



IS GOD REAL?

From basic questions of life, to the greatest questions of the universe and existence.

[Shiv Baba's Message](#)↗



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IS GOD REAL?

KARMA • SOUL • GOD



NOTHING IS RANDOM.
EVERYTHING IS ACCOUNTED.

— BK DR. SURENDER SHARMA —

Free Spiritual Edition: Available on Amazon Kindle & Paperback

IS GOD REAL?

IS GOD REAL?

*From Belief to Experience:
A Spiritual Exploration*



BK Dr. SURENDER SHARMA

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This book is based on spiritual understanding and personal interpretation.

The author does not intend to hurt any religious beliefs. The purpose of this book is to inspire self-awareness and deeper understanding of life.

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IS GOD REAL?

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PREFACE

Om Shanti

This book is not written to make you believe something. It is written to help you understand, because belief can be borrowed, but understanding must be realized.

In today's world, we are surrounded by information. We read more, we hear more, and we know more than ever before. Yet, in spite of all this knowledge, a quiet restlessness continues within.

Questions arise:

Who am I?

Is there a God?

Why is there suffering?

Is life random, or is there a deeper order behind everything?

From childhood, most of us are given answers. We are told what to believe, and we are taught what is right and wrong. But very rarely are we encouraged to pause and ask: Is what I believe actually true?

This book begins from that point—not from belief, but from honest inquiry.

Its purpose is not to argue and not to impose conclusions. It is to guide you gently toward a deeper understanding of life, because spiritual truth cannot be forced. It cannot be proven like a formula, and it cannot be accepted through fear or pressure. It can only be understood and then experienced.

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You may agree with some ideas in this book, and you may question others. That is perfectly fine. In fact, questioning is the beginning of clarity.

As you read, do not rush. Pause, reflect, and observe your own thoughts. Allow the ideas to settle within you, because the answers you are searching for are not outside—they are waiting to be realized within.

Truth is not something you believe. Truth is something you realize.

CHAPTER 1 – THE QUESTION THAT NEVER ENDS

In every human life, there comes a moment when questions begin to arise. These questions do not come from outside; they come from within. They are quiet at first, but over time, they become stronger.

We are taught many things as we grow up. We are told what is right and what is wrong. We are given beliefs, traditions, and explanations about life. We accept them without questioning, because that is how we are conditioned.

But at some point, something begins to feel incomplete.

Even in the middle of success, comfort, and knowledge, a subtle restlessness remains. There is a feeling that something is missing, something that has not yet been understood.

This is where the real journey begins.

We begin to ask questions that are deeper than information. Questions that cannot be answered by logic alone.

Who am I?

Why am I here?

Is there a God?

If there is a God, what is His role?

Why is there happiness in one place and suffering in another?

Is life random, or is there a deeper system behind everything?

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These questions are not new. They have existed in every age, in every culture, and in every human mind.

But the important point is not the question itself. The important point is whether we are ready to truly understand the answer.

Because belief can be borrowed.

We can believe what others say. We can follow traditions. We can accept explanations given by society.

But understanding cannot be borrowed.

Understanding must be realized.

It must come from clarity, from experience, and from inner awareness.

In today's world, we are surrounded by information. We read more, we hear more, and we know more than ever before. But knowing is not the same as understanding.

Information can fill the mind, but it does not always bring peace.

This is why, even with so much knowledge, the mind continues to search.

This search is not for more information.

It is for truth.

This book begins from that point.

Not from belief, but from honest inquiry.

Not from assumption, but from understanding.

The purpose of this book is not to argue or to prove anything.

CHAPTER 1 – THE QUESTION THAT NEVER ENDS

It is not to impose conclusions.

It is to guide you gently toward a deeper understanding of life.

As you read, do not rush.

Pause.

Reflect.

Observe your own thoughts.

Allow the ideas to settle within you.

Because the truth is not something that is forced upon you.

It is something that you recognize within yourself.

