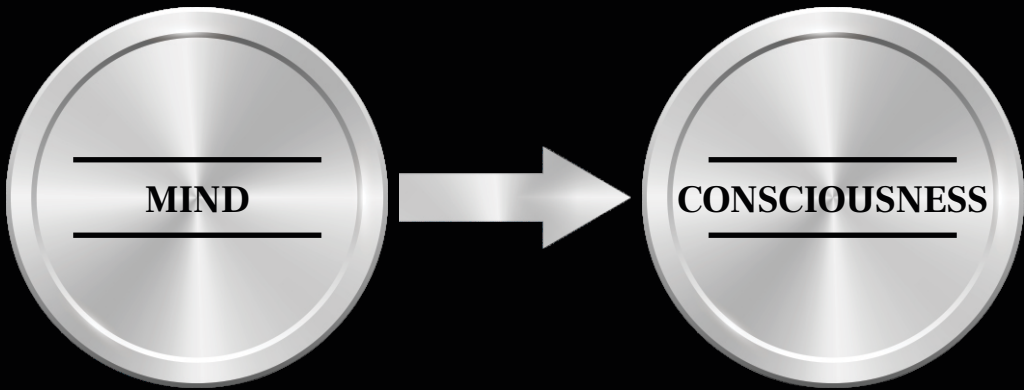


The Secret to Peace and Happiness

FLIP OVER FROM MIND TO CONSCIOUSNESS



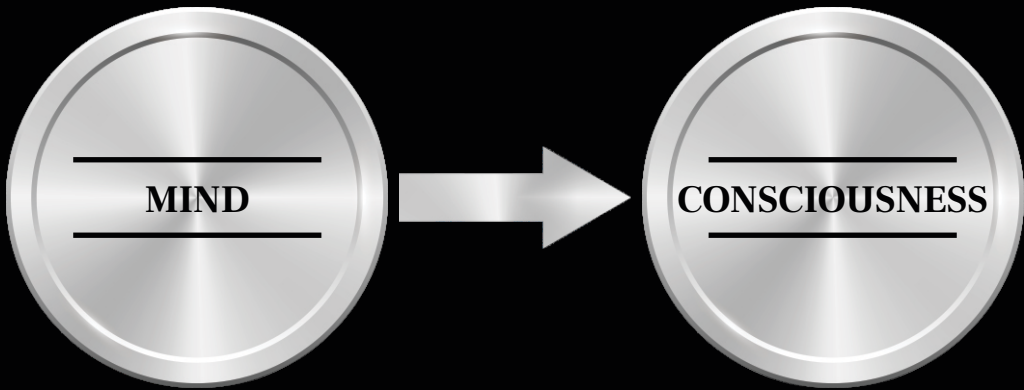
FROM NEP TO PEP

From Negative Energy Poison to Positive Energy Power

By
AiR
Atman in Ravi

The Secret to Peace and Happiness

FLIP OVER FROM MIND TO CONSCIOUSNESS



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FLIP OVER! **FROM** **MIND TO CONSCIOUSNESS**

By
AiR
Atman in Ravi
Ravi V. Melwani

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ABOUT THE AUTHOR

AiR- Atman in Ravi

*Started with Nothing, Became Something...
Achieved Everything, Only to Realize we are Nothing!*

AiR – *Atman* in Ravi, is an Embodied Soul whose only mission in life is to ‘Help People Realize the Truth about Life and be Enlightened.’ He was born in Bangalore on October 15, 1966. At a very young age, Ravi V. Melwani mastered the craft of business and became a very successful businessman who revolutionized retailing in India with the stores KidsKemp, Big KidsKemp, and Kemp Fort. After making millions, he realized that life is not just about making money. He shut down his business at the age of 40 and started making a difference doing H.I.S. work – Humanitarian, Inspirational and Spiritual work.

As a part of the Humanitarian initiative, 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 700 suffering homeless people who are picked up from the streets are served and cared for in 3 destitute homes and provided with free shelter, food, clothing, and medical care. AiR built a Shiva Temple 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 people should go beyond religion to truly realize God.

One day, his Guru inspired him to introspect and find answers to the following questions: Who am I? What is the

purpose of my life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will I be reborn? Who is God? Where is God? What is God? What is the Soul? Where are heaven and hell? What is Enlightenment? Several questions like these took him on a quest, a search for the Truth. He gave up his life of Achievement and Fulfilment 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. We are the Soul, the *Atman*. He changed his name to AiR – *Atman* in Ravi. He metamorphosed to AiR and gave up his entire life as Ravi V. Melwani and started living as an instrument of the Divine doing His Divine Will. This led to several Realizations that formed his new mission of life – to ‘Help People Realize the Truth about Life and be Enlightened.’

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 55 books, composed and sung about 1300 bhajans, written several blogs, quotes, and poems. He has taken up various other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve on their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts webinars every week and Ask AiR sessions every day on Zoom and Facebook Live to help people realize the ultimate purpose of their life.



Who doesn't want Peace of Mind? Peace is the foundation of Happiness. The whole world is searching for ways to be happy. The more we run after pleasure, the more unhappy we become. Unfortunately, we have not learned the true meaning of happiness.

Happiness is a state of being. It doesn't depend on outside circumstances. The pleasure that comes from possessions, people and places is momentary. We think that desires create happiness. Alas! Passions never quench our thirst. They only make us burst. When we yearn for material pleasures, we inadvertently create stress, worry and anxiety. We become unhappy. What is the way to live a life of Bliss and Tranquillity?

Over many years of study and personal experience, I discovered the secret to peace and happiness. In the beginning, I found a way to be positive all the time. Everybody was screaming, 'Be positive!' But nobody showed the way. I realized that we could choose to be positive, rather than being negative. Can we not control our thoughts? I discovered that thoughts were coming from my thought factory, my Mind. If I controlled the raw material that I put into my thought factory, I could control my negative thoughts and live with positive, happy thoughts. The raw material is emotions. We can choose

our emotions by our attitude. Ultimately, we can choose our thoughts and our state of Mind.

Over the years, I learned the magic of how to flip over from negative to positive. I became a motivational speaker and inspired people to think positive and live positive. One day, it dawned upon me that however much we try to be positive, the Mind is a rascal, a monkey that is constantly jumping from thought to thought. Our Mind makes us miserable. We must tame the Monkey Mind and make it into a Monk. Is this possible?

In my quest for the true purpose of life and the way to achieve Ultimate Happiness, I discovered another flip, that was, going beyond the negative to the positive. I discovered a way to flip from Mind to Consciousness; from living with misery and stress to living with peace and happiness.

In this book, I share my secret of peace and happiness, on how you can live in Consciousness, in Thoughtlessness and go beyond positive thinking. You can live as the Master of your Mind, and the treasure of Everlasting Joy, Divine Love and Eternal Peace, you will find.

*Can you flip over from being sad to being Glad?
Can you control your rascal Mind,
That is always making you Mad?
The good news is that you can!
I too lived a life of misery and stress,
Till I discovered a way to live in Consciousness,
The way to Eternal Happiness!*



Why is it that some people are happy and some are sad? Is there a way where we can always be glad? What causes our unhappiness? Isn't it thoughts? Can we control our thoughts? Do your thoughts take your permission before entering your head or do they just sweep you with fear and worry till you are dead? What is the truth?

Is our life predetermined or are we the Masters of our destiny? If we are thinking negatively all the time, who is responsible? Are we the Masters of our Mind or is our Mind the boss that makes us sit on a horse, and rides us to wherever it likes? Why do we go to school and college and accumulate all kinds of knowledge? How many of us stop and ponder and realize the truth? We all want to be positive but how many of us discover the secret of thinking and living positively every moment of our life?

In this book, I share my secret to Peace and Happiness. It is not a book of theory, but my own practical experience of living a life of **PEP, Positive Energy Power**. I have learned the art of flipping over from **NEP, Negative Energy Poison** to **PEP**. There is a way for us to control toxic thoughts that take us to doom and disaster. And I am going to share it here.

While I discovered the secret of being positive and happy, I also realized a profound truth. I realized that there was no Mind. Where is the Mind, we cannot find! The Mind is just a bundle of thoughts. Nobody can stop the thoughts. While we can choose our emotions and attitude and by and large control the quality of our thoughts, it is next to impossible to stop thinking.

Did I say impossible? No, it is possible! I discovered a way to flip over from living with thoughts to living in a state of 'Thoughtlessness'. Some people call it 'Mindfulness' but I prefer to call it Consciousness. I will share how we can transcend the Mind and find a way to become an observer of our thoughts and not remain a slave of our Mind.

If you are in search of peace, stop! Don't try to find it. Peace is within. Just still your Mind. Peace is the foundation of Happiness, for where there is no Peace, there can be no Joy. This book will change your life if you change the way you think and live. First, realize that your Rascal Mind is your biggest enemy. You must still the Mind. You must kill the Mind before the Mind kills you. You made no mistake in reading the previous line. This is the Ultimate Truth that can take you to the state of Everlasting Joy and Eternal Peace. It is your choice.

*This is not just a book, it can change your life's outlook!
But you have to choose, otherwise, you will lose!
Negative or Positive, it's all about your Mind,
And you can decide the way, you will find!
But first, just stop and ask, 'Have I ever seen my Mind?'
Where is the Mind? You cannot Find!*



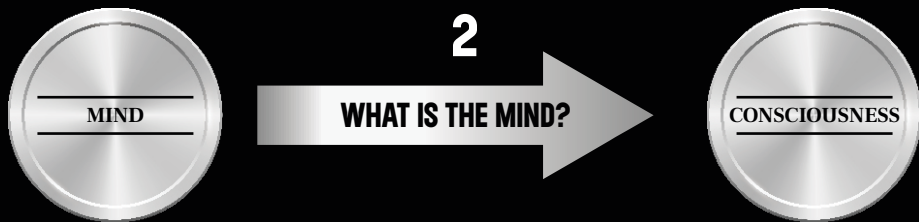
As we start the journey to a state of Ultimate Bliss, an abode of tranquillity, we must discover the truth about peace and happiness. The world thinks that happiness is pleasure. We are made to believe, 'Success is Happiness' while the truth is 'Happiness is Success.' No wonder, the whole world is chasing money, name and fame. No doubt, these sensual pleasures give us momentary happiness, but is this what happiness all about? No! True Happiness is beyond the pleasures of the senses. It is beyond Achievement. Achievement is just the First Peak of Happiness. Most of the world is trying to scale the pinnacles of Achievement. They go from one pinnacle to another and then another, and still, another! They want to reach the summit. People aspire to become millionaires and billionaires. They want to be on the Forbes' list of the richest and most successful people in the world. They crave to be called the 'Number One Richest Person' or 'One of the Top Hundred Rich People of the World'. This gives them a euphoria of fake happiness. Does it mean that all of this is not happiness? Of course, it is! But, it is only for that moment. The paradox is that even the richest man in the world is not happy, because wealth is not equal to happiness. The rich and the famous live in stress, fear, anxiety, and insecurity. Therefore, while wealth is a measure of happiness, money is not directly proportionate to bliss. If it were so, all the rich would be glad, not sad. We wouldn't find so

many wealthy people committing suicide. *All successful people are not happy, but all happy people are successful.* What, then, is the way to true happiness, if it is not success, money, name and fame?

