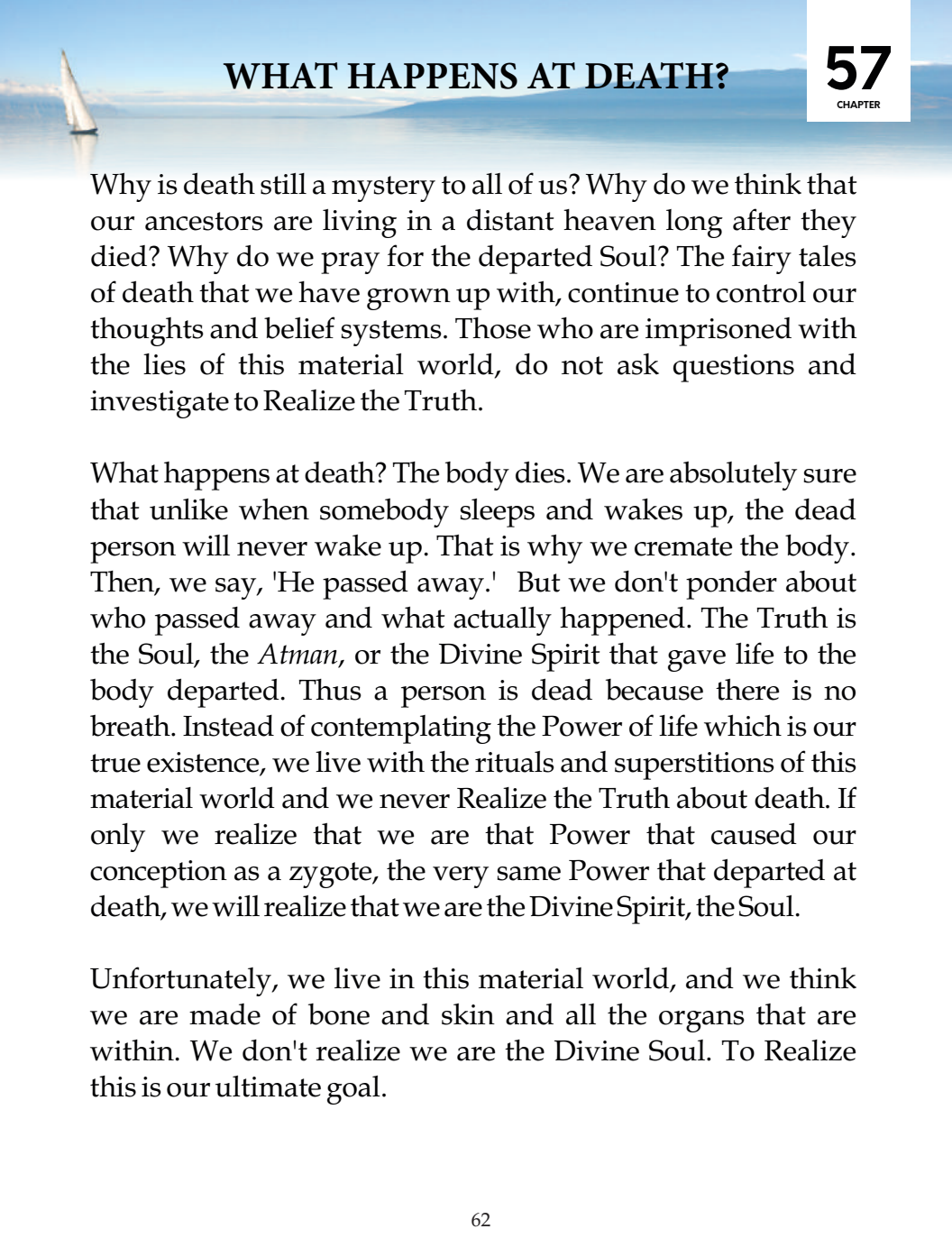
55
CHAPTER

If Spirituality is the way to live, then first let us bust the myth about Spirituality. Spirituality is not about becoming superhuman. It is not giving up the world and praying 24/7. Nor is it about renouncing everything and living in a forest. Those who believe that Spirituality is abstinence, is complete renunciation, only believe in the myth about it. Spirituality is evolving beyond the miseries of normal day-to-day life. It is being free from suffering caused by physical pain, freedom from fear and worry, liberation from anger, hate, revenge, and jealousy. Spirituality is Enlightenment. It is the Realization of our true self. It is Consciousness of the Divine Truth that we are the Soul, the Divine Spirit that transports us into an orbit of eternal peace and everlasting bliss.

There are many fairy tales about Spirituality which we must bust like the myth that Spirituality is about ghosts and fairies that exist all around us. That after we die, the spirits will float around in the sky. All this is a lie! Spirituality makes us Realize the Truth of the Divine Spirit. The several Realizations that take us forward on our Spiritual journey, liberate us from this mundane world of materialism and possessions and make us evolve to a state that human beings can only dream of. Life is not just the little pleasures that we enjoy in this entertaining world. True life is revealed when we discover Spirituality and start living as the Divine Soul. But for this, we have to leave behind the myth of heaven and hell, of ghosts, spirits, and angels, of Santa Claus, and the other superstitions and rituals that govern our life.

Have you ever contemplated birth? How are we born? How does birth actually happen? Of course, we all learn in school that when two cells, one from the male and one from the female, fertilize to become one, a zygote is formed. Thus we are brainwashed into believing that we are created by our parents, who through the act of copulation, are responsible for our conception. Of course, this is true. Nobody can deny it! But can our parents be the cause of the life that is us? Are our parents responsible for the creation of our heart, our brain, our blood, bones, and skin? Do they control whether we will be born as male or female? While they may be instruments that led to the conception of us as a zygote, they have little to do with our life and birth. Still, we believe that our parents are everything. We pay scant attention to the One who actually created us. The Power behind the scenes responsible for our birth, disappears into insignificance.

We must Realize the Truth about our birth that if Realize that if it was not for that Divine Power that caused the fertilization of the first cell, the zygote, we wouldn't have been born. Our conception is Spiritual, not physical. The physical act appears to have happened, but it only completes the Spiritual direction that causes our existence in the womb of our mother. When we realize this Divine Truth about birth, there will be a paradigm shift in our philosophy of life. Not only will we discover who we are, but we will also begin our Spiritual journey.



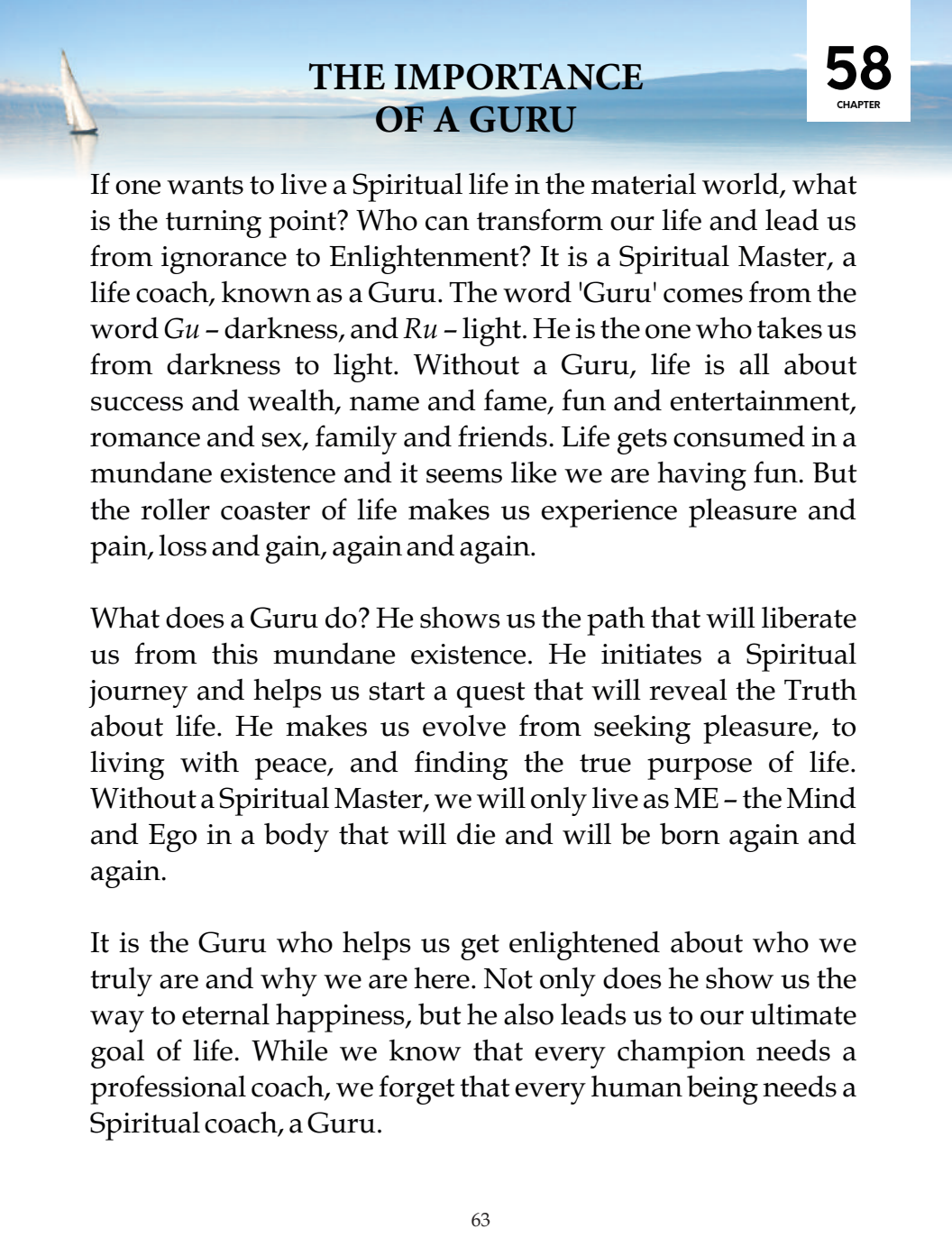
WHAT HAPPENS AT DEATH?

57
CHAPTER

Why is death still a mystery to all of us? Why do we think that our ancestors are living in a distant heaven long after they died? Why do we pray for the departed Soul? The fairy tales of death that we have grown up with, continue to control our thoughts and belief systems. Those who are imprisoned with the lies of this material world, do not ask questions and investigate to Realize the Truth.

What happens at death? The body dies. We are absolutely sure that unlike when somebody sleeps and wakes up, the dead person will never wake up. That is why we cremate the body. Then, we say, 'He passed away.' But we don't ponder about who passed away and what actually happened. The Truth is the Soul, the *Atman*, or the Divine Spirit that gave life to the body departed. Thus a person is dead because there is no breath. Instead of contemplating the Power of life which is our true existence, we live with the rituals and superstitions of this material world and we never Realize the Truth about death. If only we realize that we are that Power that caused our conception as a zygote, the very same Power that departed at death, we will realize that we are the Divine Spirit, the Soul.

Unfortunately, we live in this material world, and we think we are made of bone and skin and all the organs that are within. We don't realize we are the Divine Soul. To Realize this is our ultimate goal.



THE IMPORTANCE OF A GURU

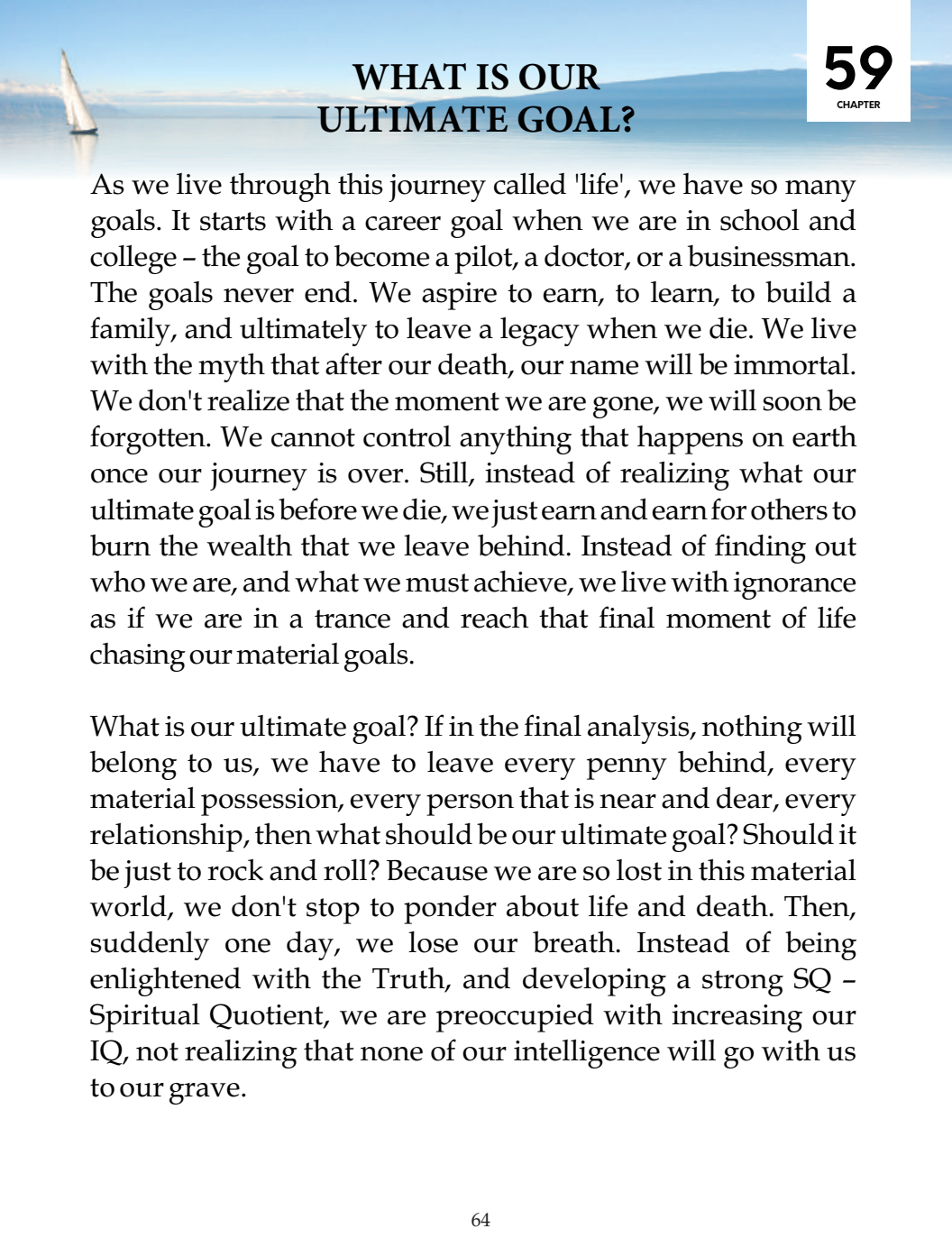
58

CHAPTER

If one wants to live a Spiritual life in the material world, what is the turning point? Who can transform our life and lead us from ignorance to Enlightenment? It is a Spiritual Master, a life coach, known as a Guru. The word 'Guru' comes from the word *Gu* – darkness, and *Ru* – light. He is the one who takes us from darkness to light. Without a Guru, life is all about success and wealth, name and fame, fun and entertainment, romance and sex, family and friends. Life gets consumed in a mundane existence and it seems like we are having fun. But the roller coaster of life makes us experience pleasure and pain, loss and gain, again and again.

What does a Guru do? He shows us the path that will liberate us from this mundane existence. He initiates a Spiritual journey and helps us start a quest that will reveal the Truth about life. He makes us evolve from seeking pleasure, to living with peace, and finding the true purpose of life. Without a Spiritual Master, we will only live as ME – the Mind and Ego in a body that will die and will be born again and again.

It is the Guru who helps us get enlightened about who we truly are and why we are here. Not only does he show us the way to eternal happiness, but he also leads us to our ultimate goal of life. While we know that every champion needs a professional coach, we forget that every human being needs a Spiritual coach, a Guru.



WHAT IS OUR ULTIMATE GOAL?

59
CHAPTER

As we live through this journey called 'life', we have so many goals. It starts with a career goal when we are in school and college – the goal to become a pilot, a doctor, or a businessman. The goals never end. We aspire to earn, to learn, to build a family, and ultimately to leave a legacy when we die. We live with the myth that after our death, our name will be immortal. We don't realize that the moment we are gone, we will soon be forgotten. We cannot control anything that happens on earth once our journey is over. Still, instead of realizing what our ultimate goal is before we die, we just earn and earn for others to burn the wealth that we leave behind. Instead of finding out who we are, and what we must achieve, we live with ignorance as if we are in a trance and reach that final moment of life chasing our material goals.

What is our ultimate goal? If in the final analysis, nothing will belong to us, we have to leave every penny behind, every material possession, every person that is near and dear, every relationship, then what should be our ultimate goal? Should it be just to rock and roll? Because we are so lost in this material world, we don't stop to ponder about life and death. Then, suddenly one day, we lose our breath. Instead of being enlightened with the Truth, and developing a strong SQ – Spiritual Quotient, we are preoccupied with increasing our IQ, not realizing that none of our intelligence will go with us to our grave.

Isn't it time to realize our ignorance about our ignorance? We live as if we know everything when in reality, we know nothing. We don't know who we truly are and why we are here. When will we Realize the Truth?

The first step of life is to become aware of our ignorance. Then, it is to go on a journey to Ask questions and to Investigate life, and to ultimately Realize the Truth. As long as we live in ignorance, we will suffer.

Ignorance is the cause of our birth, our death, and all that happens in between. Because we believe, I am 'I', we create Karma, and we die. We live as the Mind and Ego, ME, and our ignorance makes us suffer the triple suffering on earth. Instead of making this our ultimate goal, to overcome ignorance and realize we are the Divine Soul, we roll through the years of life and reach our final moment, being rich in material wealth, but poor in Spiritual health. Most of us are complete ignoramuses when it comes to Enlightenment. We don't have a clue and so, we go from temple to church, in search of a God who lives in heaven. We don't discover the temple of God within, in our heart. We think we are brilliant and create super computers, but do not Realize the Truth of the human-computer. Life is about overcoming ignorance and Realizing the Truth. Those who don't, live, die, and return to earth to suffer again and again.



LIFE IS MAYA - A COSMIC ILLUSION

61
CHAPTER

People who live a material life do not realize that everything in this world is like a dream. It is like an illusion. Just like whatever we see in a dream is an imagination of the mind, and is not real, people who live a Spiritual life, realize that everything that happens in this world is ultimately just a projection. It is *Maya*.

We may say, 'This is my house, my business, my mother, my child,' but in the ultimate analysis, nothing is ours. In the end, when we wake up from the dream called 'life', at the moment of death, all the projections, all the *Maya*, just disappear.

What does *Maya* do? *Maya* has two powers – it conceals the Truth and projects the myth. It is just like a projector that conceals the white screen and projects the movie. *Maya* projects life. Everything appears to be real, but in reality, everything is an illusion. Everything is a manifestation of the Divine. Those who live a Spiritual life, Realize the Truth about *Maya*. To them, nothing matters because they know that in the end, they have to go. Everything is just a show.

Those who do not live a Spiritual life, get entangled in *Maya*. They are caught in the Cosmic Illusion, and they suffer. When they see somebody die, they cry and look up at the sky and ask, 'Why?' They don't realize that this world is *Maya*.



A DIVINE *LEELA* UNFOLDS – IT'S JUST A SHOW

62
CHAPTER

Nothing is real. It's a cosmic drama. We are just actors, we come, and we go. There will be laughter, there will be tears. Such is the cosmic show! The ones who Realize the Truth that they are the Divine Spirit, not the body, mind, ego that they seem to be, realize that this earth is like a humongous stage. It has about 8 billion actors who come and go. Everything that happens on the earth stage is a drama. It is like a movie. The storyboard is controlled by the Divine. Each actor has his role decided by his Karma, his past actions. Then he has the free will to perform in this show called 'life' and create Karma. But ultimately, it's just a show! We all have to go! We will return to the earth stage again and again. Just like actors come back with new costumes in a theatre, we too will come back with new bodies, life after life in the *Leela* that unfolds on earth. Those who live a Spiritual life, Realize the Truth about the show, the fact that we all have to go, and they row their boat to the final destination which is Liberation from this *Leela* and Unification with the Divine.

Those who don't realize that life is just a *Leela*, get caught in *Maya*, the cosmic illusion and think life to be real. The role they play is just like a role that an actor plays in a movie. The actor doesn't think that he is the king, or the billionaire or the beggar that he is acting as. He knows his true identity. Unfortunately, we forget our true identity that we are the Divine Soul and we get caught in the *Leela*, the drama called 'life' and we suffer.

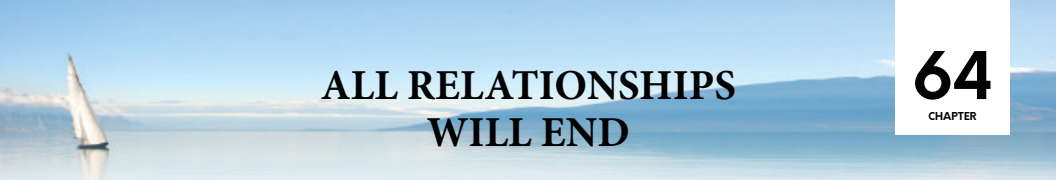


WE CAN TAKE NOTHING WITH US

63
CHAPTER

Have you seen anybody taking something with them when they die? Although we know we can take nothing with us, why are we still attached to our possessions? It is ironical that we are caught in ignorance and believe that our money, our wealth is ours. Nothing is ours. Everything that we get is like a trust given to us which we have to ultimately hand over to others. Even if we don't give away our wealth, it will be left behind at death.

It is so strange that although this is a simple Truth, and we see this unfold every day, we still live life thinking that our wealth belongs to us. Not a penny is ours. We must get it in our head that ultimately, we will be dead, and all the gold and diamonds will not even be worth their weight in lead. Those who live a Spiritual life, enjoy the journey of life without getting attached to their possessions. They Realize the Truth that nothing was theirs, nothing is theirs and nothing will be theirs. Therefore, they are free from the prison of the material world that focuses on protecting assets. They discover their true wealth in the realization that they are the Divine Soul. They realize that nothing will go with them at death, except their Karma. Those who evolve further on the Spiritual path, realize that even their body does not belong to them. They transcend their Mind and Ego, ME, and they are liberated from all Karma, and are united with the Lord. They achieve the ultimate goal as they realize they are the Divine Soul. They seek nothing except Enlightenment, Liberation from this world, and Unification with the Divine. They live a life of bliss and peace.

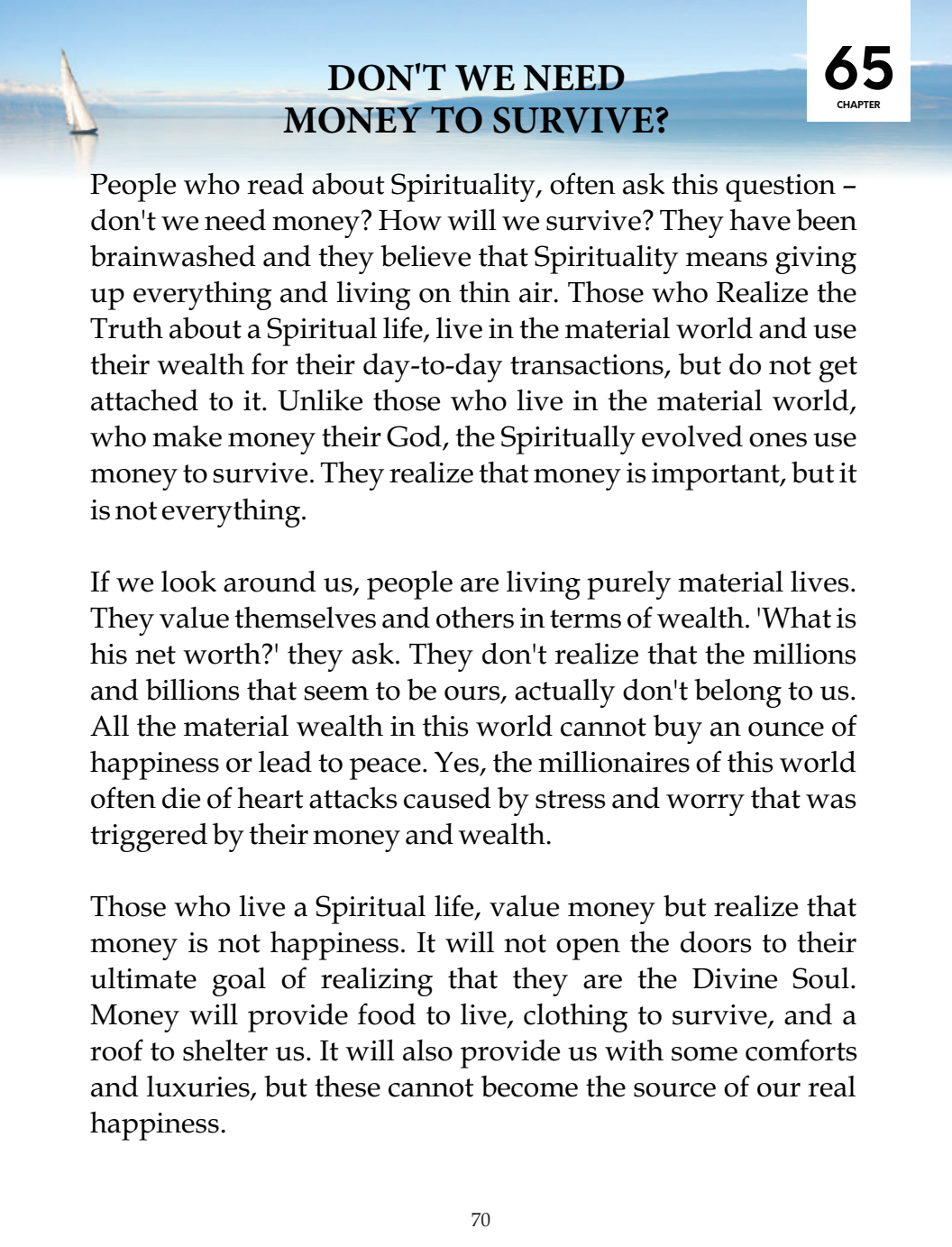


ALL RELATIONSHIPS WILL END

64
CHAPTER

Some people in the material world believe in an apparent Truth that the most important thing in life is not money and wealth, not name and fame. Ultimately, life is all about the relationships they enjoy. While it is true on the surface, the Spiritual Truth is that no relationship will last forever. All relationships are created in this drama called 'life' and ultimately end in the drama. People, in their ignorance, believe that their loved ones will be waiting for them on the other side of death. They hope that after they die, they will be able to resume relationships with the dead. They cannot cope with the Truth that their loved ones have been decimated to ashes, never to return! They have been taught fairy tales and they live with the dope, with a false hope, holding on to a rope which is nothing but an illusion. All relationships will end. This is the Truth, the ultimate Truth.