And once recognized, it begins to transform the way you see everything.

This is where the journey begins.

Not outside—

but within.

CHAPTER 2 – WHAT DO WE MEAN BY GOD?

Before asking whether God exists, we must first understand what we mean when we use the word “God.” Without a clear definition, the question itself becomes confusing, and any answer will remain incomplete.

Different people imagine God in different ways. Some see God as a human-like figure, sitting somewhere above, watching and controlling everything. Others believe that God is a form of energy. Some consider God to be a concept created by the human mind, while others believe in multiple forms and representations.

Because of these different interpretations, confusion arises. When one person says “God exists” and another says “God does not exist,” they are often not even talking about the same thing. They are referring to different ideas, different images, and different understandings.

So, the first step is clarity.

God is not a human being, because a human being is limited. A human body has a beginning and an end. It is dependent on time, space, and circumstances. If God were like a human, then God would also be limited, and anything limited cannot be supreme.

God is also not just physical energy. Energy may have power, but it does not have awareness. It does not think, decide, or understand. But when we speak of God, we speak of a conscious being.

So, what is God?

To understand God, we must first understand ourselves.

CHAPTER 2 – WHAT DO WE MEAN BY GOD?

If you observe your own experience, you will realize that you are aware. You think, you feel, and you make decisions. This awareness is not the body. The body is physical, but the one who experiences the body is something else.

That is the soul.

The soul is a point of conscious energy. It is the one who uses the body, just as a driver uses a vehicle. The body is visible, but the soul is invisible. The body changes, but the soul continues.

If there are many souls, then it is logical that there must be one Supreme Soul—a being who is never influenced, never weakened, and never forgets.

That Supreme Soul is God.

God is not born and does not take rebirth. God does not pass through different stages of purity and impurity. While souls change over time, God remains constant.

God is a point of pure, conscious light—the source of peace, love, knowledge, and power.

When this understanding becomes clear, confusion begins to disappear. We no longer imagine God in physical forms, and we no longer reject God as a mere idea.

Instead, we begin to understand God as a reality. This understanding creates a relationship.

If we are souls, and God is the Supreme Soul, then there is a natural connection between the two. A relationship of guidance, support, and understanding.

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God is not a mystery to be feared. God is a reality to be understood. And once understood, that relationship begins to be experienced.

CHAPTER 3 – SCIENCE AND SPIRITUALITY

Science has transformed human life in remarkable ways. It has helped us understand the physical world, explore the universe, and develop technologies that have made life more comfortable and efficient. From medicine to communication, science has expanded human capability in ways that were once unimaginable.

Science explains how things work. It studies matter, energy, space, and time. It observes, measures, and analyzes. It relies on evidence and experimentation, and its strength lies in its ability to explain the external world with precision.

However, even with all its progress, science has limits.

Science can study the brain, but it cannot fully explain consciousness. It can observe electrical activity in the brain, but it cannot explain why awareness exists or where it comes from. It can describe the structure of the universe, but it cannot answer why the universe exists in the first place.

Science answers the question “how,” but it does not fully answer the question “why.”

For example, science can explain how the body functions, how cells divide, and how the heart beats. But it cannot explain why life exists or what gives life its meaning.

This is where spirituality begins.

Spirituality is not against science. It is not blind belief, and it is not imagination. It is the exploration of the inner world—the world of consciousness, identity, and purpose.

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If science studies the external world, spirituality studies the internal reality.

One of the greatest mysteries even today is consciousness.

When a person dies, the body remains. The brain is still present. All physical components are there. Yet, something essential is missing.

That missing element is awareness.

This suggests that consciousness is not created by the body. It is something that uses the body.

Spiritual understanding explains this clearly.

The body is an instrument, and the soul is the user.

The brain is a medium, but consciousness belongs to the soul.

This is why, when the soul leaves the body, the body becomes inactive.

Understanding this brings a deeper clarity.

