

# I AM NOT I WHO AM I ?



by  
**AiR**

**I am not I**

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## *My Source of Inspiration!*

Every effect has a cause. A gold ring is nothing without the metal gold. A wave is nothing without the ocean water. A statue is nothing without the clay. I am nothing without my Mentor, my Master Dada J.P. Vaswani. I am just an effect; he is the cause. Without him, this book would not be possible. He is the Energy that has given light to the Energy that is within me. I would have lived and died like an ego, a mind and a body. He has guided me, guarded me, moulded me and led me forward to a path of realizing the Truth. He has painstakingly taken effort for more than 25 years - day by day, event by event, and situation by situation. He has taken me out from darkness and showed me the light. He has led me from ignorance to wisdom. He has taught me, he has loved me, and he is the heart of every thought that emerges in this Jiva that exists. Every thought that provoked me, every question that was not answered, and every confusion that clouded the mind, he was the solution! Like a magician, he would just wave his spiritual wand for answers to appear. I bow down and express my sincere gratitude to my Master.

# /// PREFACE ///

I always thought I was Ravi Melwani. I was proud of who I was. I was the founder of a brand Kidskemp that revolutionized retailing in India. For 25 years, whatever I touched turned to gold. It was one success after the other - Kidskemp, Big Kidskemp, Toys Kemp and Kemp Fort. We grew about 100% every year. I was considered to be a marketing wizard, covered by every possible newspaper, magazine and television.

One day, I realized that the goal of life was not just to make millions, but rather to be happy. I found happiness comes from making a difference, not just making money. At the age of 40, I shut down my business and transformed my life with a new name - RVM and started the RVM Foundation. It was a non-profit organization with a mission to make a difference doing H.I.S. work - Humanitarian, Inspirational, and Spiritual. I evolved from leading a life of pleasure that came from achievement to leading a life of peace that came from contentment and fulfilment. I was living the RVM Philosophy of "Rejoice, Value life and Make a difference". I considered myself to be the happiest man on Earth as I was travelling to a new

country every month and living a life of my dreams.

One day, my mentor provoked me and asked me, “What is the purpose of your life? If I had achieved everything that I wanted to, then why was I alive?” These questions inspired me to go on a quest, a search, to discover the true meaning and purpose of life. I packed dozens of books to read and I made a list of questions that I wanted to find answers for.

1. Where did I actually come from?
2. Where would I go after death?
3. Who is God? Where is God? What is God?
4. Where is heaven and hell?
5. What is the soul?
6. Is reincarnation real?
7. What is the Law of Karma?
8. What is the purpose of life?
9. What is Enlightenment?

I studied every possible religion and put my hands on whatever scriptures I could get. I spoke to several masters and browsed hundreds of websites.

I found the answers to all my questions through a process of study, reflection and realization. But along with the answers, I was shocked to realize something that I was completely ignorant of. I realized that I had a body but I was not the body. I realized that I had a mind, but I was not the mind. I realized that my ego was a dominant part of my life, but I was not the ego. I was suddenly faced with questions that baffled me - Who was I? Who am I? This question kept repeating itself in my quest for the truth. I realized that 'I' was not 'I'. In this book, I will share what I realized. It may wake you and shake you out of the very skin you live in. Let's start!

*“Am I Ravi V. Melwani?  
Am I RVM? After 48  
years..., I realized I  
am not 'I’”*

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*“You may see Me  
as the “Skin”, but  
I am the One that  
lives Within!”*

1

Who am I?

Peter flew in from the United States. He was in search of answers for questions about life that were troubling him.

After a long search, he finally found a Master whom he believed had answers to his questions.

The Master asked him, "Who are you?"

"I am Peter", he replied.

"That's your name", said the Master; "I asked, 'Who are you?'"

Peter replied, "Yes Sir, I am Peter Johnson from New York."

The Master replied, "I didn't ask you from where you are. I asked you, 'Who are you?'"

He answered, "I am an American."

"I know that", said the Master.

"I am a Christian", Peter answered.

"I didn't ask you for your religion", responded the Master.

"I am 40 years old", he replied.

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The Master said, "I didn't ask you your age. Who are you?"

"I am the son of Mr. Robert Johnson and Mrs. Mary Johnson. I am married to Sarah, and I have two daughters – Elisa and Rachel", Peter attempted again.

"I didn't ask you for your relationship with your parents, wife and children. I asked you – Who are you?" questioned the Master.