The Second Peak of Happiness is Fulfilment. It comes from living a life of Contentment. It is based on the foundation of Peace. Isn't it true that there are people in this world who are not so rich and not so famous, but they are far happier than the wealthiest people in the world? These people have discovered Peace, the foundation of Happiness. Not only are they content, but they also live and give, laugh and make merry. They build a universal connection that makes them live with faith, hope, trust and enthusiasm. These attributes can give us far more happiness than the diamonds and pearls that are stored in our lockers. Unfortunately, because we have been indoctrinated with lies, we do not take an exit from the highway of Achievement and evolve to living with Peace, Bliss, Contentment and Fulfilment.

Blessed are those who realize the true meaning of Happiness. They are the ones who find a way to transcend pleasure and live in Peace. They enjoy the good things of life and don't let their passions and obsessions lead them to depression. They count their blessings and live a life of Everlasting Bliss, Divine Love and Eternal Peace.

*What is the way to Peace and Bliss?
What is the way to Eternal Happiness?
Happiness is not just Pleasure of Body and Mind!
True Happiness is when life's Purpose, we find.*



Have you ever stopped to ponder what the Mind really is? It seems to be present in our life, all the time. There is barely a moment where there is no Mind. It is even present when we are sleeping. Even in our sleep, the body doesn't seem to exist but the Mind continues to dream. What is this Mind in reality?

We can easily define the eyes as the organs of sight. We can also touch and feel our ears, nose or teeth. But can we touch our Mind? Can we see our Mind? We can't. Even if we try to find the Mind - Where is the Mind? We cannot find! But we are quite sure that it exists. What then, is the Mind?

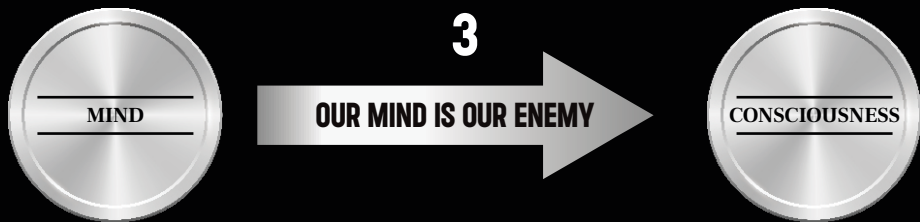
Our Mind is nothing but a bundle of thoughts. When thoughts appear to bombard us, our Mind seems to appear. When there are no thoughts, there is no Mind. There is stillness; there is silence. However, this state is rare. This is because the Mind does not let us reach this state. It constantly bombards us with thoughts. It produces a new thought practically, every second. Very often, the Mind is thinking about 50 thoughts in a minute. If we calculate, we see that the Mind produces more than 50,000 thoughts in a day. That is why its dominant presence is inescapable. Still, we can't see, touch, feel or find it. What is the Mind?

WHAT IS THE MIND?

The Mind is nothing but a thought factory. It seems to be a subtle aspect of our existence that produces thoughts. Along with the Memory, Intellect and Ego, the Mind forms the software of the human-computer. It is through this Mind and its thoughts, that a human being operates or lives. While we know this much, nobody knows where exactly the Mind is, how it functions, where it comes from and where it goes.

Our Mind is responsible for thoughts that create feelings and then, our actions. Therefore, it is the Mind that is the real driver of our life. While this is a fact, it is ironic that we cannot identify the Mind. When we experience a state of deep dreamless sleep, we wake up experiencing Divine Bliss and the absence of the Mind for that short spell. Some people believe that the Mind is the King, that it is everything. What would they be without their Mind? It is quite unthinkable to live a normal life without the mind. Only a few fortunate people realize, 'Our mind is an illusion. It is our enemy. It is like a monkey that constantly jumps from thought to thought and by doing so, it steals our Consciousness.' Let us learn how to kill the Mind and live in peace, before our Mind kills us!

*Have you ever seen the Rascal Mind?
No! But it seems to exist. This is a fact, we find!
What is the Mind? It's just a bundle of Thoughts.
When there are no Thoughts, we are Free from its knots!*



Those who read this for the first time will be surprised; maybe, shocked too. 'How can our own Mind be our enemy? This is ridiculous! Our Mind is the King! It is everything! To suddenly believe that the Mind is our enemy, is unthinkable. How did the King of our life become our enemy? How did our best friend become our foe?'

The Mind has always been the enemy of mankind. But humanity lives in ignorance. We do not realize what the Mind does. Our Mind fights extremely hard to keep us locked in ignorance for its own survival. It does not want us to realize the truth because if we do, it will cease to exist. The fact is that the Mind is nothing but a bundle of thoughts and along with the Ego, it becomes ME. It becomes our false identity. The Mind makes us create *Karma* which makes us return to earth in a rebirth. It is the Mind that causes all our suffering. Who makes us live in fear? Who causes stress, worry, anxiety and depression? It is our Mind. It bombards us with thoughts and these thoughts paralyze us. Finally, they become feelings and actions. We remain helpless slaves of the Mind, all through life. We become mere puppets. We must be wary of this Rascal Mind! It is our biggest enemy. But it comes disguised as our friend. As long as we do not realize the simple truth

that our Mind is our enemy and it is the cause of all our misery, we will continue to suffer on this earth and then take a rebirth.

Although the Mind as such, doesn't exist. It is just a bundle of thoughts. Still, it fools us into believing that we are this body that we inhabit. It makes us believe that this world is real. It creates attachment towards people and possessions and it distances us from the Realization of the Truth. As long as the Mind is present, there can be no Enlightenment. It is only when we still the Mind, that we kill the Mind. We reach that state of Thoughtlessness, in which we will be able to contemplate the Truth. Our Mind will not permit this because it wants to continue existing, not just in this lifetime, but even after the death of the body. Fortunate is the one who realizes, 'Our Mind is our enemy.' He is the one who transcends the Mind and Ego, ME, and discovers who he truly is. Such blessed people can find Eternal Peace and Everlasting Happiness.

Unfortunately, the entire world believes that the Mind is the King. Our Mind fools us into believing that our Intellect and our Memory are a part of our Mind. They are not! They are a separate part of our operating system, our subtle existence. Remember! If we do not kill our Mind, our Mind will kill us.

*The Mind is our enemy; it's not our friend!
But it fools us to believe the global trend.
And so, we believe it and think it is the King!
Without it, we believe, we can't do anything!*



Today, try to discover something that you have not discovered before. Discover your Mind and try to find your Mind. Start with your face. You can touch your head, hair, eyes, nose, mouth and ears. There is no doubt that they exist. Then your body, arms and legs - they are all a part of you. Stop and search for the images of your organs. You will discover the heart, the brain, the kidneys, the lungs, and the intestines. You will also realize that within, below the skin, there is blood, flesh, tissues and bones. But where is the Mind? Stop and find. There are trillions of nerves in the human body that behave like an entire electrical network, transmitting signals between the brain, the spinal cord and the body. Nowhere in this search can we find the Mind. Because *the Mind doesn't exist*. It is just a bundle of thoughts. Whenever the thoughts seem to surface, they accumulate to create the Mind. Once they do, they take charge of our life and we become puppets.

There was once a man who was riding on a horse and somebody asked him, 'Where are you going?' The man replied, 'I don't know. Ask the horse!' Many of us are like this man. We are no more the boss, because the Mind makes us ride on a horse and takes us to a destination that is not our choice. The Mind is a monkey that jumps from thought to thought and it makes us a donkey by taking us to a past that is gone and then, to a future, not yet

born. It not only steals our present moment but also steals our peace and happiness. As long as we do not set out in a quest to find the Mind, we will grind under negative thoughts that will make us suffer. The moment we realize, '*the Mind is an illusion, it doesn't exist,*' we will be able to reach that state of Consciousness, that state of Thoughtlessness, where the Intellect is activated and takes charge of our life. We do not permit the Mind to bombard us with thoughts anymore. We live with discrimination by choosing our thoughts, our feelings and our actions.

Most of us do not bother about the Mind. We just live and think, and so, we just blink and we sink. We do not realize that our Mind is our enemy and it is holding us back from reaching a state of Eternal Peace and Everlasting Happiness. The moment we overcome the deception of the Mind, we start a new journey of life. We kill the Mind and take charge of our thoughts. We discriminate and choose, not just our thoughts but also our feelings and our actions. Those who do not transcend the Mind, let their thoughts unwind. They will ultimately, be left behind!

*You can touch your nose and feel your ears,
See the eyes in the mirror and their tears.
The brain and the heart, in a scan, you can find.
But, have you ever seen the Monkey Mind?*



How does one flip from Mind to Consciousness? One doesn't even understand what this means. It is the ability to move from the state of Thinking – the state of Thoughts or Mind, to a state of Thoughtlessness. It is the state of Mindfulness. It does not mean that the Mind is full, rather it means that the Mind is empty. It is becoming Mindful, evolving to that state of Consciousness and becoming the witness of our thoughts. Very few of us can reach this state of Consciousness. In fact, our Mind will not even permit us to understand, what it means to be in Consciousness. Let us first try to understand what Consciousness is.