Science explains structure, but spirituality explains purpose.

Science explains the mechanics of life, but spirituality explains the meaning of life.

Science gives comfort, but spirituality gives direction.

Both are important.

If we rely only on science, we may understand the world but not ourselves. If we rely only on belief without understanding, we may lose clarity.

The balance is necessary.

When science and spirituality are understood together, a more complete picture emerges.

We begin to see that life is not random. We begin to understand that consciousness has a source, and that source must be beyond the physical world.

This leads us back to a deeper question:

If consciousness exists, what is its origin?

If the soul exists, what is its source?

And this brings us closer to understanding the Supreme.

**Not through belief,
but through clarity.**

IS GOD REAL?

CHAPTER 4 – WHO AM I? BODY OR SOUL?

Before we try to understand God, we must first understand ourselves. Because without knowing who we are, it is not possible to understand the Supreme.

Most people believe that they are the body. This belief is so deep that it rarely gets questioned. From childhood, we identify ourselves with the body—its name, its appearance, its roles, and its relationships.

But if we observe carefully, a simple question arises.

When we say “my body,” who is the one saying “my”?

If the body is “mine,” then it means I am different from the body.

In the same way, we say “my mind,” “my thoughts,” and “my feelings.” This clearly indicates that the one who is aware of all these is separate from them.

That awareness is the self.

That self is the soul.

The body is visible, physical, and temporary. It is made of matter and is limited by time. It is born, it grows, and eventually it perishes.

But the one who is aware of the body—the one who thinks, feels, decides, and experiences—is invisible.

That is the soul.

The soul is a point of conscious energy. It is not physical, yet it is the source of all experience. It is the one who uses the body as an instrument, just as a driver uses a vehicle.

CHAPTER 4 – WHO AM I? BODY OR SOUL?

When the driver is present, the vehicle moves. When the driver leaves, the vehicle becomes inactive.

In the same way, when the soul leaves the body, the body cannot function.

This shows that life is not in the body. Life is in the soul.

Another important understanding is that the body changes, but the soul continues.

From childhood to old age, the body changes many times. Even within one lifetime, the body is not the same. Yet, the sense of “I” remains continuous.

That “I” is not the body.

That “I” is the soul.

The soul carries its impressions, habits, and experiences from one birth to another. These impressions are known as sanskars. They shape the personality and influence behavior.

This is why people are different from each other, even if they are born in similar conditions.

The greatest mistake we make is identifying ourselves as the body.

This body-consciousness leads to fear, attachment, ego, and insecurity.

We become affected by praise and criticism. We react quickly. We feel disturbed by situations and by the behavior of others.

But when we begin to understand and experience that “I am a soul,” something changes.

We become more stable.

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We become more aware.

We begin to observe rather than react.

If someone speaks harshly, a body-conscious person reacts immediately. But a soul-conscious person pauses, understands, and responds with awareness.

This awareness brings peace.

It brings clarity.

It brings strength.

Self-realization is not just an idea. It is the foundation of all spiritual understanding.

Without knowing the self, we cannot understand the Supreme.

And once we begin to experience the self as a soul, the next step becomes natural.

We begin to understand the connection between the soul and the Supreme Soul.

And that is where deeper understanding begins.

CHAPTER 5 – THE LAW OF KARMA – PERFECT JUSTICE

One of the most important questions in life is: If God exists, why is there suffering? Why do some people experience happiness while others go through pain? The answer does not lie in luck, fate, or randomness. The answer lies in the law of karma.

Karma is not a belief; it is a precise and unchanging law of cause and effect. Every thought, every word, and every action creates a result. Nothing is lost. Nothing is ignored. Everything is recorded, and everything returns.

Every soul has a karmic account with other souls. This means that every interaction we experience in life is part of a larger balance. We do not meet anyone randomly. We meet only those souls with whom we have something to settle. Every relationship—whether of love, friendship, conflict, or pain—is part of this account.