"I am sorry. Now I understand your question. I am a doctor at the New York Medical Centre, with an MBBS and an MD from the New York Institute of Medicine, and a member of YPO", replied Peter.

"My dear Sir", said the Master, "I didn't ask for your profession, your occupation or your education. I asked you, 'Who are you?'"

"I am 'me', the one you see. I stand before you. I am wearing a suit and a tie. Can't you see me?" said Peter.

The Master replied, "I can see your suit and I can see your tie, and I can see your body, but who are you?"

The exasperated American was nervous beyond words! "I am 'me'", he said, "...this body, this mind and this

intelligence. I am a millionaire from the USA, and you are asking me 'Who are you?' Sir, I am 'me'. Don't you understand me?"

"You may have millions, just as you have a body and a mind, but who is it that has a body and has a mind? Who is that 'you'?" asked the Master.

Peter retorted, "I don't know! I don't know who I am!"

Isn't it strange that a millionaire, an educated doctor from United States could not answer a simple question - "Who are you?"

But the irony is that if I was asked the same question or if you were asked the same question, we wouldn't be able to answer it either. We don't know who we are!

We think we are a body, a mind, an ego and a soul or a complex of some of these, but we are not the body. That is why we say - this is my body. And we are also not the mind. We say, "My mind is wandering". Are we the ego that continues to say - "It is me"? How can we be the soul, when we don't understand the meaning of soul?

## **What is the BODY?**

The body is the physical part of our existence that eats,

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breathes, moves and reproduces. It is our outer shell that we can see, touch and feel. Most commonly understood as “who we are”, our body consists of our head, our limbs and our chest. We have 5 senses, several action organs and other vital organs such as the heart, brain, kidney, and lungs that constitute our body. The skeleton along with all the body systems and processes create a human being. Most people think that they are this body. We consider these eyes to be me, these hands to be me, and even the hair to be me. That's why the beauty industry is booming and the cosmetic industry is flourishing with eye care, hair care, dental care. The body is a physical part of us controlled by a subtle part – the mind.

### **What is the MIND?**

The mind is the subtle part of our body. It is that aspect of us that is known to think, remember, recall and choose. Generally thought to be contained in the brain, the mind actually functions through all the nerves and senses. It is like the software of the body machine. The mind consists of several domains – a thought factory that produces thoughts, up to 50 thoughts a minute, a memory that is far bigger than any computer, an intellect that discriminates and decides, and an ego.

Most of us think that we are the mind because it is the mind that is the controller of the senses, the body, the thoughts and the decisions that we make. The mind seems to be the king or the ruler of the body, and most people think, "I am my mind and my mind is me".

### **What is the EGO?**

The ego is the identity that a person creates for himself. It is the "I-ness", the "my-ness" and the "mine-ness". Generally, it is considered to be that aspect of the individual that seeks to create one's own self-esteem. The ego exists as long as a person is alive.

We exist as long as the ego exists. When one realizes that we are not the body - but we have a body, and we are not the mind - but we have a mind, one transcends the ego. The ego ceases to exist!

As long as we say, "I did something" or "I want something"; as long as we say, "This is my body and my mind"; or as long as we say, "This house is mine, and this car is mine", we submit to being the ego. The ignorance that envelopes us is such that although we know that we come empty-handed at birth and we go empty-handed at death, all through life we permit ourselves to be in the clutches of ignorance, believing that we are the ego.

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## **What is the SOUL?**

The soul can be defined as the spiritual, immortal part of a human being that is subtle and non-material. It can't be touched or felt. It is energy that gives life to the human body. However the soul is often confused with the mind, which is the other subtle part of the human being. There is no empirical evidence of the existence of the soul. But through inference, we realize that every human being has a soul. Death happens when the soul departs and the human being has no breath; we become lifeless. Therefore, the soul is the life energy that exists in a human being from birth to death.

Very often, souls are labelled as “good” soul or “bad” soul. In reality, souls cannot be good or bad, only a body or mind appears good or bad on the basis of our actions and behaviour when a soul gives life to it. The soul is pure energy. If one reflects upon the soul, it is invisible, but all-powerful. It exists, but it can't be touched or felt. There is no evidence of where it comes from or goes. The soul is consciousness. Spiritualists believe that the soul energy is omnipresent like air that is everywhere. The soul leaves the human body at death and merges with the universal consciousness, just like air when released from a balloon merges with the atmosphere.

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