

**DEATH IS NOT
“THE END”**



**DEATH IS
“LIBERATION”**

by
AiR

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*Life may be Painful,
but Death is not.*

*In fact,
it Liberates us
from Pain!*

PREFACE

This book is the second book of the “Death” series that I started to write. The first book already published is titled – “I Will Never Die. Death is not ‘The End’”. Initially, the book on Death was not divided into two books and was titled – “The Death of Death. Demystifying Death and all the Myth that Goes with it”.

As I was writing the book, I thought that it may be difficult for readers to digest the meaning of “Death” and thus, it is now being published as two separate books. The first book, “I Will Never Die. Death is not ‘The End’”, is summarized here as Chapter 1. It covers a simple truth that the body dies, but I will never die.... I pass on. Death is not “The End”; there is something beyond.

The first book is easy for anybody to understand as they see Death happen in front of their eyes. The second book is not for everyone. It is for the seeker of truth. It is for one who wants to go deeper to really understand what happens after death. It is for one who is ready to believe through inference. Not everybody would be able to understand the second book on death.

However, this is the truth: At Death, one of two things happen. If we live as the mind and Ego, we are reborn. If we overcome the ignorance and realize that we are the divine energy, then Death is Liberation. It is union with God. This book will lead seekers to realize who they truly are and to overcome the ignorance about death, which the world lives with. This book will lead a seeker to God.

In the first book, "I will never Die", it was clearly understood that we are not the body that we seem to be. We are ME - the Mind and Ego. When death happens, the body dies and the mind flies as the life energy departs. When we analyse death, we realize that we are not the body that dies. We are the mind that is reborn based on its karmas or past actions.

In the second book, we realize something more profound. Sure, we are not the body. The body dies and lies in front of us as dead inert matter. We are not even the mind. It doesn't exist. Many would be confused as the first book said that we are not the body that dies, but we are the mind that passes on at death. But the second book now says, "We are not the body; we are not even the mind". How is this possible?

Suppose you are searching for an office and you ask

somebody where it is. They tell you it is on the first floor. So you climb up to the first floor and you ask somebody there where the office is. They tell you, it is not on this floor, but on the floor above. You are confused. Somebody just said it was on the first floor above, but now you tell me I have to go further still. Yes, you don't realize you were in the basement and you were looking for the first floor. But you have only climbed to floor 0, the ground floor from level -1. If you want to get to the office, then you have to climb one more floor.

Realizing the truth about life and death is evolving from one level to another. First, you evolve from being the body to being the mind. Then, you evolve to the truth beyond that.

If you are a seeker who wants Self-Realization and God-Realization, then this book is a bridge to your goal. Read on! You may need to read it several times and you may also need to meditate, contemplate, introspect and pray as you read. If your goal is to realize God, and if that's what you believe, you will achieve.

*Those who fear Death
don't understand it!*

What is Death?

When Life Energy Departs,

Body Dies



Mind Flies



1

**I WILL NEVER DIE.
DEATH IS NOT
“THE END”**

Death is certain. But what is Death? Of course, the physical body will die. Nobody who is alive can escape death. But we know that the one who was alive has passed away, moved on.

While death may seem to be “The End”, we know that it is not – it is a bend to transcend from one form to another. Nobody in the world can deny death. It is an accepted reality. But people understand death differently as per their own beliefs, customs and traditions.

In fact, death is a mystery to most people. People know that death is a loss of all that is known and what lies beyond death is unknown. It is considered to be something that is sad, regretful and we mourn the death of the diseased. People live with fear of death. Doctors describe death anxiety as “Thanatophobia”. Although it may not be commonly discussed, the fear of death greatly troubles people. Naturally so, because in that moment of death, everything that belongs to us is lost. Everyone dear to us is left behind as we move on after death.

But what is death in reality? It is the cessation of all body functions when the life energy inside us departs. The physical body that was alive is identical to the dead body. Except that it is dead. There is no breath. At death, the

body stops functioning. It is not like sleep where a person's body is sleeping, but all vital functions continue. It is not like a sickness where the person is still "Alive". In such a case, the person may recover and be able to walk and talk again. Death seems to be something final. It seems to be the completion of life on Earth.

Who dies? Suppose Robert was alive till yesterday, but today he died – we no more call the mortal remains as Robert, but the "dead body of Robert". Although Robert lies in front of us, we consider that he is no more here and we are told to pray for the one who has departed. We know that Robert is not here. He has passed away. Death has occurred.

What causes death, why and when it happens is an unsolved mystery of humanity. Both birth and death seem to be controlled by a Power, the Creator of life, and this is beyond human comprehension.

Robert is not the mortal remains that lie before us. He never was. He was the one who was alive in this body. At death, he has gone and moved on somewhere, leaving the body behind.

We realize that when the life energy in us departs and

there is no breath – death has occurred. It has led to the stopping of all vital functions of the body and without life, the body starts to decay.

If we analyse death, what do we see? The person who was alive doesn't die. Only the body dies. The person escapes at death and moves on to an unknown destination. Each one of us starts our life journey at birth and ends it at death. Each life seems to be a chapter of a book. After one chapter, there is another chapter and still another chapter. Death is just a completion of life, not "The End". The only difference is that the book of life never ends.

Death must be further analysed so that all confusion about death is removed. Nobody who is alive can escape death. But while Every Body dies, nobody dies. Only the body dies. The ones who adorn the body never die. They arrive into a body at birth and they depart at death. This is something we see with our eyes. Thus, there is no confusion about this.

What happens beyond death? Robert died. The dead body of Robert perishes. But the one who was Robert has not died, but has passed on. While Robert's body lies in front of us, he who was called Robert is reborn in a new body and with a new name, maybe as John based on his own

past actions or Karmas. Before being born as Robert, the same entity might have lived as David and then died.

We can see that when a body dies, the energy in that body – the one who drives the body, escapes at death. This is not surprising, because even science endorses that energy can neither be created nor destroyed, but can only be transformed from one form to another. This energy continues to live in a new form with a new name, based on the Law of Karma – the Law of Action and Reaction. Each of us will reap what we sow, either positive rewards or negative consequences in the life beyond death based on our own actions.

While there is proof of birth and death, people believe in rebirth due to many factors. Just like the sunrise and sunset are not two separate phenomena, but rather two parts of one natural phenomenon, it also seems that birth and death are two parts of a life journey. A mind that escapes at death is the subtle part of the body. It is not visible. It carries the memory, the intellect and the ego with it. Many instances of young children remembering their past life are proof of rebirth. In these cases, children who are barely able to read or write remember details of their past life. This has been accurately verified in several cases around the world.

Further still, if we introspect about how a young child of 4 is able to play the piano like an expert, how a little pup that falls into the water swims to safety, how little swans are able to swim and little birds are able to fly, we consider these to be instincts. But we don't realize that the instincts are nothing but memories that are reborn.

Many people ask for proof of rebirth. But everything in this world cannot be proved. Some things are understood and accepted through inference. If I take your mobile phone and ask you to prove it is yours, you can easily do so through your fingerprint or password. But if I take a book and throw it up, it doesn't fly into the sky, but falls back onto the Earth. There is no proof that the Law of Gravity exists and causes this to happen, but it is through inference that we understand and accept the Law of Gravity.

Philosophically, it is also believed that we are born, some in fortunate and some in unfortunate circumstances because of our own karmas and not because of chance or luck. Those who live well will be born to enjoy a happy life, just as those who don't will suffer in their next life. The Law of Karma is reformative, not punitive. It helps people evolve life after life.

The Law of Karma endorses that death is not the end. After

we die, we are reborn again and again. The law states that we create a corpus of karma, which is cumulative of all our past actions during all our past lives. At the end of life, whatever karmas we have created in this life gets added to the corpus. Thereafter, based on the available corpus, our next life happens.

This can be easily understood with the analogy of us driving a car on the road. The road is already paved. We cannot change it. This is like our past karmas. But we are the driver of the car. We can choose to drive the car the way we like with our own free will. This creates our present karmas. Finally, our present karmas and our past karmas will decide our future life. Our “today” is the consequence of our “yesterday”, just as our “tomorrow” will be the consequence of “today”.

Death is inevitable. Nobody can escape death. It is beyond human understanding. We don't know when we will die and how we will die. But we will all die one day. Rather, the body that we all wear will die, but we will never die. We will transcend from one body to another based on our karmas. The one who dies leaves one body, only to be reborn in another.

While death of the body is certain, the Law of Karma and

rebirth together make us realize that the mind is reborn. We are made up of the gross physical body that can be seen and the subtle body that cannot be seen. The gross body dies, but the subtle body escapes at death along with the life energy that departs causing death. Therefore, there are three aspects of our body: the physical body, the subtle body or mind, and the energy. The energy arrives at birth and departs at death and is beyond our control. The physical body dies and dissolves. It is the subtle body – the Mind and Ego (ME) – that is reborn based on its own actions. In fact, the body is just like a car and the mind is the driver of the car. So the mind thinks and the body acts. It is the mind that is actually responsible for the body's actions, and it is this mind that is reborn and enjoys the consequences of its own actions performed through its previous body.

The physical body dies and perishes never to be reborn. But the mind – the subtle body – is reborn again and again.

How many times will the Mind and Ego (ME) be reborn? As long as the mind creates karmas, good or bad, it will be reborn. The mind and ego in normal circumstances cannot escape from action. The ego becomes the owner of the action, and therefore, the one who is reborn continues to be reborn due to the actions performed by the mind and ego.

Of course, if the mind and ego choose good actions, it creates positive karmas, just as bad actions will create negative karmas. It is due to these karmas that the circumstances of our next life are created. Some people are born in very fortunate circumstances. This is not chance or luck, but a result of their own karmas. Similarly, there are others who are born to suffer, and it is universally accepted to be a cause of their own past actions.

While the mind is reborn, with positive or negative karmas and it enjoys pleasure and pain, one thing is certain. The mind will suffer before death every time it occupies a body. Such is this world. Every mind eventually passes through a lot of suffering before the body, which it occupies, dies.