Each soul is responsible for its own karmic balance. No one else can settle it, and no one can interfere in it. This is why true justice exists in this system. It is not dependent on time, situation, or human judgment. It depends only on balance.

A very important point to understand is that happiness and sorrow cannot cancel each other. If a soul gives happiness, that happiness must return. If it gives sorrow, that sorrow must also return. Both are separate and must be experienced independently.

For example, if I give someone four units of happiness and two units of sorrow, the two cannot be subtracted from the four. I will have to receive four units of happiness and two units of sorrow separately. Not less, not more—exactly equal. This is perfect justice.

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If happiness and sorrow could cancel each other, then justice would not exist. Because the experience of happiness is not the same as the experience of sorrow. Both must be lived fully, and both must return exactly.

Another important truth is that the same souls meet again in different roles. Bodies change, names change, and situations change, but the souls remain the same. The accounts remain the same.

Today, someone may be close to me, and tomorrow the same soul may appear in a different role. But the connection remains, because the karmic account remains.

The account is with the soul, not with the body. The body changes like clothes, but the soul carries its record. Just as changing clothes does not cancel a debt, changing the body does not cancel karma.

Karma does not always return immediately. It may take time. It may take multiple births. But when it returns, it is exact.

God does not interfere in this system. God does not punish, forgive, or cancel karmic accounts. If God were to interfere, justice would be disturbed. The system would become unfair.

God's role is to give knowledge, to explain the law, and to show the path. But the action and the result belong to the soul.

When this understanding develops, something changes within us. Blame begins to end. Complaints begin to reduce. Responsibility begins to grow.

We begin to understand that whatever we are experiencing today is not random. It is the result of our own past actions. There is no injustice in this world. There is only unseen karma. Nothing is random. Everything is accounted. And every account must be settled.

CHAPTER 6 – WHY SUFFERING EXISTS – THE CONTINUOUS LAW OF JUSTICE

If God exists, why is there suffering? This question has troubled human beings for centuries. At a surface level, suffering appears unfair. We see people facing pain, loss, and difficulty, and it often seems that life is unequal. But to understand suffering, we must first understand two important things: the difference between the life of the body and the life of the soul, and the continuity of the law of karma.

The body has a limited lifespan. It begins when the soul enters it and ends when the soul leaves it. But the soul does not begin and end with one body. The soul has a much longer journey. It comes from the Supreme Abode, takes multiple births, and continues its journey across time.

According to spiritual understanding, the entire world cycle is 5000 years. Within this cycle, everything appears new. Nothing repeats within the same cycle. But after 5000 years, the same cycle repeats again in the same sequence. This means that life is not random; it is part of a perfectly ordered and repeating drama.

To understand suffering, we must understand justice. God does not sit somewhere deciding who should suffer and who should not. Justice is not imposed from outside. Justice is built into the system of karma itself.

At every moment, every soul is doing two things simultaneously: settling past karma and creating new karma. This is the continuous law of justice.

Every action has two directions. One part of the action settles an old karmic account, and the other part creates a new account.

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Because of this, the system of karma never stops. It is always active.

For example, suppose at the beginning of the cycle, one soul gives sorrow to another. That action is recorded. Later, perhaps in the middle of the cycle, the second soul gives sorrow back to the first. At that moment, the previous account is settled. But at the same time, a new account is created.

Now this new account will also have to be settled. In the next cycle, when the same moment arrives again, the roles will reverse once more. What was created earlier will now be settled, and again, a new account will begin.

In this way, karmic accounts are not only settled—they are continuously created. This is why the system is perfectly balanced at all times. This is why justice is always taking place.

From a limited view, it may appear that something is unjust. But from a complete view, every experience is part of a larger balance that is continuously being maintained.

This is why suffering exists. It is not given by God as punishment. It is the result of past actions being returned in exact measure.

Time may change. Situations may change. The roles we play may change. But the balance of karma does not change. What has been created must be settled.

