

SOUL

By
AiR
Atman in Ravi



We don't have a Soul...We are the Soul!

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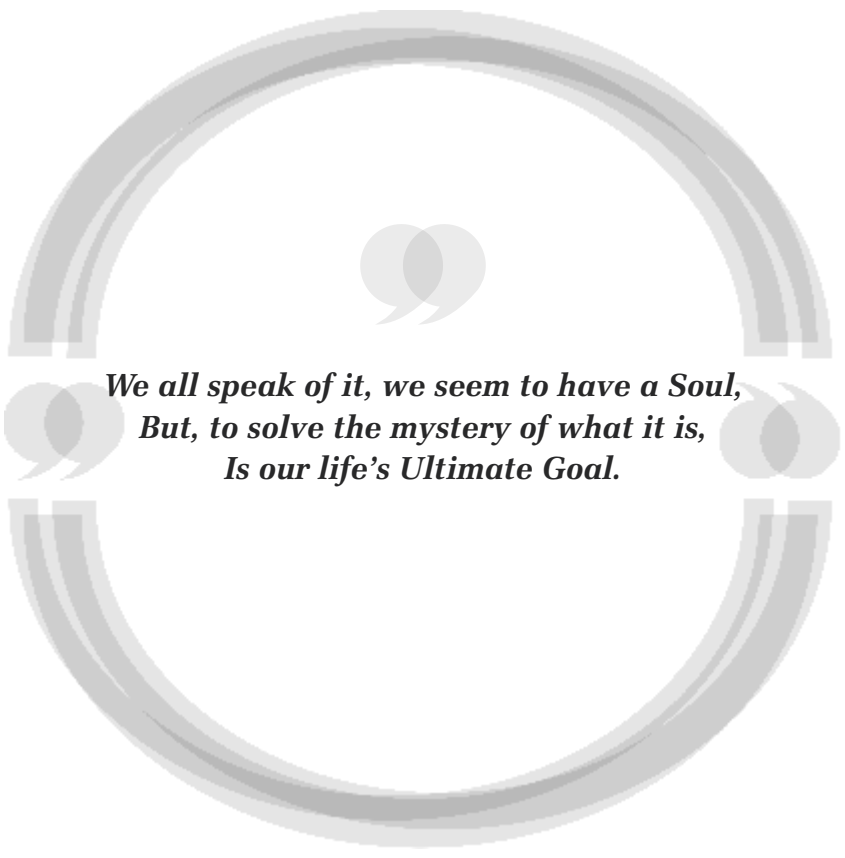
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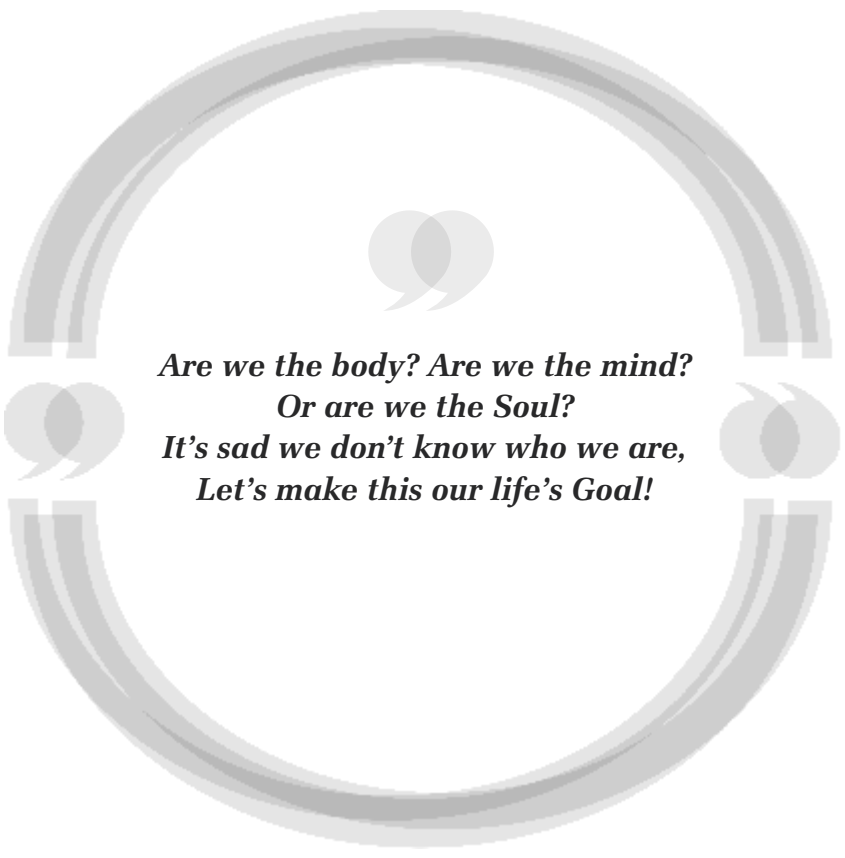
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*We all speak of it, we seem to have a Soul,
But, to solve the mystery of what it is,
Is our life's Ultimate Goal.*



