

***WHO ARE YOU &
WHY ARE YOU HERE?***

by
AiR



Start A QUEST to Discover Yourself

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**If you Know Everything,
But you Don't Know
Who You Are,
then What do you Know?**



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PREFACE

Man has discovered almost everything. He is proud of his accomplishments that he has been able to put airplanes in the sky, submarines in the ocean and spacecrafts in the cosmos. He has been able to get to the depth of each human cell and understand its behaviour. He has been able to create wireless technology that lets one talk to people from Alaska to Antarctica with the slightest touch of a button using satellites that are being placed by him in outer space. Today, people sitting in New York and Tokyo can do a video conference on their mobile phones, and man thinks that he has discovered everything.

Every day man is inventing new technologies that are redefining the way we live. Ships take us from one continent to another, and modern entertainment has reached a new peak. Healthcare has advanced and man hopes that one day he would be able to transcend death and live forever. Man is confident and continues to passionately discover what lies below the earth and above the skies. While

man has discovered a lot, he cannot deny the fact that the earth is just a tiny dot in the Milky Way and the Milky Way itself, is merely a speck in the cosmos.

While man has been able to discover a lot and needs to be given kudos for his inventions, he has forgotten something very important - he has forgotten to discover himself. Man has become so engrossed with the world outside that he has forgotten to look inside. He is busy discovering how the two cells biologically fuse to become a zygote which is then born as a little baby on earth, but he has no time to decode the mystery of birth and the life inside. Man has discovered medicines that can enhance our lifespan but he has not discovered what happens after death. Unfortunately, man is a prisoner of his own mind and he has not realized that. Therefore, while he is busy creating cosmetics for the skin, he has not discovered what lies within. He has made immense progress in the branches of science like psychology, but if you ask him to find the mind and specify its location asking where it is, he cannot find it.

Man has advanced a lot physically, emotionally and intellectually but he has not paid enough attention to his spiritual development. Man thinks that he knows everything and there is nothing on earth that he cannot do. He can fly a helicopter to the remotest corner of the world and solve any problem with just a touch of his fingertip on his laptop. But man has not discovered the Energy that makes his fingers move.

We live and die in ignorance not knowing who we are, where we have come from and where we will go. We don't know our purpose of life on earth. We just zoom from the womb to our tomb. Ignorance is bliss and we blissfully live in ignorance thinking that we know everything, when in reality we know nothing. What we know is quite limited and insignificant in comparison to what we don't.

Our paradigm of life must change. We have opened the nine doors that we have been gifted with; two eyes to see, two ears to hear, two nostrils to breathe and smell, a mouth to eat and communicate and the organs to excrete and procreate. However, while all these doors

look outside, we have forgotten to open the tenth door through which we should look within. We are so busy discovering the outer world that we do not pay any attention to the inner one. We have used our eyes, ears, nose, mouth, and hands to create a beautiful world for ourselves but we have not delved deep into our heart and soul.

Have we discovered what the Life Energy is which lies within? What makes our heart beat? What gives us breath, and without which, there would be death? What is this mystery called life? We are so busy eating ice creams, playing with our mobile phones, and leading a fast-paced life travelling by bullet trains that we have forgotten to discover the Life Energy within. We all seek happiness and we are in the constant pursuit of pleasure. We try to escape pain in every possible way, but are we truly happy? While we apparently smile, we feel miserable inside and we die without realizing who we are, and why we are here.

What is the use of knowing everything if we don't know the answers to basic questions about life and our

existence? Most people feel that there is no use of asking such questions. The reward of discovering the truth brings eternal bliss, joy, and peace. Only a few are lucky or rather blessed to realize the truth. It needs one to open their 'Real Eyes' to realize what the truth is.

This book will help you start a quest, and then you can look for the answers you seek. It will give you a direction to help you reach your destination but it will not get you there. You have to walk. You must start, and you must not stop until you reach the top of the mountain. It may look steep and impossible. You will be challenged by your own mind. Some of your friends will tease you and the society might not understand your quest, but if you want to discover yourself and attain ultimate bliss, you must start your quest to discover who you are and why you are here.

Have you ever wondered?

Why are you here on this earth?

Why were you given this birth?



Surely we are not the Human Body

**You have a House,
but you are not the House.
You have a Car,
but you are not the Car.
You have a Body,
but you are not the Body.
Do you know who is this 'You'?**

Surely we are not the Human Body

Are you shocked? If we are not the human body then what are we? Everybody thinks, "I am this amazing creation called the human body. I have two hands to grasp, two feet to walk and a mouth to talk. I have a head and I have a heart. I have five senses through which I perceive the outside world. I have eyes to see the beauty that surrounds me, ears to hear what others say and a nose that can smell amazing fragrances. I have a tongue that can taste even before I eat and skin that helps me feel all that I touch. I have this wonderful body, and the body must be me. What else can I be?"

