



IS GOD REAL?

KARMA • SOUL • GOD



NOTHING IS RANDOM.
EVERYTHING IS ACCOUNTED.

— BK DR. SURENDER SHARMA —

IS GOD REAL?

*From Belief to Experience:
A Spiritual Exploration*



BK Dr. SURENDER SHARMA
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DISCLAIMER

This book presents spiritual understanding based on Rajyoga philosophy and personal realization.

Its purpose is educational and spiritual self-understanding.

The author respects all religions, faiths, and philosophical traditions.

Readers are encouraged to reflect, experience, and understand through their own awareness and spiritual practice.

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PREFACE

Om Shanti

This book is not written to make you believe something. It is written to help you understand, because belief can be borrowed, but understanding must be realized.

In today's world, we are surrounded by information. We read more, we hear more, and we know more than ever before. Yet, in spite of all this knowledge, a quiet restlessness continues within.

Questions arise:

Who am I?

Is there a God?

Why is there suffering?

Is life random, or is there a deeper order behind everything?

From childhood, most of us are given answers. We are told what to believe, and we are taught what is right and wrong. But very rarely are we encouraged to pause and ask: Is what I believe actually true?

This book begins from that point—not from belief, but from honest inquiry.

Its purpose is not to argue and not to impose conclusions. It is to guide you gently toward a deeper understanding of life, because spiritual truth cannot be forced. It cannot be proven like a formula, and it cannot be accepted through fear or pressure. It can only be understood and then experienced.

You may agree with some ideas in this book, and you may question others. That is perfectly fine. In fact, questioning is the beginning of clarity.

As you read, do not rush. Pause, reflect, and observe your own thoughts. Allow the ideas to settle within you, because the answers you are searching for are not outside—they are waiting to be realized within.

Truth is not something you believe. Truth is something you realize.

CHAPTER 1 – TRUTH IS NOT SOMETHING YOU BELIEVE. TRUTH IS SOMETHING YOU REALIZE.

“What if everything you believe is incomplete?”

Human history is filled with beliefs.

People have believed:

- **the Earth was flat**
- **the Sun revolved around the Earth**
- **suffering was punishment from angry gods**
- **identity was only physical**

But truth did not change because people believed differently.

Truth existed before belief.

Science progresses when assumptions are questioned.

Spirituality progresses when consciousness is questioned.

The greatest question is not:

“What do you believe?”

The greatest question is:

“What have you experienced?”

A thirsty person does not need belief in water.

He needs water itself.

Similarly, spiritual truth is not meant only for intellectual acceptance.

It is meant for realization.

Rajyoga teaches that the soul is not the body, but the conscious energy using the body.

Modern neuroscience can study brain activity, but awareness itself still remains one of science's greatest mysteries.

Who is aware of thoughts?

Who experiences emotions?

Who says:

“I am thinking”?

The body changes continuously.

Cells change.

Memories change.

Personality changes.

Yet the inner sense of “I” continues.

This unchanging observer is what spiritual knowledge calls the soul.

Murli point:

“Body changes, but the soul continues its journey.”

Every religion points toward realization:

- **Buddhism speaks of awakening.**
- **Christianity speaks of inner kingdom.**
- **Sufism speaks of direct experience of divine love.**

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- **Vedanta speaks of self-realization.**
- **Rajyoga speaks of soul consciousness.**

Truth begins where blind belief ends.

**Rajyoga is not based on fear.
It is based on awareness.**

**When the soul becomes silent,
inner clarity increases.**

**Then truth is not merely discussed —
it is experienced.**

Reflection

**Ask yourself:
Have I truly known myself,
or have I only accepted inherited beliefs?**

Because truth is not something you borrow.

Truth is something you realize.

**CHAPTER 2 – NOTHING IS RANDOM..
EVERYTHING IS ACCOUNTED.**

“What if every thought creates a future?”

Many people believe life is random.

Some say:

“Things just happen.”

But science itself shows that existence operates through laws.

Planets move according to laws.

Energy behaves according to laws.

Nature functions through laws.

Nothing in the universe appears without cause.

**If physical reality follows laws,
could human experience also follow laws?**

This is the foundation of karma philosophy.

Karma does not mean punishment.

Karma means consequence.

Every thought creates energy.

Every action creates impact.

Every intention leaves an imprint on consciousness.

**Modern psychology confirms that repeated thoughts shape
neural pathways.**

Habits create personality.

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Personality influences destiny.

Rajyoga goes deeper.

It says:

Thoughts are subtle energy.

Murli point:

“As are the thoughts, so becomes the destiny.”

**If anger is repeated,
anger becomes nature.**

**If peace is practiced,
peace becomes power.**

**Even modern physics teaches:
Energy cannot disappear.
It transforms.**

**Similarly,
spiritual philosophy says:
Actions do not disappear.
Their effects return.**

This explains many mysteries of life:

- **Why suffering differs**
- **Why talents differ**
- **Why attraction differs**
- **Why relationships feel karmically connected**

**Karma is not revenge.
It is spiritual accounting.**

This understanding removes hatred.

Instead of asking:

“Why is this happening to me?”

The soul begins asking:

“What am I learning through this?”

All religions contain traces of karmic law:

- **“You reap what you sow.”**
- **“As you do, so shall you receive.”**
- **“Every action has reaction.”**

Rajyoga teaches that karma can also be transformed.

How?

Through:

- **awareness**
- **elevated thoughts**
- **pure intentions**
- **remembrance of the Supreme Soul**

Because consciousness influences future karma.

Nothing is hidden in the subtle law of existence.

Nothing is random.

Everything is accounted.

CHAPTER 3 – GOD IS NOT A BELIEF. GOD IS AN EXPERIENCE.

“What if humanity has been searching for God in the wrong way?”

For thousands of years, humanity has searched for God.

Temples were built.

Religions were formed.

Scriptures were written.

Prayers were created.

Yet one question still remains:

If God exists,

why do so many people still feel disconnected, afraid, and spiritually empty?

Perhaps the problem is not the absence of God.

Perhaps the problem is the method of searching.

Most people inherit belief before understanding.

A child is usually taught:

“This is God.”

“This is religion.”

“This is truth.”

But inherited belief is not the same as realization.

A person can believe in light while still living in darkness.

**Similarly,
one can believe in God without ever experiencing divine peace,
love, or spiritual power.**

Rajyoga begins from a different point.

**It asks:
Before believing in God,
have you understood yourself?**

**Because unless the self is understood,
the Supreme cannot be understood.**

**Modern science studies matter,
but consciousness still remains one of its deepest mysteries.**

**Neuroscience can observe brain activity,
but it cannot fully explain:
Who experiences awareness?**

**Who feels peace?
Who experiences love?
Who says:
“I exist”?**

**Spirituality answers:
The experiencer is the soul.**

**The soul is conscious energy.
The body is its instrument.**

Once this becomes clear,

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another logical question arises:

**If individual conscious energy exists,
can there also be a Supreme Conscious Energy?**

Rajyoga says:

Yes.