Our Mind is constantly trying to bombard us with thoughts. There is a voice in our head and it will not stop till we are dead. It seems to be the Mind. In reality, there is no Mind. It is just a bundle of thoughts. When there are thoughts after thoughts, the Mind appears. These thoughts become feelings and then, ultimately, they become actions. We seem to be the slaves of this Monkey Mind that is constantly jumping from one thought to another. There are thoughts of fear, worry and anxiety and we get trapped in thoughtfulness. There is no Consciousness. When we are able to still the Mind, when we are able to stop the flow of thoughts, we reach the state of Consciousness. It is a state where we can watch the thoughts of the Mind, we can watch the Mind. Not only can we watch it,

we must catch it and latch it so that there are no thoughts. When there are no thoughts, there is no Mind! This is not easy to do. The Mind is constantly bombarding us with thoughts and therefore, it does not permit us to be in this state of Consciousness. However, as it continues its thinking, we lose our peace and happiness. Therefore, we have to learn the art of flipping over from Mind to Consciousness.

How does one flip over from Mind to Consciousness? It seems impossible. But in reality, it is not so difficult. Just like we can stop talking, stop walking and stop eating, we can also stop thinking. We have to control our thinking. The moment we are in Consciousness, there are no thoughts.

Consciousness is silence. It is stillness. It is the ability to be in a state of Thoughtlessness. But our Mind does not permit this. Our Mind does not want our Consciousness, because it is in the state of Consciousness that we activate our Intellect. The Intellect then controls the Mind. Our Mind does not want this to happen. It is for us to learn the art of being in Consciousness. We have to learn to flip over from a state of Mind, where there are many thoughts, to a state of Consciousness, where there are no thoughts. Even if there are thoughts, they are gentle and they appear like a cable car on a trolley system, one gently following the other. There are no haphazard thoughts in Consciousness. There is Eternal Peace and Everlasting Bliss.

*It is the Mind that makes us sad!
Because of Thoughts, we can't be glad.
But if we Flip from Mind to Consciousness,
We will find Peace, Bliss and Happiness!*



While we have some idea of Consciousness, let us get into the depth of it. Consciousness is that state of being where the Monkey Mind has been tamed into being a Monk. The Monkey has a tail – EY, Ever-Yelling and Ever-Yearning. It is due to this tail of the Monkey Mind, the constant yearning and yelling, that we are unable to be in a state of Consciousness. In the state of Consciousness, there is complete silence. There is stillness that leads us to becoming a witness, an observer of everything that is unfolding around us. In a normal state of Mind, where there are thoughts after thoughts, we are filled with feelings and emotions and they lead us to stress, worry and anxiety. But in the state of Consciousness, there is Peace. Because there is Thoughtlessness, there is no stress. Unless we attain this state of Consciousness, we will not be able to contemplate the Truth. It is in Consciousness, when the Mind is still, that the Intellect is awakened and we are able to discriminate between right and wrong in our thoughts. We are able to be the Master of our feelings, actions and destiny.

Therefore, we must become conscious of Consciousness. Most of us just live and die, giving over the command of our life to the Mind. We believe that the Mind is everything. We do not know the difference between the Mind and the

Intellect, because the Mind cleverly stops us from experiencing Consciousness. The moment we realize the Truth of Consciousness, we flip over from a life of stress, worry and anxiety, to a life of Peace, Tranquillity, Bliss and Happiness.

Consciousness is that Power of life that is in each one of us. Without Consciousness, we would be dead. Consciousness shines in the light of the **SOUL**, the **Spark Of Unique Life**, that is in every human being. In this state of Consciousness, we can either activate our Intellect and take charge of our life or we can lose our Consciousness to the Mind and become a slave of our thoughts. The first step is understanding Consciousness. It is important to understand that we must be in Consciousness. It is in this state that we can control our Mind and our thoughts. We can choose our feelings, our attitude and our emotions.

The key to understanding Consciousness lies in silencing the Mind. It is all about controlling our thoughts. The Mind bombards us with up to 50 thoughts in a minute. If there is Mind, there are thoughts and there can be no Consciousness. Therefore, silence and meditation are prescribed to still the Mind. If we still the Mind, we kill the Mind. And we are in a state of Consciousness.

*What is Consciousness, does the world know?
We sleep and lose Consciousness, every day we grow.
But Consciousness, in fact, is the light of the Soul.
To realize this state is our Ultimate Goal.*



Many of us do not discover the difference between the Mind and the Intellect. Therefore, we live believing the Mind to be the Intellect. We are fooled into believing that it is the Mind that discriminates. Because of this, we do not activate our Intellect. It is as though the gift of the Intellect is gift wrapped in a box and we take it unwrapped to our graves. We have to discover the Intellect and then, activate it.

Our Mind is a thought factory. It produces thoughts. It bombards us with up to 50,000 thoughts, in a day. Thoughts create feelings, feelings create actions and actions become seeds that bear fruit. When we do not activate our Intellect, it is the Mind and its thoughts that decide our destiny. However, when we activate our Intellect, we intercept our thoughts with it. We discriminate each thought before it germinates into a deed and finally, our destiny. The Power of the Intellect is a special gift that only human beings are blessed with. The rest of the animate world does not have a fully developed Intellect. Some creatures have instincts and some have small amounts of intelligence. But only a human being has the Faculty of Intellect that is fully developed.

Where is the Intellect? How can we reach it? Intellect is another aspect of our subtle existence. Along with the Mind, Memory

and Ego, they form the software of the human-computer. It is present wherever the thoughts are present and it does not necessarily remain in the brain, the central hardware of the nervous system. No doubt, the brain, the spinal cord and the trillions of nerves transmit thoughts and discrimination across every cell of our body but Intellect is something that we must use. If we do not Awaken our Intellect, then we will lose the Divine gift of discrimination. Black or white, wrong or right, discrimination is the work of the Intellect. How can we awaken our Intellect?

The Intellect is awakened in the state of Consciousness. As long as the Mind bombards us with thoughts, Consciousness will not be there. Thus, the Intellect is deactivated. We need to first silence the Mind and be in a state of Thoughtlessness or Consciousness. It is in the light of Consciousness that the Intellect will shine. As we tame the Mind, the Intellect starts functioning but it is at its best when the Mind is still. When the Intellect deals with thoughts, one by one, there is perfect discrimination. One who has awakened their Intellect, lives in Peace and Bliss as the Monkey Mind is not only tamed to be a monk, but destructive thoughts are also destroyed by the Intellect.

*The Mind is a factory,
It constantly produces many a Thought.
But to awaken our Intellect, we just Forgot!
If we live with the Mind, our Misery, we Accelerate,
But the Intellect gives us Peace because we Discriminate.*



It is not easy to be in a state of Consciousness. It needs commitment and conviction. More importantly, we must realize the truth, 'Our Mind is our biggest enemy.' We must become conscious that our thoughts are causing us misery. It is our Mind that creates fear, worry, stress, anxiety and depression. Along with the Ego, the Mind becomes ME and creates the agony of anger, hate, revenge and jealousy. If only we can tame the Monkey Mind, cut its tail, EY, that is Ever Yelling and Ever Yearning, we can stop the thoughts and reach the desired state of Thoughtlessness. It does not mean that there will be no thoughts at all. When we are able to reduce the MTR, the Mental Thought Rate, from about 50 thoughts a minute to 40 and then to 30, and ultimately, to just one thought, we have reached the state of Consciousness.

Sometimes, thoughts may be waiting in a queue to be processed one by one. This is good. The problem arises when thoughts bombard us from everywhere, when thoughts become the Mind. Then, the thoughts are not disciplined. They haphazardly attack us and steal our Consciousness. We are aware of this state of being because it is in this state that we seem to lose our Peace of Mind. What is causing us to lose our peace? It is thoughts. It is our Mind. When we move from a state of Mind to a state of Consciousness, there is no Mind.

There are no thoughts. At most, there is just one thought that is under the discrimination of the Intellect that shines in our Consciousness.

How do we reach this state of Consciousness? There is only one way - to still the Monkey Mind. The Mind, like a monkey, jumps from one thought to another thought, from yesterday to tomorrow. The Mind does not want to be in the present moment. However, Consciousness is all about being in the present moment. The moment we are in the roller coaster of our Mind, there is no Consciousness. Without Consciousness, there is no Intellect and without Intellect, there is no discrimination. We become a slave to the Monkey Mind. This rascal, our Mind, is our biggest enemy and it makes us dance like puppets to random thoughts and we lose control of our life.

How, then, should we be in Consciousness? When we become conscious of our Mind, when we are able to watch our thoughts, not only do we watch our Mind but also catch it and latch it. Then we can be in Consciousness and we can control our Mind. Our Mind is nothing but a bundle of thoughts. Just like we can control our talking, walking, eating, we can also control our thinking. In a moment when we still the Mind, we kill the Mind and enter a state of Consciousness. It is only when we flip from Mind to Consciousness, that we live in Peace and Happiness.

Do you know how to be in Consciousness?

It's a state of Thoughtlessness.

*When we silence the Mind and observe a Thought,
We become Conscious and the Mind is caught!*

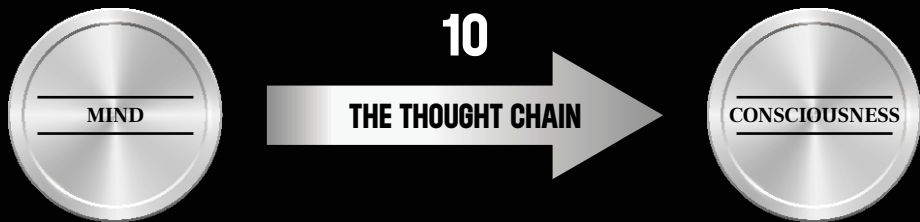


Many people laugh at the idea of just being still and silent. 'What is the point of being in silence?' they ask. 'It is just a waste of time!' The world is familiar with action, having dreams and desires, passions and obsessions that use the Mind to think of strategic ways to make success and achievement possible. Man is running in this race to be an ace and man is so absorbed in the chase that he just gets caught in the maze. He doesn't realize the importance of silence. He doesn't understand the power of a Consciousness. Therefore, man is lost in the ordinary world of thoughts and actions. He does not discover the power of his Consciousness. We ask, 'Isn't being silent and being still, a complete waste of time?' If it were so, we should dismiss our security guards from our offices and our homes with immediate effect. We are paying them huge amounts as salaries for doing 'nothing'. They sit from morning to night, and then throughout the night, the ones in a night shift, do absolutely nothing. They just sit still and they are silent. We would argue that although they are silent and still, that is their job. It is by sitting quietly that our security guards watch out for any thief who may be trying to enter our premises. Therefore, we cannot terminate their services. We need them to watch over our homes and offices, day and night.

