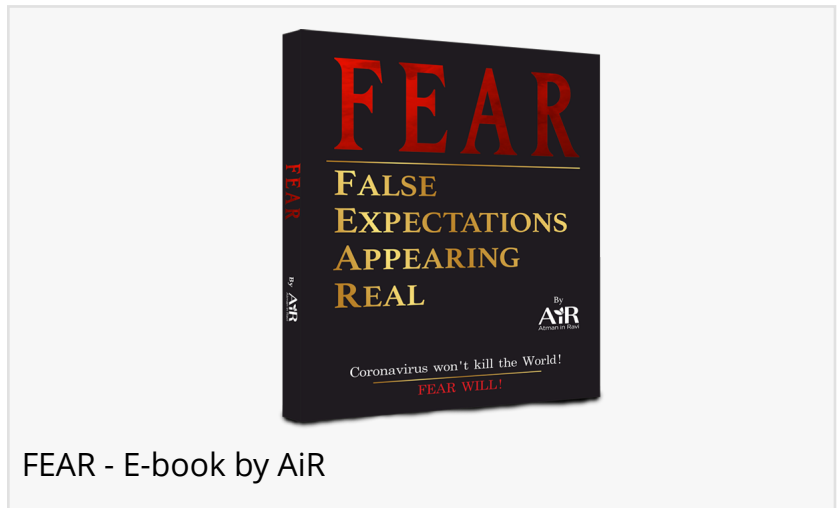


AiR's Latest e-book 'FEAR - False Expectations Appearing Real' Addresses the Current Crisis and Shows the way Forward

BANGALORE, KARNATAKA, INDIA, May 10, 2020 /EINPresswire.com/ -- Atman in Ravi's e-book titled 'FEAR' has captured the essence of the current crisis of Coronavirus. This book is an outcome of the personal opinion of the author who wishes to curb the spread of the endless stress and fear that has taken root in the minds of many who are bombarded with all kinds of news about the current situation amidst the lockdown.

This e-book comes out with a mission - the objective is to inspire people to live with courage and not be stressed, worried, and anxious. It encourages people to follow the applicable rules laid down by the government. Through the various citations in the e-book, it aspires to promote well-being and create better immunity by instilling confidence and eliminating fear from people's minds. Panic will not really help, but taking precautions as directed by the authorities and living fearlessly is the need of the hour.



FEAR - E-book by AiR

“

Fear is a killer! Those who are diseased with fear, are sure to be deceased by it.”

AiR

AiR says, "FEAR makes the wolf bigger than he is. If we look at the virus with a paradigm that it will cause death, we will see it killing us. If we see it only as a deadly virus that is causing flu and is fatal to the aged and sick, we will take appropriate precautions and not panic. By causing the entire world to come to a standstill, we are creating more

threatening consequences. How we look at the virus will depend on us. We can take the required precautions, but we can't run away in panic. Death is not in our hands. We must learn to surrender and accept this truth about life."

Readers can download the free e-book from [Google Play](#)

About the author- AiR

AiR - Atman or the Soul in Ravi, is an embodied Soul whose only mission in life is to help people realize the Truth. He was born in Bangalore on October 15, 1966. As a part of the [humanitarian initiative](#), a charitable hospital and charitable homes were set up. Today, over 600 homeless and suffering people are served and cared for in our destitute homes and provided with free shelter, food, clothing, and medical care.

A Shiva Temple was built in the year 1995 in Bangalore which is now known as the [Shivoham Shiva Temple](#). AiR now believes that religion is just a kindergarten to Spirituality, and we all have

to go beyond religion to truly realize God. One day, his Guru provoked him to introspect: What is the purpose of life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will we be reborn? Where is God? Several questions like these took him on a quest, a search for the Truth. He gave up his life of Achievement and Fulfillment in search of the final peak of life: Enlightenment. After a few years of intense search in retreat, deep in the mountains, he realized that we are not this body or mind but the Divine Soul, the Atman. He metamorphosed to AiR - Atman in Ravi and gave up his entire life as RVM and started living as an instrument of God doing 'His Divine Will'. AiR has dedicated his life to helping people realize the Truth.

With AiR's own Realization, he has authored several books, composed bhajans, blogs, quotes, poems and taken up several other initiatives that can direct people towards the Truth and eradicate the ignorance that they live in. His vision, now, is to help people to Ask, Investigate, and Realize the Truth.

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