Understanding this changes our perspective completely. Instead of asking, “Why is this happening to me?” we begin to understand that this is part of a process that I am already involved in.

At the same time, we become aware that what we are doing now is also creating future experiences. The way we think, speak, and

CHAPTER 6 – WHY SUFFERING EXISTS – THE CONTINUOUS LAW OF JUSTICE

act in the present moment is shaping what we will experience later.

This brings responsibility.

We realize that we are not victims of life. We are participants in a continuous system of cause and effect.

God does not interfere in this system. God does not punish, forgive, or change the results of actions. If interference were to happen, the balance would be disturbed, and justice would no longer exist.

God's role is to give knowledge, to make us aware of the system, and to guide us toward right understanding. But the actions and their results remain with the soul.

When this understanding becomes clear, something shifts within us. Complaints begin to reduce. Blame begins to end. Awareness begins to grow.

We begin to see that every moment is meaningful.

Every experience has a reason.

Every interaction is part of a larger balance.

There is no injustice in this world.

There is only a continuous law of karma.

Nothing is random.

Everything is accounted.

And at every moment, justice is taking place.

CHAPTER 7 – THE ROLE OF THE SUPREME SOUL

To understand God clearly, we must understand the difference between the soul and the Supreme Soul. Both are conscious, both are non-physical, and both are points of living energy. Yet, their roles are completely different.

We, the souls, take bodies. We enter a body, perform actions, create karma, and then leave the body. We pass through different stages of purity and impurity. We forget, we learn, we change, and we are influenced by our experiences.

The Supreme Soul is not like this.

The Supreme Soul never takes birth in the way we do. He does not enter the cycle of birth and rebirth. He has no physical parents, no teacher, and no guru. Yet, He is called the Father, the Mother, the Teacher, and the true Guru of all souls.

This may seem difficult to understand at first, but it becomes clear when we recognize the difference in roles.

We, the souls, are actors in the drama of life.

The Supreme Soul is not an actor in the same sense. He does not come into the cycle again and again. He remains beyond the cycle, in a constant state of purity, awareness, and completeness.

Because He is always complete, He never forgets.

Because He never forgets, He never becomes impure.

Because He never becomes impure, He does not require purification.

This is why He is called the Supreme.

CHAPTER 7 – THE ROLE OF THE SUPREME SOUL

The next question is: if the Supreme Soul does not take birth, when and how does He come into the world?

The answer is precise.

The Supreme Soul comes only once in the entire cycle.

He comes at a very specific time—when the world has reached its lowest stage, when purity has declined, and when all souls have become tamopradhan, filled with sorrow, confusion, and weakness.

At that time, every soul is searching.

Searching for peace.

Searching for truth.

Searching for meaning.

This is the moment when the Supreme Soul plays His role.

He does not take a physical birth like ordinary souls. Instead, He works through a medium to communicate knowledge. Through this medium, He reveals the truth.

This period is known as the Confluence Age—the meeting point between the old world and the new world.

At this time, all souls are present on Earth, and the new cycle is about to begin.

The role of the Supreme Soul is not to control the world, not to interfere in karma, and not to change the results of actions.

His role is to give knowledge.

He reminds souls of their true identity: “You are not the body. You are the soul.”

He explains the law of karma, the cycle of time, and the purpose of human life.

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He gives a clear understanding of why suffering exists and how it can be overcome—not by changing external situations, but by transforming the self.

Most importantly, He teaches the method of Rajyoga.

Rajyoga is not a ritual. It is not a physical practice. It is the method of connection between the soul and the Supreme Soul.

Through this connection, the soul experiences its original qualities—peace, love, purity, and power.

The Supreme Soul forms all relationships with the soul. He becomes the Father, giving love and security. He becomes the Mother, giving care and nourishment. He becomes the Teacher, giving knowledge and clarity. He becomes the Guru, guiding the soul toward liberation.