While this is common sense, why don't we realize that the biggest thief in our life is our own Mind? Unless there is silence and stillness, we will not be able to observe the Mind and its stealing of our peace and happiness. It is only in silence and stillness that we can stop the biggest thief, the Mind! Let us not underestimate the power of silence.

Silence is very powerful. When we still the mind, we reach that state of Consciousness, that state of Thoughtlessness wherein we are able to activate the intellect. Not only are we able to become the witness, the observer of thoughts, but we are also able to discriminate each thought before it enters the domain of our actions. How often do we impulsively say something and then, regret it? We do not think of the consequences because we do not discriminate that thought before it escaped from the 32 bars of teeth in our mouth. We could have kept our mouth shut if we had learned the art of silence. Blessed are those who develop the power to still the Mind. They are the ones who experience, in this silence, the power of Consciousness and the treasure of their Intellect that is otherwise, swept away by the noise of the Mind.

*Silence is a way to Still the Mind.
From Fifty Thoughts a minute, there is Just One, we find.
When we contemplate that One Thought,
The Power of Consciousness in Life, we have got!*



We all think, but not all of us understand the flow of thoughts. Where do thoughts come from? How are they produced? Who produces thoughts? Can we control our thoughts? What makes our thoughts positive or negative, good or bad, happy or unhappy? Unless we probe the thought chain, we will always think that thoughts come from our brain and we will live in vain! We will never discover the way to silence, to Consciousness and to living with our Intellect. If we want to live a life that is full of peace and happiness, we must understand the thought chain.

Where do thoughts come from? Every time we see something, hear something or even smell, touch or taste, our senses trigger a thought and this thought doesn't just remain a thought. Whether the thought is provoked by sense perception or simply from the so-called Mind, the thought becomes a feeling. If I see a delicious mango, I feel like eating that mango. The thought of eating becomes a feeling of eating. Most often, the feeling will lead to an action. 'I pick up the mango, cut it and eat it.' This is a simple thought chain that we all experience – '*Thoughts to Feelings to Actions.*' But we don't realize what comes before and after the thought chain. We don't realize that thoughts can come from nowhere. They don't knock at our door. They come uninvited and smash us

on the floor. These maybe the thoughts of fear, worry, stress or even anger or jealousy. Once these thoughts enter our Mind, they become our Master. We are then, unable to control them from becoming feelings and actions. Little do we realize that most of our thoughts are born from our emotions. Emotions that maybe positive, like faith, hope, love and compassion, or emotions that maybe negative, like fear, worry, anger and jealousy. These emotions are like the raw material in a factory. Based on the raw material, our Thought Factory, our Mind, produces thoughts. The good news is that we can choose our emotions just as we can choose our attitude, our response or our behaviour. Therefore, the thought chain is in our hands. If we react negatively, we are picking a negative emotion but we can choose a positive attitude and react positively. If we fill our life with positive emotions, we will end up with positive thoughts, thoughts that will lead to positive feelings and actions.

What happens after Actions? Actions become Habits. Habits become our Character. Character leads to our Destiny. Therefore, the thought chain doesn't just start from a Thought and end at our Destiny. It starts with our Emotions and our Attitude and we can choose these, whether positive or negative.

Thoughts lead to Feelings and then Actions; it is a chain.

It is to do with our Mind, nothing to do with our brain.

Actions become Habits and create our Destiny,

It is with a Thought that we can either be Happy or Unhappy.



11



Haven't we experienced two types of thoughts, positive and negative? We are often fooled by the Mind as it camouflages a barrage of negative thoughts with a few positive thoughts. By and large, the Mind is full of negativity but we don't realize this. That is why happiness is short-lived. In one moment, we are in a state of Bliss but in the next moment, we sink into thoughts of fear, worry, stress, anxiety, that create unhappiness. This is *NEP*, *Negative Energy Poison*. *NEP* is the dominating force of thoughts that makes every human being suffer. While there are people who can flip over from negative to positive, it is not an easy feat. That is why many bookshelves of various libraries and bookshops are filled with books on how to think positively and live positively.

NEP is a set of negative emotions that feeds our Thought Factory, our Mind, with negative raw material to produce negative thoughts. The negative emotions of *NEP* are not just fear, worry, stress, anxiety and depression, but also anger, hate, revenge, jealousy and pessimism. There are many more negative emotions that add to the *NEP* raw material of our life. They include despair, doubt, impatience, greed, hesitation, cruelty, intolerance, shame, guilt, disappointment, inferiority and boredom. All these are *NEP*. They are negative emotions that feed the illusory Mind with negative raw material. The result is negative thoughts. It is not just negative thoughts, but negative feelings, actions, habits

and a negative destiny too. While we cannot control negative thoughts directly, we can choose our emotions. They may be negative or positive. By choosing our attitude, the way we react to circumstances, we can indirectly control our thoughts. However, even our attitude sometimes is so linked to our emotions that it seems to flow as per the emotions, positive or negative. One cannot have a positive attitude if one's life is filled with *NEP* emotions that are negative and create poison. We have a choice! We can fill our life with hate and despair, which are negative emotions, or love and hope, which are positive emotions. We can replace fear with courage, just as we can choose forgiveness over revenge. If only we learn to uproot *NEP, Negative Energy Poison* from our life, we can learn to plant *PEP, Positive Energy Power*. However, we must be conscious. The force of negativity is far more powerful than the force of positivity. Further, in a Mind, which is a vacuum, which has neutral thoughts, *NEP* tends to fill up the empty space with negative emotions, unless we make a conscious effort to fill our life with positive emotions. When we fill our Mind with positive emotions, there will be no space for negativity to enter, just as there will be no space for *PEP*, if *NEP* fills our life with negative, toxic and poisonous emotions. It is a choice. We can choose *NEP*, or we can choose *PEP*. By doing so, we can choose our thoughts, our actions and ultimately, our destiny. We must be extremely cautious of *NEP*.

*NEP – Negative Energy Poison, fills our life with sorrow,
Thoughts, Emotions that jump from yesterday to tomorrow.
And so, we live a life of Fear, Worry and Stress,
And NEP makes us lose all our Happiness.*



PEP is *Positive Energy Power*. It is a set of emotions that creates Power in our life. *Emotions* are *Energy in Motion*, and they lead us to thoughts, to feeling and to action. When our emotions are positive, our life is full of positivity. A person who chooses to live with *PEP* acquires a positive attitude. His perspective of life, his paradigm, his behaviour and choices are generally positive because the raw material in his thought factory, the Mind is full of *PEP*, *Positive Energy Power*.

What is *PEP*? *PEP* is a set of positive emotions like faith, hope, trust, belief and enthusiasm. It is living with courage, confidence, forgiveness and compassion. It is being an optimist. When we have a life filled with positive emotions, we eliminate *NEP* or *Negative Energy* that *Poisons* our life with toxic emotions. People who live with *PEP* are joyous, while being patient and humble. They are content, cheerful and excited almost all the time. They are kind and live with empathy and tolerance. *PEP* builds morality and ethics. It creates peace and tranquillity in life. We have a choice! We can either be inspired with *PEP* or depressed with *NEP*. We can live a positive life by choosing positive emotions or let negative emotions make us sink into negativity.

Have you ever experienced *PEP* in your life? When there is an aura of positive power, your life is full of smiles and laughter.

You look at life with a positive outlook, full of enthusiasm, because you have filled your life with powerful emotions that create powerful thoughts. This is a conscious choice. It is entirely up to us to choose *PEP* over *NEP*, faith over doubt, hope over despair, optimism over pessimism and forgiveness over anger. The moment we choose *PEP*, we have started a *Chain of Positivity*. *PEP* will not only create positive thoughts, but also positive feelings and actions that will lead us to a positive life. However, if we do not choose *PEP*, there is a great danger of *NEP* flowing into our life. Such is the power of a negative Mind. Therefore, we must not give an opportunity of emptiness, for *NEP* to enter. We must fill our life, so completely with positive emotions, that our life is full of *PEP*.

Stop and reflect! Who is in charge of your life? Is your life controlled by anger, hate, revenge, jealousy, worry and fear? Then you know that the CEO of your Mind is Mr. *NEP*. But if your Mind is managed by Mr. *PEP*, then your life will be full of joy, bliss, love, peace, faith, hope, compassion and optimism. It does not take too much time to analyze whether our life is a life of *NEP* or *PEP*. We can see through it in a moment. If we want to choose a life of Eternal Bliss and Everlasting Happiness, we must choose a life of *PEP*, *Positive Energy Power*.

*PEP – Positive Energy Power, creates in us, a Power,
Faith, Hope, Love, and Courage make us as strong as a tower.
When we choose to live a life of Positive Emotions,
Our Thoughts are Blissful and we are able to find solutions.*



Now that we know that the destiny of our life is in our hands, it is up to us to choose. Otherwise, we are sure to lose this gift, this treasure of life, to misery, stress and unhappiness. We can have bliss but that is a choice. Most of us submit ourselves to fate, bad luck, serendipity or at most, to *Karma*. We believe that everything is predetermined. We are indoctrinated with the belief system that we are doomed to suffer. Little do we realize, that while some of the aspects of our life are in the hands of *Karma*, we are not puppets tied by strings. We can open our wings. We only have to choose to live with *PEP*. Positive Energy has Power, *PEP*, just as Negative Energy has Poison, *NEP*. While we cannot control the circumstances unfolding around us, we can surely control what happens inside us, because whatever happens inside us is a thought chain or a thought process that we have chosen.

No doubt we cannot control our thoughts, but we can control our emotions which are the raw material for thoughts. By controlling our emotions, we can control our thoughts. If we flip over from *NEP* to *PEP* and change the raw material of our thought factory from Negative to Positive emotions, we are, in fact, consciously changing our life from a life of misery to a life of Bliss. We must understand that *emotions* create *thoughts*, *thoughts* create *feelings*, *feelings* create *actions* and *actions* create

our *life*. When will we realize that our life is in our hands? It all depends on whether we flip over from *NEP* to *PEP* or we let *NEP* fill our life and kill our life. How many of us realize that this is a choice? *NEP* and *PEP* are not pre-programmed emotions in our life. Life is a combination of our past actions, our *Karma* and our present choices. Only we, human beings, are blessed with the faculty of willpower. We are able to choose the emotions that we will live by. What if we don't choose and prefer to lose our life?