That Supreme Conscious Being is God.

Not a human body.

Not a physical form.

Not imagination.

But a constant, eternal, incorporeal source of:

- peace**
- purity**
- wisdom**
- love**
- spiritual power**

Murli point:

“God is the Ocean of Peace, Love, Knowledge, and Purity.”

Every religion hints toward direct experience:

- Sufis speak of divine union.**
- Christian mystics speak of inner communion.**
- Buddhist meditators speak of awakening.**
- Vedanta speaks of realization of higher consciousness.**
- Rajyoga teaches soul-to-Supreme-Soul connection.**

The language differs.

The experience points toward the same direction.

God cannot be understood only through arguments.

Because some realities are experiential.

For example:

Love cannot be proven mathematically.

Peace cannot be measured physically.

Beauty cannot be explained completely through chemistry.

They must be experienced.

Similarly,

God is not merely an idea for intellectual debate.

God is a spiritual experience.

Rajyoga meditation is the practical method of this experience.

**When the mind becomes silent,
the noise of body-consciousness reduces.**

Fear decreases.

Anger weakens.

Inner stability increases.

And gradually,

the soul begins to experience a higher spiritual presence.

Not through imagination.

Not through blind belief.

But through conscious connection.

Murli point:

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“Remember the Father and become powerful.”

This remembrance is not ritual worship.

It is awareness.

The soul remembers:

“I am a peaceful soul.”

**Then it connects with the Supreme Soul —
the unlimited source of peace.**

**In this stage,
God is no longer distant.**

God becomes experienced as:

- **guidance in confusion**
- **peace in restlessness**
- **strength in weakness**
- **love without condition**
- **silence beyond words**

This is why true spirituality does not create fear.

It creates transformation.

**A person connected with divine consciousness naturally
becomes:**

- **more peaceful**
- **more stable**
- **less reactive**
- **more compassionate**
- **more responsible**

Because spiritual experience changes consciousness itself.

This is the difference between religion and realization.

Belief can divide people.

Experience transforms people.

One person may argue:

“God exists.”

Another may argue:

“God does not exist.”

But the one who experiences divine peace no longer argues.

Because experience brings certainty.

**Just as the sun does not need belief to exist,
truth does not depend on acceptance.**

The Supreme exists whether humanity recognizes Him or not.

The real question is not:

“Does God exist?”

The real question is:

“Have I experienced that connection?”

Because God is not a belief.

God is an experience.

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**And once experienced,
life is never seen in the same way again.**

**CHAPTER 4 – BELIEF CAN DIVIDE PEOPLE.
EXPERIENCE TRANSFORMS PEOPLE.**

“What happens when spirituality becomes experience instead of argument?”

Throughout history, humanity has created countless beliefs.

**Different religions,
different traditions,
different rituals,
different philosophies.**

Every group believes its understanding is correct.

**But when belief becomes rigid,
division begins.**

**One person says:
“My religion is true.”**

**Another says:
“My path is superior.”**

Then argument starts.

**Conflict begins not because truth is different,
but because interpretations become different.**

Belief itself is not the problem.

Blind attachment to belief creates the problem.

**A person may strongly believe in peace,
yet remain angry internally.**

A person may speak about God,

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yet still feel fear, jealousy, insecurity, or emptiness.

Why?

Because borrowed belief is not the same as spiritual realization.

Rajyoga understanding says:

Truth must become experience.

**When peace is experienced,
the need to argue reduces.**

**When soul-consciousness develops,
hatred reduces.**

**When divine love is experienced,
division begins to disappear.**

Experience transforms consciousness directly.

For example:

**A hungry person does not need belief in food.
He needs actual nourishment.**

**Similarly,
the soul does not need only philosophical discussion about God.**

The soul needs spiritual experience.

This is why all great spiritual traditions ultimately point toward realization:

- **Buddhism speaks of awakening.**
- **Sufism speaks of divine experience.**
- **Christianity speaks of inner communion.**
- **Vedanta speaks of self-realization.**
- **Rajyoga teaches soul-to-Supreme-Soul connection.**

**The language differs,
but the direction is similar:
experience over blind belief.**

Murli point:

“Knowledge should become realization.”

**When spirituality remains only intellectual,
ego can enter.**

**Then people begin defending beliefs instead of transforming the
self.**

But genuine spiritual experience creates humility.

**A person who experiences peace naturally becomes peaceful
toward others.**

**A person who experiences soul-consciousness naturally respects
all souls.**

This is why true spirituality cannot create hatred.

**Truth does not need violence.
Truth does not need fear.
Truth does not need force.**

Truth becomes self-evident through realization.

Rajyoga does not ask the soul to blindly accept.

It encourages:

- understanding**
- reflection**
- self-awareness**
- spiritual experience**

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Because transformation happens only through realization.

Belief may influence the mind temporarily.

Experience changes consciousness permanently.

This is why spiritual experience is more powerful than argument.

Because belief can divide people.

But experience transforms people.

CHAPTER 5 – THE QUESTION THAT NEVER ENDS

In every human life, there comes a moment when questions begin to arise. These questions do not come from outside; they come from within. They are quiet at first, but over time, they become stronger.

We are taught many things as we grow up. We are told what is right and what is wrong. We are given beliefs, traditions, and explanations about life. We accept them without questioning, because that is how we are conditioned.

But at some point, something begins to feel incomplete.

Even in the middle of success, comfort, and knowledge, a subtle restlessness remains. There is a feeling that something is missing, something that has not yet been understood.

This is where the real journey begins.

We begin to ask questions that are deeper than information. Questions that cannot be answered by logic alone.

Who am I?

Why am I here?

Is there a God?

If there is a God, what is His role?

Why is there happiness in one place and suffering in another?

Is life random, or is there a deeper system behind everything?

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These questions are not new. They have existed in every age, in every culture, and in every human mind.

But the important point is not the question itself. The important point is whether we are ready to truly understand the answer.

Because belief can be borrowed.

We can believe what others say. We can follow traditions. We can accept explanations given by society.

But understanding cannot be borrowed.

Understanding must be realized.

It must come from clarity, from experience, and from inner awareness.

In today's world, we are surrounded by information. We read more, we hear more, and we know more than ever before. But knowing is not the same as understanding.

Information can fill the mind, but it does not always bring peace.

This is why, even with so much knowledge, the mind continues to search.

This search is not for more information.

It is for truth.

This book begins from that point.

Not from belief, but from honest inquiry.

Not from assumption, but from understanding.

The purpose of this book is not to argue or to prove anything.

It is not to impose conclusions.

It is to guide you gently toward a deeper understanding of life.

As you read, do not rush.

Pause.

Reflect.

Observe your own thoughts.

Allow the ideas to settle within you.

Because the truth is not something that is forced upon you.

It is something that you recognize within yourself.

And once recognized, it begins to transform the way you see everything.

This is where the journey begins.

Not outside—

but within.

CHAPTER 6 – WHAT DO WE MEAN BY GOD?