There is only one relationship that will last forever - our relationship with the Divine. Life is all about Realizing this Truth. We may appear as waves that are different from the ocean, but ultimately, we come from the ocean, and we go back into the ocean. We keep on splashing on the beach of life, without realizing our source. Those who live a Spiritual life, realize that we are all just effects of the one Divine cause. They do not get attached, although they have loving relationships. They live with a detached attachment. This is the way to live a Spiritual life, and enjoy our beautiful relationships, realizing that none of these will last forever.



DON'T WE NEED MONEY TO SURVIVE?

65

CHAPTER

People who read about Spirituality, often ask this question – don't we need money? How will we survive? They have been brainwashed and they believe that Spirituality means giving up everything and living on thin air. Those who Realize the Truth about a Spiritual life, live in the material world and use their wealth for their day-to-day transactions, but do not get attached to it. Unlike those who live in the material world, who make money their God, the Spiritually evolved ones use money to survive. They realize that money is important, but it is not everything.

If we look around us, people are living purely material lives. They value themselves and others in terms of wealth. 'What is his net worth?' they ask. They don't realize that the millions and billions that seem to be ours, actually don't belong to us. All the material wealth in this world cannot buy an ounce of happiness or lead to peace. Yes, the millionaires of this world often die of heart attacks caused by stress and worry that was triggered by their money and wealth.

Those who live a Spiritual life, value money but realize that money is not happiness. It will not open the doors to their ultimate goal of realizing that they are the Divine Soul. Money will provide food to live, clothing to survive, and a roof to shelter us. It will also provide us with some comforts and luxuries, but these cannot become the source of our real happiness.

PART F

HOW TO LIVE A SPIRITUAL LIFE?

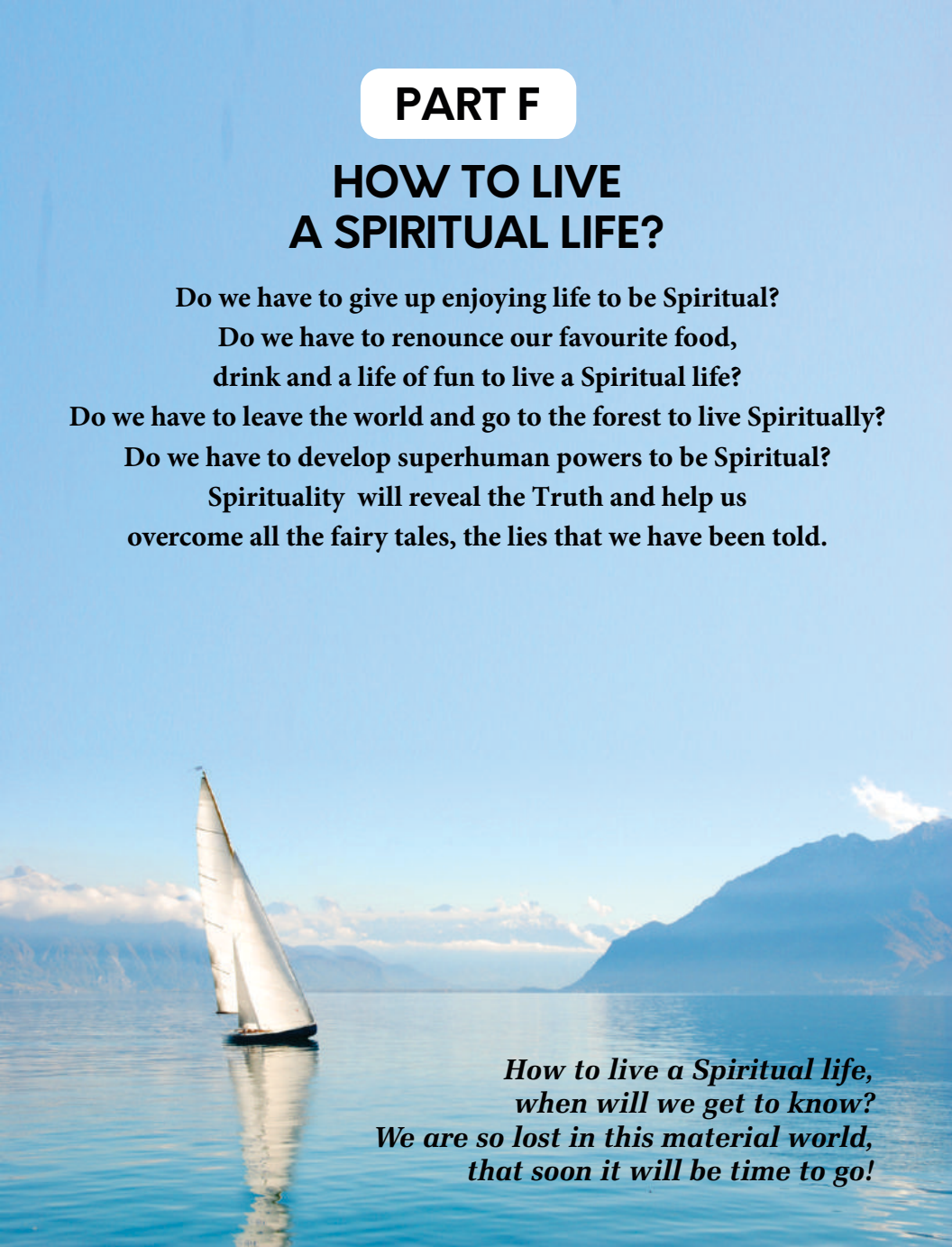
Do we have to give up enjoying life to be Spiritual?

**Do we have to renounce our favourite food,
drink and a life of fun to live a Spiritual life?**

Do we have to leave the world and go to the forest to live Spiritually?

Do we have to develop superhuman powers to be Spiritual?

**Spirituality will reveal the Truth and help us
overcome all the fairy tales, the lies that we have been told.**

A sailboat with white sails is on a calm blue lake. In the background, there are blue mountains under a clear blue sky. The water reflects the boat and the mountains.

***How to live a Spiritual life,
when will we get to know?
We are so lost in this material world,
that soon it will be time to go!***



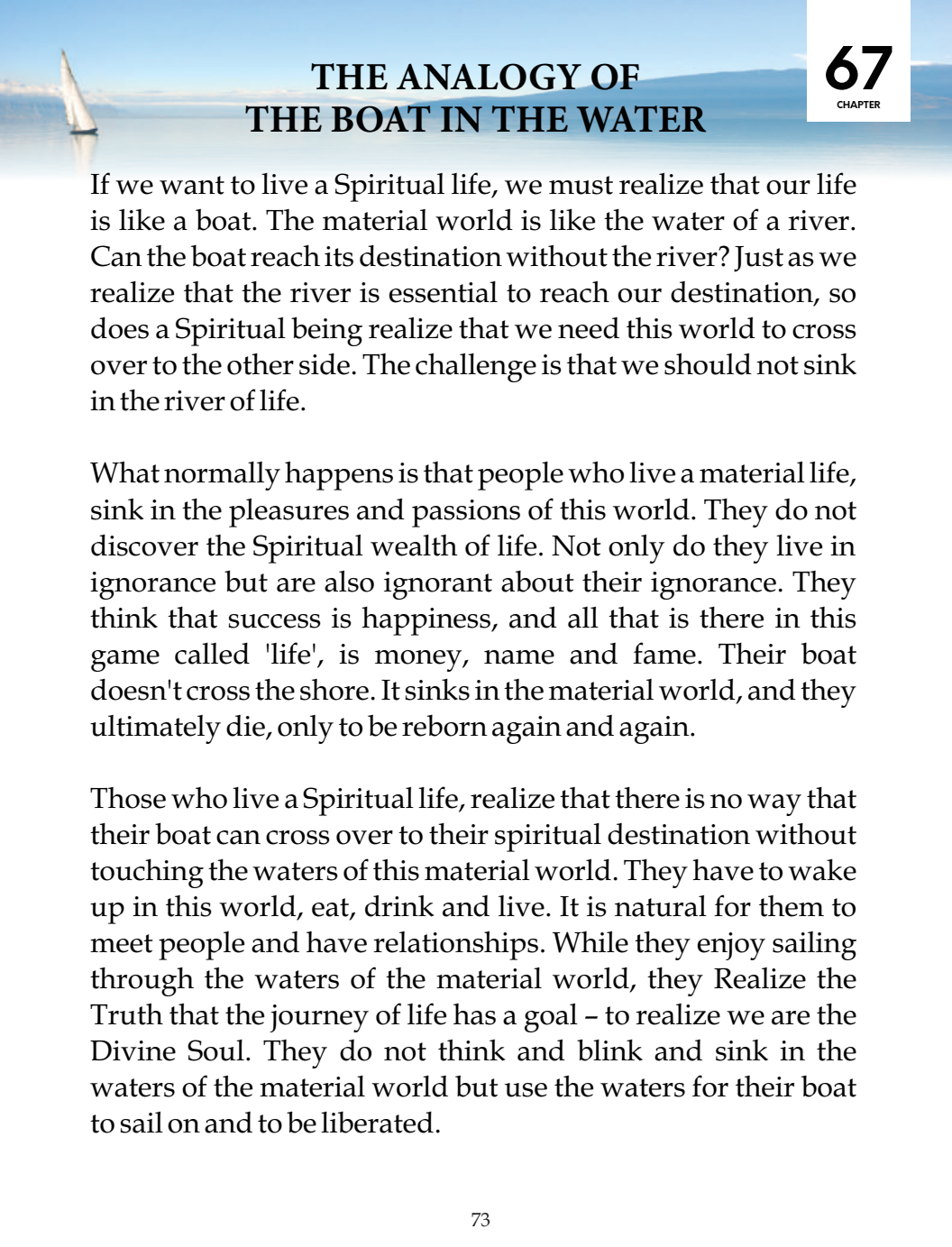
LESSONS FROM RAJA JANAK

66
CHAPTER

Those who want to live spiritually, often ponder over the life of Raja Janak. He was a king who had everything in this world. Still, he lived with humility, realizing that nothing belonged to him. Although he lived in a palace, he was not enamoured by the gold and diamonds of the material world. There are many spiritual lessons to learn from the life of Raja Janak.

One day, Raja Janak woke up from a dream in which he was feeling tormented as a beggar. He then pondered over the truth – 'Am I a king who dreamt that I was a beggar or am I a beggar who is dreaming that I am a king?' He went on a quest and took the help of a learned sage to realize that he was neither. He was the Divine Soul that experienced the waking state and the dreaming state.

There are many incidents in Raja Janak's life from which we can learn many Spiritual Truths and evolve on our quest. One day, several monks came for a conference to meet the king. They had very meagre belongings, but they had to leave them outside the palace gate before they entered. Suddenly there was an uproar that there was a fire in the palace. They all got up and started to run to fetch their belongings. But the king was peaceful. He gave orders to put out the fire without even getting up from his seat in the conference. When the monks returned, they realized how they were attached to their belongings, although they had nothing. But the king who had such large treasures was so detached that he was unaffected.



THE ANALOGY OF THE BOAT IN THE WATER

67
CHAPTER

If we want to live a Spiritual life, we must realize that our life is like a boat. The material world is like the water of a river. Can the boat reach its destination without the river? Just as we realize that the river is essential to reach our destination, so does a Spiritual being realize that we need this world to cross over to the other side. The challenge is that we should not sink in the river of life.

What normally happens is that people who live a material life, sink in the pleasures and passions of this world. They do not discover the Spiritual wealth of life. Not only do they live in ignorance but are also ignorant about their ignorance. They think that success is happiness, and all that is there in this game called 'life', is money, name and fame. Their boat doesn't cross the shore. It sinks in the material world, and they ultimately die, only to be reborn again and again.

Those who live a Spiritual life, realize that there is no way that their boat can cross over to their spiritual destination without touching the waters of this material world. They have to wake up in this world, eat, drink and live. It is natural for them to meet people and have relationships. While they enjoy sailing through the waters of the material world, they Realize the Truth that the journey of life has a goal – to realize we are the Divine Soul. They do not think and blink and sink in the waters of the material world but use the waters for their boat to sail on and to be liberated.



THE LOTUS BLOOMS IN A DIRTY LAKE

68
CHAPTER

Have you ever noticed a beautiful lotus that blooms in a lake that is full of muck and dirt? One who lives a Spiritual life learns a lesson from the lotus. Although there is so much filth around it, it blooms and shines. We human beings too can bloom in this material world which is full of emotional garbage. Although there is anger, hate, revenge, and jealousy all around us, we can remain unaffected by it. Though we are attacked by fear, worry, stress, and anxiety, we can learn to shine like the lotus. The realized ones realize that they are not the body, mind and ego. While they are attacked by the triple suffering of this material world, they learn to live as the Divine Soul that does not suffer the miseries of the body, mind and ego. The lotus inspires them to bloom and shine as the Divine Soul.

While it is not easy to live a Spiritual life in the material world, it is not difficult to do so for seekers who want to achieve the ultimate purpose of life. They are inspired by stories of those who are liberated. They are not enamoured by material wealth and realize how these possessions are transitory and temporary. They choose to live a Spiritual life, although all around them, pleasures and possessions attract them, and distract them from their ultimate goal. Those who choose to live a Spiritual life, Realize the Truth and are unaffected by the cosmic illusion that surrounds them. They have realized their true identity, and live in spiritual ecstasy, unknown to the common man.

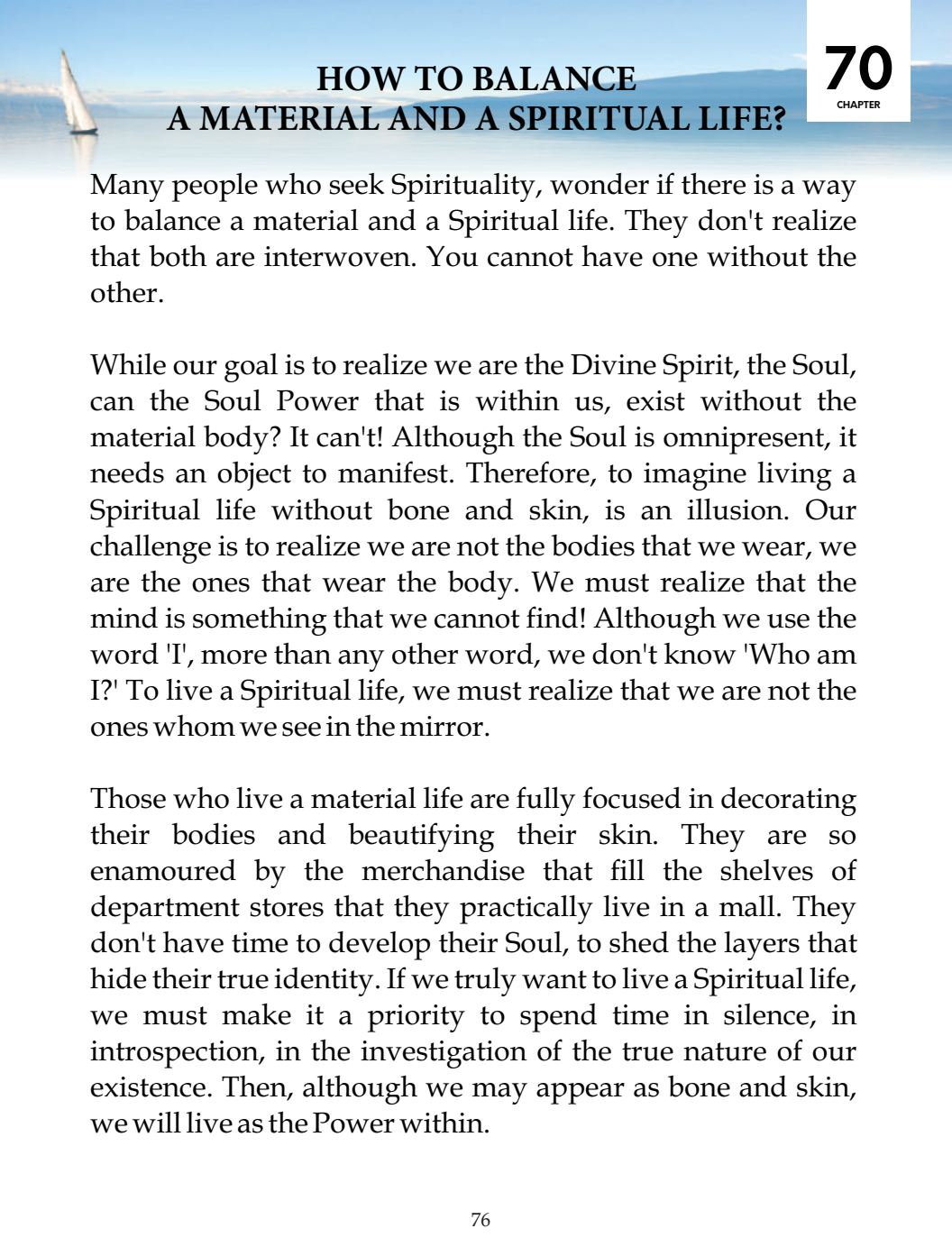


YOU CANNOT LIVE A SPIRITUAL LIFE ANYWHERE ELSE

69
CHAPTER

Those who don't know the real meaning of Spirituality, believe in the fairy tales associated with a Spiritual life. They believe that Spiritual life means staying away from food and drink, renouncing people of this world, and living in solitude as a mendicant. They imagine Spiritual life to be that of a monk, who shaves his head and walks all over with a begging bowl to survive. They visualize spiritual saints as those who wear long robes, with a long beard and flowing hair. All these are fairy tales. This is not true Spirituality. Spirituality is not an outer appearance. It is an inner state of being. You do not have to renounce the world and live in a temple, a church, or a monastery. To live a Spiritual life, you do not have to wander in the forests or live in a cave in isolation.

A truly Spiritual one can live anywhere. The material world cannot touch him because he has realized the Divine Spirit within. He is unaffected by the outer world, and he realizes that Spirituality is living in the material world, but not being overtaken by it. In the modern-day and age, there is communication and connectivity everywhere in this world and one cannot be disconnected. A true saint learns to go within, in silence and experiences moments of Divinity. He sees the Divine in one and all. He realizes that everything around him is nothing but a manifestation of the Divine. Therefore, he doesn't try to run away from it. Rather, he lives a Spiritual life experiencing the presence of the Divine Spirit everywhere and in everything.



HOW TO BALANCE A MATERIAL AND A SPIRITUAL LIFE?

70
CHAPTER

Many people who seek Spirituality, wonder if there is a way to balance a material and a Spiritual life. They don't realize that both are interwoven. You cannot have one without the other.

While our goal is to realize we are the Divine Spirit, the Soul, can the Soul Power that is within us, exist without the material body? It can't! Although the Soul is omnipresent, it needs an object to manifest. Therefore, to imagine living a Spiritual life without bone and skin, is an illusion. Our challenge is to realize we are not the bodies that we wear, we are the ones that wear the body. We must realize that the mind is something that we cannot find! Although we use the word 'I', more than any other word, we don't know 'Who am I?' To live a Spiritual life, we must realize that we are not the ones whom we see in the mirror.

Those who live a material life are fully focused in decorating their bodies and beautifying their skin. They are so enamoured by the merchandise that fill the shelves of department stores that they practically live in a mall. They don't have time to develop their Soul, to shed the layers that hide their true identity. If we truly want to live a Spiritual life, we must make it a priority to spend time in silence, in introspection, in the investigation of the true nature of our existence. Then, although we may appear as bone and skin, we will live as the Power within.



LIVING WITH CONSCIOUSNESS

71
CHAPTER

To live a Spiritual life, one has to evolve on the Spiritual grid. It starts with overcoming ignorance, going on a quest and Realizing the Truth. Thereafter, it is living in the Consciousness of the Truth, in eternal bliss and everlasting peace. Very few people realize that this is the true way of living a Spiritual life.

What does it mean to live with Consciousness? Spirituality is about becoming aware and realizing that we are not the ever-changing body. It is the awareness that we are not the mind that is like a monkey, constantly jumping from thought to thought, ever-yearning and ever-yelling. Spirituality is transcending the ego that appears along with the mind and says, 'It is me.' When we become Conscious that we are the Divine Soul, then we transcend the senses of the body and the mind and ego, ME. This is true Spirituality.

Knowing all the above is not Consciousness. We need Realization. When knowledge crystallizes into Realization, then there is Consciousness. Consciousness is awareness. We no more have to memorize it because we realize it. Those who live a Spiritual life, let go of the desires of the senses, and the wandering of the mind because they live in the Consciousness of the Truth, in *Ananda* or bliss. Those who do not live a Spiritual life, won't even understand the meaning of Consciousness, because they have never experienced it.

The key to living a Spiritual life is being free from misery. Only one who is Spiritually awakened can escape from the suffering caused by physical pain, the misery caused by the mind, and the agony caused by the ego. Normal human beings cannot escape from this suffering. Only those who are living a Spiritual life are liberated from the triple suffering on earth.

How does somebody living a Spiritual life get freedom from the sorrows of the body, mind and ego? With the Realization that I am the Divine Soul, not the body and mind that I appear to be, one is instantly free from the triple suffering. Does it mean that the body will not experience physical pain? Of course, it will. But he who is living a Spiritual life will not be pained by the aches of the body. It is like one having a car accident. Although the car is smashed, the one inside is untouched and unaffected by the crash. So does a Spiritual Soul live in a body that undergoes physical trauma but does not relate to the pain as his suffering.

Just as a realized Soul is free from suffering caused by physical pain, his mind tries to worry and wander in fear. However, he is not the mind, and he does not join the mind in its tragic thoughts. He lives as the Soul in consciousness, observing the mind. Hitherto, one would be agonized by anger, hate, revenge, and jealousy. Now, realizing that we are all the same Divine Soul, the oneness created liberates one from all such anguish.