Have you experienced flipping over from *NEP* to *PEP*? Have you had the opportunity to snap out of fear and live with courage? Have you transformed a situation in life where you wanted revenge to where you granted forgiveness? Have you experienced a transformation from anger to peace? We experience all these emotions but we do not realize that if we make a conscious choice to flip over to *PEP*, then this *positive attitude* will become a *habit*. Our reservoir of positive emotions would replace the negative emotions that could otherwise lead us to negative thinking. All this is a choice. Either *NEP* or *PEP*! It is up to us to flip, just like we flip a coin. The only difference is that this is the coin of our life and if we do not flip it over from the negative to the positive side, we will give our life's control to *NEP* and our life will be filled with poison. What would you choose? If you have to choose a path, either live with positivity or suffer negativity. Which direction would you take? If you realize now, that you can flip from *NEP* to *PEP* and you can choose your emotions, thoughts and destiny, would you still remain quiet and let *NEP* take charge of your life? Stop! Flip over, now! Flip from *NEP*, *Negative Energy Poison* to *PEP*, *Positive Energy Power*. Flip from misery and stress to peace and happiness. It is your choice. Make this choice, now!



14

THE MIND IS A THOUGHT FACTORY



What is the Mind? It is a subtle part of our existence which cannot be seen or touched but can be felt. We all feel the presence of the Mind when there is the presence of thoughts. When the Mind is still and there are no thoughts, it seems to have dissolved into nothingness. But is there a doubt, that though invisible, the Mind very much exists? No, there is no doubt that the Mind exists. The Mind exists because thoughts exist and whenever there is a barrage of thoughts, this bundle of thoughts becomes the Mind.

How does the Mind function? The Mind functions like a factory. Just like in any factory, there are raw materials and there is a product, Mind too, uses the raw material of '*emotions*' to produce the product called '*thought*.' One can imagine the Mind to be like a popcorn machine. Just like a popcorn machine is constantly popping corn, Mind is constantly popping thoughts. If the machine is switched off, there will be no popcorn. Similarly, when the Mind is still, there will be no thoughts. But the Mind doesn't want to be still. Even when we sleep, the Mind, dreams. We are fortunate to sometimes experience that state of dreamless sleep after which we wake up feeling so refreshed that we say, 'I had a sound sleep!' At other times, we either wake up after a nightmare or a fantasy dream. Those dreams were nothing but the Mind producing thoughts when the body was sleeping.

For those who have not advanced enough to go beyond the Mind, the first step is understanding the Mind and taking charge of it. It is about controlling the thought factory and controlling life. Once we do this, we can learn how to shut down the thought factory and live in Peace. But this is no ordinary feat. What each of us can do is accept the Mind as a thought factory and live with positive thoughts. This will eliminate misery from our life, in the least.

Every factory has a manager who is also called the foreman or the chief of operations. It is this leader that determines what the factory produces. We, too, must appoint a manager in our thought factory. If we don't, then our thought factory will become like a garden without a gardener. It will be full of weeds, full of negative thoughts. These thorns and wild bushes will destroy the beauty of our life garden. But if we have a controller of our thought factory, then our factory will be under our command. The primary job of the thought factory controller would be to feed the right emotions. The rest is an automatic process. But if the raw material that we feed, itself is poisonous, then our thought factory will only produce toxic thoughts. Are we in command of our thought factory?

*The Mind is a Thought Factory,
Every moment it creates a Thought.
But these Thoughts make us miserable, this truth we forgot!
We can fill the Mind with PEP and live a life full of bliss,
Or let the Thought Factory create Thoughts of unhappiness!*



Every human being thinks but nobody knows where our thoughts come from. Thoughts could be triggered by our senses - eyes, ears, nose, tongue and skin. But even if these sense organs are silent and still, the Mind can still produce thoughts. Thoughts are so much beyond our control that even when we are sleeping, the Mind thinks and produces thoughts. These thoughts become dreams. We may have experienced fairy tales and nightmares several times. They are the work of our thoughts. Can you stop a dream from happening? Can you stop your Mind from thinking? As long as there is the Mind, you can't! But when you still the Mind and kill the Mind, there is a possibility of controlling your thoughts.

We have already considered the possibility of flipping our thoughts from *NEP* to *PEP*, from *Negative Energy Poison* to *Positive Energy Power*. We know how to change the raw material that goes into the Thought Factory. But *can we control our thoughts, completely?* It is said, that the one who has conquered the Mind has conquered life. It is extremely difficult to reach a state of complete Thoughtlessness, a state known as Consciousness but it is possible. Very few people who are known to be the *Yogis* of the world, live in that state of Mastery over the Mind. The rest of the world suffers due to thoughts because most often, thoughts are negative. The two challenges that remain in front of us are, first, to flip over from

negative thoughts to positive thoughts. Secondly and ultimately, to reach a state of Consciousness because in that state, we can experience Eternal Peace and Everlasting Happiness.

How can we control thoughts? When the Mind has an elusive existence and we can't find the Mind, then how can we stop it from thinking? Little do we realize that just like we can control eating, walking and talking, we can control thinking. When we reach a state where we have completely destroyed the Mind, then thoughts appear very gently and slowly in our Consciousness. We have full control on these thoughts. We are able to discriminate amongst them and stop them from becoming feelings and actions. However, this is only possible when we become conscious of our thoughts and Mind. When we become the witness or the observer and watch a thought, we can catch and latch the thought. Most of us are so lost in thoughts that the Mind takes over and we lose control of our thoughts and ultimately, our life.

We have a choice. We can either control our thoughts or we can let our thoughts control us. The moment we let our thoughts become our Master, we become a slave and live in fear, worry, stress and anxiety till we reach our grave. Beware! We must be wary of the Rascal Mind and be a Master of our Thoughts!

*The biggest challenge of life is to control Thought,
As long as we are alive, in our Thoughts, we will be caught.
If we are in Consciousness, we can remove the Mind's Junk,
Tame the Monkey Mind and make it into a Monk!*



While we cannot control our thoughts, can we control our attitude? What is attitude? It is the way we respond or the way we react. It is how we behave as things unfold in our life. By and large, we can have a positive attitude or a negative attitude. That is very much in our control. Unfortunately, what we don't realize is that if our life is full of negative emotions and negative thoughts, then it becomes difficult to have a positive attitude. We have understood how the Thought Chain works. Emotions are the raw material of thoughts. Thoughts create feelings and feelings create actions. So also, thoughts and feelings together, create reactions. Unless we control our emotions, can we control our attitude or our reaction? Let us ponder over this.

Man is blessed with an Intellect. He is also given the willpower to choose. We all know of this blessing because we, human beings, are a unique species, blessed to discriminate and choose. However, if we do not control our thoughts and emotions, and our feelings are toxic and poisonous, there is a high probability that we will not have a positive attitude. Why is it that many people live with a negative attitude? It is because they have chosen *NEP* as the primary emotion of their life. They have chosen to live with fear, worry, stress, anxiety, anger, hate, revenge and jealousy. When they have chosen to be pessimists, it is only natural for them to have a pessimistic attitude in life.

This happens because they cannot intercept the thought chain easily.

On the outside, it seems that we have complete control over our Attitude and the way we respond and react. Little do we realize that we are slaves of our emotions, the very raw material of our existence. We can surely choose what emotions we fill into our life. We can surely choose faith, hope, trust, love, enthusiasm, courage, confidence and optimism. When these positive emotions become the raw material of our thought factory, our Mind, then it will be natural for us to have positive thoughts and feelings and it is much easier to live with a positive attitude.

Therefore, can we choose our attitude? Yes we can! By making a conscious choice of our emotions, we can take charge of our thoughts, our feelings, and therefore, our attitude. It is very difficult to directly control our attitude, just as it is practically impossible to control our actions because actions flow out of our thoughts and feelings. As long as we live in the material world, we have the option to either be positive or negative. It is only when we reach the spiritual realm, that we become a complete master of our life. Then, we are fully in charge of our attitude.

*What is Attitude? It's our Reaction, it's our Choice!
We can choose how we respond and then, we can Rejoice.
But for that, we have to get into the state of Re-choice,
And still the Monkey Mind and its naughty little voice.*



What makes our life? Either we believe that there is a destiny decided by God, or we believe that it is our Karma, our actions that decide our destiny. Does God control the destiny of 8 billion people? No! It must be our own actions. What makes these actions happen? No doubt the thought chain works and we act based on our thoughts, feelings and attitude. But are we not controlled by our beliefs and habits?

Isn't man a creature of his habit? What is a habit? It is a tendency that has become ingrained in a person, in a manner that it becomes their second nature. We might have a habit of becoming angry or a habit of being jealous. Where did this come from? It was our repeated actions that caused it to become our habit. These repeated actions happened because of our thoughts and feelings. Our emotions and attitude too, play a part in creating our habits. But once a habit is created, it becomes a trigger for future thoughts. We don't need emotions and feelings to create action because we already have created habits that will lead us to further action.

Just as habits can create actions in life, beliefs too can create actions in life. What are beliefs? As we grow up, we are indoctrinated with certain patterns of thoughts that become our beliefs. We don't need an Intellect to discriminate because

these beliefs direct our thoughts, feelings and actions. Our beliefs lead to habits, just as our habits become our beliefs. Together, beliefs and habits, both become thoughts, feelings and actions. It may seem complicated at the outset, but it is a simple and straightforward concept. We are in-charge of our destiny. We can create our habits and we can choose our beliefs. Even though there are beliefs that we have lived by for several years, we can intercept these beliefs through our Intellect and change them, thereby changing the consequent thoughts, feelings, and actions. While it is very difficult to break a habit, it is not impossible. Haven't you heard that if you remove 'h' from 'habit', 'a bit' still remains. Remove 'a' and 'bit' remains. Remove 'b' and 'it' still remains. Remove 'i' and still, the habit of 't' which signals 'tea', will not go so easily. Therefore, we must be careful in forming habits and getting into beliefs because they are also responsible for our life. One who is committed to living a life of peace and happiness discovers a way to take charge of his life. He realizes that ultimately, life is a choice. Everything boils down to using one's Intellect in making the right choice. We, humans, are the only ones blessed with this faculty and we must not lose it.