As long as ME – my Mind and Ego – creates karmas, good or bad, we will be born and we will eventually suffer. ME, the Mind and Ego has a corpus of karmas and as long as there is a balance in our Karmic account, good or bad, the Mind and Ego will be reborn. While life is a combination of pleasure and pain, nobody can escape from suffering. The only way to escape suffering is not to create karmas, but how is this possible? As long as the Mind and Ego exist, action is inevitable and every action creates with it corresponding karma for the future. The only way to

escape from karma is to escape from being the ego, to annihilate or rather transcend the ego so that we don't do anything that creates new karmas. The ego is sublimated such that it does not accumulate any fresh karma. Is that possible? Although it is very difficult, it is possible!

It is not easy for one to transcend the ego. It is probably life's biggest challenge, but its reward is liberation. The real goal of humanity is liberation, escape from the cycle of death and rebirth. Different religions give it different names like Salvation, *Nirvana*, *Moksh*, or Enlightenment. All these mean the same thing: to realize the truth and to achieve freedom from the cycle of death and rebirth. Our goal is freedom – freedom from suffering!

As we live, most of us suffer because we think we are the body. We think we will die. We live with the fear of death. Thus, we hardly live. A few of us are lucky. We understand that we are not the body that dies. We are the mind that is reborn, and we choose to live virtuously so that we can create good karmas for our life beyond.

However, though we have realized that we are not the body that dies, but the mind that is reborn, we still fear the consequences of our own bad actions. We fear death and rebirth. We know that we will grow old and together with

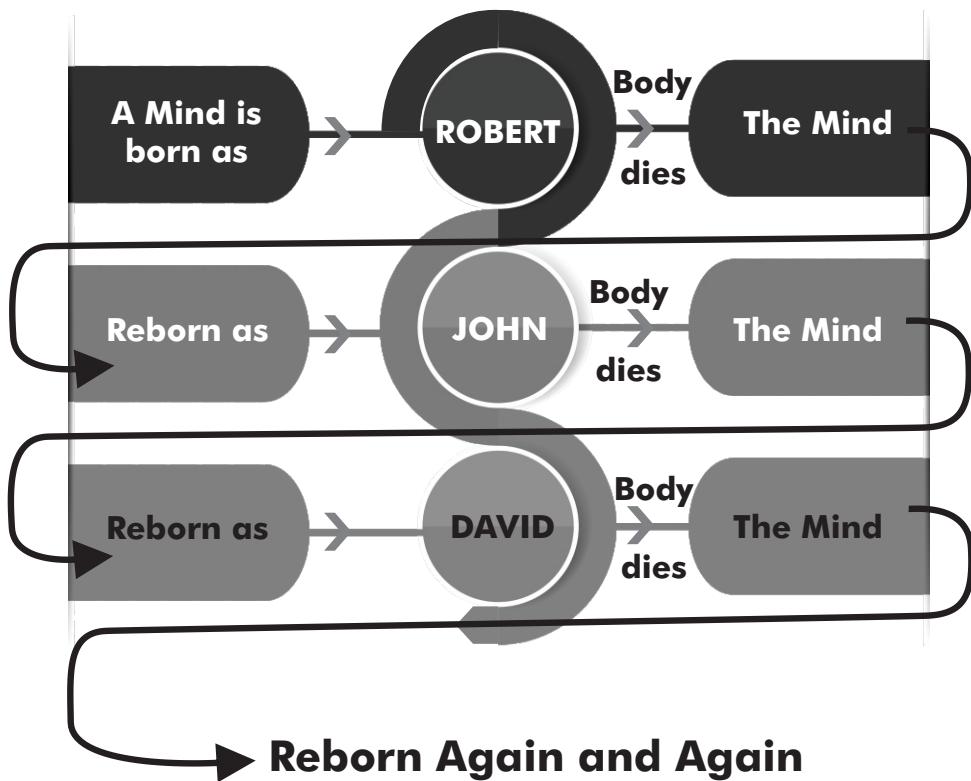
I WILL NEVER DIE. DEATH IS NOT "THE END"

the body, we will suffer. All that belongs to us will be lost. Our relationships with our dear ones will end. The mind and ego is distressed at the thought of death.

Few of us pursue the truth to realize that neither are we the body, nor are we the mind and ego. Those are the fortunate ones to overcome suffering by transcending the Ego. They are the ones who introspect on this question – Who am I? – the body, mind or soul?

*We are not human beings
having a Spiritual Experience.
We are spirits
having a Human Experience!*

The Mind Never Dies. It is Born Again and Again.



2

**WHO AM I -
BODY, MIND
OR SOUL?**

Such a simple question – Who am I? But it has not been answered for many centuries. Am I the body, am I the mind or am I the life energy or soul?

On analysing death, we have realized that we are not the body. It dies and dissolves into dust. As long as we were alive, we were able to talk, to walk, to grasp, to procreate and to live. Everybody who is alive thinks they are the body. For a common man, it is impossible to believe that I am not the body. That is why we are so obsessed with a mirror, and we look into it several times each day.

This is my body. This is me! It is my mind, my hands, my feet. I see with my eyes. I eat with my mouth, hear with my ears, and I can touch and feel. My heart beats and my blood circulates as I live. This is me.

But death destroys this belief. The same body, intact as it is, lies on the floor, dead, cold, lifeless. There is no breath. Death has occurred.

What happened? The life inside me seems to have escaped. There was an energy in me that kept me alive. It powered every cell of my body, every nerve that belonged to me, and this life energy was vibrant from head to toe. Every part of me was alive. But, at death, everything stops.

There is no breath, no circulation, and no action. The life energy that was in every cell suddenly disappears. The body starts to decay after death. It's not me anymore. It's my dead body that lies on the floor. People say, "He died, departed, passed away, expired, moved on". Who passed away? Who died? Who moved on? Of course, me – that life inside my body.

Therefore, there is no doubt that I am not the body. I was inside the body as long as I was alive, but at death, it became evident that "I" am not the body.

If I am not the body, then who am I? I realized that I was ME – the Mind and Ego. It was ME who was driving the body to act. The mind was responsible to think, to remember, to feel and to decide. It seems like that the mind was the software and the body was the hardware, and without the mind programmed, the body could not function. It is the mind that activates the body to do whatever it does.

The mind never sleeps. While awake, it drives the body to act. Every function of the body is controlled by the mind. I see with my eyes, but without the mind, there can be no sight. I hear with my ears, but if the nerves going to the mind are damaged, I would be deaf. I smell because of the

mind and I can taste only because of the nerve fibres that send messages to the brain. I walk, I talk and everything I do is controlled by the mind. Of course, I realized that I am not the body. I am the mind.

The mind is awake even when the body sleeps. It dreams. It takes me into a new world of imagination. In a moment, it transports me to a new country, or even a new planet. It is said that the mind can think about 50 thoughts a minute.

The mind is a combination of a thought factory that produces thought, a memory that remembers, an intellect that is able to discriminate, and an ego that is able to feel all the emotions – positive or negative.

Somehow, the mind is a mystery. It is invisible to the human eye. It is said to be made of subtle matter, which we cannot touch or feel. Therefore, while we have a brain, which is a part of the body, the mind is supposed to function out of the brain. But we are unable to capture the mind. We know that it exists. But we don't precisely know where.

Because we are not the body, we attribute all our actions to the mind. When the life energy in us departs, the body dies and we believe that ME – the Mind and Ego – is reborn

according to our karmas. In the pursuit to escape from the continuous suffering that we experience, life after life, the thought arises: "Are we ME (Mind and Ego) that lives and dies again and again as per its actions with a new body and name?" Or are we the life energy, the soul?

What is the soul? When we analyse death, we realize that each one of us is constituted of three things: the body, the mind and the life energy or soul. All along while we are alive, we think we are the body that has a mind that thinks, remembers, feels and decides.

On analysing death, we become aware that we are not the body. The body is dead inert matter, but we are the mind that moves on when the life energy or soul departs. While the life energy is present in us from birth to death, somehow, we don't realize this power within as we consider it to be a part of the body that is alive. When the body is not alive, we realize that the power, which was within, has departed. The departure of the energy or soul causes death and there is no breath.

Suddenly, somebody who was alive dies, and it is a mystery as to what happened. The person was alive, and while the body is very much intact in front of us, the life has escaped and the one who was alive is said to have

moved on or departed to live in a new body.

We are convinced with the concept of karma and the several instances of rebirth that the body dies, but the mind doesn't die. The ME - Mind and Ego - is reborn when the soul or life energy departs at death.

In the final analysis, we can either be the body that dies or the mind, which though invisible, is said to be reborn or there is one more possibility: we can also be the life energy or the soul that departs.

What is the soul? As we understand, the soul is the life energy that arrives at birth and departs at death. It is very evident when this life energy departs because death happens at that very moment. It is a little unclear as to when this life energy arrives. Some say that when the sperm and the ovum fertilizes, the life energy arrives. Others believe that the fertilized cell only receives life weeks after developing as a zygote. Some scientific research has proved that the life energy suddenly arrives in the embryo 4 months after fertilization. Conventionally, we believe that the life energy arrives on Earth at birth - when the baby is delivered out of its mother's womb. This is a debatable subject because the baby is already kicking before delivery - but is it using its own energy or its

mother's energy? As far as we are concerned, somewhere between fertilization and birth, the life energy enters.

The energy that arrives at birth is the same holistic energy that departs at death. It is also referred to as *Prana*, *Chi*, *Atman*, life, or soul.

Where does this energy come from and where does it go? This question is beyond human comprehension and can be partially understood through a simple analogy of a balloon. A balloon is a dead piece of rubber, but if we blow into it, it suddenly comes alive with air or oxygen. If we let the air out, the balloon is dead. Where did the air go? It just merges with the air in the atmosphere. It is said that the soul or the heavenly energy also merges with the universal holistic energy that is everywhere.

It is this soul, this energy, which gives us life that constitutes a human being to be a body-mind-soul complex. It is the soul that gives life and consciousness and is said to be the "real" me because it proclaims: "This is my body. This is my mind."

We human beings think it blasphemous to even consider this impossibility to be true, that we are the soul and not the body and mind. But then, we can be one of these three:

the body that dies and dissolves; the mind and ego, which drives the body but is invisible; or the life energy or soul that departs and causes death. Another way to analyse “Who am I – body, mind or soul?” is to analyse who suffers.