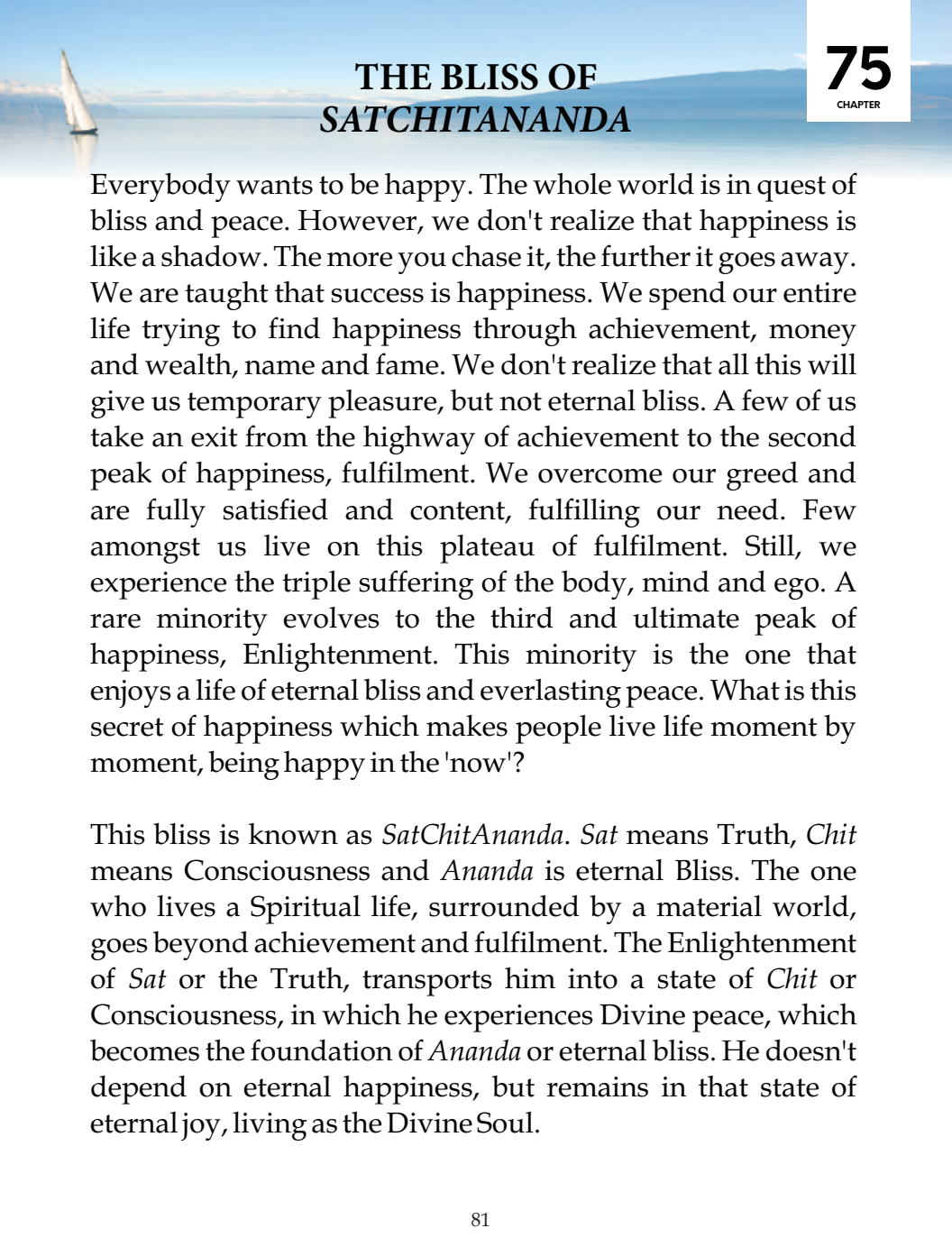
Those of us who are trapped in the material world, live in *Bhoga*. We are attached to our possessions and our people. We are not free from desires and cravings, that make us live as common mortals. But the moment we start living a Spiritual life, we shift from *Bhoga*, being connected to the material world to living in Yoga. The word Yoga means *Yuj* or union. The Divine Spirit in us, lives in Yoga, with the Supreme Spirit that is omnipresent. One who lives in Yoga, lives as a blissful Yogi, ever united with God.

What is it to live like a Yogi? A Yogi is fearless. He overcomes the fear of death and disease. He realizes the Truth that his body is just like a garment that he, the Divine Soul, wears. He is no more interested in the material desires that enamoured him in the past. He lets go of all these illusions, realizing that nothing really belongs to us. We come from the Divine and return to the Divine. The Yogi attains freedom from the material world and is liberated from the lust of wishes, wealth and wine. He lives as a manifestation of the Divine, experiencing the Lord everywhere and in everything. To him, the kingdom of God is within. He is in constant union as he cuts off the noise of this material world, to hear the voice of the Divine in his Soul within. Such a Yogi lives in the ever Consciousness of the Truth, experiencing a state of eternal happiness and everlasting peace, free from all the miseries of the world. A Yogi lives in the material world but lives as the Divine Spirit.

Those who live a Spiritual life, live in constant Yoga, or union with the Divine. It is not the union of the body with the mind and Soul as advocated by the Yoga institutes that have mushroomed all over the world today. All over the world, people portray Yoga to be *Asanas*, physical exercises or *Pranayama*, breathing techniques. These are just preliminary stages of Yoga, and they may or may not lead one to live like a Yogi.

What is it to experience real Yoga? A Yogi experiences the 4 cycles of Yoga. He starts his day with *Dhyana* Yoga or meditation, then spends some time in *Bhakti* Yoga or prayer and devotion. Thereafter, he does *Karma* Yoga, performing his Spiritual duties as per the Divine Will as an instrument of God, without expecting any result or fruits of the actions performed. Finally, in all the time left, the Yogi lives in *Gyana* Yoga. In this state, he is united with the Lord as he spends his time in attaining wisdom, in reading, in listening, or in discussions about Spirituality.

A Yogi does not get out of the 4 cycles of Yoga. The moment his mind and the senses of his body make him lose his Spiritual Consciousness, he realizes it and returns to the cycles of Yoga, living as the Divine Spirit that he has realized he is. One who lives in constant Yoga is not only free from the triple suffering but is ever united with God. He becomes a part of that Supreme Spirit, with the Realization that he is not the body or mind. He is the Divine Soul.



THE BLISS OF *SATCHITANANDA*

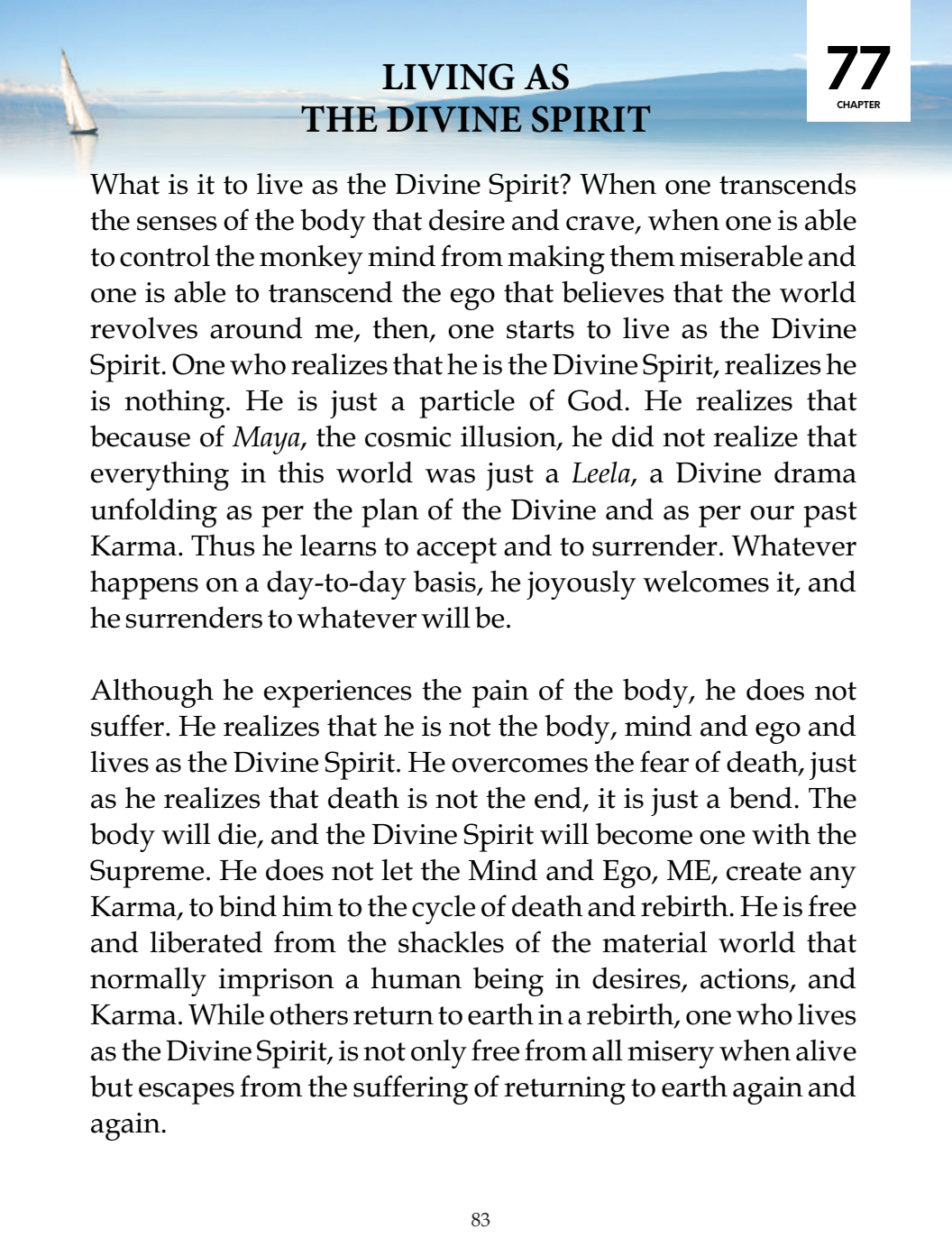
75
CHAPTER

Everybody wants to be happy. The whole world is in quest of bliss and peace. However, we don't realize that happiness is like a shadow. The more you chase it, the further it goes away. We are taught that success is happiness. We spend our entire life trying to find happiness through achievement, money and wealth, name and fame. We don't realize that all this will give us temporary pleasure, but not eternal bliss. A few of us take an exit from the highway of achievement to the second peak of happiness, fulfilment. We overcome our greed and are fully satisfied and content, fulfilling our need. Few amongst us live on this plateau of fulfilment. Still, we experience the triple suffering of the body, mind and ego. A rare minority evolves to the third and ultimate peak of happiness, Enlightenment. This minority is the one that enjoys a life of eternal bliss and everlasting peace. What is this secret of happiness which makes people live life moment by moment, being happy in the 'now'?

This bliss is known as *SatChitAnanda*. *Sat* means Truth, *Chit* means Consciousness and *Ananda* is eternal Bliss. The one who lives a Spiritual life, surrounded by a material world, goes beyond achievement and fulfilment. The Enlightenment of *Sat* or the Truth, transports him into a state of *Chit* or Consciousness, in which he experiences Divine peace, which becomes the foundation of *Ananda* or eternal bliss. He doesn't depend on eternal happiness, but remains in that state of eternal joy, living as the Divine Soul.

Have you experienced the peace that comes from deep stillness and silence? When the monkey mind stops its ever-yelling and ever-yearning because its tail is cut and it becomes a monk, when the 5 senses have stopped the constant trigger of thoughts and desires, then we experience true silence. This leads us into a state of thoughtlessness or mindfulness. A person who lives a Spiritual life, experiences this state of Consciousness, as he becomes the witness, the observer of the mind. Not only is there silence in his ears, because he is free from the pandemonium of this world, a Spiritual Soul also experiences the stillness of thought. This develops into the Power of super Consciousness. One who lives a Spiritual life, shuts off the noise outside so that he can hear the Divine voice inside. This leads him to living a powerful life, led by the Divine Soul. He escapes the life of an ordinary mortal, who struggles in this world, for treasures and trinkets that he will ultimately leave behind. Silence overcomes the myth and ignorance that makes us sink in the material world as we live in contemplation and we Realize the Truth.

How does this happen? Silence is freedom from the aggressive mind that normally bombards us with a new thought every second. These thoughts steal our contemplation and our peace of mind, which is the foundation of happiness. The power of silence is a gift experienced by those who live a Spiritual life. It helps us introspect and leads us to Enlightenment.

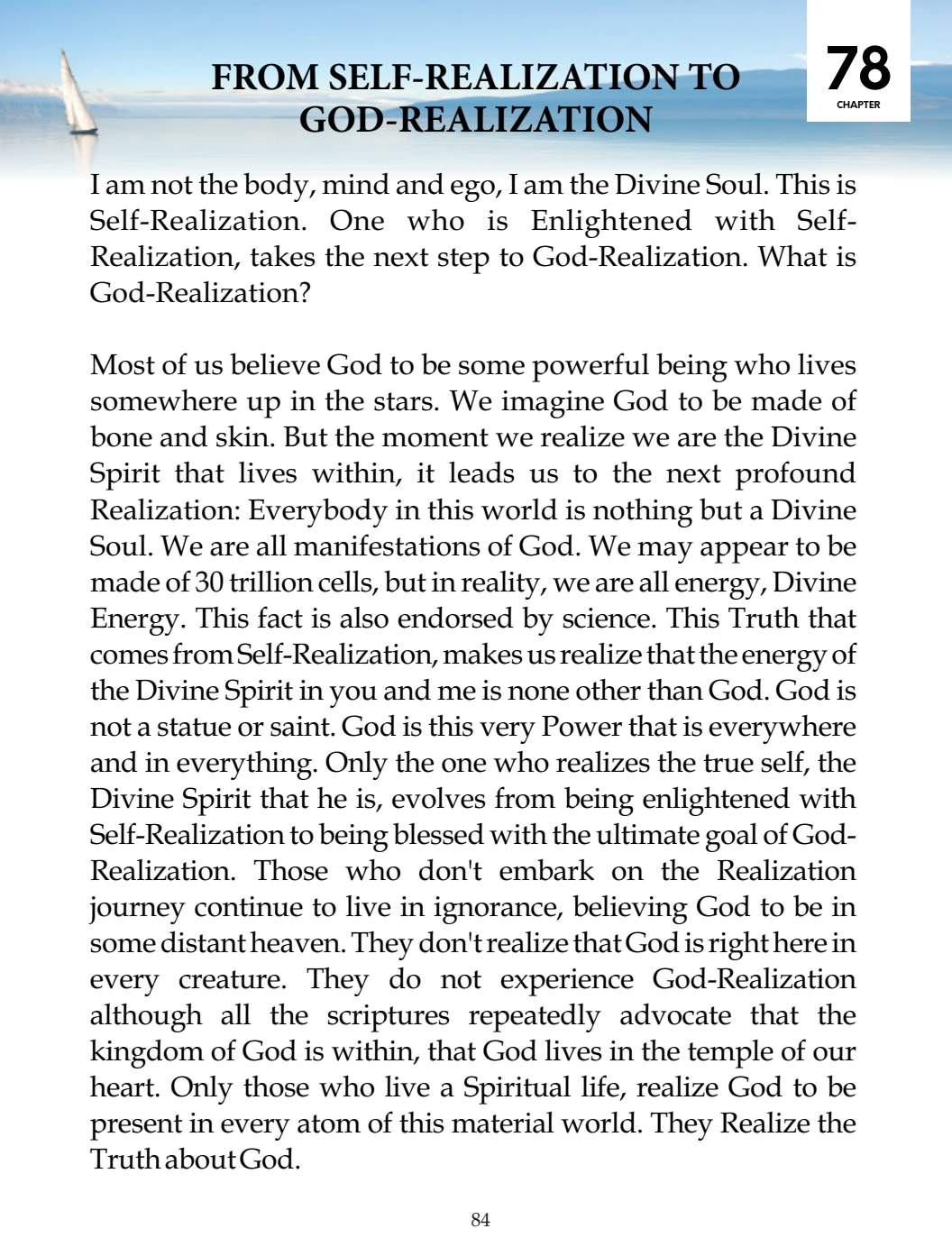


LIVING AS THE DIVINE SPIRIT

77
CHAPTER

What is it to live as the Divine Spirit? When one transcends the senses of the body that desire and crave, when one is able to control the monkey mind from making them miserable and one is able to transcend the ego that believes that the world revolves around me, then, one starts to live as the Divine Spirit. One who realizes that he is the Divine Spirit, realizes he is nothing. He is just a particle of God. He realizes that because of *Maya*, the cosmic illusion, he did not realize that everything in this world was just a *Leela*, a Divine drama unfolding as per the plan of the Divine and as per our past Karma. Thus he learns to accept and to surrender. Whatever happens on a day-to-day basis, he joyously welcomes it, and he surrenders to whatever will be.

Although he experiences the pain of the body, he does not suffer. He realizes that he is not the body, mind and ego and lives as the Divine Spirit. He overcomes the fear of death, just as he realizes that death is not the end, it is just a bend. The body will die, and the Divine Spirit will become one with the Supreme. He does not let the Mind and Ego, ME, create any Karma, to bind him to the cycle of death and rebirth. He is free and liberated from the shackles of the material world that normally imprison a human being in desires, actions, and Karma. While others return to earth in a rebirth, one who lives as the Divine Spirit, is not only free from all misery when alive but escapes from the suffering of returning to earth again and again.



FROM SELF-REALIZATION TO GOD-REALIZATION

78

CHAPTER

I am not the body, mind and ego, I am the Divine Soul. This is Self-Realization. One who is Enlightened with Self-Realization, takes the next step to God-Realization. What is God-Realization?

Most of us believe God to be some powerful being who lives somewhere up in the stars. We imagine God to be made of bone and skin. But the moment we realize we are the Divine Spirit that lives within, it leads us to the next profound Realization: Everybody in this world is nothing but a Divine Soul. We are all manifestations of God. We may appear to be made of 30 trillion cells, but in reality, we are all energy, Divine Energy. This fact is also endorsed by science. This Truth that comes from Self-Realization, makes us realize that the energy of the Divine Spirit in you and me is none other than God. God is not a statue or saint. God is this very Power that is everywhere and in everything. Only the one who realizes the true self, the Divine Spirit that he is, evolves from being enlightened with Self-Realization to being blessed with the ultimate goal of God-Realization. Those who don't embark on the Realization journey continue to live in ignorance, believing God to be in some distant heaven. They don't realize that God is right here in every creature. They do not experience God-Realization although all the scriptures repeatedly advocate that the kingdom of God is within, that God lives in the temple of our heart. Only those who live a Spiritual life, realize God to be present in every atom of this material world. They Realize the Truth about God.

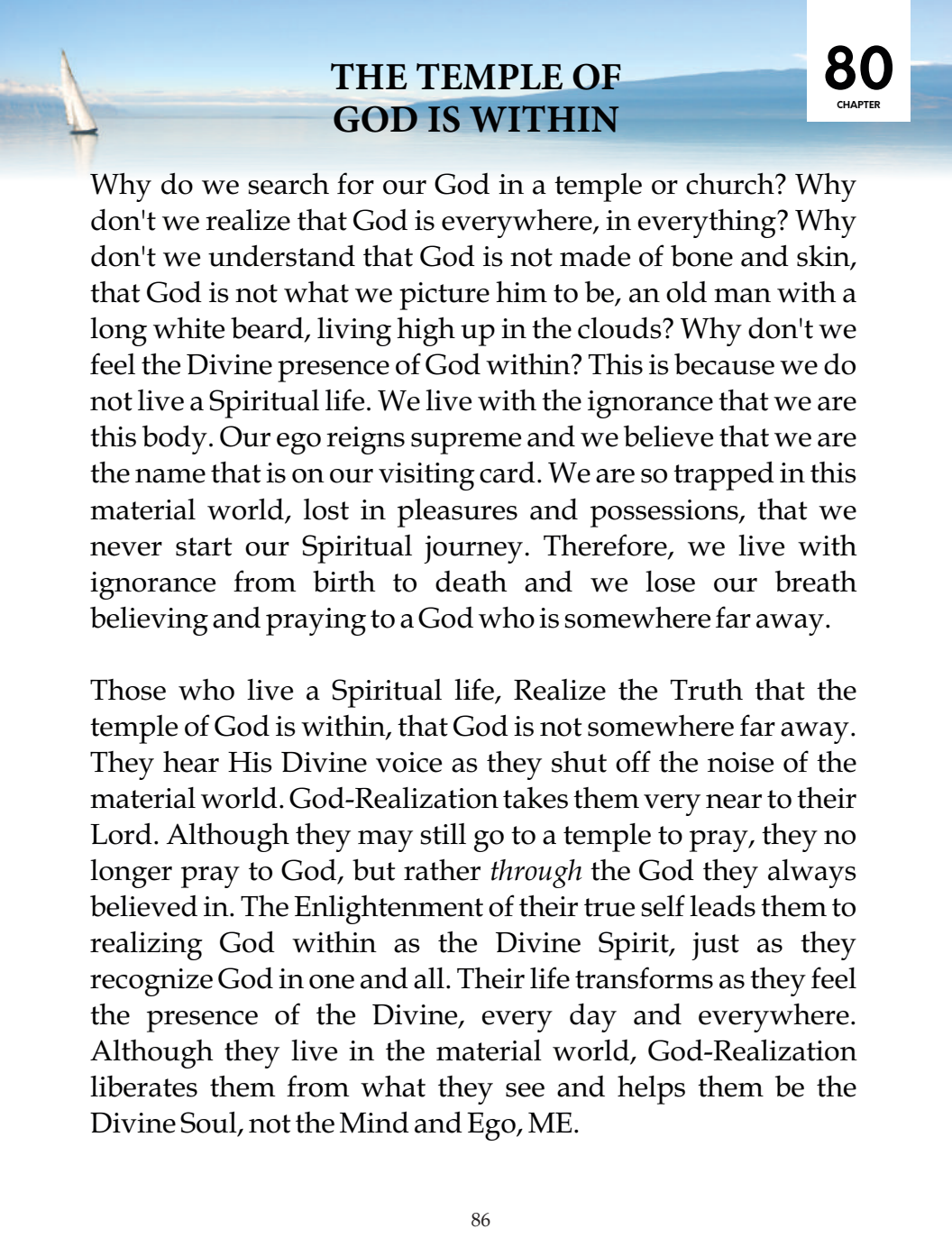


EXPERIENCING GOD EVERYWHERE, IN EVERYTHING

79
CHAPTER

Who is God? Where is God? What is God? From the time we grow up as little kids, we learn to believe that God lives in a temple or a church. While in scholastic education we grow out of kindergarten and move from school to college. When it comes to realizing God, we do not graduate from religion to Spirituality. We live and die with the myth that we grow up with. We pray to a statue and blindly follow a scripture. We don't ask questions that will reveal the Truth about God. Our love, passion, and yearning for God is not strong enough to make us want God so passionately that we go on the most important voyage to discover God within, in the temple of our heart.

When we live a Spiritual life and realize we are not the body and mind, but the Divine Spirit and all living creatures are none other than the Divine manifesting as life on earth, we then experience God everywhere, in everything. Although we see people as beings of different nationalities, religions, caste, and tribes, with different coloured skin, we Realize the Truth that there is God within. God-Realization makes us see even a DOG as a GOD. It is just like somebody who is enamoured by rings, bangles, chains, and bracelets, when he goes shopping in a gold souk, he sees each piece of jewellery as a distinct ornament. But the owner of the shop realizes the Truth that everything is actually gold, that there is no ring, or bracelet, or bangle — each ornament is nothing but gold. So also, the one who has evolved on the Spiritual path, realizes that it is God in the form of the Divine Spirit, the Soul or *Atman*, that is present everywhere, in everything.



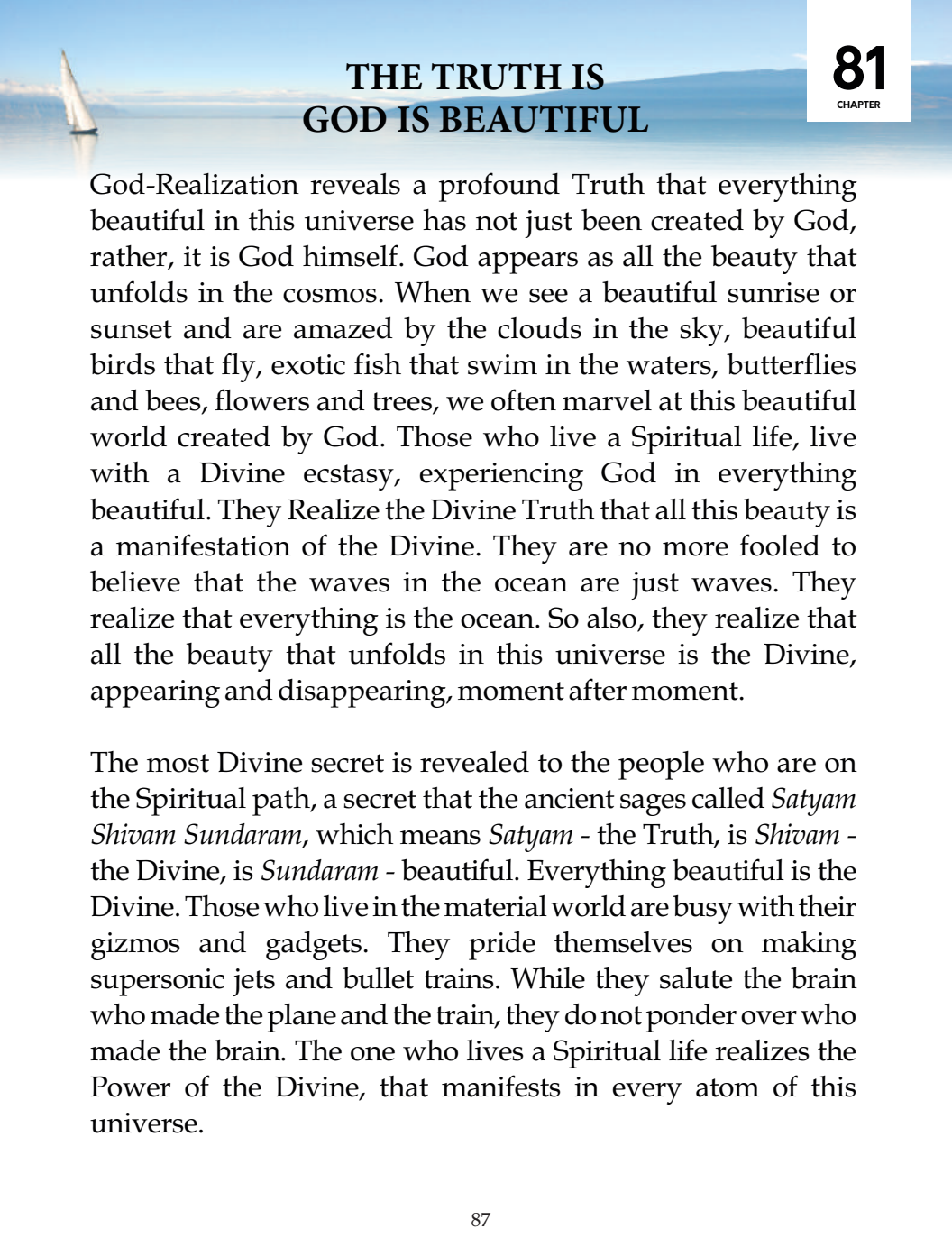
THE TEMPLE OF GOD IS WITHIN

80

CHAPTER

Why do we search for our God in a temple or church? Why don't we realize that God is everywhere, in everything? Why don't we understand that God is not made of bone and skin, that God is not what we picture him to be, an old man with a long white beard, living high up in the clouds? Why don't we feel the Divine presence of God within? This is because we do not live a Spiritual life. We live with the ignorance that we are this body. Our ego reigns supreme and we believe that we are the name that is on our visiting card. We are so trapped in this material world, lost in pleasures and possessions, that we never start our Spiritual journey. Therefore, we live with ignorance from birth to death and we lose our breath believing and praying to a God who is somewhere far away.