*It all starts with a Thought; it all starts with the Mind.
Thoughts create Feelings and then Actions, we will find.
The Actions repeated, become our Habit,
And they become our Beliefs, bit by bit!*



Emotions are not just the raw material of our Thought Factory, our Mind, but they are also the raw material of our life. Somehow, we have learned that our thoughts are everything and we believe that our Mind is the King. But we don't realize that emotions are everything. We have the privilege to choose our emotions, but because most often we don't, our Mind haphazardly creates thoughts on its own, based on our sense perceptions, beliefs and habits. But this is a choice. We can let our life flow like a river or we can channelize our thoughts and create a virtual dam, so that we control our feelings and our actions. Ultimately, there is no Mind. It is just a bundle of thoughts and these thoughts are triggered by emotions. We have a choice. We can choose positive emotions or we can choose negative emotions. Whatever we choose, be it *PEP* or *NEP*, it becomes the raw material of our thought factory, our Mind. We should not be surprised with our attitude, because our attitude is nothing but a manifestation of our emotions that further appear as our thoughts.

Aren't we in command of our emotions? Do we not have the free will to choose? No doubt, we may be under the influence of our thoughts, beliefs or habits but eventually, we can snap out of those and choose our emotions. An emotion is an energy that creates a motion in our life. Emotions are like waves in an

ocean. Once we choose these emotions, we cannot change our thoughts, our feelings, or our actions, because we have consciously chosen these emotions. We have fed these as the raw material to our thought factory and now, thoughts will be produced as per the raw material provided. So, if we want to live in peace and happiness, we must be careful of negative emotions like fear, worry, stress and anxiety. We must not allow emotions like anger, hate, revenge and jealousy create depression, pessimism and sometimes, even feelings of suicide. By choosing our emotions, we can flip over from pessimism to thoughts of optimism. We can have feelings of love, faith, hope and courage. But this will not be possible if we choose the wrong emotions. If we choose the wrong emotions then we will be doomed to be in a state of negativity and misery.

Life is all about flipping over. First, it is flipping over from the negative to the positive side, and thereafter, it is flipping over from a state of Mind to a state of Consciousness. But somehow, we don't realize this truth. We don't realize that we can be in charge of our destiny. We don't realize that certain things that have happened or are happening in our life, are due to our past Karma. But our present Karma is in our hands. If we choose the right emotions, and the right raw material, we can control the quality of our thoughts, our feelings and consequently, our actions.

*Just like a factory needs Raw Materials for Production,
The Mind uses Emotions for Thought creation.
Whatever be the Emotion, so will be the Thought,
But to Choose our Emotions, we sadly forgot!*



We all experience the Messengers of Misery. They are like the postman who brings us packages. The only difference is that the messengers of misery bring us sorrow, packed in deception and before we even realize, we descend into a valley of gloom. If we are not prepared to deal with these messengers of misery, we let misery sink into our life.

Somebody does something that may hurt and disturb you. You cannot control that action but because you did not observe the messenger of misery, you let misery create negative thoughts and feelings and your attitude resulted in a negative reaction that made you depressed. If we become conscious of these messengers of misery, we can anticipate them. When they arrive, we will be prepared to not let them make us miserable.

We all experience messengers of misery. They may be in the form of disappointment or ungratefulness or simply anger and jealousy. These emotions create unhappiness. But if we become strong, then we will intercept these messengers of misery with a positive attitude, with *PEP*. We will not permit *NEP* that arrives at our doorstep to make us sad. For this, we have to learn the art of flipping over from *NEP* to *PEP*, just as

we have to become conscious of these messengers of misery knocking at our door.

Misery does not knock at our door. Its messengers come uninvited and create sorrow. We have to be able to shut the door and not open it to the messengers of misery. If by mistake they enter, we must not be affected by them. We must use positivity to negate their effect and push them out of our life at the earliest. If we don't, the misery will sink into our lives and lead us to a state of depression. The messengers of misery will create toxic thoughts that will further become feelings and influence our mood. Our mood is the state of affairs that defines what is playing in the theatre of our life. We all have a little stage within us. Thoughts and emotions that dance on that stage within, determine our mood. Our good or bad mood, often depends on the messengers of misery. But, if we replace the Messengers of Misery with Happiness Triggers, we will surely live a cheerful life.

What should we do to the messengers of misery that constantly keep knocking at our door? We must uproot them, eliminate them and not entertain their arrival and existence in our lives if we want to live a life of peace and happiness.

*The Messengers of Misery will knock at our door.
Fear, Worry, Stress, Anxiety and many more!
They come into our lives and make us Sad,
If we allow them in, we can no more be Glad.*



How many of us maintain, what I call a '*Happiness Card*', in our pockets? How many of us know of the *10 Triggers* that will immediately trigger happiness in our life? We all want to be happy but we pay little attention to the '*Happiness Triggers*.' We let *NEP* sink into our lives and let the messengers of misery take command of our thoughts, feelings and moods. How can we help ourselves? If there are any Happiness Triggers that we are aware of, we must use them, so that they can instantly trigger happiness in our life.

A friend of mine showed me his Happiness Triggers' Card. What was on top of the list and what were his 10 Triggers of Happiness that filled his Happiness Card,

1. Sing my happy song
2. Watch a happy television series
3. Call my happy friend
4. Play with my pet
5. Go for a long walk
6. Take a nap
7. Have a hot coffee
8. Talk to my love
9. Count my blessings
10. Read a Spiritual passage

Whenever my friend found that he was not so happy, he would not let his mood make him depressed. He would flip over from being sad to being glad by pulling one of the Happiness Triggers mentioned in his Happiness Card. To him, this Happiness Card was a big treasure. Not only was it a physical card in his pocket but it was also his mobile phone's screen saver, a poster in his rest room and a bookmark in his current book. He had programmed his life for happiness. By doing so, he did not leave any space for the messengers of misery to spray sorrow in his life. He was always enthusiastic and cheerful. Whenever misery tried to push through his door, he would pull out one of the arrows, one of his Happiness Triggers and shoot down the misery with it. He learned the art of controlling his mood by becoming conscious before the messengers of misery got to him. He consciously chose to be happy in more ways than one. Hence, his life was filled with peace and happiness.

Our life is in our hands. But unfortunately, we often forget this truth. Somehow, we blame a distant God for our miseries and sorrows, without realizing that we are in command of our life. It is for us to choose the emotions that we live with. We can control our thoughts and by doing so, we can control our feelings. We can shut the door on miseries, pull our Happiness Triggers and be happy and peaceful. But it is all a choice. Will we make that choice?

*What are the Happiness Triggers that will make you Glad?
Do you know what will make you flip over from being sad?
Now pull those Happiness Triggers and enjoy the Pleasure,
And don't ever forget these triggers; they are your Treasure!*



How many of us believe that our destiny is in our hands? Most of the world believes in good luck, serendipity, or Divine Will. Either they pray, perform rituals or believe in superstitions to make things happen. Some people go to astrologers and magicians and try to change their destiny. Little do they realize that all of this is of no use. Our destiny is in our hands. There is a Law of Action and Reaction. It is based on the Principle, 'What you do, will come back to you.' Everything depends on our actions. It is a myth that the Law of Attraction will work. There is no such law!

Can you wish for mangoes to appear in your garden out of nowhere? It's not possible! Neither is it possible for apples to grow on a mango tree. It all depends on the seed. Similarly, the outcome of our life depends on our deeds. 'What we give is what we get.' This is accepted by most people and we will talk about it under the subject- *Karma* or action. What causes our actions?

Since actions control our destiny, neither good luck nor the Divine, we must be clear on how we can control our actions. Actions are triggered by feelings that are produced by thoughts. Thoughts are created by emotions, the raw material of our thought factory and we can choose our emotions.

Therefore, we can choose our thoughts, our feelings, our actions and ultimately, our destiny.

How many of us realize the simple truth that we control our destiny? How many of us understand that life is like a boomerang, 'What goes around comes around'? How many of us overcome our ignorance and our belief in the myth of fairies, angels, devils and ghosts? Many of us are influenced by these fairy tales and thus, are unable to control our peace and happiness. Little do we realize that our life is in our hands and we can flip over from sadness to happiness and from anxiety to peace if we make an effort to do so. While we cannot control certain things because they depend on our past *Karma*, we have a free will and an Intellect by which we can discriminate, decide and conduct our actions and by doing so, control our destiny.

Do you want to control your destiny? If yes, you can! Do you want to have Eternal Happiness and Everlasting Peace? That is a choice. First, you must realize how thoughts are created and how our destiny depends on our actions. Actions are a part of the thought chain and very much under our control. If we live in ignorance and do not realize that we can control our destiny, neither will we flip from *NEP* to *PEP* nor will we flip from Mind to Consciousness. We will continue to blame God and luck for our destiny.

*Just like the seeds that we plant, decide the Fruits on the Tree,
The Deeds that we do, decide our Destiny.
We should not blame God or believe in Bad Luck!
We decide our destiny; what we sow is what we will pluck!*



As we try to live a life of peace and happiness, we cannot forget that there are universal laws that govern this world. Just like there is the Law of Gravity, there is also the Law of Cycles that causes day and night and different seasons as the earth revolves around the sun and rotates on its axis. Similarly, there is the *Law of Karma* that controls everything that happens on the ground. Is God sitting far away in the skies, controlling everything that is happening in the lives of 8 billion people? Everything is controlled by the *Law of Karma*. It is a universal law and nobody can escape it. It controls our birth and death. Once an action is performed, we cannot escape the reaction to it. We can change our thoughts and our feelings, but actions are like seeds – once planted, they must bear the fruits for it. We will be either rewarded or punished, depending on the deeds that we perform. They may be good or bad.

