

*Life is...*

**LIBERATION from  
IGNORANCE and  
FINDING true  
ENLIGHTENMENT**

By  
**AiR**  
Atman in Ravi

**Discover the True Purpose of Life**

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## PREFACE

What is Life all about? As I live blissfully and peacefully, every moment of my Life, I feel that many people in this world don't realize the Truth. Most people exist, but they don't truly live. They just zoom from womb to tomb, and then Life is over! They don't stop to think, "What is the purpose of my Life? What am I truly seeking?"

If you ask people what they want in Life, you will find some very common answers. People want to be happy and they want to be successful. People want name, fame, and fun. Everybody wants pleasure, nobody wants pain. But most unfortunately, they rush through Life, not realizing that Life is a journey, not a destination.

In the pursuit of happiness, success, and achievement, people don't realize that though they may gain a lot of these, they lose their most precious gift - Life itself! Life is a limited resource and people exchange their Life for possessions which finally don't belong to them. In this transaction called Life, they are bad investors because they are exchanging Life for pleasure which is not eternal and everlasting. In the chase to be an ace, they face suffering, worry, and anxiety that destroy the very happiness they are seeking.

As most of humanity wakes up every morning, there is

fear, worry, anxiety, and stress. These are like unpleasant seeds embedded in sweet fruits. People enjoy the pleasures of Life, but with every bite of pleasure, there is pain.

What is the biggest mistake we make? We don't realize that we are destroying the very foundation of happiness - Peace! While we seek to be happy, we lose our peace of mind due to our own desires and subsequent disappointments.

Our biggest problem is our own ignorance. We are ignorant about the fact that we destroy our own happiness. Happiness is like a shadow. The more you chase it, the further it goes away. If one wants to be happy, one must learn to live in the moment, with peace, joy, and bliss.

There are many things that we are ignorant about. If we overcome this ignorance, we can be liberated from suffering. Instead of doing so, we continue to do things that make us suffer. We don't find true Enlightenment, Enlightenment that can eradicate the darkness in which we live and light up our Life with joy. For instance, we think success is happiness. But this is a myth. We seek success to be happy, but not all successful people are happy. Is it true that more success gives people more happiness? Of course not! In fact, the reverse is true. Success is not happiness, happiness is success. If we are happy, then we are already successful as we have achieved the very objective of success. Unfortunately, we

live with the myth that success equals happiness. We don't realize the Truth! We live in ignorance that makes us suffer. We don't understand the fact that Life is all about Liberation from this Ignorance and Finding true Enlightenment.

When I went on a quest to discover the true meaning of Life, I experienced some profound realizations. Realizations that made me discover that most people suffer because of ignorance. We are ignorant about the Truth of what Life is all about.

The purpose of our Life, in fact, is to realize that we are prisoners, slaves who are imprisoned in the cages of misery and misfortune. We continue to live and suffer due to our ignorance. I experienced my 'Aha!' moment when I realized the true meaning of LIFE. It is, LIBERATION from IGNORANCE and FINDING true ENLIGHTENMENT.

This book about Life is an effort to share my experience of Life, how I too lived in ignorance till I was 46. When my Spiritual Master led me on a quest, I realized the Truth. For the last 5 years, I have been living blissfully and peacefully as the happiest man in the world. This book will share my realization of what Life is all about. It will not only make us realize how we live in ignorance but also give solutions on how to overcome this ignorance. It is a recipe for bliss, peace, and joy, a map that shows the way to Liberation from Ignorance and a path that helps us Find true Enlightenment.

## CHAPTER 1

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# LIFE

*We all live but not all of us know the true meaning of Life. The time period between birth and death is called Life. Although we are alive in our mother's womb, we still don't consider that to be Life. That is why our 'birthday' is the day that we are delivered on earth. Then we live, we grow from being a baby to a toddler, then to a teenager and adult. Finally, we grow old and we die. This is a normal Life cycle. Some people are fortunate to live beyond 100 years and some people die young. But Life is only the period between birth and death. The moment we die, our Life is over.*

*Death is certain. Everybody who is born must die. The body is cremated or buried and returns to dust. Some people believe that with death, it is game over, while others believe that death is not the end. We are reborn into a new Life.*

*While the period between birth and death is titled 'Life' and the whole world knows that we live, how many people have actually realized the true meaning of Life? What is this journey all about? What is the purpose of our birth, our Life on earth? Where do we come from and where do we go? Not many people ponder on the question, "What is Life?"*

Raj believed that Life was all about having fun. He used to say, "Life is short, make it sweet. Make the best of it before the journey is over!" To him, Life was all about having fun before Life was done. Raj was fortunate to be rich and successful. He was passionate about his money, his



success, his name and fame. He had a wife and children. He was a foodie and also loved to travel. He was a golfer; he loved to party and to drink with his friends. He only had one problem. He had no time!