Those who live a Spiritual life, Realize the Truth that the temple of God is within, that God is not somewhere far away. They hear His Divine voice as they shut off the noise of the material world. God-Realization takes them very near to their Lord. Although they may still go to a temple to pray, they no longer pray to God, but rather *through* the God they always believed in. The Enlightenment of their true self leads them to realizing God within as the Divine Spirit, just as they recognize God in one and all. Their life transforms as they feel the presence of the Divine, every day and everywhere. Although they live in the material world, God-Realization liberates them from what they see and helps them be the Divine Soul, not the Mind and Ego, ME.

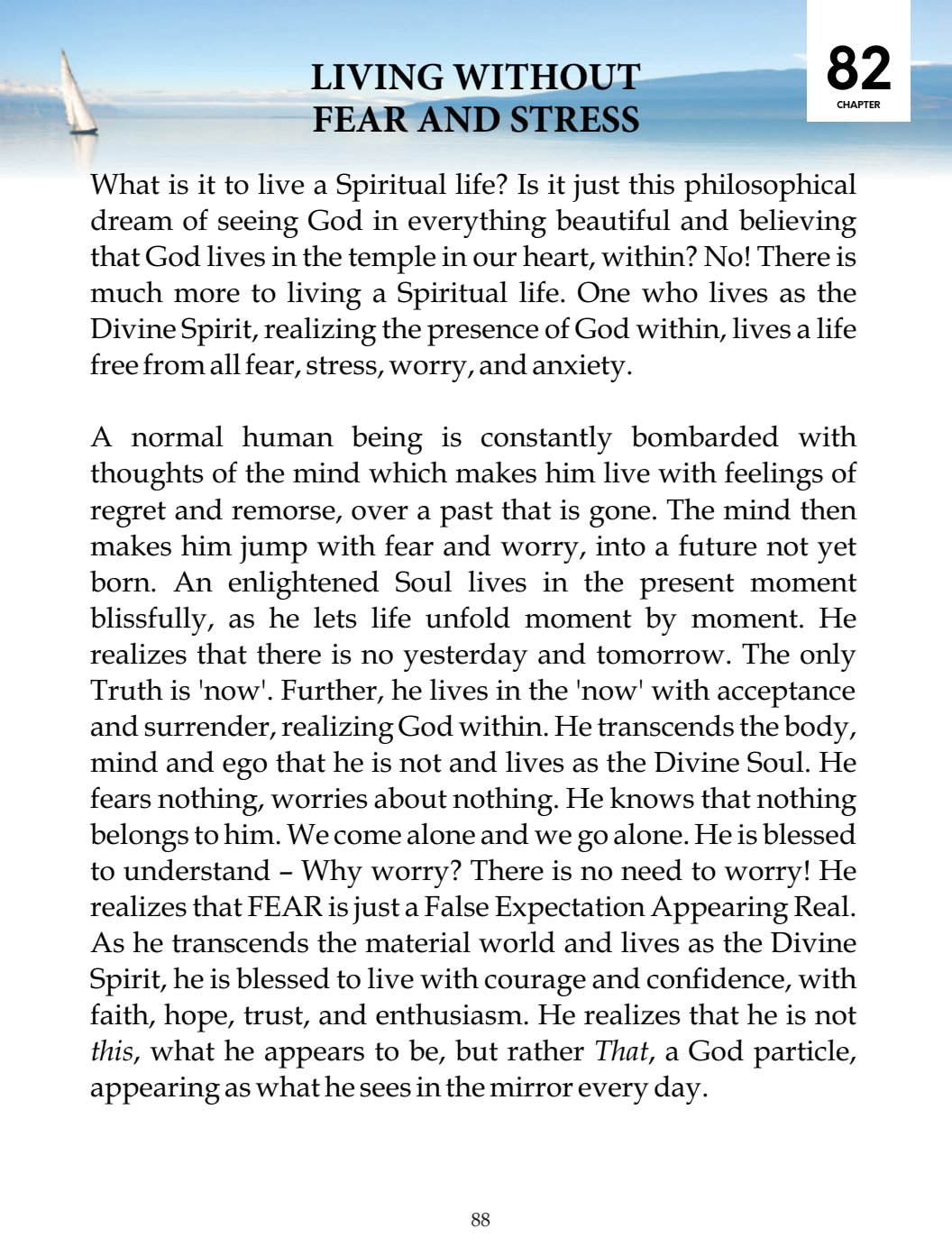
A background image of a sailboat on a calm body of water under a clear blue sky. The sailboat is white with a single mast and is positioned on the left side of the frame. The water is a light blue, and the sky is a deeper blue with some light clouds on the horizon.

THE TRUTH IS GOD IS BEAUTIFUL

81
CHAPTER

God-Realization reveals a profound Truth that everything beautiful in this universe has not just been created by God, rather, it is God himself. God appears as all the beauty that unfolds in the cosmos. When we see a beautiful sunrise or sunset and are amazed by the clouds in the sky, beautiful birds that fly, exotic fish that swim in the waters, butterflies and bees, flowers and trees, we often marvel at this beautiful world created by God. Those who live a Spiritual life, live with a Divine ecstasy, experiencing God in everything beautiful. They Realize the Divine Truth that all this beauty is a manifestation of the Divine. They are no more fooled to believe that the waves in the ocean are just waves. They realize that everything is the ocean. So also, they realize that all the beauty that unfolds in this universe is the Divine, appearing and disappearing, moment after moment.

The most Divine secret is revealed to the people who are on the Spiritual path, a secret that the ancient sages called *Satyam Shivam Sundaram*, which means *Satyam* - the Truth, is *Shivam* - the Divine, is *Sundaram* - beautiful. Everything beautiful is the Divine. Those who live in the material world are busy with their gizmos and gadgets. They pride themselves on making supersonic jets and bullet trains. While they salute the brain who made the plane and the train, they do not ponder over who made the brain. The one who lives a Spiritual life realizes the Power of the Divine, that manifests in every atom of this universe.

A background image of a sailboat on a calm body of water under a clear blue sky. The sailboat is white with a single mast and is positioned on the left side of the frame. The water is a light blue, and the sky is a deeper blue with some light clouds on the horizon.

LIVING WITHOUT FEAR AND STRESS

82
CHAPTER

What is it to live a Spiritual life? Is it just this philosophical dream of seeing God in everything beautiful and believing that God lives in the temple in our heart, within? No! There is much more to living a Spiritual life. One who lives as the Divine Spirit, realizing the presence of God within, lives a life free from all fear, stress, worry, and anxiety.

A normal human being is constantly bombarded with thoughts of the mind which makes him live with feelings of regret and remorse, over a past that is gone. The mind then makes him jump with fear and worry, into a future not yet born. An enlightened Soul lives in the present moment blissfully, as he lets life unfold moment by moment. He realizes that there is no yesterday and tomorrow. The only Truth is 'now'. Further, he lives in the 'now' with acceptance and surrender, realizing God within. He transcends the body, mind and ego that he is not and lives as the Divine Soul. He fears nothing, worries about nothing. He knows that nothing belongs to him. We come alone and we go alone. He is blessed to understand – Why worry? There is no need to worry! He realizes that FEAR is just a False Expectation Appearing Real. As he transcends the material world and lives as the Divine Spirit, he is blessed to live with courage and confidence, with faith, hope, trust, and enthusiasm. He realizes that he is not *this*, what he appears to be, but rather *That*, a God particle, appearing as what he sees in the mirror every day.



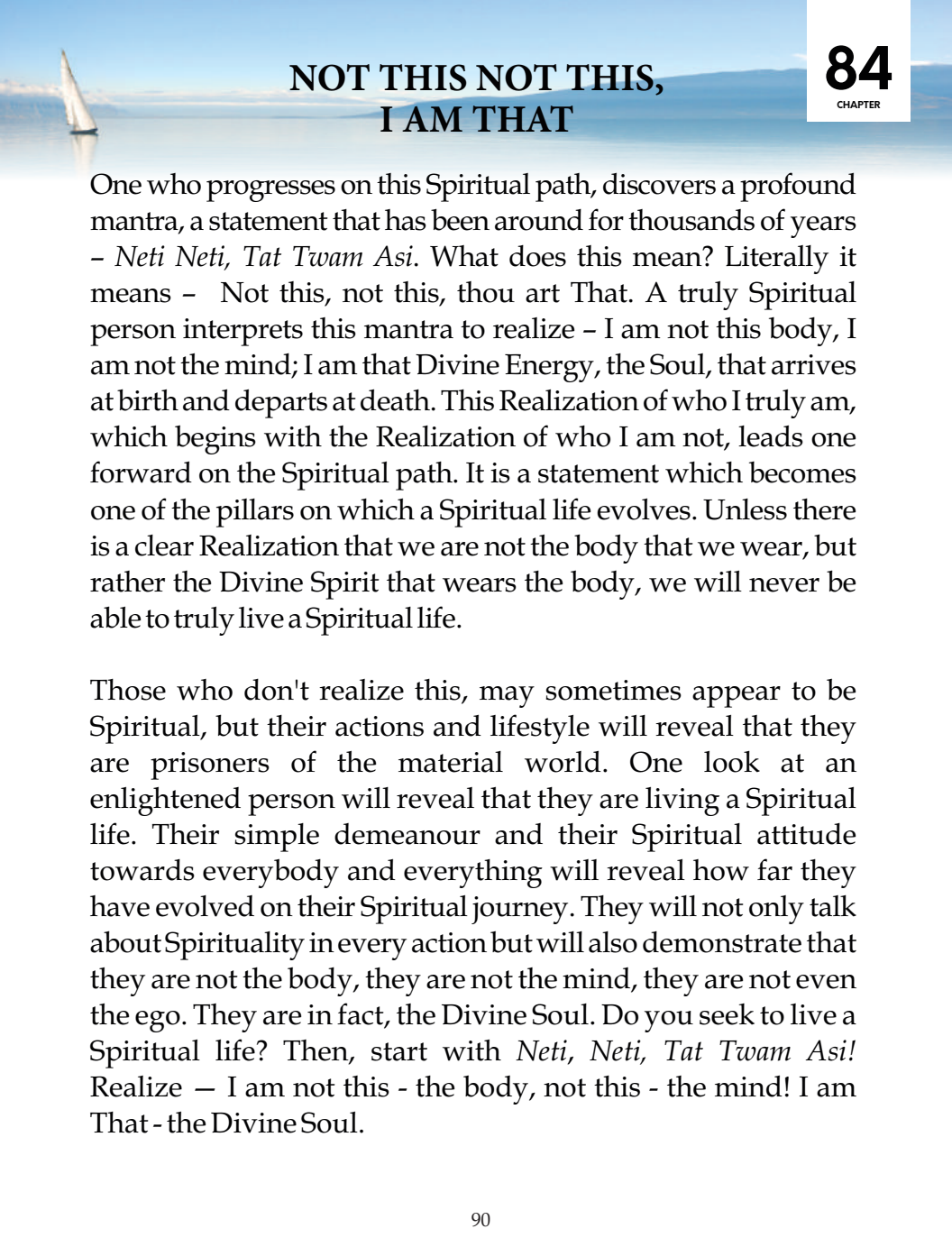
I AM NOTHING, THOU ART EVERYTHING

83

CHAPTER

What do people in the world think? They believe that they can make the impossible, possible. Therefore, they live with arrogance and pride, thinking that they are everything. Their passions and desires create disappointments when things don't happen the way they want them to happen. They are lost in the material world.

Those who live a Spiritual life, live with humility. They Realize the Truth – I am nothing, Thou art everything. They bow down to the Divine, as they understand – Man lives not by the beats of his heart, but by the grace of God. Every breath that we take is a gift from the Divine. The moment the Divine Spirit leaves, there will be no breath. We will be dead. We will be nothing in a flash of a moment. In fact, our journey starts with nothing and ends with nothing. It is with the grace of the Divine Spirit that we are conceived as the zygote, the very first cell of our existence. Then, with Divine grace, our heart, brain, kidneys are formed as if by Divine magic, in the womb of our mother. Then, one day we are born. Ultimately, after we grow, the body will die. When the Divine Spirit departs, our very near and dear ones, light a fire and destroy our body. One who lives a Spiritual life Realizes this Truth that we are nothing. Without the Power Divine, we are worthless. It is because of the Divine that we are blessed with this beautiful life. Thus Spiritual life is full of gratitude with thanksgiving, and appreciative of all the blessings that we have and all that we are.



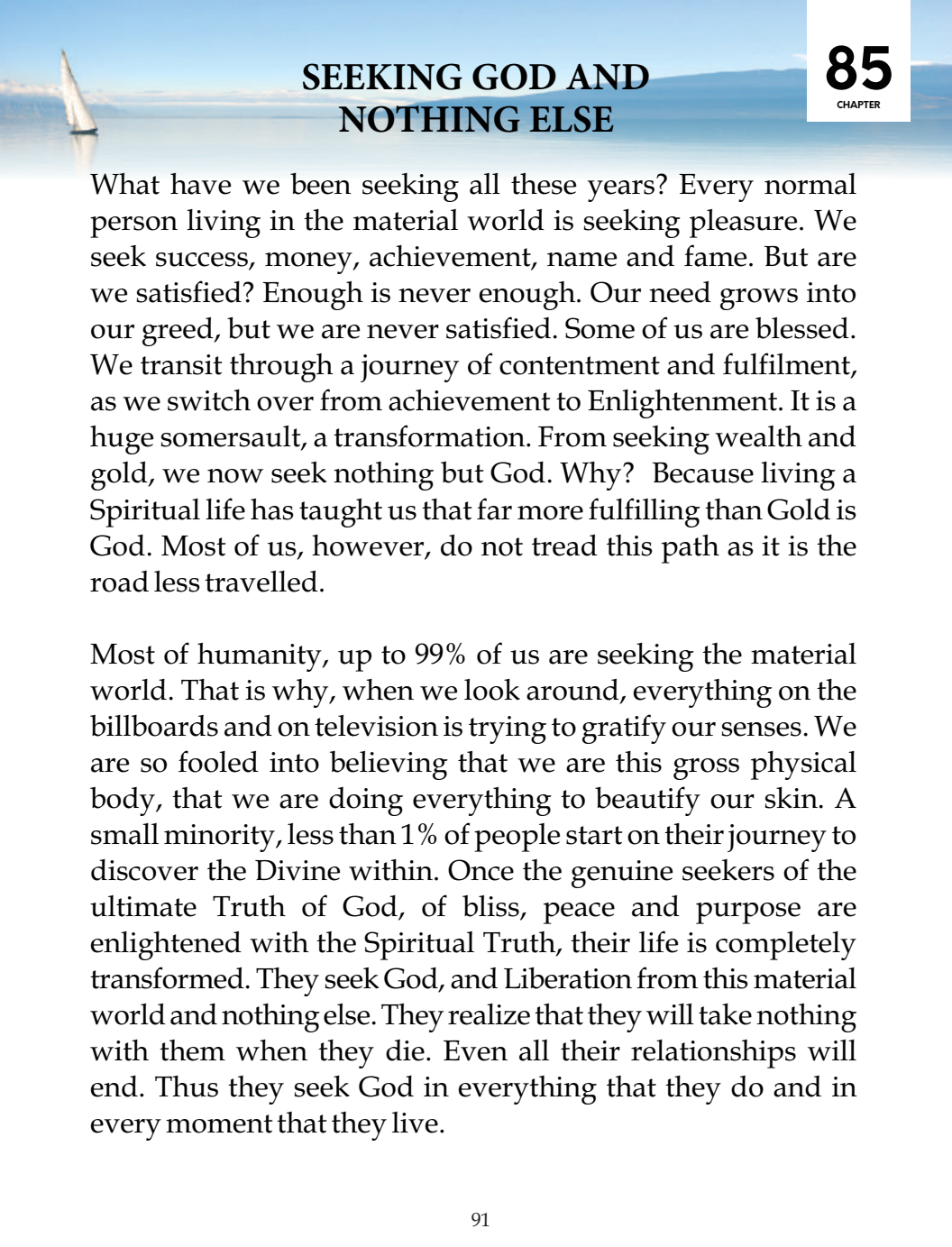
NOT THIS NOT THIS, I AM THAT

84

CHAPTER

One who progresses on this Spiritual path, discovers a profound mantra, a statement that has been around for thousands of years – *Neti Neti, Tat Twam Asi*. What does this mean? Literally it means – Not this, not this, thou art That. A truly Spiritual person interprets this mantra to realize – I am not this body, I am not the mind; I am that Divine Energy, the Soul, that arrives at birth and departs at death. This Realization of who I truly am, which begins with the Realization of who I am not, leads one forward on the Spiritual path. It is a statement which becomes one of the pillars on which a Spiritual life evolves. Unless there is a clear Realization that we are not the body that we wear, but rather the Divine Spirit that wears the body, we will never be able to truly live a Spiritual life.

Those who don't realize this, may sometimes appear to be Spiritual, but their actions and lifestyle will reveal that they are prisoners of the material world. One look at an enlightened person will reveal that they are living a Spiritual life. Their simple demeanour and their Spiritual attitude towards everybody and everything will reveal how far they have evolved on their Spiritual journey. They will not only talk about Spirituality in every action but will also demonstrate that they are not the body, they are not the mind, they are not even the ego. They are in fact, the Divine Soul. Do you seek to live a Spiritual life? Then, start with *Neti, Neti, Tat Twam Asi!* Realize — I am not this - the body, not this - the mind! I am That - the Divine Soul.



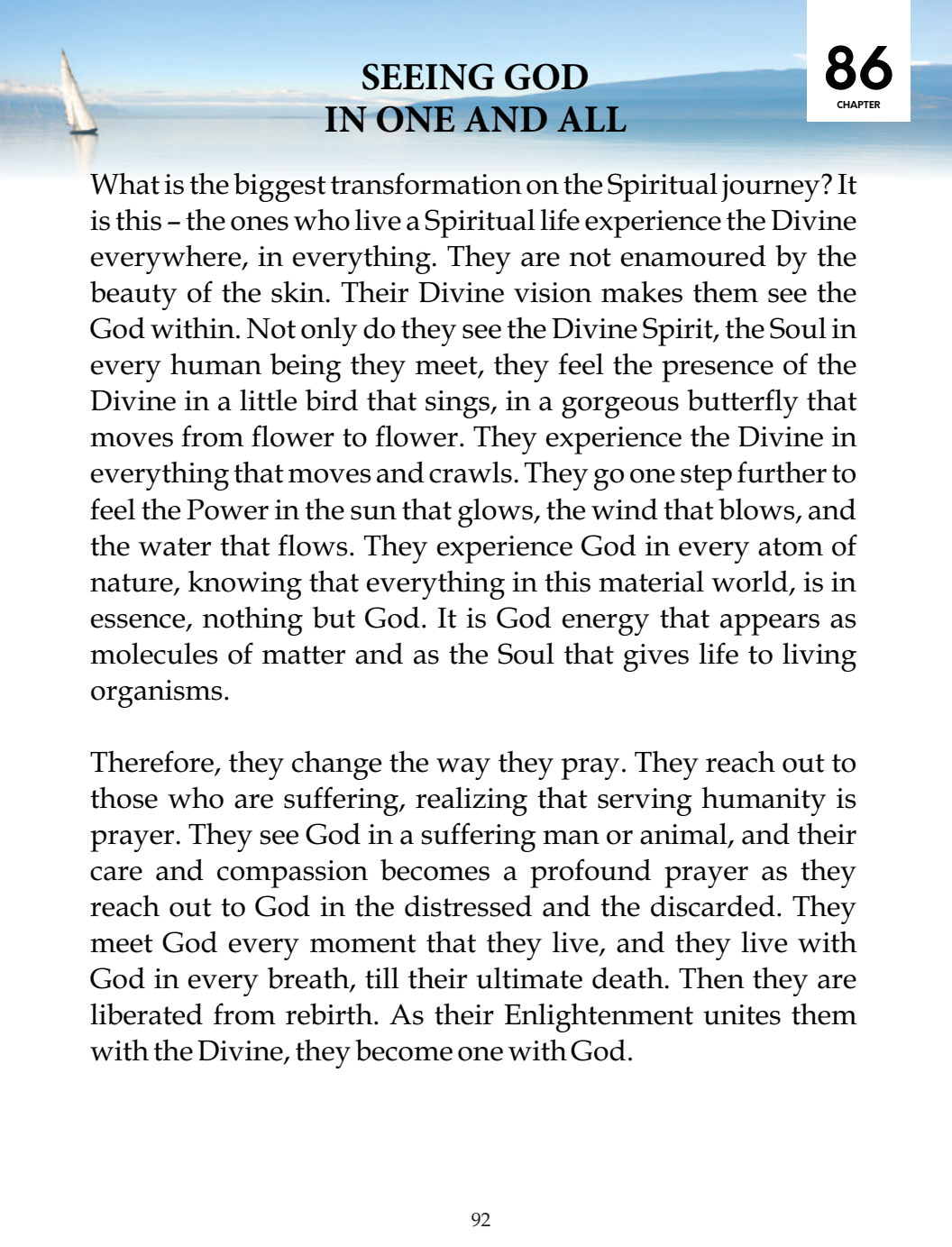
SEEKING GOD AND NOTHING ELSE

85

CHAPTER

What have we been seeking all these years? Every normal person living in the material world is seeking pleasure. We seek success, money, achievement, name and fame. But are we satisfied? Enough is never enough. Our need grows into our greed, but we are never satisfied. Some of us are blessed. We transit through a journey of contentment and fulfilment, as we switch over from achievement to Enlightenment. It is a huge somersault, a transformation. From seeking wealth and gold, we now seek nothing but God. Why? Because living a Spiritual life has taught us that far more fulfilling than Gold is God. Most of us, however, do not tread this path as it is the road less travelled.

Most of humanity, up to 99% of us are seeking the material world. That is why, when we look around, everything on the billboards and on television is trying to gratify our senses. We are so fooled into believing that we are this gross physical body, that we are doing everything to beautify our skin. A small minority, less than 1% of people start on their journey to discover the Divine within. Once the genuine seekers of the ultimate Truth of God, of bliss, peace and purpose are enlightened with the Spiritual Truth, their life is completely transformed. They seek God, and Liberation from this material world and nothing else. They realize that they will take nothing with them when they die. Even all their relationships will end. Thus they seek God in everything that they do and in every moment that they live.



SEEING GOD IN ONE AND ALL

86

CHAPTER

What is the biggest transformation on the Spiritual journey? It is this – the ones who live a Spiritual life experience the Divine everywhere, in everything. They are not enamoured by the beauty of the skin. Their Divine vision makes them see the God within. Not only do they see the Divine Spirit, the Soul in every human being they meet, they feel the presence of the Divine in a little bird that sings, in a gorgeous butterfly that moves from flower to flower. They experience the Divine in everything that moves and crawls. They go one step further to feel the Power in the sun that glows, the wind that blows, and the water that flows. They experience God in every atom of nature, knowing that everything in this material world, in essence, nothing but God. It is God energy that appears as molecules of matter and as the Soul that gives life to living organisms.

Therefore, they change the way they pray. They reach out to those who are suffering, realizing that serving humanity is prayer. They see God in a suffering man or animal, and their care and compassion becomes a profound prayer as they reach out to God in the distressed and the discarded. They meet God every moment that they live, and they live with God in every breath, till their ultimate death. Then they are liberated from rebirth. As their Enlightenment unites them with the Divine, they become one with God.



SPIRITUAL PEOPLE DON'T LIVE ON AIR

87
CHAPTER

It is strange that most people caught in the material world believe in fairy tales about living a Spiritual life. They somehow believe that to be Spiritual, one has to give up every pleasure of this world. This is false! Those who are caught in the material world must Realize the Truth that Spiritual people do not live on air.