Before asking whether God exists, we must first understand what we mean when we use the word “God.” Without a clear definition, the question itself becomes confusing, and any answer will remain incomplete.

Different people imagine God in different ways. Some see God as a human-like figure, sitting somewhere above, watching and controlling everything. Others believe that God is a form of energy. Some consider God to be a concept created by the human mind, while others believe in multiple forms and representations.

Because of these different interpretations, confusion arises. When one person says “God exists” and another says “God does not exist,” they are often not even talking about the same thing. They are referring to different ideas, different images, and different understandings.

So, the first step is clarity.

God is not a human being, because a human being is limited. A human body has a beginning and an end. It is dependent on time, space, and circumstances. If God were like a human, then God would also be limited, and anything limited cannot be supreme.

God is also not just physical energy. Energy may have power, but it does not have awareness. It does not think, decide, or understand. But when we speak of God, we speak of a conscious being.

So, what is God?

To understand God, we must first understand ourselves.

If you observe your own experience, you will realize that you are aware. You think, you feel, and you make decisions. This awareness is not the body. The body is physical, but the one who experiences the body is something else.

That is the soul.

The soul is a point of conscious energy. It is the one who uses the body, just as a driver uses a vehicle. The body is visible, but the soul is invisible. The body changes, but the soul continues.

If there are many souls, then it is logical that there must be one Supreme Soul—a being who is never influenced, never weakened, and never forgets.

That Supreme Soul is God.

God is not born and does not take rebirth. God does not pass through different stages of purity and impurity. While souls change over time, God remains constant.

God is a point of pure, conscious light—the source of peace, love, knowledge, and power.

When this understanding becomes clear, confusion begins to disappear. We no longer imagine God in physical forms, and we no longer reject God as a mere idea.

Instead, we begin to understand God as a reality. This understanding creates a relationship.

If we are souls, and God is the Supreme Soul, then there is a natural connection between the two. A relationship of guidance, support, and understanding.

God is not a mystery to be feared. God is a reality to be understood. And once understood, that relationship begins to be experienced.

CHAPTER 7 – SCIENCE AND SPIRITUALITY

Science has transformed human life in remarkable ways. It has helped us understand the physical world, explore the universe, and develop technologies that have made life more comfortable and efficient. From medicine to communication, science has expanded human capability in ways that were once unimaginable.

Science explains how things work. It studies matter, energy, space, and time. It observes, measures, and analyzes. It relies on evidence and experimentation, and its strength lies in its ability to explain the external world with precision.

However, even with all its progress, science has limits.

Science can study the brain, but it cannot fully explain consciousness. It can observe electrical activity in the brain, but it cannot explain why awareness exists or where it comes from. It can describe the structure of the universe, but it cannot answer why the universe exists in the first place.

Science answers the question “how,” but it does not fully answer the question “why.”

For example, science can explain how the body functions, how cells divide, and how the heart beats. But it cannot explain why life exists or what gives life its meaning.

This is where spirituality begins.

Spirituality is not against science. It is not blind belief, and it is not imagination. It is the exploration of the inner world—the world of consciousness, identity, and purpose.

If science studies the external world, spirituality studies the internal reality.

One of the greatest mysteries even today is consciousness.

When a person dies, the body remains. The brain is still present. All physical components are there. Yet, something essential is missing.

That missing element is awareness.

This suggests that consciousness is not created by the body. It is something that uses the body.

Spiritual understanding explains this clearly.

The body is an instrument, and the soul is the user.

The brain is a medium, but consciousness belongs to the soul.

This is why, when the soul leaves the body, the body becomes inactive.

Understanding this brings a deeper clarity.

Science explains structure, but spirituality explains purpose.

Science explains the mechanics of life, but spirituality explains the meaning of life.

Science gives comfort, but spirituality gives direction.

Both are important.

If we rely only on science, we may understand the world but not ourselves. If we rely only on belief without understanding, we may lose clarity.

The balance is necessary.

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When science and spirituality are understood together, a more complete picture emerges.

We begin to see that life is not random. We begin to understand that consciousness has a source, and that source must be beyond the physical world.

This leads us back to a deeper question:

If consciousness exists, what is its origin?

If the soul exists, what is its source?

And this brings us closer to understanding the Supreme.

**Not through belief,
but through clarity.**

CHAPTER 8 – WHO AM I? BODY OR SOUL?

Before we try to understand God, we must first understand ourselves. Because without knowing who we are, it is not possible to understand the Supreme.

Most people believe that they are the body. This belief is so deep that it rarely gets questioned. From childhood, we identify ourselves with the body—its name, its appearance, its roles, and its relationships.

But if we observe carefully, a simple question arises.

When we say “my body,” who is the one saying “my”?

If the body is “mine,” then it means I am different from the body.

In the same way, we say “my mind,” “my thoughts,” and “my feelings.” This clearly indicates that the one who is aware of all these is separate from them.

That awareness is the self.

That self is the soul.

The body is visible, physical, and temporary. It is made of matter and is limited by time. It is born, it grows, and eventually it perishes.

But the one who is aware of the body—the one who thinks, feels, decides, and experiences—is invisible.

That is the soul.

The soul is a point of conscious energy. It is not physical, yet it is the source of all experience. It is the one who uses the body as an instrument, just as a driver uses a vehicle.

When the driver is present, the vehicle moves. When the driver leaves, the vehicle becomes inactive.

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In the same way, when the soul leaves the body, the body cannot function.

This shows that life is not in the body. Life is in the soul.

Another important understanding is that the body changes, but the soul continues.

From childhood to old age, the body changes many times. Even within one lifetime, the body is not the same. Yet, the sense of “I” remains continuous.

That “I” is not the body.

That “I” is the soul.

The soul carries its impressions, habits, and experiences from one birth to another. These impressions are known as sanskars. They shape the personality and influence behavior.

This is why people are different from each other, even if they are born in similar conditions.

The greatest mistake we make is identifying ourselves as the body.

This body-consciousness leads to fear, attachment, ego, and insecurity.

We become affected by praise and criticism. We react quickly. We feel disturbed by situations and by the behavior of others.

But when we begin to understand and experience that “I am a soul,” something changes.

We become more stable.

We become more aware.

We begin to observe rather than react.

If someone speaks harshly, a body-conscious person reacts immediately. But a soul-conscious person pauses, understands, and responds with awareness.

This awareness brings peace.

It brings clarity.

It brings strength.

Self-realization is not just an idea. It is the foundation of all spiritual understanding.

Without knowing the self, we cannot understand the Supreme.

And once we begin to experience the self as a soul, the next step becomes natural.

We begin to understand the connection between the soul and the Supreme Soul.

And that is where deeper understanding begins.

CHAPTER 9 – THE LAW OF KARMA – PERFECT JUSTICE

One of the most important questions in life is: If God exists, why is there suffering? Why do some people experience happiness while others go through pain? The answer does not lie in luck, fate, or randomness. The answer lies in the law of karma.