Suffering or *Dukkha* was the thesis of the Hindu prince Siddhartha Gautama many centuries ago. Married to a beautiful young woman and father to a young prince, he renounced the world because he found it was full of suffering. His father, the king tried to protect him from seeing old age, disease and death. However, when these came to the notice of the prince, he was saddened and proclaimed the four noble truths.

The world is full of suffering. Humanity lives with desire that leads to suffering. We are attached to people and things and thus, we suffer. We all live in ignorance and do not realize the way out of suffering. The prince went on to be called as “The Buddha” – the awakened one – as he attained *Nirvana*, which is ultimate joy, peace and bliss, a state that knew no misery and suffering.

The prince lived a happy life. However, he discovered that while everybody who is alive is happy, ultimately, there was suffering. While his entire philosophy may seem to

focus on suffering, it is not so. In fact, by realizing the truth one can overcome misery and arrive at *Nirvana* – a state of eternal happiness, where there is no pain, misery or suffering. Because we live as the body and mind, seeking pleasures of the senses and desires of the mind, we continue to experience waves of joy and sorrow that always end in suffering.

The good news is that we too can escape suffering. If we analyse who we truly are and who truly suffers, we can find a way to escape this constant suffering, birth after birth.

Everybody who is alive experiences joy and sorrow. However, as we progress towards death, our suffering increases. We fear death as we fear many other things in life, and we suffer.

Even the one who realizes that we are not this body, but we are the mind, suffers birth after birth. But the question is “Who suffers?” Does the body suffer? Is it the mind or the soul that feels the pain?

All along life, it seems that the body is suffering. All sensation of pain is felt by the body and transmitted to the mind. People wonder – who actually suffers? If one

analyses the body-mind complex, one will understand that both the mind and body suffer. The body suffers physical pain, just as the mind experiences emotional distress. When the body is going through pain, we often take medication that switches off sensations in the mind to escape pain. Sometimes, local anaesthesia is dispensed to stop pain, and in extreme cases, a general anaesthesia.

If we reflect on the above situation, we find that although a surgeon may be performing a surgery on the body, there is no suffering or pain. This is because the nerves are withheld from transmitting the pain messages to the brain. The mind is switched off, and it doesn't experience pain.

At death, the suffering experienced by the body is over. It feels nothing. It might have suffered prior to death, but after death, the body doesn't suffer. In fact, all through life, the body is just an instrument, a slave of the mind. It follows the mind's instructions. Action is controlled by thought. The mind thinks, and the body acts. The body transmits all the sensations of pleasure and pain to the mind, and the mind feels it.

At death, when the mind leaves the body, there is no one to feel the pain. The body is dead matter. It is the mind that now experiences the pain as it prepares to be born again.

Probably that's why at birth, a child cries after being in the womb for 9 months. Is it because the one who is being born is aware of all the suffering of the past and the suffering that is going to be experienced in the life ahead?

We are quite clear of the suffering of the body that lasts for one lifetime and the continuous suffering of the mind birth after birth, life after life. But does the soul suffer? Unlike the body that is a slave of the mind, the soul is pure life energy. It only gives life to the body-mind complex. It arrives at birth and departs at death. It does not know the meaning of pleasure or suffering.

It is said that the soul accompanies the mind from death to rebirth because without the soul, the mind has no energy and no power.

While this question is debated: Who suffers – body, mind or soul? – it helps us identify the three aspects that go through suffering. For sure, the energy that just gives us life doesn't experience any suffering. Its function is to just give life. It is actually very different from the body-mind. The body suffers from birth to death, as it also enjoys some experiences while alive. The mind truly suffers, not only from birth to death, but it also continues to suffer, life after life, although it may experience some phases of happiness

too. Unlike the body, the suffering of the mind doesn't stop. Not only does it feel all the suffering that the body feels when it is alive, but it also continues to suffer for all its actions and karmas and is reborn. It is the doer and it is the "experiencer" of its own past actions and its own future consequences, good and bad.

Not only does the mind suffer all the pain transmitted by the body, but it also additionally suffers fear, worry, jealousy, hate, revenge and negative emotions, which become a part of its personality. The mind experiences the positive emotions of love, hope, faith, and forgiveness as well.

Since the Mind and Ego (ME) is reborn, it carries this personality – positive and negative, into its next life and continues suffering. Who is the luckiest? The soul! It appears and disappears. It doesn't suffer. It watches the body and mind go through the cycle of death and rebirth again and again.

As long as we believe that we are ME – the Mind and Ego - we cannot escape suffering. We will be born again and again as per our karmas to face the consequences of our actions – positive and negative.

WHO AM I - BODY, MIND OR SOUL?

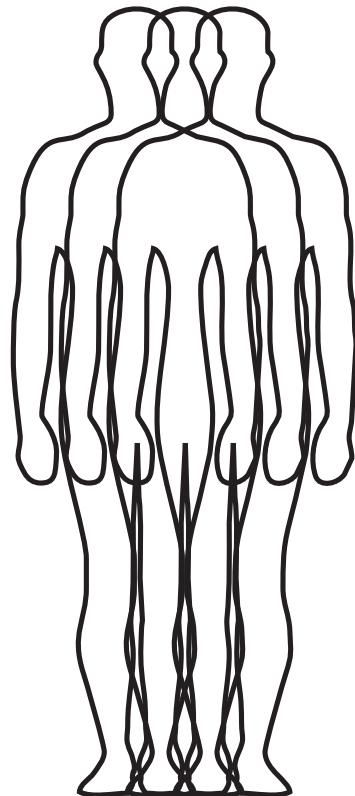
There is only one way to escape from the suffering of the body and mind: that is to realize that we are not the body that dies, and we are not even the mind that is reborn. We are the life energy, the soul that departs at death!

*How can I be the Body? It dissolves to dust.
And a Mind that is invisible, I cannot trust.
I am the Soul that makes my Life whole!*

WHO AM I?

BODY

**is the physical/gross form
visible to the eyes.
At death, it dies.**



MIND

**is the inner instrument,
the subtle part of us,
not visible to the eye.
At death, it departs.**

SOUL

**is the Energy that gives
life to the Body and Mind
After it departs, Death happens.**

3

**NOT THIS,
NOT THIS...
I AM THAT!**

In the beginning, I thought I was the body that dies. I lived with the fear of death. I would lose everything that belongs to me. The thought that I would die made me cry! Then I realized that I am not the body that will die. I am the mind that will fly! When death happens, the life energy departs and I will be reborn based on my karmas.

So my attention shifted to living well. I cannot change my present circumstances because they are controlled by my past karmas. But I can choose my present actions for a better future.

However, as the mind, I still suffer because the body grows old and I experience pain that culminates with death. On deeper contemplation, I realize that not only am I not the body that dies, I am not even the Mind and Ego – ME that is reborn. In fact, there is no mind and ego. It is my ignorance that makes me believe that I am ME – Mind and Ego. This ignorance makes me the “doer” of action and the “experiencer” of karma. When I try to locate the mind and ego, I realize it doesn't exist.

My realization shocked me – Not this, not this. I am not this body. I am not this mind. I am “that” - the Divine Energy that departs at death.

My realization makes me accept that I have been living with ignorance. It is due to this vast ignorance and this deep darkness that I have lived in that I suffer again and again, life after life.

We human beings often live with a mistaken identity thinking we are this body and mind, when in reality we are that energy that gives life. Once there was a fight between a 6-inch clay elephant and a 12-inch clay mouse. The mouse looked at the elephant and said, "You are so tiny. I am bigger than you!" The elephant was upset and said, "How dare a mouse compare itself to an elephant? You are a tiny mouse and the elephant can crush you." The argument continued till that point when the potter put both the elephant and mouse in water. The clay dissolved. Neither was the elephant nor the mouse bigger. They were just clay – not an elephant or a mouse that they seemed to be! As long as we human beings think we are the body and mind, we will be ignorant of who we truly are.

What we see is not always the reality. A little child was terrified seeing a lion in the distance. The father tried to make the child understand that it was not a real lion, but the child refused to go close. The father tricked the child and distracting him with an ice cream, made the child sit on the stone lion, which very much looked like a real lion.

On realizing the truth, the fear in the child disappeared. The child now knew the lion was just carved out of a stone, which from a distance looked like a real lion. We live each day with fear and worry because we don't realize the truth of who we are.

Those who walk in a desert often get misled. They see water in the distance. They think it is an oasis and they keep on walking towards it. After a long walk, when they reach the spot, the water disappears. There is no oasis. Then they realize it was only a mirage in the desert! It is difficult for us to accept, but this body mind is an illusion, a mirage. Because it seems so real, we live thinking we are body and mind.

We human beings laugh at a dog that is put into a room full of mirrors. The dog sees so many dogs around that he starts barking at all the dogs. The dogs in the mirror don't keep quiet and they bark back. This upsets the dog. The dog feels paranoid and attacks all the dogs one by one, jumping from one mirror to another thinking there are so many dogs. "Poor dog", we say. Similarly, what we see in this world is not real. It is all just reflections.

A television crew met an old saint up in the Himalayas. They carried modern cameras that were very powerful

because they wanted to shoot the Ganges in the valley below. The latest technology permitted them to use wireless mikes that would capture the sound of the river. Finally, they showed the saint the movie on the television screen. The Ganges looked so real. Along with the gurgling sound of the river, it seemed as if one was sitting at the banks of the Ganges, that was actually hundreds of feet below. They proudly told the saint – “We have brought the river to you through our production.” Looking at the movie in amazement, the saint appreciated the work and asked, “My friend, can you please give me a glass of water from the Ganges that you have brought here?” They were aghast and asked how it would be possible to give water from the television as this was not the real Ganga. What we really are is different from what we appear to be. We may appear to be the body and mind, but the reality is something else.

All through life, we know the truth. But we don't realize it. We always say – “This is my body, my hand, my head.” We do not say, “I am the head, I am the hand.” So often we say, “My mind is wandering.” Obviously, if it is my mind and my body, then I am not this body and not this mind. Still we continue to live with this ignorance, believing we are the body, the mind.