We have spoken so much about thoughts, feelings and actions. All of it will be incomplete without understanding *Karma*. *Karma* not only works in this lifetime but is carried forward to our subsequent births on earth. In fact, it is *Karma* that decides when, where and to whom we are to be born. Did you choose your birth? You will think that you had no role to play, but the truth is that you did. When our body dies, our *Karma* continues to live. One who leaves the body, the ME, the

Mind and the Ego, carries their unsettled *Karma* and moves into a new birth. Because we don't understand how *Karma* works, we wonder why bad things happen to good people. Bad things cannot happen to good people just as apples *cannot* grow on mango trees. The Law of *Karma* does not permit this. While it can be hard to control feelings, thoughts and actions, we must not forget that *Karma* is causing whatever is unfolding in our life. *Karma* is both, the *Karma* of our previous life that is done and cannot be changed and the *Karma* of this life, which is in our control. Together, the past and the present *Karma* become the Law of Cause and Effect. What we see as an effect unfolding in our life is caused because of our own actions. We cannot change our past *Karma*. Once the deeds are done, they are unchangeable. But we have an Intellect and a free will to choose our present *Karma* or Actions. Therefore, taking charge of thoughts and feelings puts us in the driver's seat and we can command our actions. But once an action is performed, we cannot control its reaction. Those who see suffering in the world and do not understand *Karma*, look up at the sky, cry and ask, 'Why?' If only they understood that it was *Karma*, they would focus on their thoughts, feelings and actions. Is *Karma* dependent on thoughts? Yes, and no! Thoughts trigger feelings that eventually, become actions. But we can intercept a thought and stop it from becoming an action. We cannot always control thoughts, but we can always control our actions. By controlling our actions, our *Karma*, we can control our peace and happiness. We must never forget the role of *Karma* in our life.

*The Law of Karma is the Law of Action.
As are our Actions, so will be the Reaction.
This Law ensures that the fruits depend on the seeds,
Just as our destiny depends on our deeds.*



This is a big question and people have different opinions on it. Is life dependent on our *Karma*? Will it unfold as per our actions or is life pre-determined? Is life pre-destined? Let us analyze what life is all about.

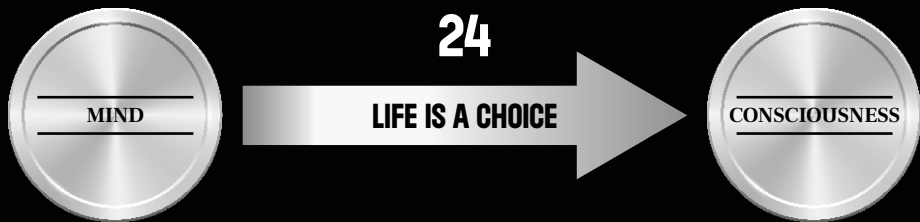
The journey of life is like a road on which we are driving a car. Is our destination pre-determined? Of course, not! The driving wheel is in our hands. We can go left, right, forward, backward, fast or slow. When and where we reach in life is not predestined. We have the willpower and intelligence, we can choose where to go. Both willpower and intelligence are unique gifts to mankind. It is not available to a dog, a frog, a tree or a bee. A tree is bound to the ground but man can go wherever he wants to go, can't he? While man has the power to choose, can he change the road that he is driving his car on? He can't! The road is already laid. The path of his life is paved as per the result of his past *Karma*. Man does not realize that the account of *Karma* is carried forward, life after life. The body dies, but the Mind and Ego, ME, carries its *Karma* forward. That is what decides his birth on earth. In fact, there is a warehouse of pending *Karma*, our unsettled deeds, good and bad, that become like a corpus of the Mind and Ego, ME. We bring certain *Karma* into each life, not the entire corpus or warehouse. We also have a freewill and we can choose our

actions, our *Karma* of the present birth. Thus whatever has happened or is happening in our life is because of the twin *Karma*, a combination of our past and present *Karma*.

Those who understand *Karma*, realize that some aspects of our life are predestined. Some circumstances unfold because of our past *Karma* that cannot be changed. But we can choose our present *Karma* and thus, change the destiny of our life. If we realize this, then our life is not predestined. While things may happen in life that we cannot change, we can choose our thoughts, feelings, actions and reactions. These become responsible for how our life will unfold.

Many people fight the circumstances that are unfolding because of their previous *Karma*. They don't realize that it is useless to fight them. They must learn to accept because it is their own past *Karma*, and they must surrender for the past *Karma* to be redeemed as life unfolds. However, we must not forget twin *Karma*. *Our present Karma is in our control*. We can change our life despite the *Karma* that is unfolding every day in our life. When we realize this, we take charge of our actions and our reactions. We take charge of our thoughts and feelings and we take charge of our destiny, without forgetting that *some things in life are predestined and some things are not!*

*Many people think that life is Predestined,
So, whatever happens in life is Predetermined.
They don't Realize that life depends on our Twin Karma,
Whatever we are doing, matters; it changes our Life Drama!*



How many of us realize that life is a choice? Most of us behave helplessly as life unfolds. There are tragedies and disasters, disease and death and we feel that we are helpless spectators in this miserable world. But this is not true! Life is a merry-go-round and we experience pleasure and pain, loss and gain, sun and rain. This happens, again and again. What we don't realize is that life is not happening as per luck nor is it God's Will. We pluck our own destiny. Life is our choice. How is it possible?

We have understood very clearly how our *Karma* cannot be changed. Whatever has been done in our previous life, will unfold. We have also understood that there is twin *Karma*. We can choose to perform good deeds and take charge of our destiny. Together, good and bad *Karma* will continue to unfold in our life. One day, the body will die and we will be reborn based upon *Karma*. This is a simple fact and a truth of life. Unfortunately, it is also true that anybody who is born, suffers. Nobody can escape from the triple suffering of the Body, Mind and Ego. We all experience physical pain, just we become miserable with fear, stress and anxiety. Then, we are anguished by anger, hate, revenge and jealousy. Regardless of whether this is happening because of our past *Karma* that cannot be changed or because of our Mind, our thoughts that

we can flip over, life is a drama and *Karma* makes our life unfold the way it does.

What choice do we have? We have two major choices in life. Our first choice is to become sensitive to *Twin Karma*. We can control our thoughts, feelings and actions and destiny. Those who are oblivious to *Karma*, not only suffer the triple suffering on earth because of their *NEP* but they also return to earth in a rebirth to suffer, again and again. But this is a choice. If we do good *Karma*, we can escape from suffering but we cannot escape from the cycle of death and being reborn, which will go on and on.

We have another choice. We can choose to realize, 'who we are' and 'why we are here.' If we choose the journey of *Self-Realization*, not only can we be free from the triple suffering on earth but we can also be free from rebirth. This is not an easy choice, because the majority of the world is just following the herd. If we choose to take a road that's less travelled and fly like a bird exploring the truth about life, that choice can lead us to Liberation from *Karma* and thus all suffering. For this, we have to move beyond thoughts and beyond our *Karma*. If we make this choice, we will escape all suffering.

*We can be Sad or we can be Glad; Life is a Choice,
Based on our Actions, we will Cry or Rejoice,
We have an Intellect that can intercept the Mind,
And choose Thoughts to live by, of a Positive kind!*



25

**FROM POSITIVE THOUGHTS
TO THOUGHTLESSNESS**



We have all heard about positive thinking. The whole world talks about it. From the time we are kids, we are inspired to think positive. What we don't realize is that by and large, the Mind doesn't know how to think positive. No doubt, it will fool us into thinking positively, every now and then. But in essence, the Mind is a rascal. It creates thoughts of fear, worry, stress and anxiety. Along with the ego, it harbours feelings of anger, hate, revenge and jealousy. In such a state, how can we think positively?

With a lot of effort, we can successfully flip over from *NEP* to *PEP*. We can empty our cavity of negative, toxic emotions and fill it with positive, nourishing and powerful emotions. But, however much we try to be positive, just like a dog's tail, the Mind, by default, will create *NEP* and negative thoughts. Thoughts indeed create feelings that create actions and these thoughts come from our attitude which comes from emotions, that we can choose. But it is also true that thoughts, by default, will be more negative than positive. What is the solution?

Those who evolve in the journey of life, first, learn the art of flipping from *NEP* to *PEP*, from the negative to the positive side but then, going further, they learn to flip from *Positive Thoughts* to a state of *Thoughtlessness*. How does one make this second flip?

To be thoughtless, we have to kill the Mind. The only way to kill the Mind is to still the Mind. Until we silence our Mind, we will be driven into misery by our thoughts. However much *PEP* we may have, our Mind will push *NEP* into it. Therefore, we must move into a state of Consciousness or Thoughtlessness. In this state, there is no barrage of thoughts. Thoughts that appear, come slowly one by one, into our Consciousness. In this state, the Intellect can discriminate these thoughts and take control of them. In essence, in a state of Consciousness, there are no thoughts. When we reach this state of Thoughtlessness, we are far better than thinking positive thoughts. Most of us don't understand this logic. This is because we are fooled by our Mind into believing that the only way to live a happy, peaceful life is with positive thinking. We don't realize that positive thinking is just a mask behind which the Mind is waiting to shoot negative thoughts at us, thoughts that will steal our Peace of Mind and will ultimately make us flip from positive to negative. The solution is to go beyond *PEP*, beyond positive thinking, to a state of 'No Thinking' or Thoughtlessness. Just like we can control walking, talking and eating, we must discipline ourselves to control our thinking too. Then, we can reach the state of Consciousness, a state of Peace, Eternal Bliss and Everlasting Happiness.

*First, we must flip from NEP to PEP,
From Negative Thoughts to a Positive Step.
Then, we must Still the Thoughts of the Monkey Mind.
In this Thoughtlessness, True Peace, we will find!*



We often call the Mind, a monkey, because just like a monkey that is constantly jumping from branch to branch, the Mind is constantly jumping from thought to thought. Because of this constant jumping, we are unable to contemplate, introspect and realize the truth. The mind jumps to a yesterday that is gone and then to a tomorrow, not yet born. It takes us to the past, which we cannot change and creates regret, misery and shame. It then jumps into the future to create fear, worry and anxiety. Through this constant jumping, we lose our much-desired peace and happiness.

We must tame the Monkey Mind and turn the Monkey into a Monk. When we look deeply, the monkey has a tail, the EY. It is Ever-Yelling and Ever-Yearning. It is because of this constant yelling and yearning of the Monkey Mind that we cannot still it and so, we cannot kill it! We must learn the art of taming this monkey. We must stop this constant thinking. We all experience noises in our head, sounds and messages of the Mind that steal our tranquillity. It is just like ripples in a lake. But once we are able to still the Mind and control our thoughts, we will be in peace. How do we do this?

Thinking is a conscious choice if we want to make it so. If we tame the Monkey Mind by cutting its tail, it will become a

Monk. We can create a habit of stillness, of silence, of being in a state of Consciousness or Thoughtlessness. It is in this state, that the Mind ceases to exist. When we tame the Monkey Mind, there are no jumping thoughts. The Mind becomes a Monk. Then, even if thoughts appear, they appear in our Consciousness. They will appear in a sequence, in a controlled manner. The Intellect in our Consciousness will then, discriminate these thoughts before they become feelings and actions. Therefore, by taming the Monkey Mind, we are taking charge of our destiny by intercepting the thought chain, which otherwise, goes out of our control.