A Spiritual person is a normal person. He wakes up every morning, eats, drinks, and continues living till one day he dies. He meets people. He too has parents and siblings. The only difference is that he is enlightened with the Truth. He realizes the fact of birth and death. He discovers the Truth about God. He doesn't live with superstitions and rituals. He refuses to believe in the fairy tales that he has grown up with. He goes on a quest, asks questions and investigates till he Realizes the Truth. Thereafter, he is liberated from the triple suffering of the body, mind and ego. However, he continues to live in the material world. The only difference is that he lives with the Realization that he is not this body that he has grown up to believe he is. He is not even the mind and ego that kept saying 'me'. He has realized he is the Divine Soul. This Realization liberates him from all desires and cravings of the material world as it unites him with the Power Divine and fills his life with eternal bliss and everlasting peace. Those who are lost in the material world, must remember that Spiritual people are normal people who are blessed with special Realizations that help them achieve their life's ultimate goal of eternal bliss and peace.

PART G

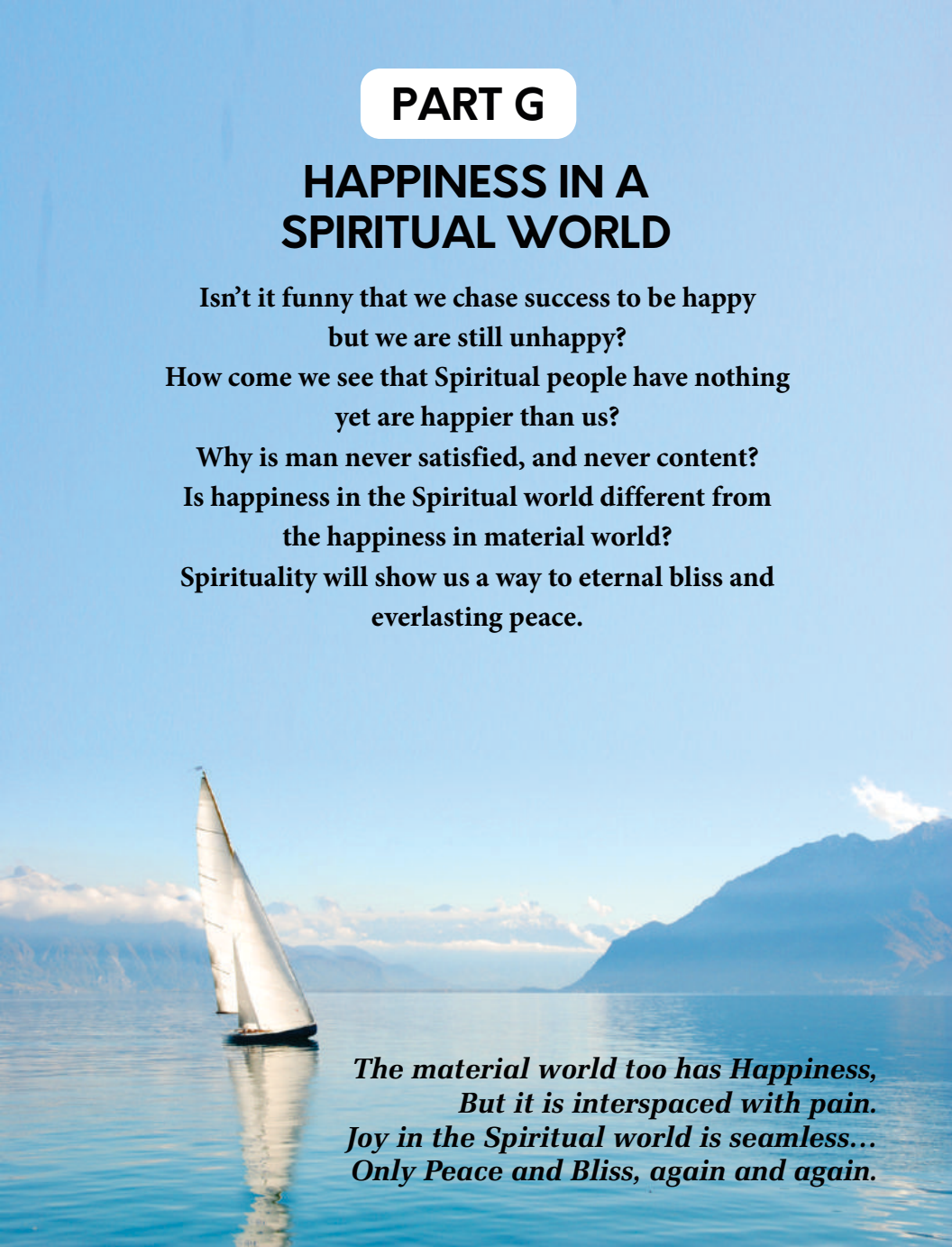
HAPPINESS IN A SPIRITUAL WORLD

**Isn't it funny that we chase success to be happy
but we are still unhappy?**

**How come we see that Spiritual people have nothing
yet are happier than us?**

**Why is man never satisfied, and never content?
Is happiness in the Spiritual world different from
the happiness in material world?**

**Spirituality will show us a way to eternal bliss and
everlasting peace.**

A sailboat with white sails is on a calm blue sea. In the background, there are blue mountains under a clear blue sky. The water reflects the boat and the sky.

***The material world too has Happiness,
But it is interspaced with pain.
Joy in the Spiritual world is seamless...
Only Peace and Bliss, again and again.***

From the time we have grown up, we have been taught that if we want happiness, we must be successful. We must be achievers with name and fame, with money and wealth. Even when we were in school, we were inspired to come first in class. Happiness in the material world, thus, is all about competition, passions and achieving dreams. However, happiness from achievement is all about going from a peak to a valley. One lives like a yoyo, sometimes glad and sometimes sad. Those who discover true happiness, realize that all successful people are not happy. On the contrary, all happy people are successful. They discover the real secret. Success is not happiness, happiness is success.

Those who live a Spiritual life, evolve from the pleasures that come from success, to peace, the foundation of happiness that comes from contentment and fulfilment. They scale the ultimate peak of happiness, Enlightenment. They live their lives being happy, moment by moment in the Realization of the Truth. They realize that happiness is like a shadow. The more we chase success and happiness, the further it goes away. They renounce passions and desires and escape from their desires that would otherwise make them crave till they reach their grave. Happiness in the Spiritual world is seamless, eternal joy and Divine everlasting peace. Only those who experience this happiness can relate to it. The others who are chasing success for happiness, run and run, till life is done! They never experience true happiness.

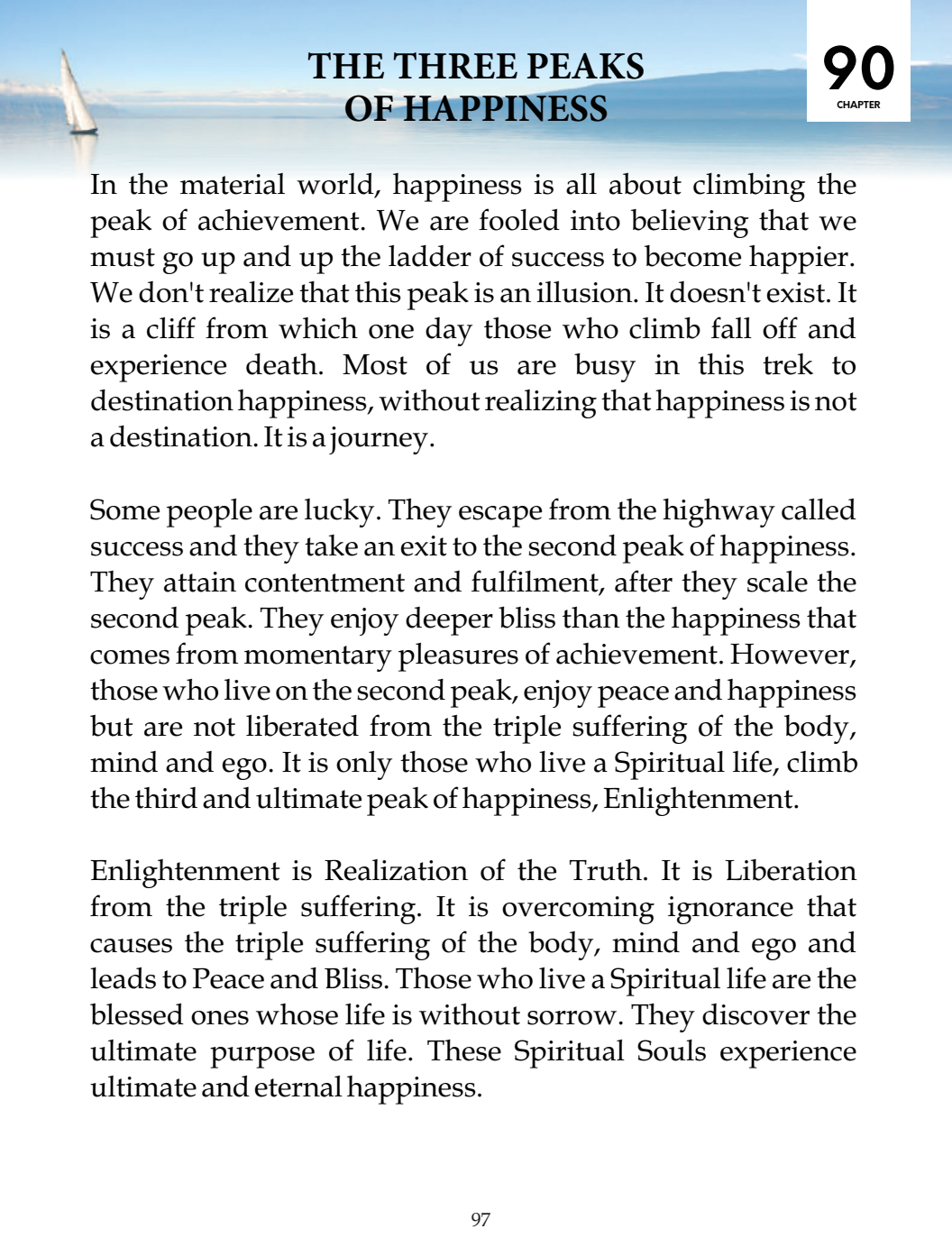


THE WAY TO PEACE AND HAPPINESS

89
CHAPTER

What is the way to true happiness? It is peace. Peace is the foundation of happiness. Where there is no peace, there can be no joy. Those who live a Spiritual life, experience this Divine peace as they transcend the cravings of the senses of their body, overcome the thoughts of the wandering mind and escape from the clutches of the agonizing ego. They live in silence, and experience Divine Consciousness, which makes the Realization of the Truth blossom as *Ananda*, eternal bliss.

Spirituality is all about Realization of the Truth. It is overcoming ignorance and realizing that nothing belongs to us. We come with nothing, and we will go with nothing. Being enlightened that we are not the body, mind and ego but rather the Divine Soul, leads us to a peak of happiness unknown to those who live in the material world. While they may enjoy all the pleasures from the possessions in the material world, they don't enjoy true, eternal happiness. Happiness does not depend on what you have. It depends on how you feel. It is a state of inner being, not outer circumstances. Therefore, though the world may seem to be in turmoil, for a Spiritual person, there is peace and joy within. He learns to accept the Divine Will and surrenders to whatever will be, realizing that life will unfold as per his own Karma, and he can do nothing about his past. The Spiritual one transcends both the material world and Karma, to be liberated from the suffering of the body, mind and ego and experiences eternal Divine peace and happiness.



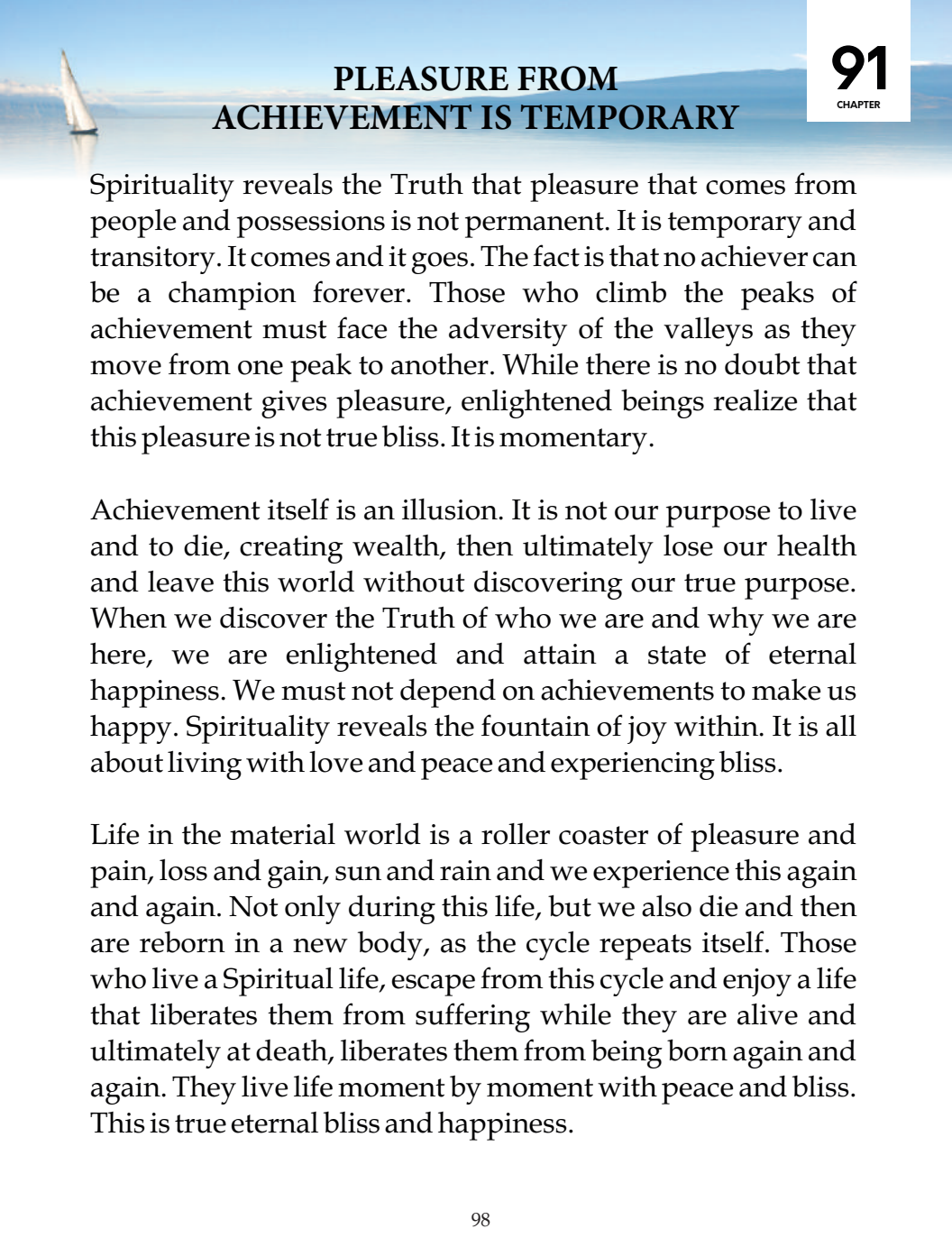
THE THREE PEAKS OF HAPPINESS

90
CHAPTER

In the material world, happiness is all about climbing the peak of achievement. We are fooled into believing that we must go up and up the ladder of success to become happier. We don't realize that this peak is an illusion. It doesn't exist. It is a cliff from which one day those who climb fall off and experience death. Most of us are busy in this trek to destination happiness, without realizing that happiness is not a destination. It is a journey.

Some people are lucky. They escape from the highway called success and they take an exit to the second peak of happiness. They attain contentment and fulfilment, after they scale the second peak. They enjoy deeper bliss than the happiness that comes from momentary pleasures of achievement. However, those who live on the second peak, enjoy peace and happiness but are not liberated from the triple suffering of the body, mind and ego. It is only those who live a Spiritual life, climb the third and ultimate peak of happiness, Enlightenment.

Enlightenment is Realization of the Truth. It is Liberation from the triple suffering. It is overcoming ignorance that causes the triple suffering of the body, mind and ego and leads to Peace and Bliss. Those who live a Spiritual life are the blessed ones whose life is without sorrow. They discover the ultimate purpose of life. These Spiritual Souls experience ultimate and eternal happiness.



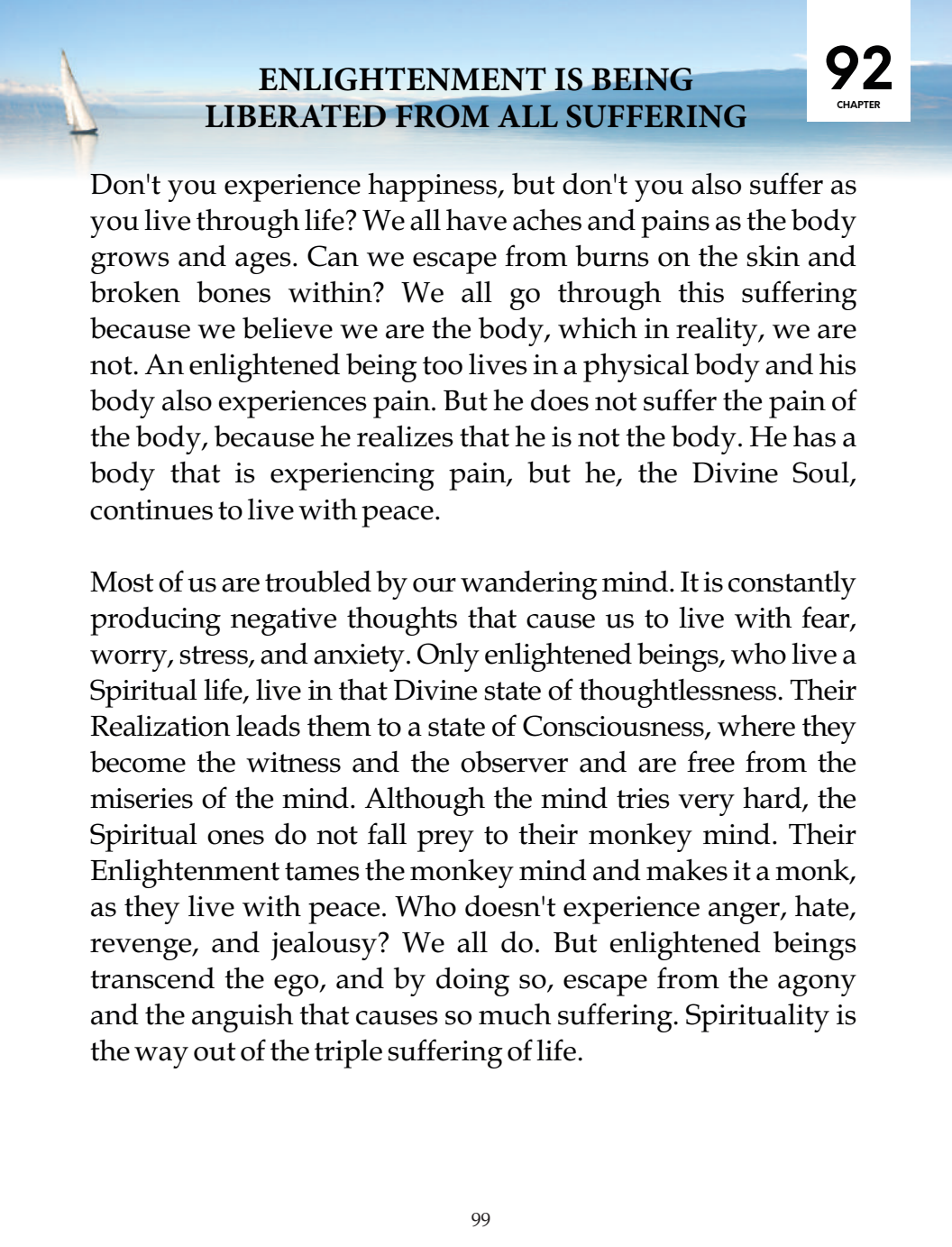
PLEASURE FROM ACHIEVEMENT IS TEMPORARY

91
CHAPTER

Spirituality reveals the Truth that pleasure that comes from people and possessions is not permanent. It is temporary and transitory. It comes and it goes. The fact is that no achiever can be a champion forever. Those who climb the peaks of achievement must face the adversity of the valleys as they move from one peak to another. While there is no doubt that achievement gives pleasure, enlightened beings realize that this pleasure is not true bliss. It is momentary.

Achievement itself is an illusion. It is not our purpose to live and to die, creating wealth, then ultimately lose our health and leave this world without discovering our true purpose. When we discover the Truth of who we are and why we are here, we are enlightened and attain a state of eternal happiness. We must not depend on achievements to make us happy. Spirituality reveals the fountain of joy within. It is all about living with love and peace and experiencing bliss.

Life in the material world is a roller coaster of pleasure and pain, loss and gain, sun and rain and we experience this again and again. Not only during this life, but we also die and then are reborn in a new body, as the cycle repeats itself. Those who live a Spiritual life, escape from this cycle and enjoy a life that liberates them from suffering while they are alive and ultimately at death, liberates them from being born again and again. They live life moment by moment with peace and bliss. This is true eternal bliss and happiness.



ENLIGHTENMENT IS BEING LIBERATED FROM ALL SUFFERING

92
CHAPTER

Don't you experience happiness, but don't you also suffer as you live through life? We all have aches and pains as the body grows and ages. Can we escape from burns on the skin and broken bones within? We all go through this suffering because we believe we are the body, which in reality, we are not. An enlightened being too lives in a physical body and his body also experiences pain. But he does not suffer the pain of the body, because he realizes that he is not the body. He has a body that is experiencing pain, but he, the Divine Soul, continues to live with peace.

Most of us are troubled by our wandering mind. It is constantly producing negative thoughts that cause us to live with fear, worry, stress, and anxiety. Only enlightened beings, who live a Spiritual life, live in that Divine state of thoughtlessness. Their Realization leads them to a state of Consciousness, where they become the witness and the observer and are free from the miseries of the mind. Although the mind tries very hard, the Spiritual ones do not fall prey to their monkey mind. Their Enlightenment tames the monkey mind and makes it a monk, as they live with peace. Who doesn't experience anger, hate, revenge, and jealousy? We all do. But enlightened beings transcend the ego, and by doing so, escape from the agony and the anguish that causes so much suffering. Spirituality is the way out of the triple suffering of life.

Most people who live in the material world, think of being happy tomorrow - when they will go for their holiday, when they will buy their new car, when they will shift into a villa. They don't realize that happiness is not in tomorrow. Although they often say, 'Tomorrow never comes,' they don't seem to understand the Truth in that statement. Spiritual people Realize the Truth, that happiness is in the 'now'. You cannot be happy in a 'tomorrow' - nobody has seen a tomorrow! Tomorrow can only come when it is born as today. Those who live in this illusion called tomorrow, lose their precious moments of today, and with it, the joy and bliss that exists in this moment.

Spiritual people live in the moment. They realize that happiness is in the 'now'. They don't wait for tomorrow. They live life moment by moment, in the Consciousness of the Truth, in joy, bliss, and peace. They do not let their mind wander into a yesterday that is gone, and then, into a tomorrow not yet born. They live in Divine Consciousness, experiencing a bliss, that comes from the Realization of the Truth of who we are and why we are here. They realize that nobody has control over tomorrow. Tomorrow will unfold the way it must, based on our Karma and while the world may be dreaming about the happiness of tomorrow, the enlightened ones enjoy every moment, blissfully. They live as the Divine Soul and experience oneness with everybody and everything that gives them Divine peace, love, and bliss.



THE ART OF LIVING MOMENT BY MOMENT

94
CHAPTER

While the material world is full of celebrations and seems to have so much happiness that comes from the pleasures of the gizmos and gadgets that the latest technologies and scientific developments have created, most of this happiness is plastic and superficial. Of course, there is excitement in driving a new Ferrari. There is no doubt that we enjoy exotic fragrances and scintillating music. But will all this give us eternal happiness? These gratify our senses and give us pleasure, but soon our desires create a new thirst which ultimately makes us burst. These products can give us momentary pleasures but not true happiness. While there is both pleasure and pain in the material world, what we don't realize is that we lose the gift of life itself, chasing the attractions of the material world.

Does happiness depend on the number of mobile phones or laptops you have, or the clothes, the shoes, and the products that decorate your home? Happiness is not in products. Happiness is in living blissfully, moment by moment. When we are spending our moments in transactions, we don't realize that we may acquire products, but we lose something more profound in the bargain. We lose life itself! Spirituality saves us from the fast-paced modern world and makes us live blissfully, moment by moment as we see others zoom from their womb to their tomb as they exchange their valuable moments with material things which they will ultimately leave behind. We must discover the art of living in the moment.

Happiness does not come from making money. It comes from spending it. Most people are doing otherwise. Many have regrets in their final moments of life, as they die rich and take their money to be buried with them in their graves. We cannot even take a penny with us! Then, why not give as we live and let the world cry when we die?

Very few amongst us learn the art of giving. Because we are not enlightened with the Truth, we live an insecure life that seeks to accumulate more and more wealth. We live with the myth, wishing to create an umbrella for a rainy day, but soon, our final day comes. Of what use is it for us to earn and earn, if others burn what we earn! We must learn to spend before our end.

Enlightenment reveals the secret of true happiness. Nothing belongs to us. It shows us a way to experience the joy of giving. When we share our blessings with others, there is great happiness. However, most of us don't learn this art. Why? Because we live in ignorance thinking we are the body, mind and ego. There is no realization that we are all one Divine Soul. We are enveloped in ignorance, and we do not Realize the Truth about life. So, we don't give as we live. Those who live a Spiritual life learn to give away everything. They keep only what is necessary for themselves and thus, live every moment with bliss, peace, and joy. Giving is true happiness.