I now realize that my initial realization that I was not the body that died, but rather I was the mind that escaped was incomplete. I thought death happens when the energy departs and the body dies. I am not the body that dies. I am ME – the Mind and Ego that is reborn due to its karmas. Now, my realization evolved. I am not even the mind and ego that is reborn. The rebirth is only due to the existence of my ego that denies the truth that I am actually the divine energy that gives life to the body and mind while alive. There is actually no ME – Mind and Ego. It is only an illusion like a mirage in the desert. It doesn't exist.

Suddenly, I feel completely free from all the suffering of the body and mind. I am not the body that faces physical pain. I am not even the mind that experiences emotional pain. I am the energy that gives life to the body-mind complex. I, the Divine Energy, am imprisoned in the body-mind prison till death, but I finally realize that I am neither body nor mind. I, the energy, don't do anything except giving life to body and mind. The body and mind does all the action while alive. But I, the energy, do not accept the actions as my actions. I am the pure energy that will escape at death.

This realization is a big “Aha” moment – a big relief. It is just like I borrow money from the bank for my business.

NOT THIS, NOT THIS... I AM THAT!

My business fails. Then I borrow money from all my relatives to survive. I am unable to either pay back my relatives or the bank. Now I suffer because I have to pay back so many people and I am devastated, helpless and hopeless, unable to manage my debt. Suddenly, I get an “Aha” moment. I wake up to realize this was all a dream. It was not real. Neither do I have to pay the bank, nor my relatives. My nightmare ended! I was free from the suffering that I experienced in my dream.

All along, I suffered because I first thought I was the body and then I thought that I was the mind. It was only because I realized that neither was I the body, nor the mind, but rather the Divine Energy that gives life to the body and mind that I escaped from the suffering that I was experiencing.

I started living joyously, distancing myself from the body-mind that embodies me. Like a driver of a car who knows he is not the car, I realize I am the driver of the body-mind. This realization gives me joy, bliss and peace.

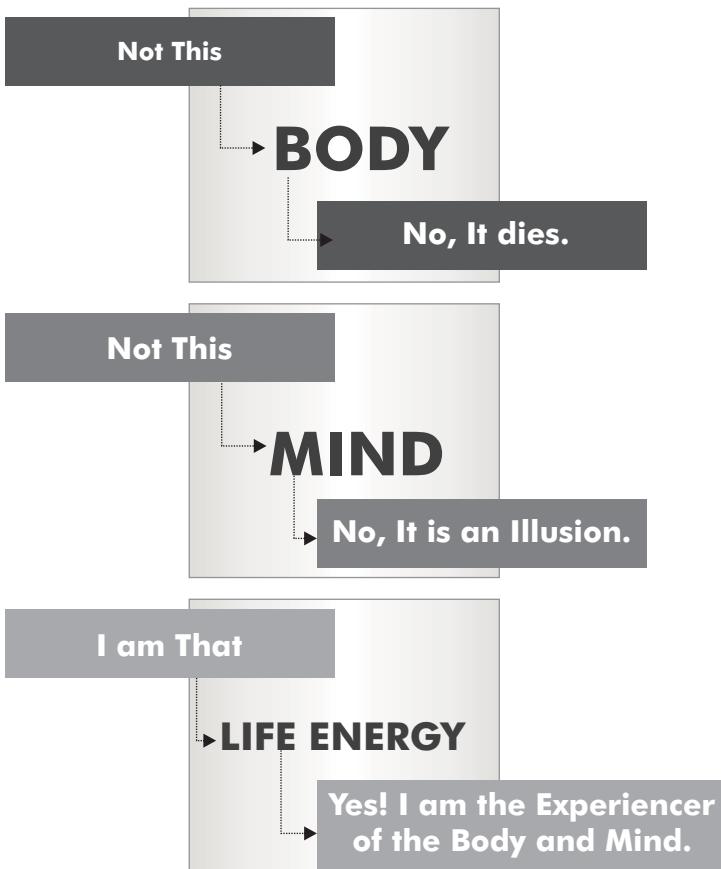
Of course, as long as I am alive, I do have a body and mind that may experience joy and pain. But I do not suffer the actions of the body and mind because I am not the body nor the mind. At death, my realization will liberate me and

I will be free. I will not be born again and again because I am not the mind.

How did this realization come about?

*We think, “We are This”.
But in reality, “We are That”.
Not the body, the mind,
the ego that we look like...,
but a Spirit, in fact!*

WHO AM I?



**I have a Body. I have a Mind.
But I am not “This” Body or Mind.**

I am “That” Life Energy!

4

METHODS OF REALIZATION

What gave me the realization that I will never die? Death! The body dies. It is just flesh and bones, dead inert matter. Whenever I saw death, I could clearly realize that I am not the body. It was ME that passed on when the energy that gave life to the body departed. Without ME, the mind and ego, the body is nothing. Anybody who experiences death around them knows that the person who died has departed, passed way, and moved on. This reflection on death convinced me that I was not the body.

I believed that death is not “the End”. After my body dies, I would be reborn. I believed I was the ME – the Mind and Ego that would live beyond the death of the physical body. I was convinced that the Law of Karma exists and that based on one's actions, the ME – the Mind and Ego, is reborn. The thought that I would be reborn again and again and suffer the joys and sorrows of this world on the basis of my karmas troubled me.

Then, I realized something more profound. I am not this body that dies. I am not even ME, the mind and ego that is reborn after death. I am that, the Divine Energy, the soul that causes death as it departs.

How did this realization come about?

Earlier I realized I was not the body, because death happens when the life energy departs. I thought I was the Mind and Ego (ME) that escapes along with the energy at death. Three elements surface at death: the body, the mind and the energy or soul. When I realized that I am not the body and I realized that I am not the mind, it gave me a new realization – I am the energy!

But there was something missing in this puzzle of life and death.... I could not reconcile this truth to recognize who I truly was. The saints and the sages talked of Liberation, Enlightenment, *Moksh* or *Nirvana*. I knew there was some connection between what I had stumbled upon and the wisdom of the ancient sages. I pursued my search.

What is visible to us? The body – our skin, flesh, blood, muscles, and bones. Nothing else! If I were to virtually peel the body layer by layer, I would end up breaking the bone to find bone marrow. Nothing else! There is no mind and ego physically present. The ME – Mind and Ego – is said to be the subtle body that is invisible. We feel that it exists because when the body sleeps, one part of our body continues to stay awake and dream. This is the mind – the subtle, invisible part of our body-mind complex. We also know when our mind is wandering.

Therefore, while the mind may seem to exist, I am not the mind, but the “experiencer” of both: the body and the mind. I realize I am separate from my mind. I am the energy!

As long as I am alive, the body and mind are alive. But when I depart, the body dies. Even the mind ceases to exist. Therefore the subtle body or mind is also not me. I realize that I am the energy that departs at death, not the body and mind. While the question remains whether the mind and ego exists or not, what is absolutely clear is that “I” am not the Mind and Ego (ME). I am the energy.

What happens to this energy at death? The energy within escapes from the body and merges with the energy outside the body. It is just like air trapped in a balloon. As long as it is in the balloon, it gives life to the balloon. But the moment the air escapes, it merges with the air of the universe.

At death, the energy, which I am – merges with the energy that is outside to become a part of the Holistic Energy (HE). Because of these two thieves, Mind and Ego, I didn't realize then that I am neither the body nor the mind, but I am the energy. The mind and ego consistently mislead me from the truth – that I am the

Holistic Energy, not the mind and ego, because once this truth would be revealed, the mind and ego would cease to exist. My mind thinks that it exists and my ego insists it does. But when my intellect discriminates, I realize that the mind and ego actually don't exist.

I caught the thief. The thief is the ego. The ego thinks "I" am the body and "I" am the mind. With simple discrimination, the ego is convinced we cannot be the body. It is dead, inert matter without energy. The ego joins hands with the mind and tries to confuse the intellect into believing that the mind exists, and it is real. Then I realized through various methods that there were two thieves, the Mind and Ego – ME, that were robbing me of my ultimate bliss, peace and joy. I refused to accept that I was ME because I realized I was HE – the Holistic Energy that gave life to the body, mind, ego.

Another method of realization was my experience as the waker, the dreamer and the sleeper. When I am awake, my body and mind are awake. The mind drives the body to act. When I sleep, the body goes to sleep. But if the mind is awake, it dreams. It travels into a world of imagination and I feel like I am not the waker, but I am the dreamer. There are times when I don't dream. The body is asleep and the mind is asleep. I experience sound

sleep as the sleeper. When I wake up, I feel that I had slept like a log.

On introspection, how do I know that I slept like a log? I know because I was the experiencer – first of the body that was awake, then of the mind that dreamt, and finally of the deep sleep experience when the body and mind were asleep.

Suppose, I was asleep in a room and my body and mind are both in deep sleep and somebody tries to wake me up. Who wakes up? The body and mind are fast asleep. There is a third entity who wakes up. That is why if I was sleeping, not in this room, but in another room in another house in another street, and somebody was trying to wake me up here, I would not wake up. I am very much part of the body mind that was asleep and that wakes up.

I am that energy that experienced all the three states of consciousness: the waking state, the dreaming state and the sleeping state. This simple realization makes me believe that I am not the waker, not the dreamer, and not the sleeper. In fact, there is no sleeper. I am the one who is aware. I am HE – the Holistic Energy that gives life to the dreamer and the waker and who experiences that

state where both body and mind are asleep. The moment HE departs, death happens. It is HE that continues to give life to the body-mind to be awake, to dream and to even sleep.

In fact, there was a king who once fell asleep. He then dreamt that he was a beggar. In his dreams, he experienced the pain of poverty – of being homeless and hopeless. When he woke up, he found himself in his palace. Being an evolved mind, he did not accept that he was the king who woke up, although he could touch and feel his palace and his queen. He went into contemplation – “Am I this or am I that? Am I the body that is the king or am I the mind that was a beggar? What is the truth?” This question kept troubling the king till a saint came and told him – “Oh king! You are not 'I' - the king that you think you are. You are not even the 'ME' - the mind and ego that dreamt that you are a beggar. You are neither. You are HE – the Holistic Energy that gives life to the king to be awake and to rule your kingdom, just as it gives life to the mind and ego that dreams that it is begging and suffering.”

For those who find it difficult to understand that we are not the body that is awake, nor the mind that dreams, nor the one that is fast asleep, it would be interesting to

know about the station master who was asked a question.