***Are we the body? Are we the mind?
Or are we the Soul?
It's sad we don't know who we are,
Let's make this our life's Goal!***

Contents

01	THE MYSTERY OF THE SOUL	1-16
02	IN SEARCH OF THE SOUL	17-38
03	LET'S DO SOME SOUL SEARCHING	39-49
04	THE JOURNEY OF THE SOUL	50-59
05	SOUL POWER	60-68
06	THE SOUL AND GOD	69-77
07	OVERCOMING IGNORANCE	78-88
08	REALIZING THE TRUTH	89-100
09	THE TRUTH OF THE SOUL—REVEALED!	101-107
10	OUR ULTIMATE GOAL	108-119
11	THE JOURNEY OF MY SOUL	120-132
	POEM	133-140
	ABOUT THE AUTHOR	141-155

Preface

On my spiritual journey, there were many questions that I had no answers to. What happens after death? How are we born? Is the Law of Karma real? Does rebirth actually happen? What is the truth about Enlightenment or Salvation? What is it that some people call *Nirvana* or *Moksha*? Many questions like these, together formed my *Talaash* or quest of life. The most important question was about the Soul. Everybody talks of the Soul, but not many know the true meaning of it. What is the Soul?

In my quest for answers, I spent months as I contemplated the Soul. It was a critical piece to complete my jigsaw puzzle, a puzzle that needed to be solved as it became the priority of my life.

My quest took me through all the religions of the world. I read many scriptures and investigated several philosophies of the saints and the sages around the globe. Ultimately, I experienced my spiritual 'Aha!' moment about the Soul.


I decided to write a book on the Soul. We are alive because of our Soul and to realize the truth about our Soul is our life's ultimate goal. However, we do everything else but forget to discover this truth.

We human beings are strange. We just believe in whatever we are taught or told, because of which we only sink further and deeper into ignorance and become even more distant from the truth. If we contemplate the Soul, we will find answers to the most important questions about life. It will take us forward in our journey of self-realization and ultimately to the rare feat of God-realization.

This is not an easy journey. Only sincere seekers who want to realize the truth about themselves and God are fuelled with a passion that leads them both to realization and liberation.

Why is it that most of us don't discover the truth about our Soul during our life journey? We human beings are so lost in this world that we become slaves to our own desires, our very own thoughts. We do not discover and realize that our biggest enemy is 'ME', our own Mind and Ego because it stops us from realizing the truth. Thus, we live and die in ignorance and many truths about life continue to remain a mystery.

The Soul is enigmatic and we must unravel the mystery that surrounds it. Can we deny that we have a Soul? Don't we often discuss it? Are we not confused whether the Soul exists or not? From where does it come and where does it go? This book will solve the riddle and reveal the truth about the Soul!



***“Why write a book about the Soul?”
I wondered and I thought.
It is our life's Ultimate Goal,
This truth we all forgot.***

Introduction

This book *Soul*, is an effort to know everything about our most important aspect – our Soul. While we talk about the Soul so often, how many of us actually stop and ponder about the reality and existence of the Soul?