Karma is not a belief; it is a precise and unchanging law of cause and effect. Every thought, every word, and every action creates a result. Nothing is lost. Nothing is ignored. Everything is recorded, and everything returns.

Every soul has a karmic account with other souls. This means that every interaction we experience in life is part of a larger balance. We do not meet anyone randomly. We meet only those souls with whom we have something to settle. Every relationship—whether of love, friendship, conflict, or pain—is part of this account.

Each soul is responsible for its own karmic balance. No one else can settle it, and no one can interfere in it. This is why true justice exists in this system. It is not dependent on time, situation, or human judgment. It depends only on balance.

A very important point to understand is that happiness and sorrow cannot cancel each other. If a soul gives happiness, that happiness must return. If it gives sorrow, that sorrow must also return. Both are separate and must be experienced independently.

For example, if I give someone four units of happiness and two units of sorrow, the two cannot be subtracted from the four. I will have to receive four units of happiness and two units of sorrow separately. Not less, not more—exactly equal. This is perfect justice.

If happiness and sorrow could cancel each other, then justice would not exist. Because the experience of happiness is not the same as the experience of sorrow. Both must be lived fully, and both must return exactly.

Another important truth is that the same souls meet again in different roles. Bodies change, names change, and situations change, but the souls remain the same. The accounts remain the same.

Today, someone may be close to me, and tomorrow the same soul may appear in a different role. But the connection remains, because the karmic account remains.

The account is with the soul, not with the body. The body changes like clothes, but the soul carries its record. Just as changing clothes does not cancel a debt, changing the body does not cancel karma.

Karma does not always return immediately. It may take time. It may take multiple births. But when it returns, it is exact.

God does not interfere in this system. God does not punish, forgive, or cancel karmic accounts. If God were to interfere, justice would be disturbed. The system would become unfair.

God's role is to give knowledge, to explain the law, and to show the path. But the action and the result belong to the soul.

When this understanding develops, something changes within us. Blame begins to end. Complaints begin to reduce. Responsibility begins to grow.

We begin to understand that whatever we are experiencing today is not random. It is the result of our own past actions. There is no injustice in this world. There is only unseen karma. Nothing is random. Everything is accounted. And every account must be settled.

CHAPTER 10 – WHY SUFFERING EXISTS – THE CONTINUOUS LAW OF JUSTICE

If God exists, why is there suffering? This question has troubled human beings for centuries. At a surface level, suffering appears unfair. We see people facing pain, loss, and difficulty, and it often seems that life is unequal. But to understand suffering, we must first understand two important things: the difference between the life of the body and the life of the soul, and the continuity of the law of karma.

The body has a limited lifespan. It begins when the soul enters it and ends when the soul leaves it. But the soul does not begin and end with one body. The soul has a much longer journey. It comes from the Supreme Abode, takes multiple births, and continues its journey across time.

According to spiritual understanding, the entire world cycle is 5000 years. Within this cycle, everything appears new. Nothing repeats within the same cycle. But after 5000 years, the same cycle repeats again in the same sequence. This means that life is not random; it is part of a perfectly ordered and repeating drama.

To understand suffering, we must understand justice. God does not sit somewhere deciding who should suffer and who should not. Justice is not imposed from outside. Justice is built into the system of karma itself.

At every moment, every soul is doing two things simultaneously: settling past karma and creating new karma. This is the continuous law of justice.

Every action has two directions. One part of the action settles an old karmic account, and the other part creates a new account.

Because of this, the system of karma never stops. It is always active.

For example, suppose at the beginning of the cycle, one soul gives sorrow to another. That action is recorded. Later, perhaps in the middle of the cycle, the second soul gives sorrow back to the first. At that moment, the previous account is settled. But at the same time, a new account is created.

Now this new account will also have to be settled. In the next cycle, when the same moment arrives again, the roles will reverse once more. What was created earlier will now be settled, and again, a new account will begin.

In this way, karmic accounts are not only settled—they are continuously created. This is why the system is perfectly balanced at all times. This is why justice is always taking place.

From a limited view, it may appear that something is unjust. But from a complete view, every experience is part of a larger balance that is continuously being maintained.

This is why suffering exists. It is not given by God as punishment. It is the result of past actions being returned in exact measure.

Time may change. Situations may change. The roles we play may change. But the balance of karma does not change. What has been created must be settled.

Understanding this changes our perspective completely. Instead of asking, “Why is this happening to me?” we begin to understand that this is part of a process that I am already involved in.

At the same time, we become aware that what we are doing now is also creating future experiences. The way we think, speak, and act in the present moment is shaping what we will experience later.

IS GOD REAL?

This brings responsibility.

We realize that we are not victims of life. We are participants in a continuous system of cause and effect.

God does not interfere in this system. God does not punish, forgive, or change the results of actions. If interference were to happen, the balance would be disturbed, and justice would no longer exist.

God's role is to give knowledge, to make us aware of the system, and to guide us toward right understanding. But the actions and their results remain with the soul.

When this understanding becomes clear, something shifts within us. Complaints begin to reduce. Blame begins to end. Awareness begins to grow.

We begin to see that every moment is meaningful.

Every experience has a reason.

Every interaction is part of a larger balance.

There is no injustice in this world.

There is only a continuous law of karma.

Nothing is random.

Everything is accounted.

And at every moment, justice is taking place.

CHAPTER 11 – THE ROLE OF THE SUPREME SOUL

To understand God clearly, we must understand the difference between the soul and the Supreme Soul. Both are conscious, both are non-physical, and both are points of living energy. Yet, their roles are completely different.

We, the souls, take bodies. We enter a body, perform actions, create karma, and then leave the body. We pass through different stages of purity and impurity. We forget, we learn, we change, and we are influenced by our experiences.

The Supreme Soul is not like this.

The Supreme Soul never takes birth in the way we do. He does not enter the cycle of birth and rebirth. He has no physical parents, no teacher, and no guru. Yet, He is called the Father, the Mother, the Teacher, and the true Guru of all souls.

This may seem difficult to understand at first, but it becomes clear when we recognize the difference in roles.

We, the souls, are actors in the drama of life.

The Supreme Soul is not an actor in the same sense. He does not come into the cycle again and again. He remains beyond the cycle, in a constant state of purity, awareness, and completeness.

Because He is always complete, He never forgets.

Because He never forgets, He never becomes impure.

Because He never becomes impure, He does not require purification.

This is why He is called the Supreme.

The next question is: if the Supreme Soul does not take birth, when and how does He come into the world?

IS GOD REAL?

The answer is precise.

The Supreme Soul comes only once in the entire cycle.

He comes at a very specific time—when the world has reached its lowest stage, when purity has declined, and when all souls have become tamopradhan, filled with sorrow, confusion, and weakness.

At that time, every soul is searching.

Searching for peace.

Searching for truth.

Searching for meaning.

This is the moment when the Supreme Soul plays His role.

He does not take a physical birth like ordinary souls. Instead, He works through a medium to communicate knowledge. Through this medium, He reveals the truth.

This period is known as the Confluence Age—the meeting point between the old world and the new world.