Every morning there was a train – the Morning Mail that passed by the railway station. In the afternoon, there was an Intercity Express that stopped at the station. In the night, there was the Super Fast Night Express that commenced its journey from the station. Someone asked the station master, “Which of the three are you?” The station master was intelligent. In fact, he thought it was a foolish question. His answer was very simple – “I am not any of the three trains. I see the three trains pass by. I experience their arrival and departure, but I am the station master.”

We too see three states of consciousness passing by – the waking state, the dreaming state and the sleeping state. Somehow, we are prisoners of the Mind and Ego that stop us from realizing we are, in fact, the Holistic Energy that experiences all these three states.

The Mind and Ego continue to dominate and try to defeat the Holistic Energy. Consistent contemplation leads to living with the realization of the truth. Another thought that reinforces that I am not the Mind and Ego but the Holistic Energy: who is the real seer and the real experiencer?

If I am seeing a ball, who sees the ball? It is the eyes. If the eyes are closed, I cannot see. But sometimes, even if the eyes are open, I don't see the ball. This is because my mind is distracted. The eyes are only organs of sight or windows through which messages are transmitted to the mind that makes sight possible. The eyes see the ball, but the mind sees the eye. If the eyes are staring at the ball, but I don't see it, then I know that my mind is wandering. Who is the one who knows that the mind is wandering? Who is the one who experiences the sight through the eyes and through the mind? I am the real experiencer, the real seer that sees the mind seeing the ball. This again endorses – I am not the mind, I am not the body. I have a body that has eyes to see and I have a mind that receives images from the eyes, but I am beyond the body and mind. I am the energy that experiences sight.

The mind is like a popcorn machine. It can pop up to 50 thoughts a minute. It jumps like a monkey wandering from thought to thought. I can see the agitation of the mind because I am not the mind. If I meditate or go into silence, I experience my mind slowing down, just as I experience my mind worrying. What comes out of this contemplation again is that I am the Holistic Energy that watches the mind and not the mind itself.

It is so clear to me that the power inside me is different from the mind and ego. Whether I virtually peel the body to find there is no mind, or reflect on the waker, dreamer and sleeper or further analyse who the real experiencer is, all these firmly establish the truth of my realization – that I am not the body, not the mind, but the energy, the soul.

It is strange, but science that so long opposed spirituality, suddenly seems to endorse it. All along, scientists believed that we were matter and nothing else. Today, scientists have examined a human cell under a microscope to find that atoms are further broken down into electrons, neutrons, protons and photons. Modern science analyses the smallest particles, referred to as quarks. They have come to another startling discovery.

Under a microscope, when scientists were looking at the smallest particle, they were amazed to find that the particle of matter suddenly disappeared. It was nothing new. It was an old scientific theory that further developed into a new one. Einstein's theory – energy can neither be created or destroyed, but can only be transformed from one form to another – now created another new theory termed by scientists as

“Wave-Particle Duality”. The particle being examined under the microscope that seemed to disappear actually transformed into energy waves. As they were aghast and trying to make sense of their observation, they saw the energy wave returning back to be the particle that it was and they discovered the new theory of Wave-Particle Duality.

This scientific realization led to another inference that is unbelievable but true. You and I are not what we seem to be. We are not this physical body that we appear as. In fact, we are trillions and trillions of energy particles put together that appear as a human being. This scientific discovery is exactly the same as the spiritual realization that we are not the body and mind, but energy.

Another scientific theory also helps endorse the realization. It is very common for biologists to talk of human cells dying and being reborn. The human body regenerates and recreates itself constantly – the old dead cells are being replaced with new ones. In fact, science says that every 5 years or so, the entire human body changes and all old cells are replaced by new cells. Therefore, every 5 to 7 years, we have a new body and this body keeps recreating itself as we grow. We are not this body that we seem to be. Science endorses it. We are

not even the mind – it has no real existence. Even scientifically, we are nothing but energy.

All these methods of realization, one after another, make it absolutely clear that we are not the body. The body dies, proving that it is dead, inert matter. We are not even the mind and ego, it doesn't exist. It is an illusion. While it appears to exist, in reality it doesn't. We are the energy that gives life – the energy that creates breath, without which there would be death. We are the energy that causes respiration, circulation, digestion, excretion and reproduction through the body and mind. Remove the energy, and none of this can happen. We would be dead. We are that life force – the energy that science acknowledges, but cannot comprehend.

Another very interesting law that endorses realization is the Law of Causation. What does the Law of Causation state?

1. For every effect, there is a cause.
2. The effect is nothing but the cause in another form.
3. Remove the cause, and there will be no effect.

One can understand this law with examples. A gold

ring, a gold necklace, and a gold bracelet are all effects of gold. They are nothing but gold in another form. Remove the gold; there will be no ring, no necklace and no bracelet.

A pot is made out of mud. So is a mud plate and a statue. Mud is the cause. Pot, plate and statue are the effects. The pot, the plate and the statue are nothing but the mud in another form. Remove the mud, there will be no pot, plate or statue.

The wave is the effect. The cause is the water in the ocean. The wave is the ocean water in another form. Remove the ocean water, there will be no wave.

This is the Law of Causation and it endorses the fact that we are the effect, the cause is pure energy. We are nothing but energy in another form. If we remove the energy, which is our cause, there will be no effect. There will be no life! The body-mind perishes.

What does the Law of Causation make us realize? It makes it clear that we are not what we seem to be. We are what we truly are. The gold ring, the bracelet and the chain are nothing but gold. The pot, the plate or the statue are nothing but mud. The waves, the bubbles and

the froth are nothing but ocean water. You and I thinking we are body and mind are actually nothing but energy.

These and several other methods of realization made me realize undoubtedly that I am not the body who dies. I am not the mind and ego that seems to depart at death and takes birth again as per its karmas. It is my ignorance that causes me to believe that I am the body-mind. It is this very ignorance that makes me live in fear and makes me fear death again and again. When there is no ignorance, I realize the truth. I am liberated from the prisons of misery and sorrow. I am free from suffering and from rebirth because I am energy. I don't do anything; I just give life power to the body to live. I just give energy to the mind to think. I am embodied in a body-mind complex. But I am not the body, nor the mind. I am energy.

Isn't it foolish for a bulb to think it gives light? The bulb is just an instrument – what actually gives light is the energy. Without energy, it is impossible for the bulb to give light.

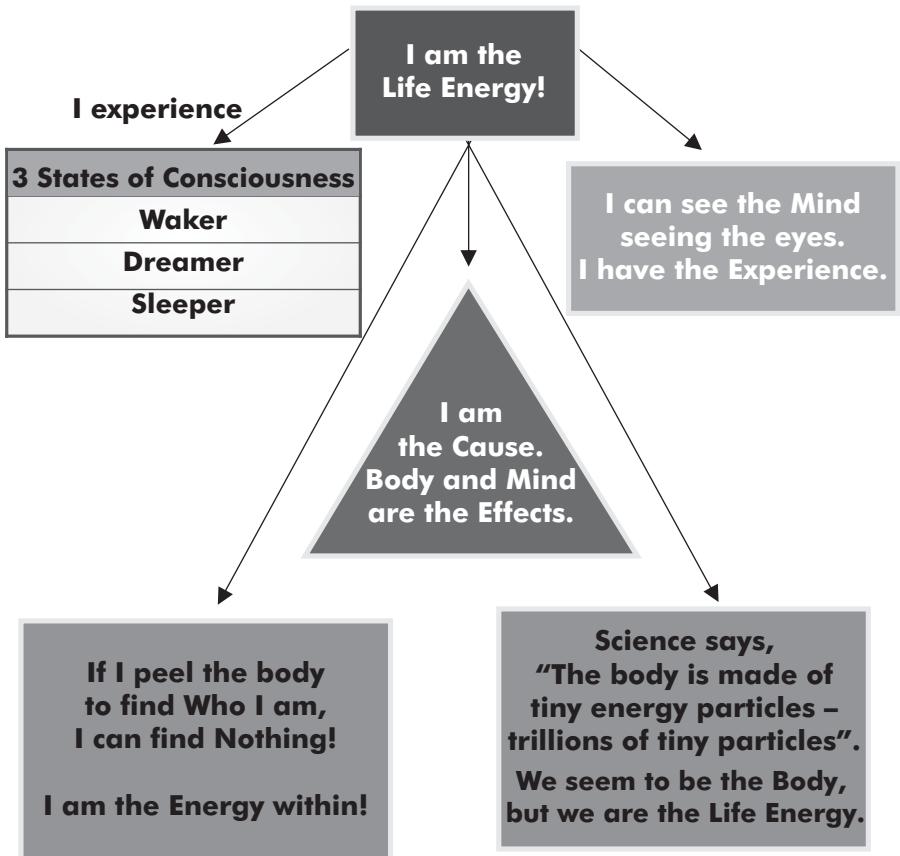
By now, we are more than certain that we are not the body. Although it seems clear that we are not ME – the Mind and Ego, it still seems to exist. It now seems clear

we are the Holistic Energy - HE that gives life to body, mind and ego.

So who are we? ME or HE?

*A Wave will always remain a Wave
unless it realizes it is the Ocean!*

REALIZATION



5

**ME or HE –
Who are We?**

It is absolutely clear that we are not the body. The body dies and perishes. It is quite clear that we are the Holistic Energy (HE). But every now and then, the Mind and Ego (ME) surfaces. It surfaces as the dreamer. It also surfaces when the subject of rebirth arises. Who dreams and who is reborn – it is ME – the Mind and Ego!

How can we be sure we are HE and not ME?

Death gives the answer. On my first realization, I realized we are not the body. The body is just five elements that perish at death. We are the mind that accumulates karmas and is reborn.

My second and bigger realization was astounding. While I was sure we are not the body, I was now sure we are not the mind. I had a mind and I could see it wander. I could observe my mind thinking. Like I had eyes with which I could see a ball, I also had a mind and I could feel it worry. I was absolutely sure I was not this mind as I could experience it as something separate from who I was.

I am also sure that we are not the mind, because it actually doesn't exist. It is like a mirage in the desert. While it seems to exist, it is an illusion. Although my

mind dreams, I am certain that like the dream is just a virtual experience, the mind is also virtual. The dream appears to be real, but it is not, just as the mind appears to be real, but it is not.