What is the Soul? Where does it come from and where does it go? We cannot see the Soul, but we all believe that we have one. There are many more questions. If the Soul actually exists, then why is it that we can't see it? Is it the same as the Spirit, the *Atman*, the Life Energy within or is it something different? How is our Soul connected with our body? Is our mind a part of our Soul? When does the Soul actually come alive and what happens to the Soul after death? All these questions remain unanswered.

All religions talk about the Soul, each in their own unique way. Are there 'good' Souls and 'bad' Souls? What is the mystery about the reincarnation of Souls?

And then, there is so much said about the Soul and its connection with the Divine. Is there any connection between the two? There are many doubts and we human beings contemplate the truth of the Soul. It seems to be the most important aspect of our life, but it gets lost as we zoom

to our tomb, making everything else a priority.

What does science say about the Soul? Is there any proof that the Soul exists? Or, like some religions advocate, there is no Soul? And then, what about ghosts? Are they not the Soul – the spirit of the dead that appear to us?

This book about the Soul will open our eyes and help us overcome our ignorance about the Soul. As the book questions every aspect of the Soul, we will evolve in our spiritual journey and realize the truth. Not everybody can realize the truth. Some may investigate the Soul and arrive at several possibilities of what might be the truth. But a few sincere seekers of the truth, will do some Soul-searching and realize the Soul. Are you ready to go in search of your Soul?



What is the Soul, do you know?

Or is it still a mystery?

***There are so many beliefs, so many myths
that seem to fill our history.***





01

**THE MYSTERY
OF THE SOUL**

For thousands of years, the Soul has continued to remain a mystery. While most of us are conscious of its existence, we don't know what the Soul is, where it came from and where it will eventually go. All this continues to baffle humanity.

Does the Soul really exist? Has anybody seen the Soul? Does the Soul take birth and does it die? These questions have many speculations, but till date, they have not been demystified. Some people believe that the Soul is purely human - it is exclusive to those who are blessed to be human beings. There are others who think that even animals have Souls. What about insects, birds, fish, plants, and trees? The mystery deepens because we have not uncovered the truth about the Soul.

What exactly is the Soul? What is the difference between the Soul and the Spirit? Is the Soul what the Hindus call the "*Atman*" and parts of the Orient call "*Chi*" or "*Prana*"? The mystery grows deeper as more and more theories of the Soul are floated.

The modern world has further complicated the subject with the growth of technology. Anybody can upload their own definition of the Soul on the internet and keep the seekers of

truth shrouded in darkness.

Some people add to the confusion by saying that there is no Soul. Is it because it is a fact that there is no Soul or is it just because we have not understood what the Soul actually is? We human beings are alive but one day we will die. What happens at death when there is no breath? How is this phenomenon called death connected with the Soul? What about the Soul and the human birth? Is the gift of human life a gift from the Divine or from the Soul? Who knows? It is anybody's guess!

“Our Soul will go to heaven one day,” say some. Nobody wishes their Soul to go to hell. But where is heaven and how will the Soul get there? When we die, does the Soul leave the body or is it buried or cremated together with the one who dies? These questions have remained with humanity for ages but we have not pondered on the answers. We are busy solving the secrets of the material world. We are more concerned about the puzzling cosmos, just as we go deep within the oceans to uncover the mystery of the underwater world. But what about the Soul?

Some scriptures talk of 'good' Souls and 'bad' Souls and

how our Souls are so different. Then comes the theory that since our Souls are independent creatures, we must look for our Soulmate. The mystery only deepens as we sink deeper into ignorance without realizing the truth about the Soul.

Today, more people than ever before have started asking questions about the Soul. They say that the Soul is the manifestation of the Divine. But what does this mean? With the Eastern civilization believing that the Soul, Spirit and the Divine are one, and the Western world believing that our Soul will go to heaven or hell, the whole concept of the Soul remains an enigma.

Instead of demystifying the myth of the Soul, we get carried away by rituals and superstitions and even believe in them. For instance, some people believe that the Soul is most active on a full moon night, or that the Soul resides in a secret receptacle of the body and can be touched through meditation; that stretching the body in a particular manner will make us more Soulful, that the mind and the Soul are deeply connected and by certain breathing techniques, we can access the depth of our Soul.

Even the most famous concept of Yoga has been mystified

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