At this time, all souls are present on Earth, and the new cycle is about to begin.

The role of the Supreme Soul is not to control the world, not to interfere in karma, and not to change the results of actions.

His role is to give knowledge.

He reminds souls of their true identity: “You are not the body. You are the soul.”

He explains the law of karma, the cycle of time, and the purpose of human life.

He gives a clear understanding of why suffering exists and how it can be overcome—not by changing external situations, but by transforming the self.

Most importantly, He teaches the method of Rajyoga.

Rajyoga is not a ritual. It is not a physical practice. It is the method of connection between the soul and the Supreme Soul.

Through this connection, the soul experiences its original qualities—peace, love, purity, and power.

The Supreme Soul forms all relationships with the soul. He becomes the Father, giving love and security. He becomes the Mother, giving care and nourishment. He becomes the Teacher, giving knowledge and clarity. He becomes the Guru, guiding the soul toward liberation.

This is not imagination. This is experience.

When the soul begins to connect with the Supreme Soul, something changes within. Fear begins to reduce. Confusion begins to disappear. Weakness begins to transform into strength.

The soul no longer feels alone.

It begins to experience a constant source of support.

At this stage, the search for God begins to end.

Because what was once a belief becomes an experience.

This is why, at this time, many souls begin to search for God more intensely. The search increases because the Supreme Soul has already arrived.

He is not far away.

He is present, giving knowledge, guiding souls, and preparing them for a new beginning.

However, not everyone recognizes Him.

IS GOD REAL?

Only those who develop awareness, who understand the knowledge, and who experience the connection are able to recognize the Supreme Soul.

The role of the Supreme Soul is not to interfere, control, or judge.

His role is to awaken.

To remind.

To guide.

To transform.

He comes when the world is at its lowest, and through knowledge and connection, He prepares souls for a new cycle of purity and peace.

This is His role.

And understanding this role brings clarity, stability, and direction to life.

CHAPTER 12 – WHY DO WE MEET CERTAIN PEOPLE? – THE LAW OF KARMIC CONNECTION

In life, certain questions arise again and again. Why was I born in this particular family? Why did I meet this person? Why did someone hurt me? Why do some people suffer greatly while others seem protected? Why do some people come close to us instantly, while others create discomfort without any clear reason?

At first, these questions appear different. But in reality, they all point to a single answer—the law of karmic account.

Every soul has a karmic account with other souls. This means that every interaction we experience in life is part of an ongoing exchange. We do not meet anyone randomly. We come into contact only with those souls with whom we have some past connection—some account that needs to be settled.

This is why we are born into a particular family. These are not random people. These are the souls with whom we have the deepest karmic connections. Relationships of parents, siblings, partners, and children are not accidental; they are part of a precise arrangement of past actions.

The same principle applies to every person we meet in life. Friends, colleagues, neighbors, and even strangers who affect us in some way are connected through karma. Even those who hurt us or oppose us are not outside this system. They too are part of the same network of karmic exchange.

A very subtle and important point is that even seeing someone is part of karma. The way we look at someone—whether with respect, love, anger, or negativity—creates an exchange. Vision itself becomes action. And every action becomes part of the account.

IS GOD REAL?

This means that karma is not limited to physical actions alone. Thoughts, intentions, and even attitudes are included in the system.

Now consider situations that appear extreme. For example, when an incident affects many people at once—such as violence or disaster—some people lose their lives, while others survive. At a surface level, this appears unfair. But at a deeper level, it reflects individual karmic accounts.

Each soul has its own balance. No two souls have exactly the same karmic record. This is why even in the same situation, experiences differ.

One person may suffer more, another less, and another may remain almost unaffected. This difference is not due to chance. It is due to the exact measure of karma associated with each soul.

Another important understanding is that situations may change, but the account does not change. The roles we play may be different, the people around us may appear different, and the circumstances may shift—but the underlying balance remains the same.

The amount of happiness and sorrow that a soul has to experience is fixed based on its own actions. It cannot be increased or decreased. It can only be experienced.

The medium through which it comes may change. The person through whom it comes may change. But the experience itself remains exact.

This is why sometimes we feel that something should not have happened to us. But when we understand karma, we realize that what is happening is not new. It is the return of something that has already been created.

This understanding changes our perspective completely.

We stop blaming others.

We stop asking, “Why me?”

Instead, we begin to understand, “This is part of my karmic account.”

At the same time, a deeper awareness develops. We realize that while we are settling past accounts, we are also creating new ones.

Every thought, every reaction, every response we give in the present moment is shaping our future experience.

This leads to a very important shift in thinking.

The question is no longer, “Why did this happen?”

The question becomes, “What am I doing now?”

Because what we do now will return later.

This awareness brings responsibility. It brings stability. It brings clarity in relationships.

We begin to respond with understanding rather than reaction.

We begin to act with awareness rather than impulse.

And gradually, the quality of our karma begins to change.

Life begins to feel more meaningful.

Relationships begin to feel more understandable.

And the sense of randomness begins to disappear.

There is no accidental meeting in life. There is no meaningless relationship. There is no random experience.

Everything is connected. Everything is precise. Everything is accounted. And every soul meets exactly those souls with whom it has a karmic connection.

IS GOD REAL?

CHAPTER 13 – THE TRUE PATH – FROM KNOWLEDGE TO PRACTICE

Up to this point, we have explored some of the most important questions of life. We have tried to understand who we are, what God is, how karma works, and why life unfolds the way it does. But understanding alone is not enough. The real purpose of knowledge is not just to be understood—it is to be lived.

This is where the true path begins.

You have now understood that you are not the body, but the soul. You have also understood that God is the Supreme Soul—pure, constant, and beyond the cycle of birth and rebirth. But the question now is: what should be done with this understanding?

Knowledge must become experience, and experience must become a way of living.

This knowledge is not created by human beings. It is not a philosophy developed through time, and it is not something that can be taught by ordinary teachers. According to spiritual understanding, this knowledge is given directly by the Supreme Soul Himself.

This is what makes it unique.

Rajyoga is the method through which this knowledge is practiced. It is not a ritual, not a physical exercise, and not a tradition that requires external actions. It is a process of awareness and connection.

In Rajyoga, the soul connects directly with the Supreme Soul.

There is no need for rituals, ceremonies, or formal practices. There is no need to adopt a human guru, no need for initiation,

and no need for external symbols. Even prayer, as commonly understood, is not required.

The relationship with God is direct.

Just as a child naturally connects with the father, the soul can directly connect with the Supreme Soul. A child does not perform rituals to speak to the father. The child simply connects, learns, and experiences.

In the same way, the soul does not need to worship God. It needs to understand and connect.

Rajyoga is the method of aligning the mind, the intellect, and the sanskars with the guidance of the Supreme Soul. The mind learns to think in the right direction. The intellect learns to make accurate decisions. The sanskars begin to transform.

This transformation is not forced. It happens naturally when the connection becomes stable.

The aim of this path is very simple, yet very powerful.

The soul should neither give sorrow nor take sorrow.