At death, I thought that the mind, which accumulates karmas, is reborn. There is no doubt that this is true. So there is some confusion: Am I the Mind and Ego (ME) or am I the Holistic Energy (HE)?

If I use my intellect, I am sure I am not ME. But the moment I believe that ME exists, then this concept of death and rebirth comes alive. I prayed for the answer. The answer comes with realization. It doesn't come with proof. Just like some things are known through inference, this ultimate truth is known through realization.

It is a unique scenario, wherein if realization happens, then the ignorance that we are ME is overcome with the realization that we are HE. If we do not realize we are HE, then we continue to be ME. Often, we live in ignorance because we don't realize the truth. It is like every night opposite my house, I see a ghost. One morning, I wake up to realize that it is a cloth on a post and not a ghost.

It seems that we are enveloped in a blanket of ignorance. Because of this ignorance, we do not realize we are HE, a Holistic Energy that arrives at birth and departs at death. This ignorance is so deep that it makes us believe that “I”, the ego, exists. I have a mind. I have a body. I act. I accumulate karmas. This is ignorance. It is this ignorance on which the game of life and death is based.

As long as we live with the ignorance that I am the ego, we can understand that we are not the body, we are the mind that is reborn and we can eliminate the fear of death. But we cannot escape from karmas, rebirth and suffering.

It is only when we realize that we are not the Mind and Ego (ME), we are not the doer, then we don't accumulate karmas and we don't need to be reborn.

When death happens, one of two things happen: We realize, “We are not the body. We are the mind. And as per our karmas, we are reborn”. OR we realize, “We are not even the mind. We are the life energy that departs at death. We have no karmas and we are liberated!”

As long as we don't realize we are HE – the Holistic Energy – we will continue to live in ignorance as ME (the

mind and ego) and continue to be reborn, as the ego continues to exist accumulating karmas, good or bad. Whether the karma is good or bad, the mind and ego, the doer, has to be reborn to face the consequences of its own actions.

A very few of us are fortunate to realize that we are HE and not ME. It is this tiny minority that escapes from the cycle of death and rebirth, overcoming the ignorance and freeing themselves from all karmas. They are liberated because of the realization that they are HE and not ME. They are not the body and mind complex led by the ego, living and creating karmas. They are HE that only provides life energy and does not do any action, therefore not accumulating any karma.

It needs the grace of the Creator for us to realize we are energy, not the Ego. We are HE, not ME.

What does this realization lead to?

*What makes me suffer?
My ego that makes me think I am ME,
and my ignorance that I am not HE!*

ME or HE?

**At Death,
I am sure
I am not
the BODY.
It DIES.**

**Am I ME?
Mind & Ego**

**Am I HE?
Holistic Energy**

**If I think
I am ME,
I am Reborn.**

**If I realize
I am HE,
I am Liberated!**

6

**NO KARMAS,
NO REBIRTH,
NO SUFFERING!**

Our ignorance is the cause of our suffering – ignorance that makes us believe that we are the body, the mind, and the ego. This ignorance makes us the doer. Our actions create karmas, and we are reborn to face the consequences of our actions. If there was no ignorance, there would be no suffering. Our realization removes our ignorance and reveals our true nature. We are not the doer, nor the thinker. We are a power - the power is enveloped with the ignorance of the body and mind and this body-mind-soul complex lives, dies and suffers as it enjoys its human existence on Earth.

There are some things that we can analyse and understand, but there are some things that are beyond human comprehension. Realization is a gift of a very few. It needs deep contemplation of the truth that eventually leads us to liberation from suffering.

Most of humanity suffers due to ignorance. It is like the man who screams that he saw a snake. He runs in fear and agony until he is shown that it was not a snake, but a rope. His mistaken understanding and his ignorance created the fear and suffering. We live and die in ignorance of what appears to be true. We appear to be the body and mind, but in reality we are not.

Because we think we are the body, mind and ego, we accumulate karmas that lead to rebirth and suffering. On the realization that we are neither the body, nor the mind, we don't accumulate karmas.

If we continue to live in the ignorance that we are the ego and the body-mind complex, then there is no way of escaping from karma and suffering. When I realized that I was the energy – not the ego, mind, and body – the realization led to the overcoming of ignorance. How did I overcome the illusion that “I” was creating karmas? How did I reach the state where I felt that “I” do not suffer?

The body and mind may be doing something, but I disown these actions as they are not my actions. I am energy, not ME – the Mind and Ego – which is an illusion. The body is dead matter. I am imprisoned in this body and mind because of my own previous karmas. My present ignorance makes me suffer continuously. If I live with the realization of the truth that I am not the body, mind and ego, then I do not become the doer of actions. I will, therefore, not create any karma, nor will I be reborn.

If I live with this realization till death, then I will be free.

That is, if I transcend the body, mind and ego, and live as the energy, I will be the energy that becomes a part of the holistic universal energy. However, although I know that I am not the body, mind and ego, if I fall prey to the ignorance and start living as ME, then I will accumulate karmas and be reborn.

What is it that stops me from realizing that I am energy and not the mind? It is the reflected consciousness that deceives me to believe that I am not the real consciousness. It is like me looking at myself in the mirror and thinking I am that. But I know I am not that mirror image. When I try to touch the ME in the mirror, I realize that it doesn't exist. It is just a reflection. The ME is like this reflected image. It appears to exist, when in reality it does not exist. Only HE exists – the Holistic Energy – but because the ego dominates, it appears as the mind and ego are the real existence and the holistic energy loses significance.

In reality, the mind and ego are only reflected consciousness of the real consciousness, the life force that we truly are. When we realize that we are the life force, not the body, not the mind – then at death, there would be no karmas, no rebirth and no suffering. We would be free from the ignorance and illusion of being

ME and will be liberated. Death would open a doorway to God.

We must understand that despite the realization that we are HE and not ME, we continue to live in the body-mind complex till death. There can be no “freedom from action”, but a truly realized one lives with “freedom in action”. The realized HE continues to live in the body with ME, but does not accumulate any karma. The realized HE lives in total surrender, accepting the Divine Will till he is liberated at death.

*As you sow,
so shall you reap.
But if I don't sow,
then I don't reap.
If it's not my action,
there will be no reaction!*

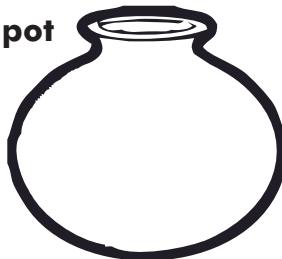
If there is No Cause, there is No Effect!

LAW OF CAUSATION



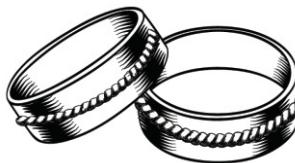
Clay: Cause

Clay causes the pot



Pot: Effect

For every Effect, there is A Cause!



The effect is nothing but the cause in another form.
Gold bangle is nothing but gold.

Remove the cause,
and there will be no effect!
If the ocean water is removed,
there will be no wave.



7

**DEATH IS
LIBERATION**

What is death? It is difficult for us to comprehend life and death. It is only the Creator of life and death who can give us the true and absolute meaning. We can only understand it from our perspective.

Once a villager came to town and his friend took him for a movie. The villager was asked, "What do you see?" It was a movie on war. The villager exclaimed with excitement, "I can see the soldiers riding on the horses." His friend asked him, "What do you see behind the soldiers and the horses?" He replied, "I can see elephants." Once again he was asked, "What do you see behind the elephants?" He replied, "I see nothing". "No, look further.... What can you see?" - his friend asked. Opening his eyes wide, he said, "I can see the clouds, the skies and the dust and smoke of the war". As he was staring at the movie, the movie suddenly ends. "What do you see now?" his friend asked him. He replied - "I see nothing. No horses, no elephants.... Just a blank screen!"

We human beings are just like this villager. We see all the projections on this big screen - this big theatre called the Earth! We see the sun, the moon, the stars, the birds, the animals and the flowers. We see human beings, but we don't realize that all these are projections on the screen.

When the movie is over, at death, we helplessly continue in a new body as per our karmas, just because we don't realize the truth that everything is a projection and each of us are encapsulated energy. This may be difficult to accept, to digest and to believe. But it is true! Not just spirituality, but even science endorses that we are nothing but energy.

We are not the body that dies. We are not even the mind that is reborn. We are the energy - the life force that gives power and life to the body!

What happens to a person who has realized the truth? There are two possibilities for the realized one. The realized person may live with the realization that I am not the body or the mind, but a life energy. Such a person is liberated. It is also possible for a realized being to only live with the knowledge of realization, but fail to be liberated from the body, mind and ego. In this case, the realized being continues to live as body, mind and ego.

In fact, there is a constant war, a tug of war between the body mind and ego on one side, and the energy on the other. The mind and ego know that if they are defeated by the energy, they will cease to exist. They fight very hard with the help of the body and its senses to exist as a

real entity, although they are an illusion. If they are successful, then although one has the knowledge of realization, at death, one will not be liberated. One continues to go round and round in the cycle of death and rebirth.

If our intellect is strong, and together with the energy within, we live with discrimination, then only we will live with the realization and be liberated at death. The intellect should be consciously aware at all times that we are not the body and mind and that this is an illusion. We are nothing but the divine life energy.

Therefore, mere knowledge of realization is not liberation. Just knowing that we are not the body and mind does not liberate us. Only when we transcend the body, mind and ego and live as the energy, we shall be truly liberated.

There is a constant onslaught on a liberated being. Through its senses, the body desires, craves and attacks the realized being. The mind distracts the realized being and tries to pull it back into the world of thoughts. Sometimes, it is duty that makes a realized being weak and sometimes, out of the fear of being ashamed, the realized being loses the battle. This pulls us back into

living as the body and mind.

A true seeker of liberation fights this challenge, overcomes the body mind and ego, and lives with discrimination, dispassion and discipline as the energy. The truly realized being has this continuous awareness: "I am not the body, mind and ego. I am life energy". The truly realized being is liberated at death. The energy that was embodied merges with the universal holistic energy.