Every day, Raj would plan for a party, the venue, what he would wear, and what pictures he would show his friends from his last visit to Prague and Budapest. Raj used to say that his Life was just zooming away. He had little time for his kids, but he made sure that their mother didn't need to work and just looked after his children. There was no guilt and Life was great.

Time passed and the money in his bank account increased by leaps and bounds. But what he didn't realize was that his Life was becoming shorter and shorter. One day, suddenly, because of a cardiac arrest, Raj died. He was not even 60! To the world, his death was tragic because the average Life span is 75 and he seemed to have died young.

Raj might have lived a flamboyant Life. He might have enjoyed a lot of pleasures, but his Life had no peace. His mind was constantly tormented with worries, stress, and anxiety. From outside, he looked excited. But inside, he was always very tense. Raj left behind so much money that it led to disputes within his family. But he could not see all this – he was no more alive! He had been too busy making money and had never anticipated death to be lurking around the corner. One day suddenly, it arrived and then,

it was all over. You can't request death, "Give me a few days or even a few moments!" It comes suddenly, and Life is over.

What was the purpose of his Life? It never occurred to Raj because he thought Life was about having fun. Sadly, he did not even use his wealth in service and charity for doing good to others. To him, Life was having fun with family and friends. "Why should I be responsible for the suffering of the world?" he used to tell people who approached him for their humanitarian needs. He would rather spend his money on his foreign whiskey or lobsters that he needed to import for his upcoming party.

*Many people live like Raj. But is this what Life is all about? We have a choice. We can live the way we like. But the question is - Do we understand what Life is? Have we paused to introspect on what the true purpose of Life is?*

Raj had a very close friend, Manohar, whose wife was Komal. They chose to live a very different Life. Although they were modestly rich and Manohar was busy expanding his business, they used to spend time together taking care of the children and living a simple Life. Every week they would visit some or the other charitable organization, whether it was a blind school or a home for the aged. They would cook food for the poor and along with their children and friends, they would reach out to those who were suffering and try to make a difference in their lives. They experienced a tremendous sense of

fulfillment as they shared their happiness with others. Their Life was full of peace and bliss. The residents of the destitute homes would make several requests for clothes, beds, and wheelchairs, and the couple would network with others to try to collect whatever was needed. They had a lot of time, because their Life was simple. There was not much partying and socializing. They believed in the Law of Karma. They subscribed to the belief that what goes around, comes around. Whatever they were sowing in this Life, would definitely come back to them in their current Life or they would reap it in their future Life. But they knew for sure that their actions were a good investment.

They were also a devout couple and taught their children to pray. They would visit different temples and their holidays were often to pilgrimages. Their Life was quite different when compared to Raj's Life. But ironically, while they were not wealthier than him, they were much happier. Their joy did not come from the pleasures that money could buy but they enjoyed bliss that came from contentment in what they did. In contrast to Raj, their Life was full of peace. There was no fear, worry, stress or anxiety. However, a tragedy later in Life negatively impacted them. It changed the way they looked at Life.

One day, when Raj was alive, he had called Manohar to his home. Raj was caught in a scam and had received a notice from the tax department. Raj was very stressed at the

thought of losing his wealth and his blood pressure went up. He requested Manohar, who was an expert in taxation, to help him resolve the case. Manohar did his best to reduce the liability, but the incident affected Raj's health. Manohar used to often tell Raj, "What would it profit a man if he gained the whole world but lost his own Soul?"

When we look at the lives of such people, what does it inspire us to think? What is the purpose of Life? We all want to be happy but happiness is not the same for everybody. For some, happiness is just success, name, and fame. Some people believe that happiness comes from money that can buy them cars and homes. They don't understand that this is not happiness, but rather only pleasures that give temporary happiness and will never fulfill our greed. We are always craving for more, always seeking, desiring and living a Life of both achievements and disappointments that come in cycles.

*Is Life all about success, our social status or our wealth? Is success all about pleasures that come from our possessions or is success more a matter of contentment and fulfillment? We read about 2 friends, one was wealthier, the other happier. What is more important in Life? Is Life all about chasing money or is there a deeper meaning and purpose to it?*

When Deepak, another friend of Raj and Manohar, discussed this with his Spiritual Master, he was surprised at the insight he got. Deepak lived a Life that was sometimes like Raj's and sometimes like Manohar's. While

he contemplated what he must choose to do, he was not able to decide. There was a battle within, with his senses desiring all the pleasures that Raj had but an inner voice calling him to live like Manohar. He couldn't do both. The first option was like living just for pleasures and possessions, while the other option was going in the opposite direction, living with contentment and fulfillment. Because he was torn apart seeing the lives of his two friends, he took his case to his mentor and advisor. The Master asked Deepak the question, "What is the purpose of Life? However much money we earn, will it ultimately belong to us? We may build several homes and own several assets, but ultimately nothing will belong to us." The Master ruled out living like Raj, and as Deepak started contemplating living a Life as Manohar and Komal lived, the Master revealed another paradigm that transformed Deepak's Life.