Instead, the soul should give happiness and receive happiness.

This principle may appear simple, but it is deeply practical. Every action we perform creates a return. What we give is what we receive.

If we want peace, we must give peace.

If we want respect, we must give respect.

**If we want happiness, we must give happiness.
This is the practical application of spiritual knowledge.**

IS GOD REAL?

At every moment, we have a choice. We can react based on past habits, or we can respond with awareness. When we respond with awareness, we begin to create elevated karma.

This gradually changes our experiences.

To maintain this awareness, regular study is necessary.

The Supreme Soul is not distant. He is the eternal Teacher. Through knowledge, He continues to guide the soul. Just as a student learns daily from a teacher, the soul must learn regularly from the Supreme Soul.

He is the Father, and we are His children.

A child does not worship the father. A child learns from the father.

In the same way, the soul does not need rituals or chanting. It needs understanding, awareness, and connection.

As this practice deepens, something changes within.

Thoughts become pure.

Reactions become calm.

Decisions become clear.

The mind becomes stable.

And gradually, the soul begins to experience its original qualities—peace, purity, love, and power.

At this stage, God is no longer just an idea.

God becomes an experience.

A silent presence.

A source of strength.

A constant connection.

This is the transformation.

From knowledge...

to experience...

and from experience...

to a new way of living.

This is the true path.

**And this is how the journey that began with a question
ends in realization.**

IS GOD REAL?

FREQUENTLY ASKED QUESTIONS

Understanding

Soul,

Karma,

and

God

F.A.Q 1. IF GOD EXISTS, WHY IS THERE SUFFERING?

Suffering is not random punishment given by God.

According to spiritual understanding, every action creates a result. This is the law of karma. Thoughts, words, and actions create experiences that eventually return to the soul.

God does not create suffering. God gives knowledge, guidance, and spiritual strength. The results of actions belong to the soul itself.

Understanding karma changes the question from:

“Why is this happening to me?”

to:

“What can I learn through this experience?”

IS GOD REAL?

F.A.Q 2. IF THE SOUL EXISTS, WHY CAN'T WE SEE IT?

Many important realities cannot be seen directly.

We cannot see thoughts, emotions, love, or consciousness physically, yet we experience them.

The soul is conscious energy. It is not physical matter, so it cannot be seen through ordinary physical senses.

The body is visible.

The experiencer inside the body is invisible.

That experiencer is the soul.

F.A.Q 3. DOES GOD TAKE HUMAN BIRTH?

According to Rajyoga understanding, God is the Supreme Soul — incorporeal, eternal, and beyond the cycle of birth and rebirth.

God does not take birth like ordinary human souls.

However, at specific times, the Supreme Soul works through a human medium to give spiritual knowledge and guidance to humanity.

IS GOD REAL?

F.A.Q 4. IF EVERYTHING IS KARMA, DO WE STILL HAVE FREE WILL?

According to spiritual understanding, the world drama is eternally accurate and repeats identically every 5000 years.

Every soul has a fixed part within this eternal drama. The entire cycle repeats exactly as it happened before. Nothing is accidental, and nothing exists outside the drama.

Then a question naturally arises:

“If the drama is fixed, can anything really change?”

The answer is:

The drama itself does not change.

However, within the drama, every soul experiences effort, decision, confusion, success, and transformation as part of its already recorded role.

Every soul is self-recorded.

The soul carries its own recording capacity within the eternal cycle. Some parts of the soul’s role may last for a short period,

while the complete role of every soul exists within the 5000-year cycle.

The drama repeats.

The karmic accounts repeat.

The experiences repeat.

Yet every cycle, the soul feels:

“I am acting for the first time.”

This happens because the soul does not remember its complete recorded role while performing it.

Just as an actor performs naturally without seeing the entire script at once, the soul experiences life moment by moment.

This creates the feeling of choice and effort.

In reality:

- **making effort is fixed**
- **not making effort is also fixed**
- **understanding knowledge is fixed**
- **forgetting knowledge is fixed**

IS GOD REAL?

Everything unfolds according to the eternal drama.

But because the next moment is unknown to the soul, life continues to feel new and meaningful.

The karmic accounts of souls and the drama itself are deeply connected. Karma is not outside the drama; karma functions within it.

Understanding this brings stability.

We stop fighting life.

We stop asking:

“Why is this happening?”

Instead, we begin to understand:

“This is my part within the eternal drama.”

This understanding does not create laziness.

It creates acceptance, awareness, and peace.

F.A.Q 5. CAN PRAYER CHANGE KARMA?

The eternal drama operates with complete precision.

Karma does not change because of emotional requests, fear, or prayer alone.

If karmic law could be changed through request or emotional appeal, the accuracy of the drama would be disturbed.

Then justice would no longer remain exact.

Prayer itself does not cancel karmic accounts.

What truly transforms the soul is spiritual knowledge and self-transformation.

According to Rajyoga understanding:

The soul must understand itself, recognize its weaknesses, and consciously transform its thoughts, sanskars, and actions.

Only through this inner transformation does the soul become filled with virtues such as:

- peace
- love
- wisdom
- purity
- stability

The Supreme Soul does not remove karma by interference.

IS GOD REAL?

The Supreme Soul gives:

- knowledge
- awareness
- direction
- spiritual power

Then the soul transforms itself through understanding and practice.

This is why Rajyoga is not based on blind prayer.

It is based on:

- awareness
- self-realization
- soul-consciousness
- connection with the Supreme Soul

Murli point:

“Knowledge is the seed of transformation.”

Real spiritual progress happens not through asking God to change destiny,

but through changing the self.

F.A.Q 6. IF GOD EXISTS, WHY DOESN'T HE FIX EVERYTHING DIRECTLY?

If God interfered in every karmic result, justice would disappear.

The universe functions through spiritual laws, just as the physical world functions through natural laws.

God's role is not to interfere in karma, but:

- to awaken souls**
- to give knowledge**
- to guide humanity toward transformation**

IS GOD REAL?

F.A.Q 7. IS SPIRITUALITY AGAINST SCIENCE?

No.

Science studies the external world.

Spirituality studies the internal world.

Science explores matter, energy, space, and time.

Spirituality explores consciousness, identity, purpose, and awareness.

Both become more meaningful when understood together.

F.A.Q 8. WHAT HAPPENS AFTER DEATH?

Death is not the end of the soul.

The body changes, but the soul continues its journey.

The soul carries:

- **impressions**
- **sanskars**
- **karmic accounts**
- **tendencies**

from one birth to another.

Death is the changing of the body, not the destruction of consciousness.

IS GOD REAL?

F.A.Q 9. IS MEDITATION IMAGINATION?

True meditation is not imagination.

Rajyoga meditation is awareness.

The soul learns to withdraw attention from body-consciousness and experience its original qualities:

- **peace**
- **purity**
- **stability**
- **inner silence**

Meditation becomes experience, not fantasy.

F.A.Q 10. DO DIFFERENT RELIGIONS BELIEVE IN DIFFERENT GODS?