Nobody denies that we have a body. Can anybody deny that a human being is blessed with a brain, a heart, two kidneys, a liver, lungs and several other organs that make his body a wonder that it is?

Aren't we the ones who see, hear and touch? Aren't we the eyes, ears and the skin? No doubt we have the five sense organs of sight, hearing, smelling, tasting and touching and we also have several action organs, feet to walk, hands to grasp, but are we these? Unfortunately, we believe that we are this body when in reality we

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have a body and all that is in it - blood, flesh, and bones but we are not all this. That's why we say, "My kidneys failed," we don't say, "I failed" because I am not the kidney. Sometimes, out of ignorance we say, "I got burnt," when our skin gets burnt, but then we realize that only the skin is burnt, not I. If the skin got burnt and is dead skin but I am not dead, then obviously I am not the skin.

As long as we are conscious, we feel we are the body, but what happens when we lose consciousness? We still exist, but we dream that we have become a pilot or even an elephant. I dream but the body doesn't. It clearly tells me that I am not the body.

When the body sleeps, I know that the body slept. It is different from me. I can even be still and observe my body only as my body, not me.

It is amazing to know that each human being has about 37 trillion cells. The body has 30 trillion Red Blood Cells. The human eye has roughly 125 million retinal cells. If the eye was to be compared to a camera, it

Surely we are not the Human Body

would be a whopping 576-megapixel camera. It can see 1 million colours. The nose can smell 1 trillion different types of smells. There are 200 different types of cells and 35 billion skin cells. There are 100 billion neurons in the brain. And our brain produces up to 60,000 thoughts per day. Our body holds a capacity of 6 litres of blood, and our blood vessels stretch up to 60,000 miles. Every day, approximately we take 23,000 breaths and our heart beats 1,15,000 times. There are around 1 lakh hair follicles on the human head. The body produces 23,000 litres of saliva in a lifetime, enough to fill a humongous swimming pool. Our brain's electricity when awake can light a small bulb. The heart creates enough energy daily that can drive a truck for 32 kilometres. The heart pumps 1.5 million barrels of blood in a lifetime. If the heart was separated from the body, it could still beat on its own electrical impulse for a little while. Our taste buds are replaced every 10 days. It is astonishing to know just how ignorant we are about the greatest machine ever conceived - the human body.

While the human body is an amazing creation that is

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beyond our comprehension, how we are able to live with these sense organs, organs of action and other vital organs – is a wonder beyond wonders. But the biggest wonder is – are we the human body or do we have a human body? What do we say? Don't we say, "This is my hand?" We say, "I have two eyes to see, and my heart is beating fast." No doubt we have hands, a head, and a heart, but who are we? Who is that talking about having this body? Who is saying that these are my hands, my eyes, and my heart?

We have a house but we are not the house just as we have a car that we drive but we are not the car. Our beautiful clothes belong to us but we never mistake ourselves to be the clothes that we wear. Then why do you and I think that we are the human body? We easily look at a picture of ourselves and say, "This is me." Don't we all identify ourselves as the body? It is unfortunate that we mistake ourselves for the body that we wear. We don't realize that we are the ones who wear the body. Those who consider this for the first time would be shocked. But the truth is we are not the body that we always thought we were.

Surely we are not the Human Body

You see me wearing a shirt and you say, "It's a lovely shirt." But I say, "Where is the shirt? What shirt are you talking about?" You say, "You are wearing this amazing pure white Calvin Klein shirt and it looks so good!" And I say, "You seem to see a beautiful shirt, but I don't. These are just amazing threads that have been woven together to appear as the shirt." Now, is my paradigm of the shirt wrong? No. Is your paradigm wrong? No. Although you know that the shirt is not a shirt but intricately woven threads, you permit your ignorance to veil the truth and see it as a shirt. Why is it that you cannot see the threads that lie further beyond the shirt? There is no doubt that the shirt is made up of threads and is actually nothing but threads. But due to our ignorance, a kind of cosmic illusion, we fail to recognize the true nature of things beyond a certain point.

Let us analyze how this body came into existence. It was conceived when two cells, male and female, fused after copulation. It was just a tiny zygote barely visible to the human eye. The zygote grew into an embryo, and then an infant that was finally delivered to planet earth.

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