The Master said, "Life has a purpose. Most people are least bothered to find out why they are born as human beings." He explained to Deepak how Raj suffered so much misery and pain, far more than all the gain that came from his success and money. But he also revealed a profound truth to Deepak. While Komal's family was far happier and peaceful, they too had suffered - one of their children had suddenly died due to a tragic illness. They had been good people all their Life. Why should such a misfortune come on them? They never cheated, lied or hurt anybody. They were shocked by the tragic death of their child. Manohar's

religious beliefs underwent a change as he began to doubt the existence of God.

The Master explained to Deepak that nobody can escape suffering. As long as we live, there will be pleasure and pain, sun and rain, loss and gain. Such is this journey called Life. Deepak was astonished when he heard the Spiritual Master discuss what Life was all about. He questioned the Master why this was so, "Why did Komal and Manohar suffer despite leading such good lives?" The Master tried to explain that Life is a long journey. We live and die, but our actions are recorded and carried forward to our next Life. The cycle goes on and on, he explained to Deepak. Deepak questioned the Master, "Is God cruel that he makes us suffer again and again? Does he enjoy the pain that we experience?" "Of course not!" replied the Spiritual Master. "There is a way out of misery and suffering in Life." "What is the way?" Deepak asked.

The Master explained, "Life is not just about being happy. It is not about making others happy either. While it is good to help others, it will still not liberate us from this cycle of death and rebirth." He explained to Deepak that we people live a Life of ignorance. Because of this ignorance, we constantly suffer. We suffer physical pain of the body, just as we suffer from fear, anger, hate, worry, revenge, and anxiety of the mind. To add to this suffering, our ego suffers in agony when its desires are



not fulfilled and it bursts into flames of anger. We all experience this triple suffering of the body, mind, and ego. "Tell me," said Deepak, "is there a way out of this suffering? Should this beautiful gift of Life end in misery and pain?" The Master smiled, and Deepak was caught by the radiance of his smile. Deepak realized how blissful and peaceful the Master seemed to be. "Do you also suffer?" he asked the wise man. His mentor laughed and said, "No, with the grace of the Divine, I have realized the Truth about Life. I have realized who we truly are and why we are here." Deepak requested the Master to tell him more. He asked, "How can I escape from this constant yoyo of pleasure and pain? I too want to live a Life that is peaceful and blissful. Is there a way to eternal joy and happiness?" The Master smiled and continued explaining the saga called Life.

"We human beings live a Life of ignorance. We don't know our Ultimate Purpose. We get caught in the illusion called Life and before we know it, our journey is over. But it is not finished yet. Our actions must get their corresponding reaction. Our account must be settled and thus we are born again. Everybody who is born must die. But along the way, we suffer. There is a way to escape from this cycle of death and rebirth. If only we realize the Truth of who we are and why we are here, we can escape from this misery and pain. In fact, we can escape from rebirth itself."

Deepak was intrigued. Being highly intelligent but having no spiritual knowledge, he urged the Master to go on. The Master explained that because we think we are a body-mind complex, we suffer as we live, due to our own mind and our own thoughts. If we want to overcome suffering, we must first transcend the mind and ego, then only will we be liberated from pain. Deepak was both excited and interested. "Please continue," he said, "I want to be liberated from misery and pain. Tell me what I must do?"

The Master replied, "You must first overcome all ignorance." He was drinking a glass of milk. He asked Deepak to bring a bottle of mineral water. He then told Deepak to pour the water into the glass that he had just finished drinking milk from. As Deepak poured the clean water into the Master's glass, it fogged with the remnants of the milk that was in the glass. "You see," said the Master, "you did not clean the glass and your clean water has become dirty! If you want to go on this journey to discover the Truth about Life, you must first completely cleanse your mind. Unless your mind is cleansed of old habits and beliefs, whatever you pour into the mind will get contaminated. The mind is enveloped by ignorance and the first challenge is to overcome this ignorance. Only then you will be able to realize the Truth." Deepak bowed down to the Master and said, "I am willing to do anything and everything possible. Tell me, O Master, how can I start this journey?"

The Master revealed, "Do you know what Life is? Life is



Liberation from Ignorance and Finding true Enlightenment. If you want to find true Enlightenment, you must be liberated. And if you want to be liberated, you must overcome the ignorance in which you live. For this, you must go on a quest, a search. Only then will you discover the Truth about Life. This is called Realization. This Realization will liberate you from all suffering.” “Master,” said Deepak, “help me realize the Truth. I want to start this journey now.”

“

*What is Life about? Is it just fun and Dance?  
Or is Life about taking risks and a chance?  
Life is about Liberation, not just about achievement,  
It is overcoming ignorance, finding true Enlightenment.*

”

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