Human beings may use different names, languages, symbols, and religious traditions, but the Supreme Soul is One.

The path to truly experience and recognize the Supreme Soul is also ultimately One.

According to Rajyoga understanding, God Himself comes at the Confluence Age and gives spiritual knowledge directly to souls.

This knowledge is not created by human beings.

It is revealed by the Supreme Soul.

True meeting with God does not mean physical seeing or ritual worship.

The real meeting is:

- **God gives knowledge**
- **the soul receives and understands that knowledge**

This exchange itself becomes the meeting between the soul and the Supreme Soul.

IS GOD REAL?

The Supreme Soul Himself explains:

- **who we are**
- **what karma is**
- **how the cycle of time works**
- **how souls can reconnect with Him**

Therefore, the true path to God is not created by human imagination.

The path is the one revealed by the Supreme Soul Himself.

Different religions may describe spiritual experience differently, but the Supreme Soul remains One, and the method of true realization comes from the knowledge given directly by Him.

F.A.Q 11. IF LIFE IS PREDESTINED, WHY SHOULD WE MAKE EFFORT?

According to spiritual understanding, both the Supreme Soul and all souls carry the complete recording of the 5000-year world drama.

Every soul is self-recorded.

The role of each soul is already fixed within the eternal cycle. The drama repeats identically after every 5000 years.

Yet during every cycle, souls feel:

“I am acting for the first time.”

Why?

Because while performing the role, the soul does not remember the complete recording.

The next second remains unknown to the soul.

This creates natural experience, effort, emotion, and learning within the drama.

IS GOD REAL?

Even the thought:

“I should make spiritual effort”

is itself part of the already fixed drama.

And the thought:

“I should not make effort”

is also fixed.

Nothing happens outside the drama.

However, because the soul does not know the future while acting, effort continues naturally.

This is why spiritual effort still feels meaningful.

The drama does not become meaningless simply because it is fixed.

A movie remains meaningful to the audience even when the entire script already exists.

Similarly, the eternal drama continues with complete accuracy, while souls experience it naturally moment by moment.

Understanding this removes fear and anxiety.

The soul realizes:

Nothing is random.

Nothing is outside the drama.

Everything is already recorded.

And every soul is playing its eternal part exactly.

IS GOD REAL?

F.A.Q 12. DOES KARMA RETURN IMMEDIATELY?

**Sometimes karma returns quickly.
Sometimes it returns after years.
Sometimes across births.**

Just because a result is delayed does not mean it disappears.

Every action leaves an imprint in consciousness.

Eventually, every karmic account returns in exact measure.

F.A.Q 13. WHY DO GOOD PEOPLE ALSO SUFFER?

At a surface level, it sometimes appears that good people suffer while others seem comfortable or protected.

This creates confusion and raises an important question:

“If someone is good, why do they still experience pain?”

According to spiritual understanding, the world drama is filled with perfect justice.

Every action within the drama is connected with karmic balance.

No soul receives less.

No soul receives more.

Every soul must settle its karmic account completely and accurately.

Human beings usually judge only the visible present moment. We see someone behaving kindly now, and we assume their entire karmic history is also the same.

IS GOD REAL?

But the journey of the soul is much larger than one present situation or one lifetime.

Every soul carries:

- **past actions**
- **sanskars**
- **karmic accounts**
- **experiences accumulated across time**

This is why present behavior alone cannot explain every experience immediately.

A soul may currently be creating elevated karma and still be settling older karmic accounts simultaneously.

This is the continuous law of justice.

At every moment:

- **one karmic account is being settled**
- **another karmic account is being created**

The drama remains perfectly balanced.

No experience is meaningless.

No suffering is random.

Every interaction carries exact karmic accuracy.

This understanding changes our perspective completely.

Instead of asking:

“Why is this happening to good people?”

We begin to understand:

“Every soul is settling its own karmic account with complete justice.”

The world drama does not operate through favoritism, emotional judgment, or random luck.

It operates through exact spiritual law.

This understanding reduces blame, anger, and complaint.

The soul begins to accept life with greater awareness and stability.

Because ultimately:

IS GOD REAL?

Every soul must balance its karmic account completely before moving forward in the eternal drama.

Nothing is unjust.

Everything is accounted.

F.A.Q 14. CAN GOD REALLY BE EXPERIENCED?

Yes.

God is not experienced through fear or blind belief.

The experience develops through:

- silence**
- soul-consciousness**
- inner purity**
- Rajyoga meditation**
- connection with the Supreme Soul**

As the mind becomes peaceful and stable, the soul begins to experience divine qualities such as peace, love, strength, and guidance.

IS GOD REAL?

F.A.Q 15. WHERE SHOULD I BEGIN?

Begin with self-awareness.

Pause daily.

Observe your thoughts.

Practice silence.

Remember:

“I am a peaceful soul.”

Then gradually learn to connect the mind with the Supreme Soul through Rajyoga meditation.

**Spiritual understanding begins not outside—
but within.**

Om Shanti.

**REAL-LIFE
TRANSFORMATION
STORIES**

IS GOD REAL?

STORY 1 – FROM STRESS TO PEACE

Rohit was successful by worldly standards.

He had a stable job, a family, and financial security. But internally, he was constantly disturbed. His mind never stopped thinking. Even while sitting at home, his thoughts remained trapped in work pressure, future worries, and fear of failure.

At night, he could not sleep peacefully.

His body became tired, but the mind continued running.

**Doctors advised rest.
Friends suggested entertainment.
Some people advised vacations.**

**Temporary relief came,
but inner peace never stayed.**

One day, during a difficult phase of life, Rohit attended a Rajyoga meditation class at a nearby service center of Prajapita Brahma Kumaris Ishwariya Vishwavidyalaya.

There he heard a simple sentence:

**“You are not the body.
You are the soul.”**

**At first, it sounded philosophical.
But gradually, he began to reflect deeply.**

For years, he had lived completely in body-consciousness:

- pressure**
- comparison**

- competition
- fear of losing status

His mind had forgotten silence.

He slowly began practicing soul-consciousness daily.

Every morning, he sat quietly for a few minutes and practiced the awareness:

“I am a peaceful soul.”

Gradually, something began to change.

The speed of thoughts reduced.

Reactions reduced.

Fear reduced.

Situations outside remained similar,
but his inner response changed completely.

For the first time in many years,
he experienced peace without depending on external
conditions.

Then he understood:

Peace is not created outside.

Peace is the original nature of the soul.

Stress was not removed by changing the world.

Stress reduced when consciousness changed.

IS GOD REAL?

STORY 2 – ANGER TRANSFORMED INTO UNDERSTANDING

**Meena had a loving heart,
but she became angry very quickly.**

Small situations disturbed her:

- **family disagreements**
- **disrespect**
- **delays**
- **mistakes of others**

**After every argument,
she felt regret.**

**She wanted peace,
but anger had become a deep sanskar.**

**Sometimes she prayed:
“God, remove my anger.”**

But the habit continued.