PART H

LOVE IN A SPIRITUAL WORLD

**Don't we think that love is all about romance,
hugs and kisses?**

**Don't we know of love as a relationship between
a man and a woman?**

**Don't we see love leading to heartbreak and tears?
Is love really Divine?**

**Spirituality will reveal to us the true meaning of love,
the fountain of joy.**

A serene landscape featuring a white sailboat with a single mast and sail, positioned on the left side of the frame. The boat is reflected in the calm, blue water. In the background, there are blue-toned mountains under a clear sky with a few wispy clouds. The overall scene conveys a sense of peace and tranquility.

***Spiritual Love is Divine.
It is unconditional; it is bliss.
Not just hearts, and hugs and Valentine's ,
And lust that's just a kiss.***



TRUE LOVE IS BLISS, NOT JUST A KISS

96
CHAPTER

Love in the material world is very physical. It is all about a lover's romance and passion for his beloved, which is skin deep. Therefore, it is common to see heartbreak when expectations are not met. 'I love you because I need you,' is the principle of love in the material world. In the Spiritual world it is, 'I need you because I love you.'

Spiritual love is Divine. It is unconditional. It is ever forgiving. Therefore, Spiritual love is eternal and everlasting. If it is Spiritual love, you don't fall in and out of love. The love comes from deep within the Soul.

Those who live in the Spiritual world, do not get carried away by gimmicks like Valentine's Day. Love is not to be celebrated on one day. True Love is an everyday celebration. It is an ecstasy of joy and bliss, that emanates from within and flows without expecting anything in return. It is love not from skin to skin, but from Soul to Soul. Therefore, Divine love will manifest in a Spiritual form. It grows from emotional to intellectual love and evolves into Spiritual love. When there is love from Soul to Soul, that love is not enamoured by the beauty of the skin, because it flows to the Divine that lives within. Therefore, true Spiritual love is bliss. It is not just hugs, and a kiss. Modern love is so erotic and sensual, that it shadows the Spirituality of Divine love. Those who live a Spiritual life, live with Divine Soulful love that flows as a fountain of joy, peace, and happiness.

Spirituality and love are synonymous. Where there is Spirituality, love must exist and flow because true love emerges as white soulful love from the Soul. It starts at birth and continues till our last breath at death. It manifests just as the 7 colours of the rainbow that emerge from the white light of the sun. So does Soulful love emerge from the white love of the Soul and manifests as the 7 colours of VIBGYOR and as the 7 colours of love.

When we are born, the love from the Divine Spirit within appears as violet love from a child to its mother. Which child hasn't experienced love for their parents? Then the love from the Soul evolves to indigo love between friends. Don't you remember how much you loved your best friend in school? Then, white love of the Soul becomes blue romantic love. Our first romance was innocent, but Divine. As we grow up, don't we develop love for ourselves? We love ourselves more than anything else. This is green self-love. Then, love becomes intellectual as yellow love. We love those with whom we can communicate, but that love is coming from the white love of the Soul. The next colour of love is orange, which is emotional love, which appears more in women than men. But the source is still the Soul. It is the Soul that creates passionate red erotic love that the world understands as love. In reality, love has 7 colours. But the rainbow of the 7 colours of love is caused by white Divine Soulful love. Those who live Spiritual lives discover true love and go beyond a kiss to live a life that is full of bliss. Their life is full of love.



TRUE LOVE IS FROM THE DIVINE SPIRIT WITHIN

98
CHAPTER

Where does love come from? Those who live in this material world, think that love comes from the heart. They don't realize that the passion that seems to make their heart, throb is caused by a gush of blood from the brain to our chest because of the hormones released in the brain when our senses are excited with red erotic love. In reality, the heart has nothing to do with love. Just because it is full of blood that is red, hearts of material love manifest as red in this world. But in reality, true love is Divine, white, pure, and exists in the Soul that powers every cell of the human body. That is the reason a dead body cannot love. The moment there is no breath at death, and the Divine Spirit departs, all love comes to an end. Somehow, we have lost the true meaning of love, just as we have lost Spirituality in our lives.

Where is true love born? It emerges from the Divine Spirit, the Soul that arrives inside us at our conception. That is why there is such a deep love and bonding between parents and children. Love from the Divine Spirit between the two is unbreakable. Of course, this love is nothing compared to the love one has for the Divine, when one is enlightened, for the Realization of this Truth reveals who our true Creator is. The love from the Divine Spirit within for the omnipresent Supreme Spirit is a deep yearning. Very few of us realize that the source of love is the Soul. Those who do, live with universal Spiritual love that flows from their Soul to the Supreme Soul that manifests as love to all the living beings on the planet.



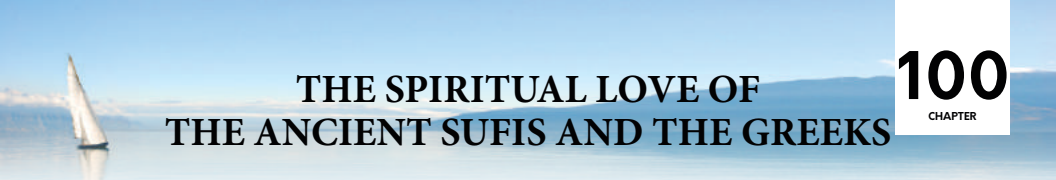
SPIRITUAL LOVE FLOWS TO THE DIVINE IN ALL

99
CHAPTER

Those who escape from the material world, but continue to live a Spiritual life in it, experience a divine flow of Spiritual love to one and all. This love does not flow to the beauty of the skin, but to the power of the Soul within that dwells in everybody. Physical love is skin deep but Spiritual love springs from deep within as it sprouts from the Divine Spirit or Soul in us, just as it flows to the Divine in one and all. This love is rare. It is a blessing for those who live a Spiritual life and who are enlightened to Realize the Truth.

Love is an intense feeling and people are willing to give up their life for love. It seems like life is love and love is life. But those who do not experience Spiritual love haven't truly learned to love. Their love is so superficial that in a moment, it can switch from love to hate. Such love never matures into Spiritual love. It is just passion manifesting as love. Once love evolves spiritually, it can never hate as it becomes Divine love.

The experience of Spiritual love is truly ecstatic. It flows from deep within, far beneath, in the very essence of the omnipresent Soul. It is not just pleasure that comes from erotic love, but Spiritual love manifests in every moment of life for the Divine in everyone and everything. This is caused by the Realization that we all seem to be human, but in reality, we are mere effects of the one cause, that is the Divine. True love is deeply spiritual and makes us realize that we are all one.



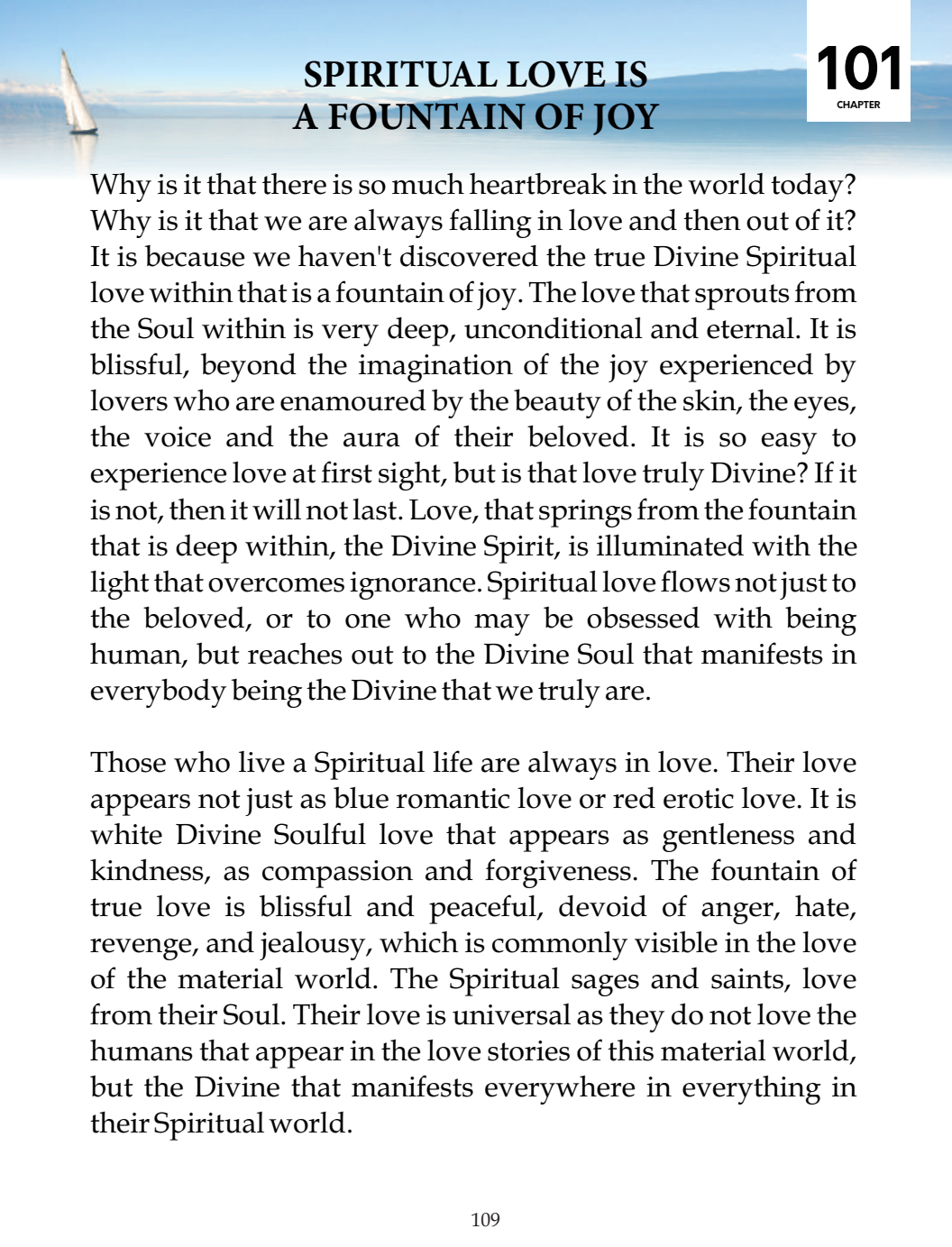
THE SPIRITUAL LOVE OF THE ANCIENT SUFIS AND THE GREEKS

100
CHAPTER

Today, it is so common for people to say, 'I love you,' and to send flowers to express love and to forward a GIF of a heart or lips through social media. But is this an expression of true love? Those who sink in the modern world, do not discover what true love is all about. Love is most often physical but sometimes, it is emotional or intellectual. True love is a rainbow and appears in all colours of love. It is not a product of technology or globalization. Those who try to evolve Spiritually, experience this true Divine Spiritual love.

True love is timeless. It was recognized and written about by ancient civilizations. The Greeks talked about true love centuries ago. They had several different gods of love. While the kings and the peasants were caught praying to Eros, the saints and the Divine were united in prayer with *Agape*. The difference between erotic love and Spiritual love existed and was accepted in the ancient Greek civilization but somehow got lost as man moved away from a Spiritual to a material life.

The Sufis experienced true Divine Spiritual love in the form of *Ishq-e-Haqiqi* that loved the Divine in one and all. They were Spiritually mature to overcome *Ishq-e-Majazi*, the passionate love that a lover has for his beloved. While love is very powerful and can drive us to do anything, Spiritual love is Divine and makes us Realize God. This Divine Spiritual love elevates one to love the God in one and all.



SPIRITUAL LOVE IS A FOUNTAIN OF JOY

101
CHAPTER

Why is it that there is so much heartbreak in the world today? Why is it that we are always falling in love and then out of it? It is because we haven't discovered the true Divine Spiritual love within that is a fountain of joy. The love that sprouts from the Soul within is very deep, unconditional and eternal. It is blissful, beyond the imagination of the joy experienced by lovers who are enamoured by the beauty of the skin, the eyes, the voice and the aura of their beloved. It is so easy to experience love at first sight, but is that love truly Divine? If it is not, then it will not last. Love, that springs from the fountain that is deep within, the Divine Spirit, is illuminated with the light that overcomes ignorance. Spiritual love flows not just to the beloved, or to one who may be obsessed with being human, but reaches out to the Divine Soul that manifests in everybody being the Divine that we truly are.

Those who live a Spiritual life are always in love. Their love appears not just as blue romantic love or red erotic love. It is white Divine Soulful love that appears as gentleness and kindness, as compassion and forgiveness. The fountain of true love is blissful and peaceful, devoid of anger, hate, revenge, and jealousy, which is commonly visible in the love of the material world. The Spiritual sages and saints, love from their Soul. Their love is universal as they do not love the humans that appear in the love stories of this material world, but the Divine that manifests everywhere in everything in their Spiritual world.

PART I

IT'S A CHOICE!

Is it necessary to live a Spiritual life?

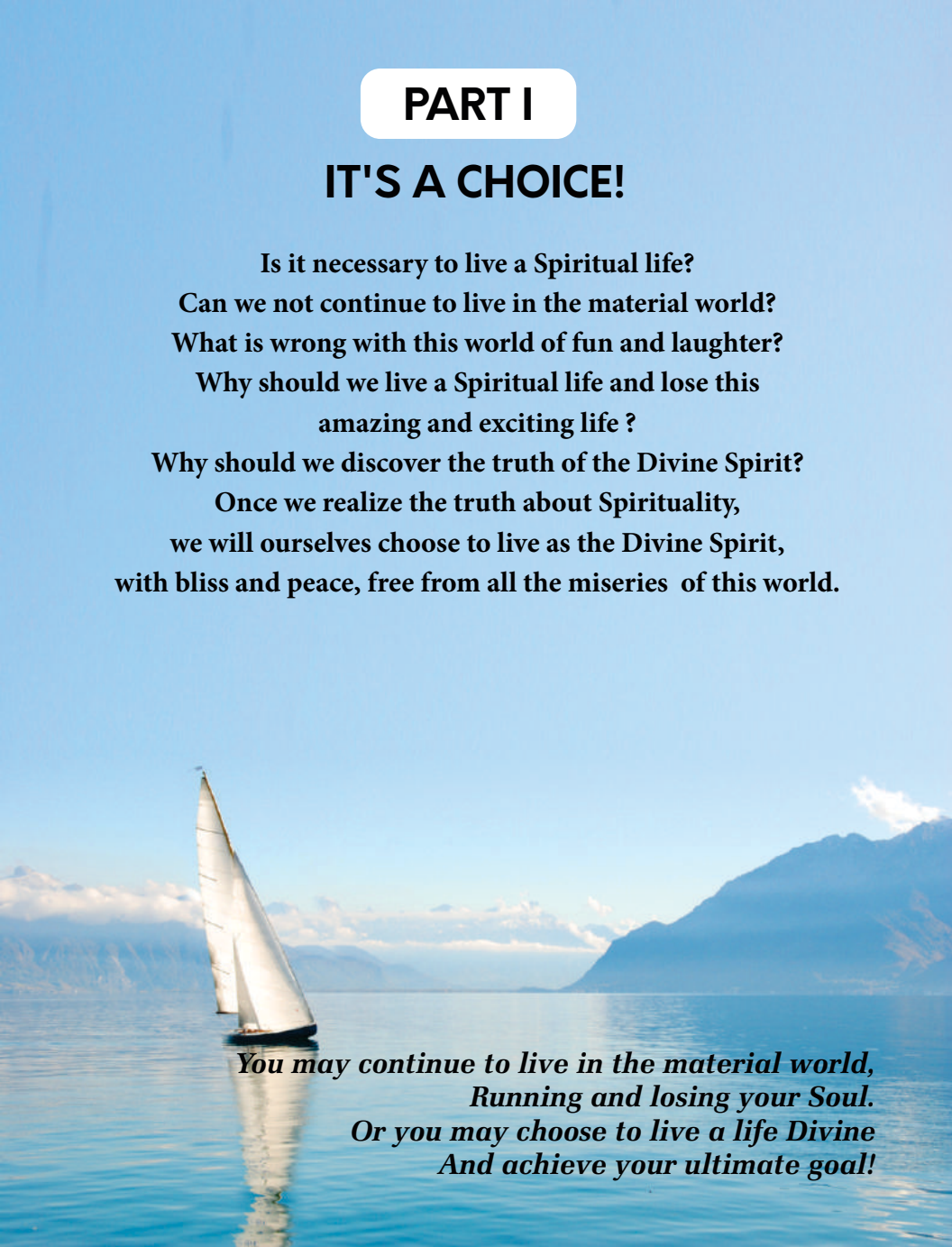
Can we not continue to live in the material world?

What is wrong with this world of fun and laughter?

**Why should we live a Spiritual life and lose this
amazing and exciting life ?**

Why should we discover the truth of the Divine Spirit?

**Once we realize the truth about Spirituality,
we will ourselves choose to live as the Divine Spirit,
with bliss and peace, free from all the miseries of this world.**

A sailboat with a white sail is on a calm blue sea. In the background, there are blue mountains under a clear blue sky with some light clouds. The water reflects the boat and the sky.

***You may continue to live in the material world,
Running and losing your Soul.
Or you may choose to live a life Divine
And achieve your ultimate goal!***

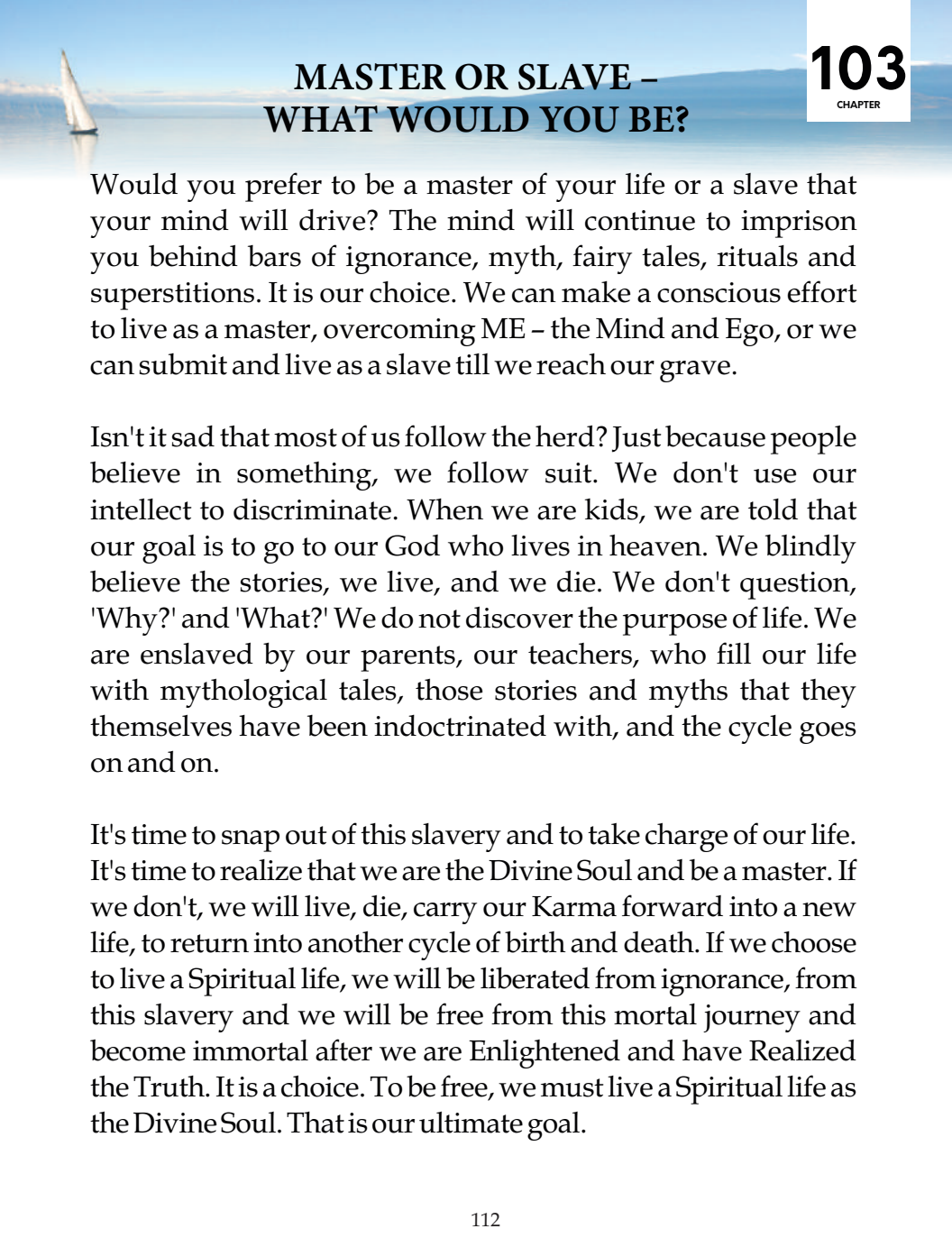


YOU CAN CONTINUE TO LIVE IN THE MATERIAL WORLD

102
CHAPTER

Despite realizing that the material world is a roller coaster of joy and sorrow, despite going round and round in the merry-go-round of pleasure and pain, again and again, one can either choose to live a material life or one can transform and live as the Divine Spirit. It's a choice. Most of us not only live in the material world, but we also sink in it. We are so lost in the pleasures and possessions that gratify our senses, that we do not discover the Divine Soul within. We live as the body, mind and ego, and we die without discovering the Truth of 'Who am I?'

Very few amongst us are lucky. We make a conscious choice of going on a quest. We ask questions, we investigate till we Realize the Truth that we are the Divine Soul. What next? Do we have to give up this world and go into the forest, renouncing all material pleasures? Those who are lost in ignorance do not realize that the Spiritual life must also be lived in the same world, the world of men and materials. There is no other world. The world is the same. Whether we live a material life or a Spiritual life, is a choice. If we choose to live as the Divine Spirit, we will be liberated from the triple suffering of the body, mind and ego. We will experience a state of eternal bliss and everlasting peace. That is a choice. Don't believe the fairy tales that living a Spiritual life means that you have to leave this world and go and live in another world of Spirits.



MASTER OR SLAVE – WHAT WOULD YOU BE?

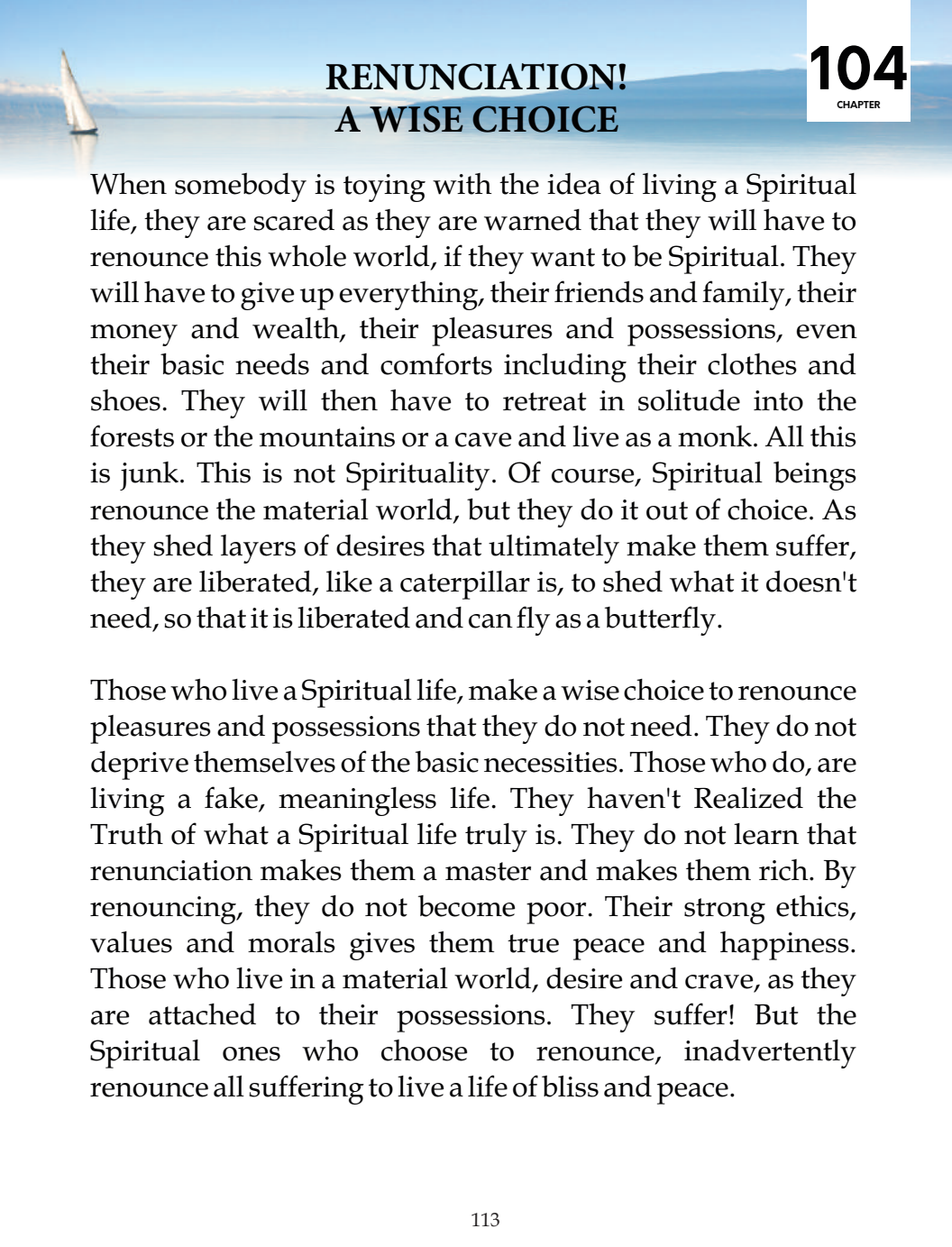
103

CHAPTER

Would you prefer to be a master of your life or a slave that your mind will drive? The mind will continue to imprison you behind bars of ignorance, myth, fairy tales, rituals and superstitions. It is our choice. We can make a conscious effort to live as a master, overcoming ME – the Mind and Ego, or we can submit and live as a slave till we reach our grave.