Imagine that I gave you a balloon. You compress it in your hand. Does it look alive? No! It is a dead balloon, which is powerless. Now I ask you to blow air into the balloon. Suddenly, the balloon seems to have some life. It has air, oxygen, or some sort of energy. It bounces and dances, while just a moment earlier, it seemed dead. Now if I ask you to release the air from the balloon, the balloon is dead once again. But where did the air, the oxygen, or the energy go? You would say that the air inside the balloon merged with the air outside, right? Aren't we very much like this balloon? We can't understand when the energy actually enters. Does it enter when a sperm fuses with an ovum or does the energy enter the zygote in the first few weeks, or rather still, does the energy enter the embryo when it

develops? Some people say that this is the energy of the mother – a new energy only appears at birth. Only the Creator of this drama called life knows. Science has not been able to decode the mystery of birth and death. The life inside a person escapes like air inside the balloon. We see a dead body, but we don't see the life that has departed.

If the Mind and Ego – ME – dominates, then the energy within is not liberated and it accompanies the mind to experience its next life. What is the proof that the Mind and Ego, or ME, is reborn? The simple fact that a young mind carries the memories of the past with it indicates the continuity of the mind from one life to another.

On realization that I am not the mind and ego, what happens to the energy? The energy is liberated as it doesn't continue with the mind and ego on another journey. The mind and ego ceases to exist because of the ignorance being overcome and the energy being liberated to merge with the Universal Energy.

This liberated energy is not contained. It appears and disappears from a universal consciousness that implies that this energy is everywhere. As long as it is within a living being, it provides the life force to that living being

to exist. When it departs from the living being, death occurs, making the body nothing and the energy just merges with the Universal Energy like air inside a balloon, which merges with the atmospheric air when released.

The above may not be very easy to understand and another analogy may simplify the understanding. What is inside a gold ring? "Gold... of course!" But if we analyse, there is no gold inside a gold ring. If we take out the gold, can you give me the ring? How is that possible? If we take out the gold, there would be no ring. **THE RING IS THE GOLD ITSELF!**

The energy within is the living being. If the energy escapes and merges with the Universal Energy, and we were asked to bring back the living being, we can't. The being itself was the energy that has departed and merged.

Death is viewed by an ordinary man with fear – fear of the known that is loss of all material possessions and people as well as fear of the unknown as to what happens after death. Death to some evolved beings is only death of the body. They believe that the mind is reborn and so they live fearlessly, trying to live with

values and ethics that will create good karmas and a good next life. But death to a realized being is Union with God. Death is celebrated by a realized being because the energy within is liberated at death and unites with the holistic, heavenly energy.

The realized being knows that I am not this body. The body is nothing but the five elements put together - earth, water, air, fire and space. I am not even the mind and ego. It is my ignorance that makes me think that I am this mind and ego.

The realized being welcomes death as death is a moment of joy. Death liberates the energy to merge with the Universal Energy. Death is a moment of bliss, because death is Union with God. To a realized being, death is *Nirvana*- ultimate, unending and everlasting bliss. Death is liberation - liberation from all the pain and suffering that one experiences with the intermittent pleasures and joys of life.

Realization is not an easy subject; less than 1% of humanity pursue it. Of that 1%, maybe 1% understands what realization is. And maybe, 1% of those who understand are liberated as they are able to live as a realized energy, not as body and mind. Therefore, while

you maybe a seeker of the truth, you should understand that this ultimate joy, bliss, peace, or liberation is a very rare scenario. Less than 0.00001% of people alive experience this liberation. But there is hope. You may be one of them!

The simple gift of being born as a human being with an intellect makes us the fortunate ones capable of being liberated as we are the only ones blessed with an intellect that can discriminate and overcome the ignorance that we are born with.

Self-realization is the beginning of a new journey- a journey of God-realization. What happens after death? What is this whole story of life and death? Who is God, where is God and what is God? Even a realized being understands only some of these questions.

***People think that Death is “The End”
Some think –***

“To a New Life, We Transcend”.

The Lucky Ones know –

“To Bliss, We Ascend!”

Death is Liberation!

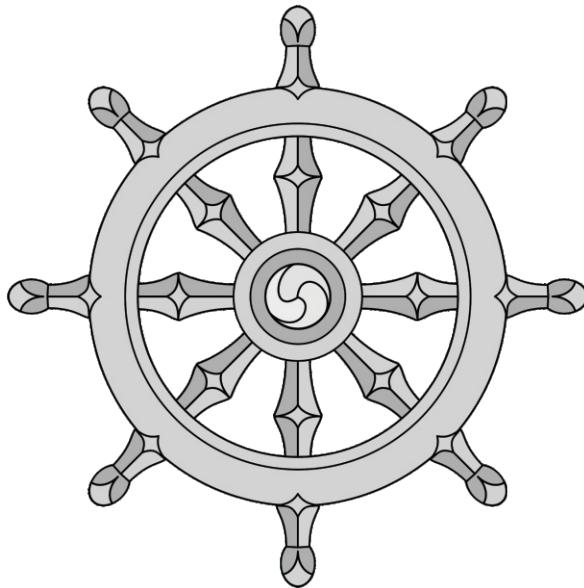
Karmas, Rebirth, and Suffering!

As the Body–Mind

**Karmas
Rebirth
Suffering**

As the Energy

**No Karmas
No Rebirth
No Suffering**



**Escape the
cycle of
death and
rebirth.**

**At death,
realization
leads to
liberation!**

**Once we realize the Truth, we no longer create Karmas.
Once our Karmas are annihilated; there is no Rebirth for the Soul.
The Soul gets Liberation – from suffering, and from death and birth.**

8

**AFTER DEATH,
WHAT?**

At death, if we live with ignorance that we are the body and mind, we will be reborn. But if we realize the truth and overcome the ignorance, we will be liberated.

What happens to a liberated being? What is the story of life and death, this world and God?

They say it is very easy for children to understand what happens after death because they are innocent and they can understand the story of life and death easier than we can.

A realized being was talking to a group of children and explaining to them how this world came about. Once God was alone and He got bored. So He decided to have some fun. He wanted to play hide and seek. So out of himself, He created you and me and everything else on Earth, pretending to be all that we see. And the game started. But somehow, somewhere along the way, you and me – who are none other than God! – forgot that we were God! So we continue to live on Earth.

Nobody on Earth has proof of how this universe came about. None of the theories are conclusive. If the Big Bang Theory was to be believed, then who caused the

“Big Bang”? If Darwin's theory was to be accepted, then why is it that today the ape doesn't continue evolving to become a human being?

As human beings, we have been given senses. But we have not been given the sense to comprehend God. If I ask you to close your eyes and see me with your nose, you would say it is not possible because I can only smell with my nose. Humanity has been given the power to see, hear, smell, taste, touch and think. We have also been given the power to imagine through our super conscious mind, but we have not been given the power to comprehend God – the Creator.

God exists! Somebody created this universe, you and me. And it is this power, this creator that is referred to as God. It is this power that causes life and death, the Earth and everything on it. We don't know who, where and what God is, but God is! God is the omnipotent, omniscient and omnipresent energy. God is everywhere, can do anything and knows everything. God is all powerful, and this universe is just but one fragment of God's imagination. If one wanted to comprehend the power of God, one should just open their eyes. Eight billion people – each with their own unique fingerprint – millions of species, humans,

plants, animals, the world above the skies, the stars and the solar system, the world below the oceans and all the life that God created only go on to signify the power of God.

A philosopher put it very nicely: the Earth we live on is God's theatre. It is like one big screen on which God projects his creative imagination. Everything is energy – a projection. In God's drama, those of us who forget that we are the God Energy think we are "ME" – the Mind and Ego – and get stuck on Earth in this cycle of death and rebirth.

Instead of loving God, we start loving the world and we forget the creator. But for the true seekers – those who truly love God – they realize the truth and get liberated. They overcome the ignorance and merge with the Holistic Energy.

Another interesting analogy is that of a spider. It creates a web out of nothing but its own self. So also, the creator appears as everything on this Earth. Whatever exists – the mountains and the trees, the seas and the bees, you and me – are nothing but God appearing as His creation. Nothing is actually created. Everything is but a manifestation of God. God appears at birth and

disappears at death in everything that is alive. In fact, everything that exists is made up of molecules and atoms, which when further broken down, are nothing but energy – God Energy.

We human beings do not understand a simple question: What came first – the chicken or the egg? “Of course, I came first!” – screamed the chicken – “Without me, there would be no egg”. But the egg questioned the chicken, “From where did you come Mr. Chicken? Unless I existed, there would be no chicken!” We can go round and round in circles and we will never find the answer to what came first – the chicken or the egg. To a realized being, the answer is very simple. Neither was the egg created first, nor the chicken. They are both simultaneous manifestations of the universal energy.

Ignorant human beings live and die with the question. How did our forefathers come about? We came from our parents. Our parents came from their parents and our grandparents from our great, great, grandparents. But how did it all start? The liberated being realizes that everything is energy that appears or manifests at the will and wish of the Creator.

Just like there can be no gold ring without gold, no mud

pot without clay and no waves without ocean water, we human beings would not be alive without God Energy. The tree came from the seed, but the seed came from the tree. They both are simultaneous manifestations of God Energy.

It is simple for a realized being to understand creation. Everything is universal energy, manifesting or appearing as different creations on Earth.

As human beings, we can realize the self, the truth of who we are and we can realize God. God is the power – the energy within each one of us. But we cannot comprehend God beyond this. We have a choice. We can live and die in ignorance, not knowing who we truly are and why we are here or we can realize the truth that we are God Energy, enjoying a human experience on Earth.