Later, while studying spiritual knowledge, she understood an important truth:

**Prayer alone cannot transform sanskars.
Awareness and practice are necessary.**

**She learned that anger begins when the soul loses self-respect
and body-consciousness becomes active.**

**When expectations increase,
anger increases.**

**When ego becomes hurt,
anger appears.**

She began observing her thoughts carefully.

**Instead of reacting immediately,
she started pausing before speaking.**

**Whenever anger arose, she practiced:
“I am a peaceful soul.
The other person is also a soul.”**

This small shift changed everything.

Gradually:

- reactions reduced
- understanding increased
- relationships improved

**The situations did not disappear,
but her consciousness transformed.**

One day, she realized something deeply:

**Anger does not burn the other person first.
It burns the self first.**

That realization became the beginning of true transformation.

IS GOD REAL?

STORY 3 – WHEN THE FEAR OF DEATH BEGAN TO DISAPPEAR

After losing a close family member, Amit became deeply afraid of death.

He constantly worried:

“What will happen after death?”

“What if everything suddenly ends?”

Even small health problems created fear.

**Outwardly he looked normal,
but internally he carried continuous anxiety.**

Then one day, during a spiritual lecture, he heard:

**“Death is not the end of the soul.
It is only the changing of the body.”**

This idea remained in his mind.

He began studying soul consciousness more deeply.

Gradually, he understood:

- the body changes**
- but the experiencer continues**
- consciousness itself does not end**

He reflected on his own life.

**From childhood to adulthood,
his body had changed many times,
yet the inner sense of “I” remained continuous.**

**Then he understood:
“I am not the body.
I am the soul using the body.”**

This understanding slowly reduced fear.

**Death no longer appeared as destruction.
It appeared as transition.**

**He also realized that fear increases when attachment to body-
consciousness increases.**

**As Rajyoga meditation deepened,
a new stability emerged.**

The fear that once controlled him began to dissolve.

**Not because someone guaranteed physical immortality,
but because spiritual understanding changed his identity itself.**

IS GOD REAL?

STORY 4 – HOW KARMA CHANGED A RELATIONSHIP

For many years, Rajesh blamed his brother for family conflicts.

**Whenever problems happened,
anger and bitterness increased.**

Even small conversations turned into arguments.

**Internally, he believed:
“He is the reason for my suffering.”**

**But during spiritual study, he came across the understanding
of karmic accounts.**

He heard:

**“No relationship is random.
Every soul meets according to karmic connection.”**

Initially, he resisted this idea.

But gradually he reflected honestly.

**Instead of focusing only on the other person’s mistakes,
he began observing his own reactions.**

He realized:

- hatred was increasing suffering**
- blame was creating more negative karma**
- reactions were continuing the same cycle**

One day, he consciously decided:

**“I may not control the other soul,
but I can change my response.”**

This became a turning point.

**He began speaking more calmly.
Expectations reduced.
Ego reduced.**

Slowly, the relationship improved.

**Not because the other person changed first,
but because karmic energy changed through awareness.**

Then Rajesh understood a powerful truth:

**When consciousness changes,
relationships begin to change.**

**Karma is not only about the past.
It is also being created in the present.**

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STORY 5 – A SILENT EXPERIENCE IN MEDITATION

Neha always believed meditation was imagination.

**She tried many methods,
but her mind remained restless.**

**One day, she attended a Rajyoga class where the teacher
explained:**

**“Rajyoga is not imagination.
It is soul-conscious awareness.”**

This explanation felt different.

She began practicing daily silence for a few minutes.

**At first,
thoughts came continuously.**

**But slowly,
she learned to observe thoughts instead of fighting them.**

**Then one morning, during meditation, she experienced
something unusual.**

**For a few moments,
the usual mental noise became silent.**

**There was no fear.
No pressure.
No emotional heaviness.**

Only deep peace.

**Not emotional excitement.
Not imagination.
But stable inner silence.**

That short experience affected her deeply.

**She realized:
Peace is not created.
Peace already exists within the soul.**

**After that day,
meditation no longer felt theoretical.**

It became personal experience.

And then she understood:

**God is not a belief.
God is an experience.**

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HOW TO PRACTICE RAJYOGA

- 1. Sit comfortably in silence.**
- 2. Withdraw attention from the body.**
- 3. Remember:**
“I am a peaceful soul.”
- 4. Experience yourself as a point of light.**
- 5. Connect your mind with the Supreme Soul,
the Ocean of Peace, Love, and Light.**
- 6. Experience peace, purity, and spiritual strength.**

FINAL REALIZATION

You are not the body.

You are the soul.

God is not a belief.

God is an experience.

Life is not random.

Everything is perfectly accounted.

Before searching for God,

Understand what you are searching for.

ABOUT THE AUTHOR



BK Dr. Surender Sharma is a dedicated student of the Prajapita Brahma Kumaris Ishwariya Vishwavidyalaya and a Rajyoga meditation trainer who has been continuously serving in the field of spiritual knowledge and value education since 1990.

He is a retired lecturer from the Directorate of Education, Delhi Administration, and has devoted his life to spreading spiritual awareness, moral values, and soul consciousness through lectures, writings, and digital media.

He holds postgraduate qualifications in Hindi, Moral Education, Spiritual Science, and Fine Arts. His academic background, combined with decades of spiritual practice and teaching, has enabled him to present deep spiritual truths in a simple, logical, and practical manner.

Over the years, BK Dr. Surender Sharma has delivered spiritual lectures and awareness programs at various institutions and public platforms, including:

- Schools and senior secondary institutions**
- Colleges and universities**
- SCERT educational programs**
- Prisons and rehabilitation centers**
- Religious and spiritual gatherings**
- Public seminars and meditation workshops**

His teachings focus on self-realization, soul consciousness, karma philosophy, Rajyoga meditation, inner peace, and the relationship between the soul and the Supreme Soul.

In the digital field, he has created and shared more than 5,000 spiritual videos on YouTube, helping thousands of individuals understand spirituality in a practical and experience-based way.

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Through writing and speaking, his aim is not to promote blind belief, but to guide individuals from confusion to clarity, from stress to stability, and from belief to spiritual experience.

His work is dedicated to helping humanity rediscover peace, purity, and the true purpose of life through spiritual understanding and Rajyoga meditation. He is also actively engaged in digital spiritual service through YouTube and online spiritual education platforms.

To know more, you may contact your nearest service center of

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BK Omshanti BK Dr Surender Sharma.

**REFLECTION PAGE 2 – FROM
UNDERSTANDING TO TRANSFORMATION**

Understanding is only the beginning.

The real question is:

What will I do now?

How will I live differently after reading this?

Reflect deeply:

What kind of thoughts do I want to create?

Do I give happiness, or do I create sorrow?

How do I respond in difficult situations?

Am I ready to take responsibility for my karma?

Write your decision:

“I, the soul, will...”

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Remember:

**What you think today
becomes your reality tomorrow.**

**What you give
is what you receive.**

The journey does not end here.

It begins here.