This is not imagination. This is experience.

When the soul begins to connect with the Supreme Soul, something changes within. Fear begins to reduce. Confusion begins to disappear. Weakness begins to transform into strength.

The soul no longer feels alone.

It begins to experience a constant source of support.

At this stage, the search for God begins to end.

Because what was once a belief becomes an experience.

This is why, at this time, many souls begin to search for God more intensely. The search increases because the Supreme Soul has already arrived.

He is not far away.

He is present, giving knowledge, guiding souls, and preparing them for a new beginning.

CHAPTER 7 – THE ROLE OF THE SUPREME SOUL

However, not everyone recognizes Him.

Only those who develop awareness, who understand the knowledge, and who experience the connection are able to recognize the Supreme Soul.

The role of the Supreme Soul is not to interfere, control, or judge.

His role is to awaken.

To remind.

To guide.

To transform.

He comes when the world is at its lowest, and through knowledge and connection, He prepares souls for a new cycle of purity and peace.

This is His role.

And understanding this role brings clarity, stability, and direction to life.

CHAPTER 8 – WHY DO WE MEET CERTAIN PEOPLE? – THE LAW OF KARMIC CONNECTION

In life, certain questions arise again and again. Why was I born in this particular family? Why did I meet this person? Why did someone hurt me? Why do some people suffer greatly while others seem protected? Why do some people come close to us instantly, while others create discomfort without any clear reason?

At first, these questions appear different. But in reality, they all point to a single answer—the law of karmic account.

Every soul has a karmic account with other souls. This means that every interaction we experience in life is part of an ongoing exchange. We do not meet anyone randomly. We come into contact only with those souls with whom we have some past connection—some account that needs to be settled.

This is why we are born into a particular family. These are not random people. These are the souls with whom we have the deepest karmic connections. Relationships of parents, siblings, partners, and children are not accidental; they are part of a precise arrangement of past actions.

The same principle applies to every person we meet in life. Friends, colleagues, neighbors, and even strangers who affect us in some way are connected through karma. Even those who hurt us or oppose us are not outside this system. They too are part of the same network of karmic exchange.

A very subtle and important point is that even seeing someone is part of karma. The way we look at someone—whether with respect, love, anger, or negativity—creates an exchange. Vision

CHAPTER 8 – WHY DO WE MEET CERTAIN PEOPLE? – THE LAW OF KARMIC CONNECTION

itself becomes action. And every action becomes part of the account.

This means that karma is not limited to physical actions alone. Thoughts, intentions, and even attitudes are included in the system.

Now consider situations that appear extreme. For example, when an incident affects many people at once—such as violence or disaster—some people lose their lives, while others survive. At a surface level, this appears unfair. But at a deeper level, it reflects individual karmic accounts.

Each soul has its own balance. No two souls have exactly the same karmic record. This is why even in the same situation, experiences differ.

One person may suffer more, another less, and another may remain almost unaffected. This difference is not due to chance. It is due to the exact measure of karma associated with each soul.

Another important understanding is that situations may change, but the account does not change. The roles we play may be different, the people around us may appear different, and the circumstances may shift—but the underlying balance remains the same.

The amount of happiness and sorrow that a soul has to experience is fixed based on its own actions. It cannot be increased or decreased. It can only be experienced.

The medium through which it comes may change. The person through whom it comes may change. But the experience itself remains exact.

This is why sometimes we feel that something should not have happened to us. But when we understand karma, we realize that what is happening is not new. It is the return of something that has already been created.

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This understanding changes our perspective completely.

We stop blaming others.

We stop asking, “Why me?”

Instead, we begin to understand, “This is part of my karmic account.”

At the same time, a deeper awareness develops. We realize that while we are settling past accounts, we are also creating new ones.

Every thought, every reaction, every response we give in the present moment is shaping our future experience.

This leads to a very important shift in thinking.

The question is no longer, “Why did this happen?”

