

**LIFE!**  
**REALIZED !!**



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REALIZED !!

MY JOURNEY OF SELF-REALIZATION

**By**  
**AiR**  
Atman in Ravi

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# REALIZED !!

MY JOURNEY OF SELF-REALIZATION

By  
**AiR**  
ACHIEVE IN REALIZATION

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**“ After 50 years of living life  
and learning everything I know,  
I suddenly got the shock of my life...**

**Who I am... I do not know!  
My master led me to start a quest,  
The Truth for me to find...**

**This book is my Life Realization,  
I am not the Ego, Body or Mind!**”

# PREFACE

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As an author of 25 books on life, happiness, and almost on everything that matters in the life journey, I realized that what mattered the most is my Life Realization. I really don't know why but some say I am blessed, others call it the Divine grace, still others believe it is my devotion and dedication that led me to Realize the Truth.

I too, like anybody else, spent 25 years chasing success and money. Then I took an exit from this first peak of happiness, Achievement when I realized that such a peak doesn't exist. We simply crave till our grave because our greed overtakes our need. I transformed my life and started living with Contentment and Fulfillment.

Still, my life was scattered with suffering although I considered myself to be the happiest man in the world. There was no clear purpose in my life and thus, I started a Quest.

My quest comprised nine major questions:

1. We all know how a child is conceived and born, but how is life created in the womb?
2. What happens after death? The body dies but what happens to the one who was alive?
3. We all believe in God but what is the reality? Who is God? Where is God? What is God?

4. Most people believe in heaven or hell but where are they located?
5. Does a law of action and reaction, a law called Karma actually exist?
6. It is said that our actions of this life will be the cause of our rebirth. Will we be reborn after we die? Is the theory of rebirth or reincarnation really true?
7. We all talk about our Soul but what exactly is the Soul?
8. What is the purpose of a human being on earth?
9. What is enlightenment, salvation, liberation, *Mukti*, *Moksha* or *Nirvana*? All religions talk of this being our ultimate goal but what exactly is this?

With these nine questions in my mind and hundreds of books in my bag, I set out on a retreat to find the Truth. Little did I know that we human beings are covered by a blanket of ignorance. We do not know the Truth although we believe we know everything.

*“Man has discovered cosmetics for the skin but he has forgotten to find out who is the one that lives within. He has been able to put satellites in outer space but he hasn't found out where his Life Energy goes at the end of the race.”*

Having realized many Truths about life, profound discoveries that may be penned in several books, I decided to put all my realizations together and share them with the world.

This is my Life! Realized!!

L I F E !

R E A L I Z E D ! !

**My Journey of Self-Realization**

**by**

**AiR**

# my realizations!



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# my realizations!



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# my realizations!

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# 01

## Happiness is a Journey, not a Destination

Who doesn't want to be happy? The whole world seems to be seeking pleasure and shunning pain but unfortunately, most of humanity isn't truly happy. Of course, we smile and we laugh but we live life like a merry-go-round, passing joy and sorrow in circles. Our life is like a yo-yo, we go up and down from a peak to a valley as we experience the highs and lows of life. Why?

I realized that human beings are unhappy because we think that happiness is a destination. We think that we have to arrive at happiness, but happiness is not a place to go to. It is not a destination. It is the journey itself.

I realized that people let their need become their greed and thus they desire and crave till they reach their grave. All desires are not fulfilled and therefore, we get disappointed and miserable. Far happier are those who live a life of contentment and fulfillment!

Most people are not content with their achievement. It is natural to pursue loftier peaks of achievements. When we achieve our goal, we become happy. But we don't stop there. We want to go to the next and then, the next peak, till we think we have reached our destination. But we don't realize that Happiness is not a destination. It is a journey. It is all about enjoying today, the moment. Because people do not enjoy the journey, they continue to seek and crave and are often unhappy.

When will people realize this truth, that when we become happy, it is usually momentary? We cannot become

### Happiness is a Journey, not a Destination

happy, we have to *be* Happy, because Happiness is a state of mind. We cannot be Happy yesterday, it is gone! We cannot be Happy tomorrow, it is not yet born. But we can be Happy NOW. So, whatever be our journey of life, whatever be our circumstances, we must choose to be Happy.