Our essential nature is to seek happiness and we can be happy through achievement, contentment and fulfilment. But we cannot escape suffering as long as we do not realize the truth that we are happiness, we are the divine energy ourselves. This is the goal of humanity: to realize God. We can live and die with the fear of death, or we can realize the truth that we will

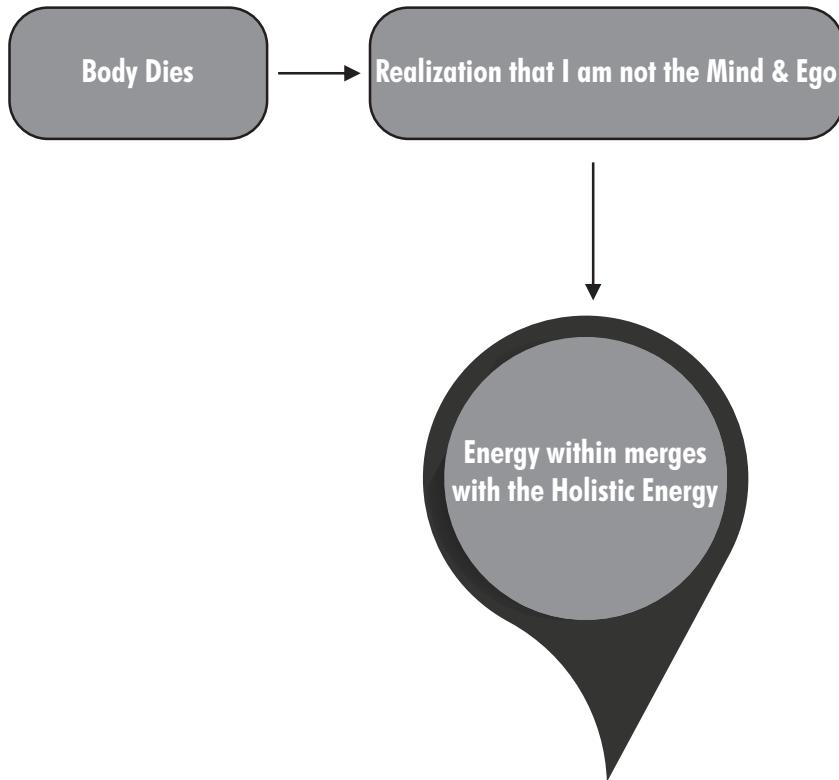
never die. Death is not “the End”. It is Liberation. It is Union with God!

To be liberated and to realize God, it is said that we should truly love God. We should develop a triple yearning for God – more than a miser loves gold, more than a lover loves his beloved and more than a child yearns for its mother that it has just lost. If our love is such, then the Divine Blessings and the Grace of God will be upon us. If we are true seekers, who truly love God and seek to be liberated – whatever be our religion, whichever be the personal God we believe in – we shall realize God and be liberated! We must live with discrimination, dispassion, discipline and desire for God to be liberated.

On realizing the truth that we are not this body, mind and ego, but God Energy, death will not be the end. It will not even be a bend to transcend to a better life. Death will be a doorway to God. When we are liberated from the human body and mind at death, we will become one with the Universal Energy – God, and enjoy everlasting peace, joy and bliss.

*Death is a doorway to God.
We celebrate Life and mourn Death,
Shouldn't we reverse it?*

After Death, what?



Union with God!

AFTERWORD

Death is not “The End”. Death is Liberation!

Death is an illusion. In reality, there is no death. It is like a sunset. There is no sunset – it just appears to be. In fact, the Earth is rotating and the sun appears to set. In a few hours, there is a sunrise. But we know that it is an illusion!

Though birth and death appear to happen, in reality, like the sunrise and sunset, they are just appearances. Man generally cannot and will not accept these as illusions. In both cases, the sunrise and sunset and birth and death - they seem to be very real but they are only projections of God Energy that appear and disappear.

Unfortunately, while we accept the sunrise and the sunset to be appearances, as science has proved it, we don't accept birth and death to be mere appearances. We don't realize that death is not the end. The body will die, but I will never die. I am not the body I wear. I am the one who wears the body!

A few are fortunate to realize that we are reborn with a new body and name based on our karmas. They live without the fear of death and focus on a good life so that

they can create their destiny – a tomorrow of their choice.

Still, although we may be reborn in fortunate circumstances, we will still suffer. If we realize the truth, then we know that we are not even the mind that escapes at death to be reborn. The mind is an illusion. We are the energy that gives life at birth and escapes at death. When we transcend body, mind and ego, we realize this truth. And if we realize this truth, then at death, we are liberated.

Death is Union with God. It is those who live as the divine energy, and not as the body and mind – those are the ones who finally become one with the universal energy. They escape from all kinds of misery and pain. They escape from rebirth as another body and mind. They are liberated into a life of everlasting joy, bliss and peace. This is the truth. This is the goal of human life: to realize who we are, where we come from and where we must go. Ordinary mortals cannot realize the truth because they are prisoners of the body, mind and ego. But those who believe, they achieve liberation.

The key to liberation and *Nirvana* is seeking God, the Creator – the power that makes the sun glow, the water

flow and the wind blow! There is a power inside you and me – a power that is beyond human comprehension. There is a power; the power exists!

God is a Power – a Power beyond religion and a Power that has created this whole universe! Whatever be our religion, we human beings often fail to realize God because we are searching for God outside, when in reality, God is the Power within us. Most religions advocate this truth, but we human beings fail to look within. We all have been given 9 doors and we are often called “The City of Nine Gates” – the eyes, the nose, the ears, the mouth, the organs of excretion and procreation – all the nine doors are looking outside. To realize God within, we have to open the tenth door – a door which looks within. Only then we will realize the Power of God within.

We are the very power that we are searching for. We are the very happiness that we seek. To be free, we should just be who we truly are. We don't need to find anything. We simply need to drop the illusions that envelop us. The mystery of life and death remains a mystery to those who live in ignorance. Only very few seek the truth and go on a quest – they are the ones who realize the truth, and they are liberated from misery and

sorrow. They experience *Nirvana*, everlasting joy and peace.

May the Divine Grace be bestowed upon you – a seeker of truth – so that you too can realize the truth and be liberated from death and thus experience Liberation and Union with God!

***I will Never Die.
Death is not “The End”.
It is Liberation!***

ABOUT AiR (The Author)

AiR - Atman in RVM or the Soul in Ravi V. Melwani, is an embodied soul whose only mission in life is to realize God.

He was born on October 15, 1966 in Bangalore, as Ravi V. Melwani. At a very young age, he mastered the craft of business and became a very successful businessman who revolutionized retailing in India with the stores Kids Kemp, Big Kids Kemp, 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, transformed his life to RVM living by the RVM philosophy – Rejoice, Value Life, and Make a Difference. He set up the RVM Foundation and started doing H.I.S. work – Humanitarian, Inspirational and Spiritual work. His mission was to “Make a Difference” in this world before his journey was over.

As a part of RVM's humanitarian initiative, RVM Foundation Hospital was set up in 1998 with an aim to provide free medical treatment and care to the poor, destitute, and needy. The hospital has no cash counter. From the current 250-bed hospital, it will soon grow into a multi-specialty 1000-bed hospital for the poor and destitute. RVM Foundation also has its own destitute

homes and orphanage that altogether serve over 700 homeless and suffering residents, providing free shelter, food, medical care, and clothing.

RVM, through the RVM School of Inspiration, has transformed the lives of many people through his motivating talks, inspirational books and videos, and thought-provoking quotes.

RVM built a Shiva Temple in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. Being an ardent believer in Lord Shiva for long, he has written and sung about a thousand bhajans – songs of devotion. He now believes that religion is just a kindergarten of spirituality, and we all have to go beyond religion to truly realize God.

One day, his Guru provoked him to introspect: What is the purpose of life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will we be reborn? Where is God? Several questions like these took him on a Talaash or a search for the truth. He gave up his life of Achievement and Fulfilment in search of the final peak of life: “Enlightenment”.

ABOUT AiR (The Author)

After a few years of intense search in silence, deep in the mountains, he realised that we are not this body. We are the Atman, the Soul. He changed his name for the second time from RVM to AiR – the Atman in RVM (the Soul in RVM). He metamorphosed to AiR and gave up his entire life as RVM. He started the study of Atman, God, and Life. This led to several realizations that formed his new mission of life – to realize God and to help Seekers realize God.

OTHER BOOKS BY THE AUTHOR

1. Talaash
2. My Guru, My Mentor, My God on Earth
3. 3 Peaks of Happiness
4. I will Never Die. Death is not “The End”

| | Om Namah Shivaya | | | | Shivoham | |

Visit  Google play or Scan the QR Code
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LIFE

Life is a mystery – We can't track its history
It may seem to start at birth and seem to end at death
 But what seems to be life's end...
 is but a bend to transcend

Body, mind and soul are what make life whole
But then comes death and we lose our breath
 We mistake Happiness to be life's goal
Until we realize – No! We must liberate our Soul

The saddest thing is we don't know the meaning of Life
 We live and we die with sadness and strife
 We want this and that to be Happy and Glad
But we end up being miserable, greedy and sad

Life is a journey – Like a river, we must flow
From God we came and to God we must go
 Life is a Drama – we desire and we crave
But nothing will be ours when we go to the grave

We foolishly think we are the body and mind
Till we get the “Aha”, we are the Soul we find
 We don't know where we came from
 and where we will go
The Goal of Life is to reach the other shore

Most people don't live Life; they just seem to exist
The cravings of the body, they just can't resist
They are so busy, no time to go on a quest
To find out who we truly are, putting life to a test

Of course, we are not the body -in the end, it will die
Are we the mind and ego? No, at death, they will fly
We are the Life Energy that departs at death...
We are Life itself that gives us our breath

We live in ignorance; the truth, we don't find
We forget that we are the soul, not the body and mind
The God that we seek in a temple or a church
Lives inside our own hearts – a place we don't search

We are not this, not this... We are that!
Not the body, not the mind, the soul, in fact
The Purpose of Life is to realise this Goal –
We are not the body and mind. We are the Soul!

By AiR

DEATH is not “The END”

Death is “LIBERATION”

Man lives with the fear of death. He thinks it is “The End”. He fears loss of all that is known to him and fears the unknown that lies beyond death.

A few realize that they will never die. Death is not the end. The mind and ego will be reborn as per their karmas, their actions. They live a life of meaning and purpose, to create a future destiny that will be filled with happiness and joy.

A very few are lucky to realize that they are not the body, not even the mind and ego. They are the Divine Energy that appears at birth and gets liberated at death. They realize the truth about life and death and escape from this cycle. At death, they become one with the Universal Energy and are liberated from sorrow and experience everlasting joy, bliss and peace!

This book by AiR will reveal the truth that Death is not “The End”; it is a bend to transcend. It will open the doorway to God!

AiR

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