The question becomes, “What am I doing now?”

Because what we do now will return later.

This awareness brings responsibility. It brings stability. It brings clarity in relationships.

We begin to respond with understanding rather than reaction.

We begin to act with awareness rather than impulse.

And gradually, the quality of our karma begins to change.

Life begins to feel more meaningful.

Relationships begin to feel more understandable.

And the sense of randomness begins to disappear.

There is no accidental meeting in life. There is no meaningless relationship. There is no random experience.

CHAPTER 8 – WHY DO WE MEET CERTAIN PEOPLE? – THE LAW OF KARMIC CONNECTION

Everything is connected. Everything is precise. Everything is accounted. And every soul meets exactly those souls with whom it has a karmic connection.

CHAPTER 9 – THE TRUE PATH – FROM KNOWLEDGE TO PRACTICE

Up to this point, we have explored some of the most important questions of life. We have tried to understand who we are, what God is, how karma works, and why life unfolds the way it does. But understanding alone is not enough. The real purpose of knowledge is not just to be understood—it is to be lived.

This is where the true path begins.

You have now understood that you are not the body, but the soul. You have also understood that God is the Supreme Soul—pure, constant, and beyond the cycle of birth and rebirth. But the question now is: what should be done with this understanding?

Knowledge must become experience, and experience must become a way of living.

This knowledge is not created by human beings. It is not a philosophy developed through time, and it is not something that can be taught by ordinary teachers. According to spiritual understanding, this knowledge is given directly by the Supreme Soul Himself.

This is what makes it unique.

Rajyoga is the method through which this knowledge is practiced. It is not a ritual, not a physical exercise, and not a tradition that requires external actions. It is a process of awareness and connection.

In Rajyoga, the soul connects directly with the Supreme Soul.

CHAPTER 9 – THE TRUE PATH – FROM KNOWLEDGE TO PRACTICE

There is no need for rituals, ceremonies, or formal practices. There is no need to adopt a human guru, no need for initiation, and no need for external symbols. Even prayer, as commonly understood, is not required.

The relationship with God is direct.

Just as a child naturally connects with the father, the soul can directly connect with the Supreme Soul. A child does not perform rituals to speak to the father. The child simply connects, learns, and experiences.

In the same way, the soul does not need to worship God. It needs to understand and connect.

Rajyoga is the method of aligning the mind, the intellect, and the sanskars with the guidance of the Supreme Soul. The mind learns to think in the right direction. The intellect learns to make accurate decisions. The sanskars begin to transform.

This transformation is not forced. It happens naturally when the connection becomes stable.

The aim of this path is very simple, yet very powerful.

The soul should neither give sorrow nor take sorrow.

Instead, the soul should give happiness and receive happiness.

This principle may appear simple, but it is deeply practical. Every action we perform creates a return. What we give is what we receive.

If we want peace, we must give peace.

If we want respect, we must give respect.

If we want happiness, we must give happiness.

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This is the practical application of spiritual knowledge.

At every moment, we have a choice. We can react based on past habits, or we can respond with awareness. When we respond with awareness, we begin to create elevated karma.

This gradually changes our experiences.

To maintain this awareness, regular study is necessary.

The Supreme Soul is not distant. He is the eternal Teacher. Through knowledge, He continues to guide the soul. Just as a student learns daily from a teacher, the soul must learn regularly from the Supreme Soul.

He is the Father, and we are His children.

A child does not worship the father. A child learns from the father.

In the same way, the soul does not need rituals or chanting. It needs understanding, awareness, and connection.

As this practice deepens, something changes within.

Thoughts become pure.

Reactions become calm.

Decisions become clear.

The mind becomes stable.

And gradually, the soul begins to experience its original qualities—peace, purity, love, and power.

At this stage, God is no longer just an idea.

CHAPTER 9 – THE TRUE PATH – FROM KNOWLEDGE TO PRACTICE

God becomes an experience.

A silent presence.