Once I realized that Happiness is not reaching the ultimate goal but rather it is the path itself, I changed my paradigm of life. I did not wait for happiness to arrive. I made sure to live each moment joyously, peacefully, and blissfully no matter what. We can all be happy all the time if we choose to be happy realizing that happiness is a journey not a destination.

# 02 Life is to be Lived, and not to Zoom from Womb to Tomb

Most of us don't truly live. We rush through life. From the time we are born, we think that life is a race and we must be an ace and we get caught in a maze. Soon life is over and what did we do? We just zoomed from the womb to the tomb.

I realized that life is a gift. That's why this moment is called the 'Present'. But we lose the moment because we are just running through life. I met a friend who went to Amsterdam and I asked him if he had the chance to visit the Tulip Gardens in Keukenhof. Although he was in Amsterdam for three days, he said that he had no time because he was in a rush to visit all the museums. He listed the dozens of museums he had visited. But in reality, he hadn't seen anything meaningful. Most of us don't spend the moment being fully conscious of it. We lose the NOW because our mind is so busy planning what we must do next and so our 'today' is lost in the construction of 'tomorrow'. Eventually, tomorrow never comes. All we have is today, but we want to trade our today for a better tomorrow which doesn't even exist. How many of us stop to enjoy a beautiful sunset, to spend time with those we love, to do those things we are truly passionate about? The most common thing we hear is - I had no time!

Each of us has 24 hours in a day, 60 minutes in an hour and we can't buy more time. We must learn to live and not just exist rushing through life. Ask an 80-year-old what regret he or she has. You will hear a list of things they wished they could do that they haven't done. "If I get a chance to live my life once more, I would climb

**Life is to be Lived, and not to Zoom from Womb to Tomb**

more mountains, learn to play the guitar, and spend more time with my loved ones." This is the story of people who didn't stop to think that their life was escaping them.

However, there are people, a few of course, who don't just zoom through life. They live life moment by moment and they enjoy each day as it comes. They are not slaves of their passion. They treasure life. These are the people who have no regrets as their journey of life unfolds.

I realized that life is not meant to be rushed. We think that time is rushing by but I lived life as if time was still and I was passing by. I too zoomed through life for 25 years thinking that success, achievement, money, and pleasure were everything. But I realized that I was wrong. Now I spend moments in peace and bliss as I watch the swaying of the trees, the waves in the seas and enjoy the blowing of the breeze.

Life is a precious treasure. We can't rewind it, we have to live it. And those who zoom through life, don't truly enjoy the beauty life has to offer. I realized that we must stop, enjoy the moment, and enjoy this gift called life. Otherwise, we will just go from our womb to our tomb without really living. Have you ever thought about it? We are 'human beings', not 'human doings'. We must be conscious of our life and enjoy it while we live.



# 03

## Success is not Happiness.

### Happiness is Success!

Most of humanity lives wanting to be achievers, wanting to succeed. Why? Because we believe that Success is Happiness. Everybody wants to achieve something - money, name, fame - hoping that this achievement will give them the happiness they desire. But this is a myth.

I realized a profound Truth - Success is not happiness. If success was happiness, then the rich and famous, the wealthy, successful people in the world would be glad. But if we look around, we will find that many of them are sad.

Sure, success may give us name and fame but it doesn't promise happiness. Success is built on principles like desire and passion. These very principles often lead to disappointment and misery. Therefore, while success gives pleasure it also creates pain.

I realized that Success is not Happiness. Happiness is Success. My realizations were based on the fact that we all want to succeed because we want to be happy but success doesn't guarantee happiness. On the other hand, we can just be happy, peaceful, content and fulfilled. This is the very objective of succeeding. Therefore, I realized that we don't need to be successful to be happy. In fact, we need to be happy to be successful. Think about it. The whole world is trying to achieve something. Why? Because they believe that their achievement will give them joy and bliss. However, they lose their peace of mind in their chase to become an ace. This peace is the very foundation of

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