Isn't it sad that most of us follow the herd? Just because people believe in something, we follow suit. We don't use our intellect to discriminate. When we are kids, we are told that our goal is to go to our God who lives in heaven. We blindly believe the stories, we live, and we die. We don't question, 'Why?' and 'What?' We do not discover the purpose of life. We are enslaved by our parents, our teachers, who fill our life with mythological tales, those stories and myths that they themselves have been indoctrinated with, and the cycle goes on and on.

It's time to snap out of this slavery and to take charge of our life. It's time to realize that we are the Divine Soul and be a master. If we don't, we will live, die, carry our Karma forward into a new life, to return into another cycle of birth and death. If we choose to live a Spiritual life, we will be liberated from ignorance, from this slavery and we will be free from this mortal journey and become immortal after we are Enlightened and have Realized the Truth. It is a choice. To be free, we must live a Spiritual life as the Divine Soul. That is our ultimate goal.



RENUNCIATION! A WISE CHOICE

104
CHAPTER

When somebody is toying with the idea of living a Spiritual life, they are scared as they are warned that they will have to renounce this whole world, if they want to be Spiritual. They will have to give up everything, their friends and family, their money and wealth, their pleasures and possessions, even their basic needs and comforts including their clothes and shoes. They will then have to retreat in solitude into the forests or the mountains or a cave and live as a monk. All this is junk. This is not Spirituality. Of course, Spiritual beings renounce the material world, but they do it out of choice. As they shed layers of desires that ultimately make them suffer, they are liberated, like a caterpillar is, to shed what it doesn't need, so that it is liberated and can fly as a butterfly.

Those who live a Spiritual life, make a wise choice to renounce pleasures and possessions that they do not need. They do not deprive themselves of the basic necessities. Those who do, are living a fake, meaningless life. They haven't Realized the Truth of what a Spiritual life truly is. They do not learn that renunciation makes them a master and makes them rich. By renouncing, they do not become poor. Their strong ethics, values and morals gives them true peace and happiness. Those who live in a material world, desire and crave, as they are attached to their possessions. They suffer! But the Spiritual ones who choose to renounce, inadvertently renounce all suffering to live a life of bliss and peace.

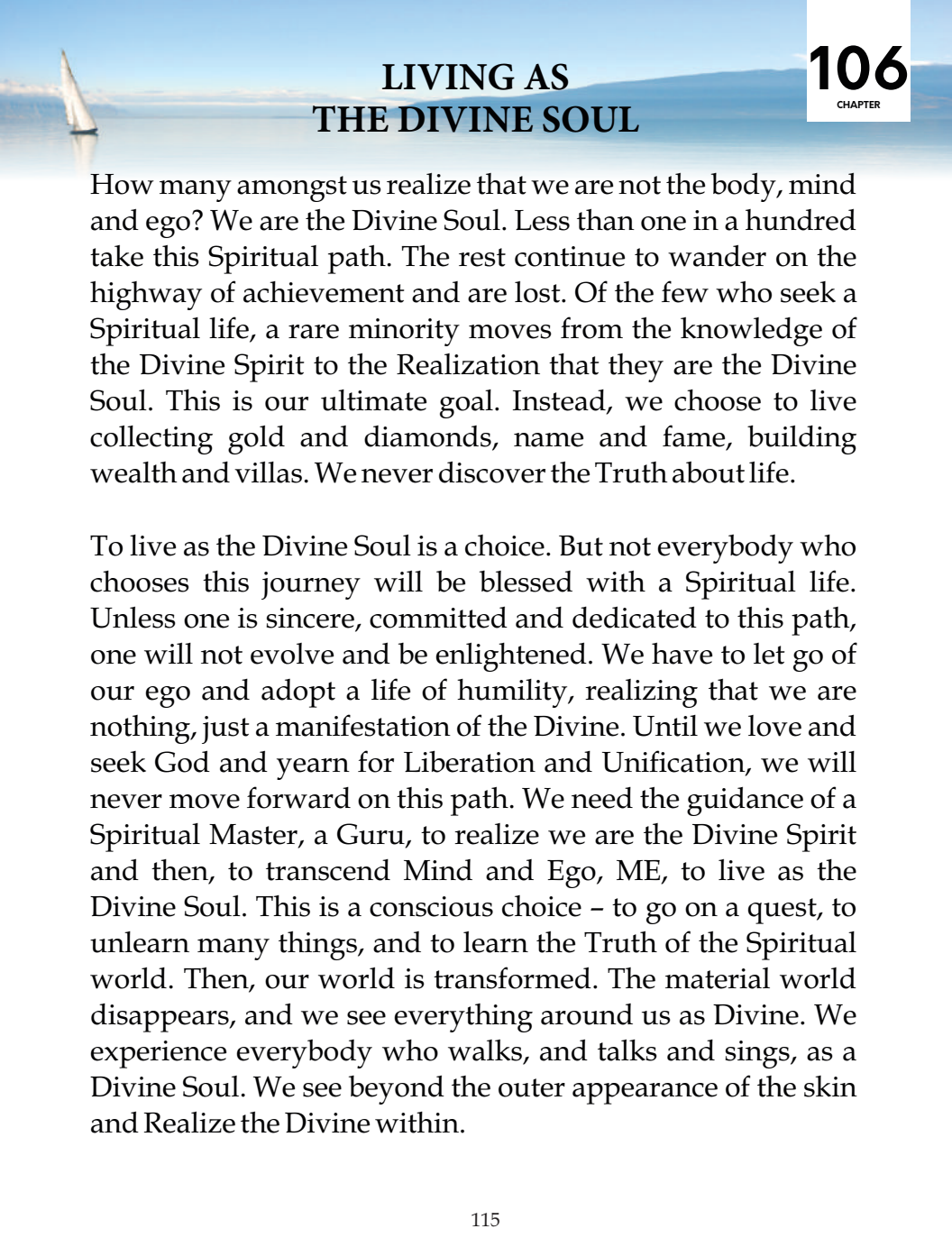


DO YOU WANT TO SINK INTO A WORLD OF GLAMOUR?

105
CHAPTER

Most of us live in this material world and we are lost in sense pleasures that seem to make us excited and thrilled about life. We don't realize that these sense gratifications trap us in a maze as we run a race to become an ace. Ultimately, we keep on collecting the trinkets and treasures of this material world, then we die and leave everything behind. Isn't this the truth? Isn't it a fact that when we come, we come empty-handed and when we go, we can take nothing with us? Then why do we sink into this material world? Why don't we blink and think – Who am I? Why am I here? Remember, it is a choice!

This world is a glamorous world, and we all are attracted by the beauty of the skin. But there is far more bliss and peace in the Divine Spirit within. We choose to explore the outside world, but we live and die forgetting the Divine world within us. Before we realize it, life is over. We live and die in the material world without discovering the alternative – the option to live a Spiritual life. Most of us sink into this fast-paced world because we do not make it a conscious choice to be still, to be silent. Unless we cut the noise of the outside world, we will never hear the voice of the Divine Spirit within. We carry a heavy load of pleasures and possessions that we collect in the material world, only to be trapped like an overweight elephant who sinks into the quicksand of the material world, unable to lift himself out. A few of us are lucky. We choose not to sink but to create a link with the Divine Spirit.

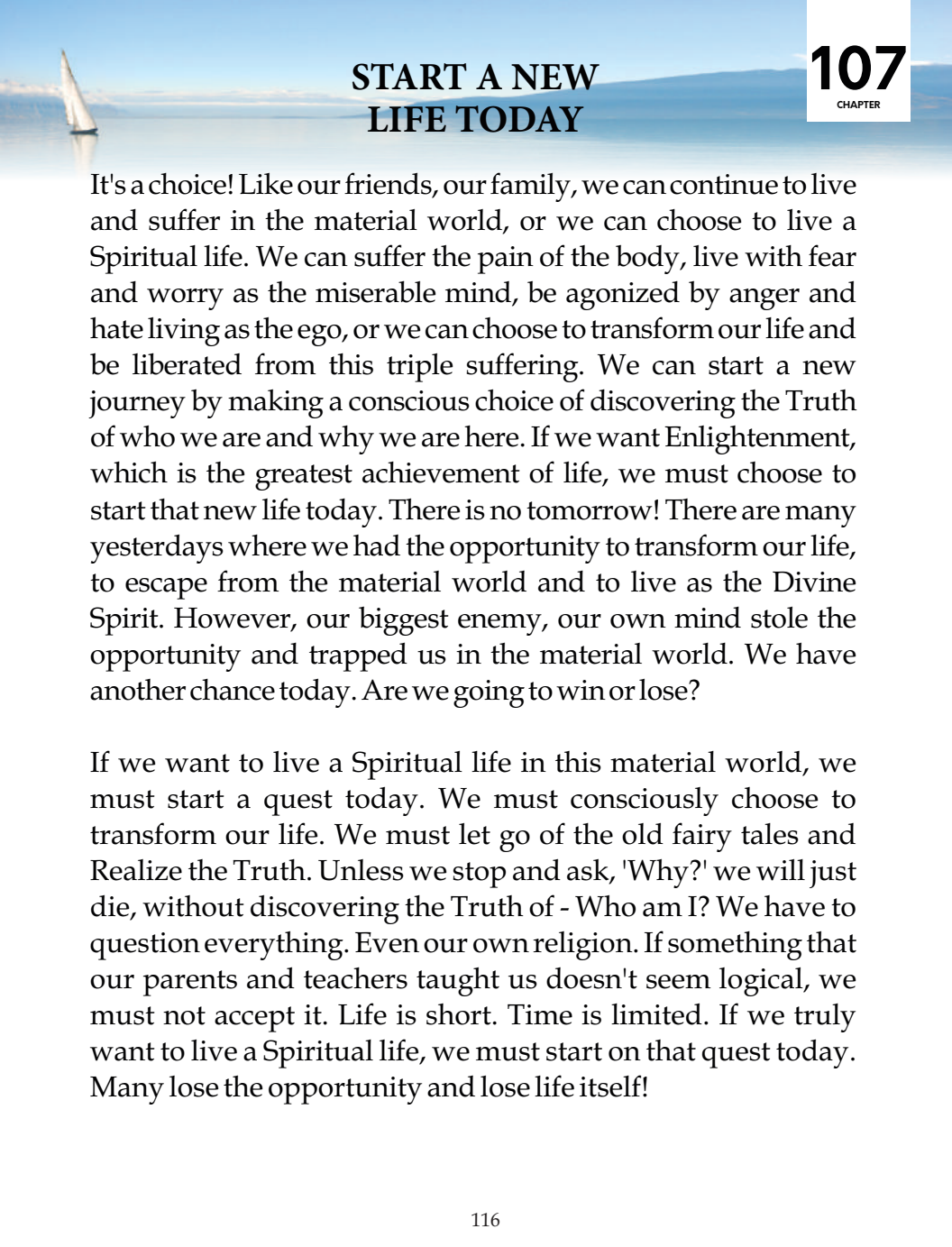


LIVING AS THE DIVINE SOUL

106
CHAPTER

How many amongst us realize that we are not the body, mind and ego? We are the Divine Soul. Less than one in a hundred take this Spiritual path. The rest continue to wander on the highway of achievement and are lost. Of the few who seek a Spiritual life, a rare minority moves from the knowledge of the Divine Spirit to the Realization that they are the Divine Soul. This is our ultimate goal. Instead, we choose to live collecting gold and diamonds, name and fame, building wealth and villas. We never discover the Truth about life.

To live as the Divine Soul is a choice. But not everybody who chooses this journey will be blessed with a Spiritual life. Unless one is sincere, committed and dedicated to this path, one will not evolve and be enlightened. We have to let go of our ego and adopt a life of humility, realizing that we are nothing, just a manifestation of the Divine. Until we love and seek God and yearn for Liberation and Unification, we will never move forward on this path. We need the guidance of a Spiritual Master, a Guru, to realize we are the Divine Spirit and then, to transcend Mind and Ego, ME, to live as the Divine Soul. This is a conscious choice – to go on a quest, to unlearn many things, and to learn the Truth of the Spiritual world. Then, our world is transformed. The material world disappears, and we see everything around us as Divine. We experience everybody who walks, and talks and sings, as a Divine Soul. We see beyond the outer appearance of the skin and Realize the Divine within.

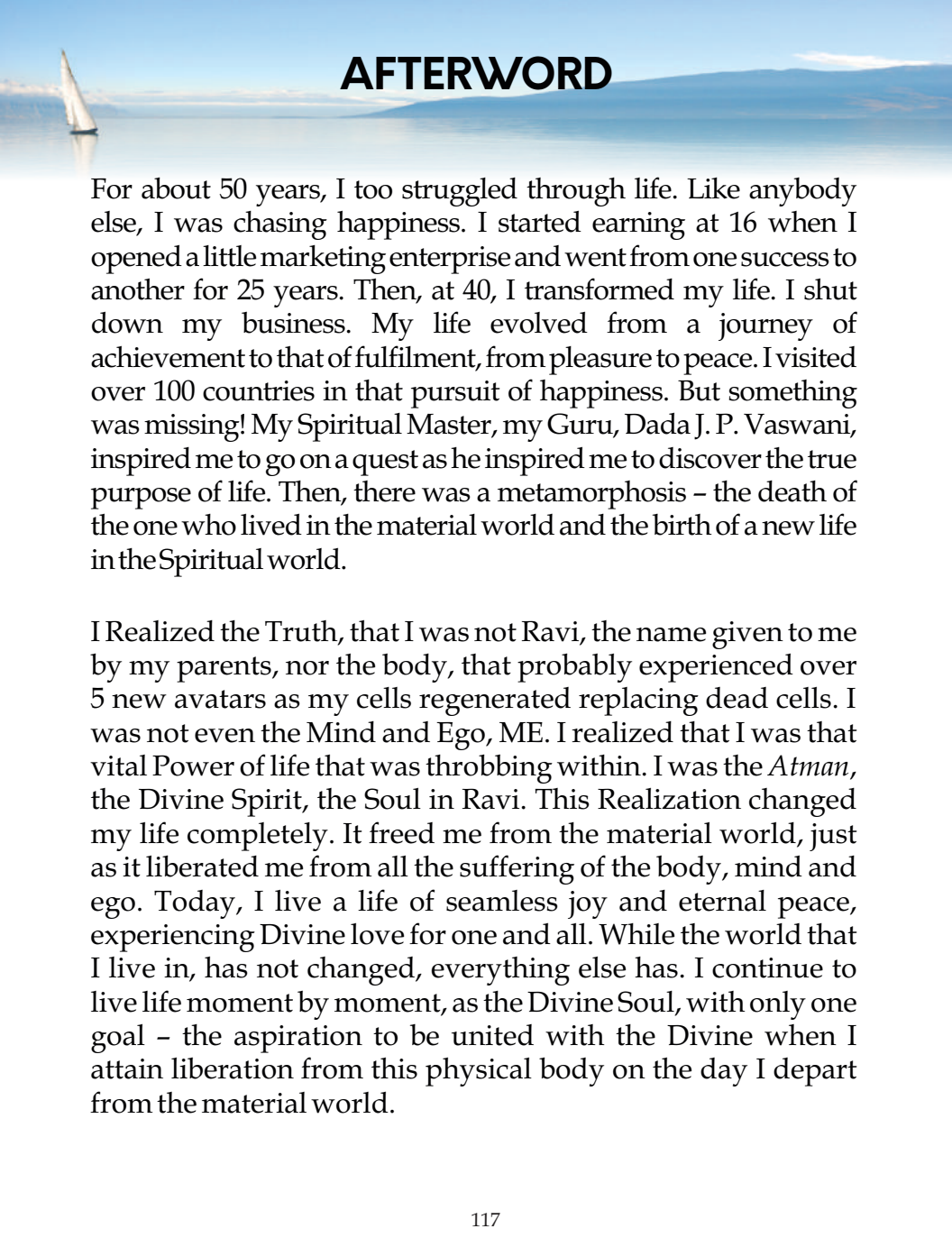


START A NEW LIFE TODAY

107
CHAPTER

It's a choice! Like our friends, our family, we can continue to live and suffer in the material world, or we can choose to live a Spiritual life. We can suffer the pain of the body, live with fear and worry as the miserable mind, be agonized by anger and hate living as the ego, or we can choose to transform our life and be liberated from this triple suffering. We can start a new journey by making a conscious choice of discovering the Truth of who we are and why we are here. If we want Enlightenment, which is the greatest achievement of life, we must choose to start that new life today. There is no tomorrow! There are many yesterdays where we had the opportunity to transform our life, to escape from the material world and to live as the Divine Spirit. However, our biggest enemy, our own mind stole the opportunity and trapped us in the material world. We have another chance today. Are we going to win or lose?

If we want to live a Spiritual life in this material world, we must start a quest today. We must consciously choose to transform our life. We must let go of the old fairy tales and Realize the Truth. Unless we stop and ask, 'Why?' we will just die, without discovering the Truth of - Who am I? We have to question everything. Even our own religion. If something that our parents and teachers taught us doesn't seem logical, we must not accept it. Life is short. Time is limited. If we truly want to live a Spiritual life, we must start on that quest today. Many lose the opportunity and lose life itself!



AFTERWORD

For about 50 years, I too struggled through life. Like anybody else, I was chasing happiness. I started earning at 16 when I opened a little marketing enterprise and went from one success to another for 25 years. Then, at 40, I transformed my life. I shut down my business. My life evolved from a journey of achievement to that of fulfilment, from pleasure to peace. I visited over 100 countries in that pursuit of happiness. But something was missing! My Spiritual Master, my Guru, Dada J. P. Vaswani, inspired me to go on a quest as he inspired me to discover the true purpose of life. Then, there was a metamorphosis – the death of the one who lived in the material world and the birth of a new life in the Spiritual world.

I Realized the Truth, that I was not Ravi, the name given to me by my parents, nor the body, that probably experienced over 5 new avatars as my cells regenerated replacing dead cells. I was not even the Mind and Ego, ME. I realized that I was that vital Power of life that was throbbing within. I was the *Atman*, the Divine Spirit, the Soul in Ravi. This Realization changed my life completely. It freed me from the material world, just as it liberated me from all the suffering of the body, mind and ego. Today, I live a life of seamless joy and eternal peace, experiencing Divine love for one and all. While the world that I live in, has not changed, everything else has. I continue to live life moment by moment, as the Divine Soul, with only one goal – the aspiration to be united with the Divine when I attain liberation from this physical body on the day I depart from the material world.



POEM

HOW TO LIVE A SPIRITUAL LIFE IN A MATERIAL WORLD?

*As I move forward in my mission
To help people Realize the Truth
After I have evolved myself
And have got to the bottom of the root
I share a way to eternal peace
To bliss and happiness
And show in a noisy, material world
How Divine a Spiritual life is*

*Spirituality is not that complicated jargon
That mystery we learned in school
Spirituality is not giving up the world
You can't do it, O fool!
Spirituality is discovering the eternal Truth
We are not the ego, the body, the mind
Spirituality is discovering who we are
The Divine Soul we find*

*Don't we suffer many a crisis
Caused by desire, passion and greed?
Don't we often get disappointed
Trying to fulfil our need?
Don't we get caught in the struggle
Of duty, lust, and shame
Chasing money, success, and achievement
Crying every day in this game*

*'Oh! What will people say
It is better if we follow the herd!'
We don't have the courage
To fly like a bird
We seem to be trapped in ignorance
Living with anger, revenge, and hate
These are the real-life stories
That imprison us behind the gate*

*But some of us begin the journey
We start a Divine quest
We don't accept, we ask questions
Putting every belief to test
We want to know 'Who am I?'
Where is heaven and God?
Are we the Soul? Will we be reborn
And become one with our Lord?*

*We blindly believe our religion
And follow what scriptures tell
We pray with devotion to our Lord
Hoping to reach heaven, not hell
We get trapped in rituals and superstitions
Not knowing what we do
And soon our life is over
It's time to bid adieu*

*But what is life all about
How will we get to know?
We learn how to use our gadgets
But what is this life-show?
What is the purpose of our life
Why did we come to earth?
Who will tell us what life is
And the purpose of this human birth?*

*Then somebody said, 'It's Spirituality'
Let's live a Spiritual life
Let's give up this material world
That is full of misery and strife
But how to discover that Divine Spirit
The Power that lives within?
How to transcend the body and mind
And go beneath the skin?*

*Everybody wants happiness
Who wants to live in pain?
Everybody wants to make a profit
We want pleasure, we don't want pain
But while we are chasing pleasure
Like shadows in the material world
In the end, all we have are tears
As our life, our years have swirled*

*We live in this world of love
Thinking love is just a kiss
We create relationships
But True love, we sadly miss
Hearts and hugs and Valentine's
Is not what True love is
We don't discover Divine Spiritual love
That fills our life with bliss*

*What exactly is it to live
A Spiritual life, do you know?
Will you discover this amazing journey
Before it is time to go?
Will you realize that life is not
Just a crazy race?
And get out of this material prison
Get out of this miserable maze*

*Life is a gift for us to live
It is all about the 'now'
Can we be happy tomorrow?
Can anybody tell us how?
The only way to happiness
The only way to bliss
Is to live life moment by moment
That's actually what life is*

*The fact is that we are not this body
This body will one day die
Though there are so many thoughts
The mind seems to just pass by
The fact is we are the Divine Spirit
We are the immortal Soul
To Realize this Truth is our purpose
It is our life's ultimate goal*

*We don't have to give up this world
To live a Spiritual life
We can live in this physical body
And cut the world with a knife
If only we discover the Divine Truth
Before we fly in the sky
What is the purpose of coming here
Finding out, 'Who am I?'*

*Human beings have a Divine gift
With the intellect they can choose
We have been given an opportunity
Which we must not lose
We can just live in this material world
And soon we will be gone
The body will die, but the mind and ego
With Karma will be reborn*

POEM

*But some of us are lucky
We choose a Spiritual life
We are not caught in this material world
With our children and our family life
We overcome ignorance, Realize the Truth
From the material world, we are free
And live a life of eternal Bliss
Being who we are meant to be*

*So, if you want to find a way
To live with peace and bliss
To escape misery in this material world
And discover true happiness
Then, stop running in this mad race
And get out of the maze
Live a Divine Spiritual life
Live with Divine grace*

*You don't have to give up this world
To live a Spiritual life
Living in this material world
There is a way out of all strife
If only we discover who we are
And why we are here
We can live as the Divine Spirit
Every day of every year*

BY
AiR
Atman in Ravi

ABOUT THE AUTHOR

AiR- *Atman* in Ravi

AiR – *Atman* in Ravi, is an Embodied Soul whose only mission in life is to 'Help People Realize the Truth'. He was born in Bangalore on October 15, 1966. At a very young age, Ravi V. Melwani mastered the craft of business and became a very successful businessman who revolutionized retailing in India with the stores KidsKemp, Big KidsKemp, and Kemp Fort. After making millions, he realized that life is not just about making money. He shut down his business at the age of 40 and started making a difference doing H.I.S. work – Humanitarian, Inspirational and Spiritual work.



As a part of the Humanitarian initiative, 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 600 suffering homeless people who are picked up from the streets are served and cared for in 3 destitute homes and provided with free shelter, food, clothing, and medical care. AiR built a Shiva Temple in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. AiR now believes that religion is just a kindergarten of Spirituality, and people should go beyond religion to truly realize God.

One day, his Guru inspired him to introspect and find answers to the following questions: Who am I? What is the purpose of my life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will I be reborn? Who is God? Where is God? What is God? What is the Soul? Where are heaven and hell? What is Enlightenment? Several questions like these took him on a quest, a search for the Truth. He gave up his life of Achievement and Fulfilment in search of the final peak of life: Enlightenment.

After a few years of intense search in retreat, deep in the mountains, he realized that we are not this body. We are the Soul, the *Atman*. He changed his name to AiR – *Atman* in Ravi. He metamorphosed to AiR and gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. This led to several Realizations that formed his new mission of life – to Help People Realize the Truth.

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 40 books, composed and sung about 1200 bhajans written several blogs, quotes, and poems. He has taken up various other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve on their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations

like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts webinars every week on Zoom, ASK AiR sessions every day and Facebook Live to help people realize the ultimate purpose of their life.