A source of strength.

A constant connection.

This is the transformation.

From knowledge...

to experience...

and from experience...

to a new way of living.

This is the true path.

**And this is how the journey that began with a question
ends in realization.**

IS GOD REAL?

HOW TO PRACTICE RAJYOGA

- 1. Sit comfortably in silence.**
- 2. Withdraw attention from the body.**
- 3. Remember:**

 “I am a peaceful soul.”
- 4. Experience yourself as a point of light.**
- 5. 5. Connect your mind with the Supreme Soul,
the Ocean of Peace, Love, and Light.**
- 6. Experience peace, purity, and spiritual strength.**

FINAL REALIZATION

You are not the body.

You are the soul.

God is not a belief.

God is an experience.

Life is not random.

Everything is perfectly accounted.

Before searching for God,

Understand what you are searching for.

To know more, you may contact your nearest service center of

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya..

Official Contact:

<https://brahmakumarisbkomshanti.com/contact>

IS GOD REAL?

ABOUT THE AUTHOR

BK Dr. Surender Sharma is a dedicated student of the Prajapita Brahma Kumaris Ishwariya Vishwavidyalaya and a Rajyoga meditation trainer who has been continuously serving in the field of spiritual knowledge and value education since 1990.

He is a retired lecturer from the Directorate of Education, Delhi Administration, and has devoted his life to spreading spiritual awareness, moral values, and soul consciousness through lectures, writings, and digital media.

He holds postgraduate qualifications in Hindi, Moral Education, Spiritual Science, and Fine Arts. His academic background, combined with decades of spiritual practice and teaching, has enabled him to present deep spiritual truths in a simple, logical, and practical manner.

Over the years, BK Dr. Surender Sharma has delivered spiritual lectures and awareness programs at various institutions and public platforms, including:

- **Schools and senior secondary institutions**
- **Colleges and universities**
- **SCERT educational programs**

- **Prisons and rehabilitation centers**
- **Religious and spiritual gatherings**
- **Public seminars and meditation workshops**

His teachings focus on self-realization, soul consciousness, karma philosophy, Rajyoga meditation, inner peace, and the relationship between the soul and the Supreme Soul.

In the digital field, he has created and shared more than 5,000 spiritual videos on YouTube, helping thousands of individuals understand spirituality in a practical and experience-based way.

Through writing and speaking, his aim is not to promote blind belief, but to guide individuals from confusion to clarity, from stress to stability, and from belief to spiritual experience.

His work is dedicated to helping humanity rediscover peace, purity, and the true purpose of life through spiritual understanding and Rajyoga meditation. He is also actively engaged in digital spiritual service through YouTube and online spiritual education platforms.

Om Shanti.

IS GOD REAL?

REFLECTION PAGE 1 – PAUSE AND LOOK WITHIN

Take a moment.

Do not rush forward.

Pause and reflect.

**This book is not just meant to be read.
It is meant to be experienced.**

Ask yourself:

What did I truly understand from this book?

Which ideas felt real to me?

Which questions are still unanswered within me?

Do I see myself as a body, or as a soul?

Do I understand how karma works in my life?

Am I aware of my thoughts, or do I react automatically?

Now write your reflections:

This image shows a full page of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or primary paper. There are no margins, text, or other markings on the page.

**Truth is not something you read.
Truth is something you realize.**

IS GOD REAL?

REFLECTION PAGE 2 – FROM UNDERSTANDING TO TRANSFORMATION

Understanding is only the beginning.

The real question is:

What will I do now?

How will I live differently after reading this?

Reflect deeply:

What kind of thoughts do I want to create?

Do I give happiness, or do I create sorrow?

How do I respond in difficult situations?

Am I ready to take responsibility for my karma?

Write your decision:

“I, the soul, will...”

Remember:

**What you think today
becomes your reality tomorrow.**

**What you give
is what you receive.**

The journey does not end here.

It begins here.