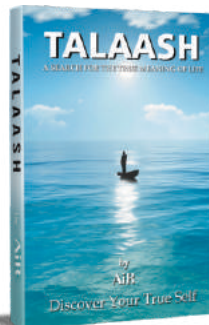
AiR has realized the Truth that we are not the body, the mind, or the ego; we are the Divine Soul. And to realize this, is our Ultimate Goal. He lives his life with just one mission – to help people Ask, Investigate, and Realize the Truth. Being blessed with everything, he seeks nothing except to fulfil this mission of life.

*Started with nothing...
Became something...
Achieved everything,
Only to realize we are nothing!*

BOOKS BY THE AUTHOR

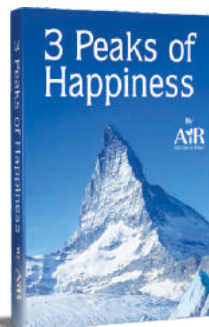
1. Talaash

Talaash means 'search' or a 'quest'. This book by AiR recounts his own spiritual quest for the Ultimate Truth that led him to the Realization that we are neither the body nor the mind, but the Divine Soul.



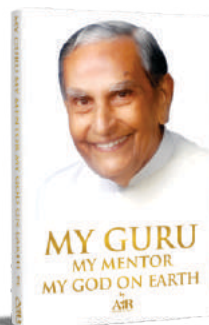
2. 3 Peaks of Happiness

This book talks about the universal quest of humanity—Happiness. It explains the ways through which people can reach the third peak of Happiness—Enlightenment which lies beyond the two peaks of Happiness—Achievement and Fulfilment. The third peak liberates us from the prisons of misery and sorrow and gives us eternal joy and bliss.



3. My Guru, My Mentor, My God on Earth

This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him to begin his spiritual quest and bringing about the transformation in him.



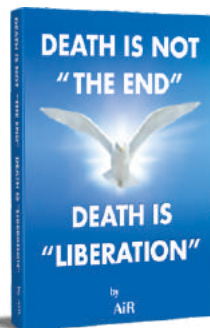
4. I will Never Die, Death is Not “The End”

In the journey of his life, AiR Realized many truths. One of the truths is a revelation—we never die; Death is not the end but a bend to transcend. The body will die, but the one who lives in the body never dies. This book explains this truth in detail.



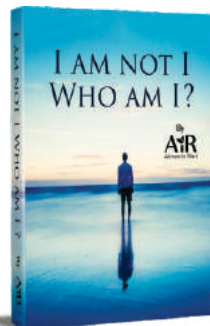
5. Death is Not “The End.” Death is “Liberation”

The second book by AiR in the series of books on 'Death' touches upon the secret of Kathopanishad which talks about what happens after death. One of the two things can happen: if we think we are the body and mind as a doer, we are reborn, but if we realize that we are the Soul and not the body and mind, we are liberated to eternal joy and peace.



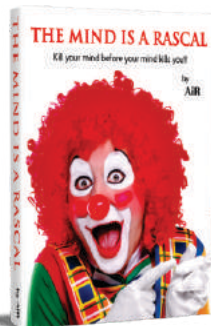
6. I Am Not I. Who Am I?

This is an insightful book by AiR which talks of his quest and Realization that we are not who we think we are. We have a car but we are not the car. Similarly, we have a body but we are not the body. Then, who are we?



7. The Mind is a Rascal

You always thought that the mind is king — it is everything. But it's a rascal! Try this. Sit quietly for an hour, and try to find the mind. Where is it? You will realize that the mind doesn't exist. This book by AiR will show us how the mind makes us suffer. It is time to find the rascal and kill it before it kills us.



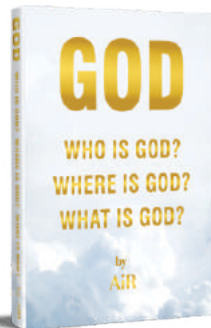
8. A Cosmic Drama

This book challenges the reader to explore the illusory nature of this world — whatever is happening in life is not real; it is nothing but a Cosmic Drama. If we understand this simple truth, we can enjoy the show called life.



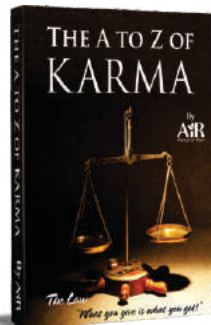
9. Who is God? Where is God? What is God?

These questions might seem simple enough but nobody really knows the answers. We all know that God exists. We pray to a God as per our Religion but what is the Truth about God? Has anybody seen God? Where is God? This book will change your perception and belief about God and help you Realize God.



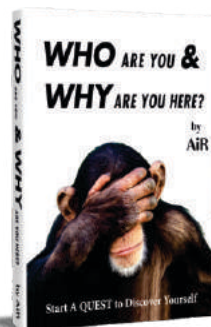
10. The A to Z Karma

Most people are aware of the concept of Karma – the Universal Law that states, 'What you give is what you get.' But not everybody knows the A to Z of Karma that we can actually transcend Karma, escape from all misery and sorrow, and ultimately attain Liberation or *Moksha*. This book reveals the secret of eternal joy and peace – a life without any misery or suffering.



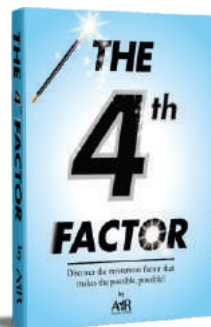
11. Who Are You and Why Are You Here?

This is a simple book that prompts us to ask the right questions to discover the secret of our life – who we are in reality and what the purpose of our life is. The answers to these questions hold the key to a meaningful and blissful life.



12. The 4th Factor

Man gets upset when his efforts don't bear fruit. This is because man is ignorant about the 4th Factor that is beyond human comprehension. Without its consent, even the possible becomes impossible. This is an informative book that makes the readers understand why things happen the way they happen!



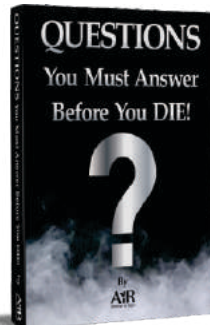
13. Be Happy in the NOW!

Every human being on earth wants to be happy. There is nobody who enjoys pain. But what is the secret of eternal joy, bliss and peace? It is being happy in the NOW. With this book, AiR hopes to inspire people to live life moment by moment if they really want to be happy.



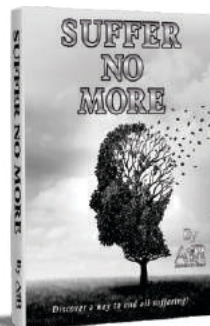
14. Questions You Must Answer before you Die!

Most of us live and die but we don't ask the question— Why? We just exist! This book presents a series of important questions with answers that can guide us to the Realization of the Truth and help us live with meaning, purpose, and joy.



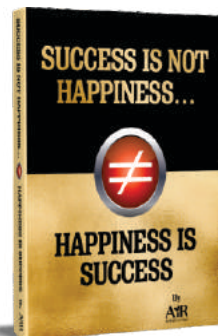
15. Suffer No More

'Suffer No More' is a personal experience of overcoming anguish, anxiety, distress, and grief. It is an analysis of suffering, what causes it and how we can overcome it. While there is pain, we can do away with suffering. This book will tell us how.



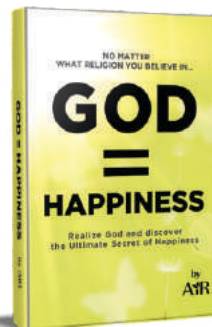
16. Success is not Happiness, Happiness is Success

People want to win because this makes them happy, just as failure makes them miserable. This book explains how success does not bring happiness and how this belief is only an illusion. In fact, instead of chasing success, we should try to be happy! That is true success.



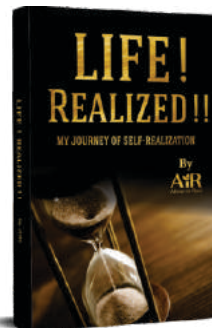
17. God = Happiness

In his quest to discover Truth and the purpose of life, the author realized that people didn't know where exactly to search for happiness. This is a book that takes us far beyond religion to Realize the Truth about God and how God is Happiness.



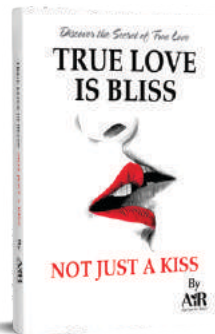
18. Life! Realized!!

This book is a personal reflection of the author on his several realizations while on his quest for the Truth about everything that matters in the journey of life.



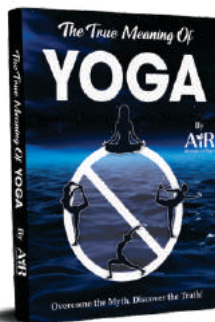
19. True Love is Bliss...Not Just a Kiss

Love, which is a source of joy and happiness, is not really understood by the world. This book is an attempt to explore True Love. True Love is White Divine Love from the Soul that manifests as the 7 colours of human love from the day we are born till the day we die.



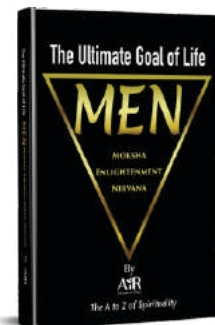
20. True Meaning of Yoga

Yoga, today, is primarily taught as a set of body postures and breathing exercises. But this is not true Yoga! Yoga, in reality, is a constant union with the Divine. This book attempts to explain how through Yoga one can be liberated from the cycle of death and rebirth.



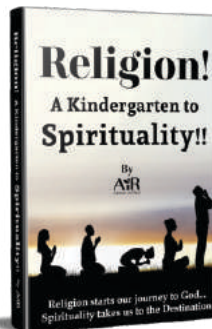
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

The three most tenable concepts – Moksha, Enlightenment, Nirvana are discussed in this book that can help us reach our Ultimate Goal of Liberation and then Unification with the Divine.



22. Religion! A Kindergarten to Spirituality!!

This book discusses how Religion is only the first step towards God-realization. We do not realize that Religion is only a Kindergarten, of which Spirituality is the University, and together they can lead us to God-realization.



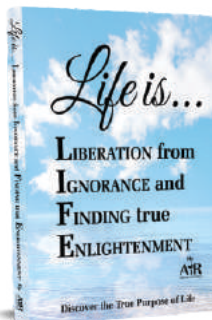
23. Why Bad Things Can't Happen to Good People!

This book helps us understand that this world has been created by the Divine and it operates through certain Universal Laws that need no intervention by the Creator. Bad things can never happen to good people, just as apples can't grow on mango trees!



24. LIFE is...Liberation from Ignorance and Finding true Enlightenment

Most people just exist but they don't truly live. They just zoom from womb to tomb, and then life is over. They don't stop to think about their life's true purpose. In the pursuit of happiness, success and achievement, people don't realize that they lose their most precious gift—life itself. This book reveals what life is all about.



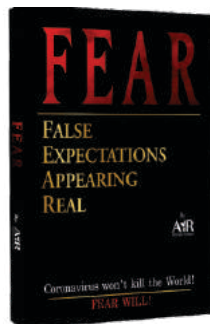
25. The Ladder to Heaven

Most people believe in God and aspire to go to their God in heaven one day. It doesn't matter what our religion is, there is a way to reach God. There is a Ladder that can take us to heaven but we need to ascend the rungs of the Ladder to Heaven. This book shows a step-by-step way to God-realization.



26. FEAR- False Expectations Appearing Real

The world has changed today because of Coronavirus. But it's up to us to live with FEAR or FAITH. There is a difference between Fear and Danger but most of humanity lives with the constant fear of disease and death. Through this book, the author inspires people to live with courage and not panic.



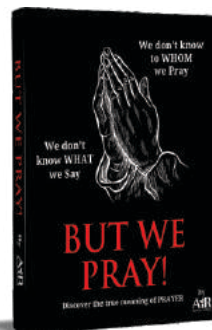
27. Soul – We don't have a Soul...we are the Soul!

The Soul is mysterious. We are alive because of our Soul. But what exactly is the Soul? We cannot see the Soul, but we all believe that we have one. This book will help genuine seekers of the truth to do some Soul searching and realize - we don't have a Soul...we are the Soul!



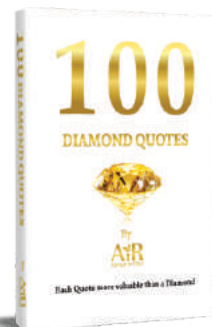
28. But We Pray!

The whole world prays to God. Every religion claims that their God is the real God and their prayer is the most effective form of prayer. Unfortunately, we don't even know the God we pray to nor do we understand what we say in prayer. This book will help us build a Divine connection through prayer.



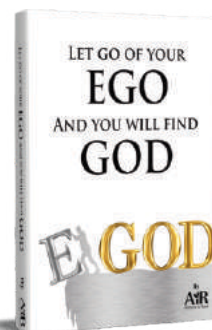
29. 100 Diamond Quotes

Our life needs a spark and a simple quote can make this difference. This book is a selection of AiR's inspiring quotes on happiness, liberation, realization, spirituality, and enlightenment that can trigger a metamorphosis in us in the quest for the true meaning of life, giving us more happiness than all the diamonds of this world.



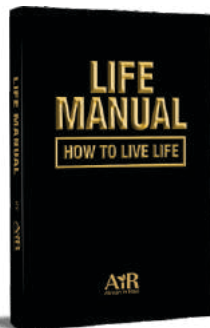
30. Let go of your Ego and you will find God

Are you seeking God? All you have to do is to let go of your Ego. Our biggest enemy, ME - Mind and the Ego, envelops us in ignorance and we go round in circles without discovering God within. This book will transform your life. It will show you the way to God just as it will guide you on how to let go of your Ego.



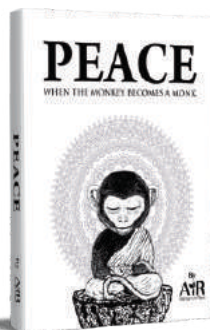
31. Life Manual - How to live life?

Whenever we get a new gadget, we read the operating manual before we start using it. But there is no such manual on life. This book is what we all need. It tells us what life is and how we should make the most of it.



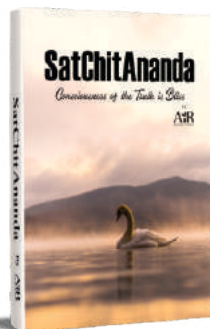
32. PEACE... When the Monkey becomes a Monk!

We all seek peace of mind but we don't realize that it is our own mind that steals our peace by constantly jumping from thought to thought. Unless we tame the monkey mind and make it a monk, we will never be able to experience true bliss. This book will show us the way.



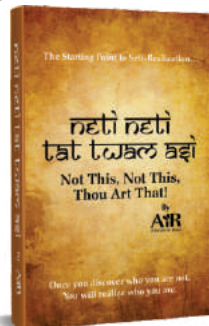
33. SatChitAnanda - Consciousness of the Truth is Bliss

Very few people go in search of the true meaning of life. If they become conscious of the truth, they experience *Ananda*, a bliss unknown to the common man. This book reveals the secret of SatChitAnanda and shows us the way to live every moment of life with seamless joy and peace.



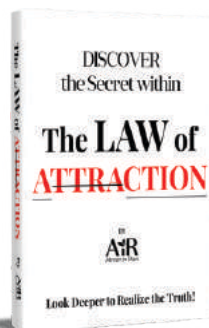
34. *Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That*

What is the way for a common man to be enlightened? This book reveals the key to opening the door to Enlightenment. It is *Neti Neti, Tat Twam Asi*, Not This, Not This, Thou Art That. To Realize the Truth of 'Who am I?' the first thing we must discover is 'Who I am not'.



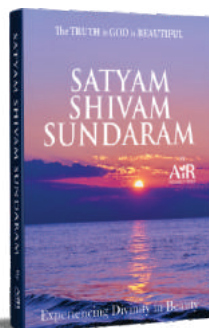
35. *Discover the SECRET within The LAW of AttraCTION*

Many of us believe in the Law of Attraction, that we can realize our dreams through this mystical, magical law. But not all people are able to realize their dreams. This book reveals the 'real secret' within the Law of Attraction that actually works. It is the Law of Action.



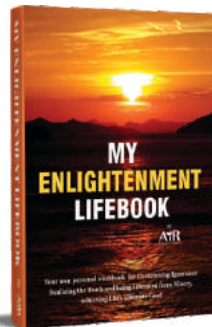
36. *Satyam Shivam Sundaram - Experiencing Divinity in Beauty*

This book, based on the ancient chant Satyam Shivam Sundaram - the Truth is God is Beautiful, will help us realize a profound truth, that Beauty is Divinity. It will change the way we pray and build a closer connection with God, as we realize the Divine in the temple of our heart.



37. My Enlightenment Lifebook

This book is a treasure of crystalized wisdom that is put together in a simple manner to help one Realize the Truth. It is a weapon to cut through the myth and to Realize the Truth about the Divine. It is not a textbook of knowledge. It is a workbook of Enlightenment.



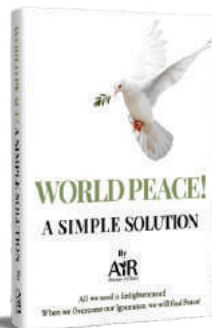
38. When you overcome the FEAR of DEATH, You start to LIVE

The fear of death stops us from living life. While we are all 'alive', we are paralyzed by fear. FEAR is only a False Expectation Appearing Real, but when we fear death, we are unable to do many things. We become paranoid and phobic. Unless we overcome the fear of death, how can we truly live?



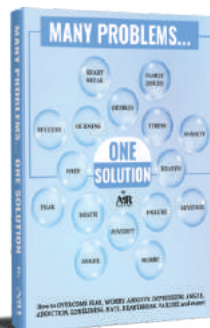
39. World Peace! A Simple Solution

The world is in pieces. It is fragmented by differences, endless disputes and wars. We all want Peace, yet Peace eludes us. There is a simple solution to World Peace! If only we Realize the Truth of who we truly are and why we are here, all this bloodshed will end and this world will become a Peaceful Heaven on earth.



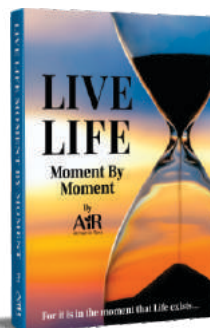
40. Many Problems, One Solution

Everybody has problems. Some people have money related problems, some face challenges due to health. There are people who live with fear, worry, jealousy, stress, anxiety, depression, even with the thought of suicide. The list is endless! Is there a way out of this suffering? This book has the secret!



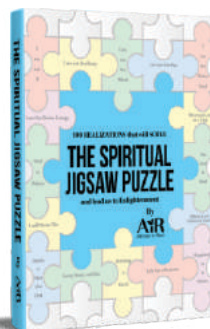
41. LIVE LIFE... Moment by Moment

Neither is life a journey from birth to death, nor is it the number of years we live on earth. Life is about 'now', this moment. If we lose this moment, we lose life. Unfortunately, most of us don't live, we just exist! This book will inspire you to Live life in the now, moment by moment!



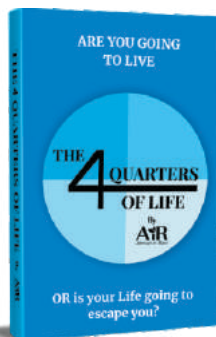
42. The Spiritual Jigsaw Puzzle

Are you seeking eternal happiness or searching for the ultimate purpose of life? Then this is the perfect book for you. The 100 Realizations in this book are the 100 pieces of the Spiritual Jigsaw Puzzle, that, once put together, will lead you to be enlightened with the Truth, and liberate you from all suffering to experience a spiritual ecstasy unknown to common man.



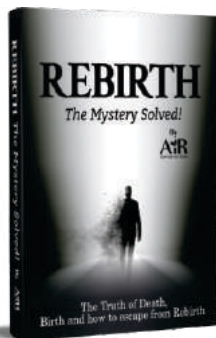
43. The 4 Quarters of Life

To discover the purpose of life, we must divide our life into 4 Quarters. The First Quarter is about Learning, while the Second is about Earning. The Third and the Fourth Quarter are meant for us to attain the ultimate goal of life, Enlightenment, which few people do. This book will inspire you to live a complete life, Quarter by Quarter, so that you can live with bliss and everlasting happiness.



44. REBIRTH ... The Mystery Solved!

Do you believe in Rebirth or does the mystery of Rebirth baffle you? We know that death is certain but is there something beyond death? While we witness births and deaths, we wonder whether Rebirth is a reality or not. This book will help you decode the mystery of Rebirth, just as it will reveal the secret of escaping from the cycle of Death and Rebirth.



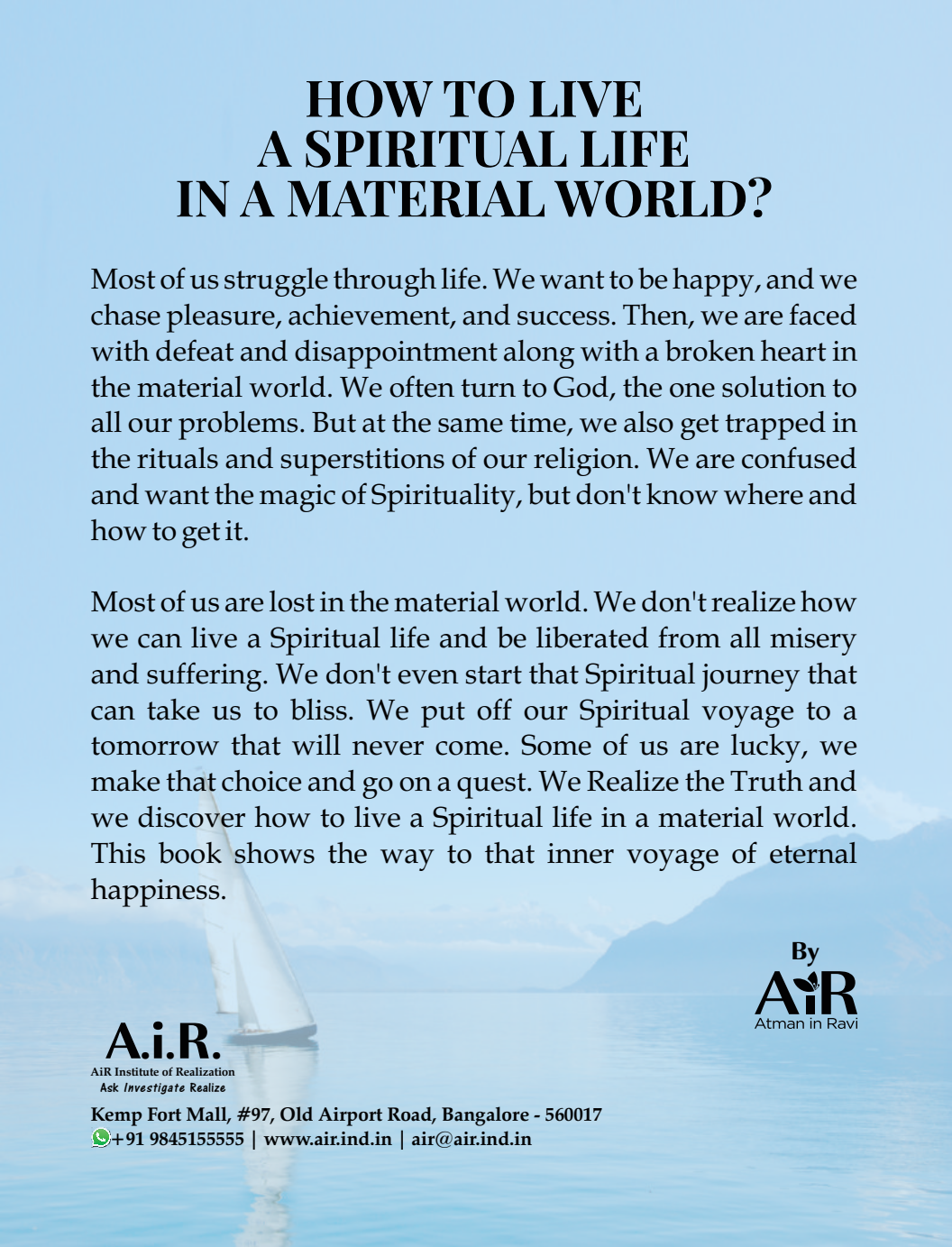
And Now...

45. How to Live a Spiritual Life in a Material World?

HOW TO LIVE A SPIRITUAL LIFE IN A MATERIAL WORLD?

Most of us struggle through life. We want to be happy, and we chase pleasure, achievement, and success. Then, we are faced with defeat and disappointment along with a broken heart in the material world. We often turn to God, the one solution to all our problems. But at the same time, we also get trapped in the rituals and superstitions of our religion. We are confused and want the magic of Spirituality, but don't know where and how to get it.

Most of us are lost in the material world. We don't realize how we can live a Spiritual life and be liberated from all misery and suffering. We don't even start that Spiritual journey that can take us to bliss. We put off our Spiritual voyage to a tomorrow that will never come. Some of us are lucky, we make that choice and go on a quest. We Realize the Truth and we discover how to live a Spiritual life in a material world. This book shows the way to that inner voyage of eternal happiness.



A.i.R.

AiR Institute of Realization
Ask Investigate Realize

By
AiR
Atman in Ravi

Kemp Fort Mall, #97, Old Airport Road, Bangalore - 560017

📞 +91 9845155555 | www.air.ind.in | air@air.ind.in