It is not easy to tame the Monkey Mind. It needs a lot of willpower. But it is the only way to control this yelling and yearning Mind that is so caught in passions and desires. Else, before we know it, our life will be wasted and over. If we tame the mind and make it still, we can live in peace and happiness. So, the next time your Mind swings like a pendulum to a yesterday or tomorrow, stop it and bring it to the present moment. How do you do that? Watch it, catch it, latch it! You observe the Mind and witness its monkey business. It will then stop jumping and be still.

*First, we must tame the Monkey Mind
And make it into a Monk.
Then, remove all the Negative Thoughts
That create so much junk!
Once we are the Master of our Mind,
We will leave all our misery behind!*



Every normal human being is under the control of their invisible Mind. The Mind appears to exist but when we go in search of the Mind, Where is the Mind? We cannot find! Still, every moment, our mind constantly bombards us with thoughts. It doesn't even let us sleep in peace. How do we deal with the Rascal Mind that steals our peace and happiness? We must flip over from Mind to Consciousness.

In the state of Mind, there is a flow of thoughts that is constantly playing in our operating system. There is practically a new thought every second. This can go up to 50,000 thoughts a day. These thoughts create so much stress, worry and anxiety, that sometimes, we can go into depression. Most of us don't know or have not learned the art of flipping over from Mind to Consciousness. In the state of Consciousness, there are no thoughts. Even if a thought appears, it floats like a fish that slowly enters the ocean of Consciousness. It is observed by our Consciousness and controlled by our Intellect. It is in this State of Consciousness, that there is no Mind! Therefore, this state is considered to be a state of Thoughtlessness, although, in reality, such a state does not exist. Even in Consciousness, thoughts appear. Just that they are much slower and appear in an organized manner, not pop up in a scattered manner. Thoughts appear slowly, like those little cable cars that move

forward gently and slowly on a ropeway. They do not bombard us or steal our Peace. In the state of Mind, we are lost. One moment there is one thought and before we capture it, there are 10 different thoughts. These create mixed feelings and sometimes, we are unable to choose our actions wisely. But in the state of Consciousness, every thought is properly contemplated. We can discriminate each thought and process it, either into an action, or put it in the dustbin and flush it out of our system. For this, we have to learn the art of flipping over from a state of Mind to a state of Consciousness.

Being in a state of Mind is common to us, human beings. We experience it all the time. In fact, it is so obvious in its presence that although it doesn't really exist, it makes us believe that it does. But the moment we still the Mind, we reach a state of Consciousness. Just like we can stop singing or dancing, we can stop thinking too, provided, we flip to Consciousness. In a state of Consciousness, we do not permit thoughts to enter. Don't we know that thoughts don't knock at the door? They come uninvited and push us on the floor. We must push them out and shut the door! We must learn to live in stillness, in silence, in Consciousness. If we flip over from Mind to Consciousness, we can still the Mind, we can kill the Mind.

How do you move from Mind to Consciousness?

You silence the Mind that is creating so much stress!

*Flip over from Mind state that is constantly thinking Thought,
To a Consciousness state where there is Peace that you sought.*



28

THE 10 FLIPS TO CONSCIOUSNESS

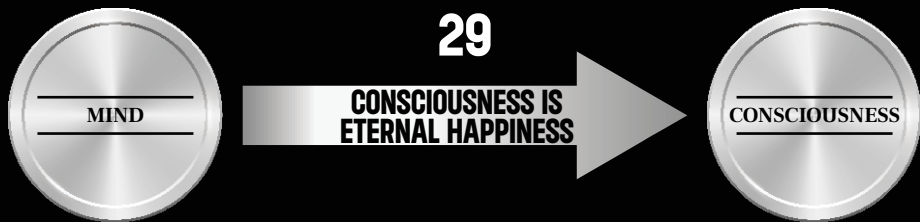


Until now, we have been discussing about flipping over from the negative to the positive side and we also found ways to do so. We have also considered flipping over from Mind to Consciousness, but that is not easy. There are some ways to do it. We have to discipline ourselves to implement the ways to flip to Consciousness. Our Mind will always try to put us in a state of Thoughts, stealing our Consciousness. At every such instance, we must flip over, till this flipping not only becomes a habit, but becomes our very nature. Then we will start living eternally in a state of Consciousness. However, to reach this state of Consciousness, we first have to flip from the Mind state to the Consciousness state. How will we do that and what are the ways? There are ten ways to flip from a State of Mind to a State of Consciousness.

The **first way** is to move from a state of junk to a state of the monk. As long as we let the Monkey Mind fill us with thoughts of junk, we can never be silent and live like a Monk. Every time the Mind throws thoughts of junk, we must flip to Consciousness, and be still like a Monk. The **second way** to flip to a state of Consciousness is not to believe in the knowledge that we have grown up with. That knowledge may be filled with a lot of myths. We need the Realization of the Truth that will enlighten us. So, to flip to Consciousness, let go of past knowledge and

seek Enlightenment. The **third way** to flip to Consciousness is to refuse to be sad. When the Mind tries to fill us with thoughts of fear and worry, we should eliminate these thoughts. We should not be sad and choose to be glad. The Mind will always create confusion but if we flip over to a state of Consciousness, we will activate our Intellect and reach a state of conclusion. This is the **fourth way** to flip. The **fifth way** to flip is to make it a habit to live in Thoughtlessness, rather than be bombarded with thoughts. This flip will give us Peace and Bliss. The **sixth way** to flip to Consciousness is not to let the Mind steal our Intellect. Instead, Consciousness must reveal our Intellect. The **seventh way** of flipping over is not to believe in a personal God whose name is always on our lip. If we flip to Consciousness, we will pray to the Divine who is *SIP*, the *Supreme Immortal Power*.

The **eighth way** to flip to Consciousness is to flip from Perspiration to Liberation. Thoughts will make us perspire, but Consciousness will inspire us to be enlightened and liberated. When we live in a state of Mind, it goes on swinging to the past that has gone and a future not yet born. When we flip to Consciousness, we stop swinging and start singing in Bliss, in the present moment. This is the **ninth way** to flip from Mind to Consciousness. The **tenth and the final way** to flip from thought to Consciousness is to realize that we are not the body that will return in a rebirth. We are a Divine *SOUL*, a Divine *Spark Of Unique Life*, a part of *SIP*, the *Supreme Immortal Power* that will be united with the Lord. These 10 ways to flip from Mind to Consciousness are the key to our peace and happiness. We must constantly flip over to a state of Consciousness, every time our Mind attacks us.



Did you know that there is a state of being in which you can experience Everlasting Happiness, Divine Love and Eternal Peace, without any sign of pain, misery or sorrow? This state is a state of Consciousness. When we live in a state of the Mind we do not realize that we are filled with thoughts of fear, worry, stress and anxiety. The Mind can get us into depression and can even lead us to thoughts of suicide. Along with the Ego, it becomes ME, and the Mind and Ego make us experience anger, hate, revenge and jealousy. This may be something you already know but the fact is that we all suffer because of our Mind. When we try to find the Mind, where is it, we cannot find! Mind is just a bundle of thoughts. It causes all the mess, stealing our peace and happiness. When we flip over from Mind to Consciousness, we leave all this misery and sorrow behind.

When we are in a state of Consciousness, there is no Mind. Because we were able to still the mind, we were able to kill the Mind. We reach that state of Thoughtlessness, where there are no thoughts of fear and worry. With the Mind disappearing, the ME doesn't exist. The ego drops into a state of dormancy and we overcome the anguish of anger and hate. In this state of Consciousness, there are no thoughts. There is only peace. Just like a lake that is still, without the ripples causing

commotion, in a state where the Mind is still, Consciousness experiences Peace, the very foundation of Eternal Happiness.

Have you ever been happy when you were not at peace? Impossible! It is always peace that fosters happiness just as when the Mind steals our peace, we lose our bliss and joy. Where does Peace come from? It comes from Consciousness. It comes from being in that state where the Monkey Mind is tamed to be a Monk. Even if thoughts appear in Consciousness, they are solo thoughts, not a bunch of thoughts that become the Mind. Thus, in the state of Consciousness, our Intellect is able to discriminate the thoughts and we remain in a state of Peace. Because there is no *NEP*, no toxic *Negative Energy Poison*, we are in a state of *PEP*, a state of *Positive Energy Power*. Furthermore, because there is no sorrow, there is Eternal Happiness.

Very few of us are blessed to discover this fountain of joy. It is Love. While Love is supposed to create Bliss, it is often the cause of our unhappiness. This is because of the thoughts in our Mind. When we are in Consciousness, we experience Divine Love - not just love for the skin, but for the Divine within. Therefore, Consciousness is a state of Eternal Bliss, Divine Love and Everlasting Peace.

What is the state of Consciousness, do you know?

It is a state of Thoughtlessness, that makes Bliss flow.

You're no more a slave, suffering due to the Monkey Mind...

You live in Consciousness, Eternal Bliss and Peace, you find!



How many of us understand the truth behind the saying that our Mind is our biggest enemy? It is the cause of our ignorance and suffering. While our Mind does not actually exist, it appears when thoughts get together and take charge of our life. These thoughts become feelings, which become actions that ultimately, become our destiny. In fact, every moment of our life is controlled by our Mind. But it is ironic, that in reality, our Mind does not exist.

Our Mind makes us so ignorant that although it is an illusion, it not only appears but also dominates our life. We become mere puppets who are controlled by the strings of our Mind. Our Mind makes us dance as per its thoughts and we become helpless puppets, performing actions that are triggered by the thoughts of the Mind. Primarily, these are thoughts of ***FEAR***, a *False Expectation Appearing Real*. Thoughts of worry and stress steal our peace and happiness. But when our Mind is in the driver's seat of our life, we are like passengers who have no option but to go along wherever it takes us. All of this is true for an ignoramus or for one who doesn't go on a quest to find the Mind. The intelligent one investigates and realizes that the Mind is a fraud. It doesn't exist! Such a person takes charge of his life and kills his Mind. He realizes that he can either kill the Mind or be killed by the Mind.

How does one kill the Mind? You can kill a living creature with a knife or shoot it with a gun. But how do you destroy the Mind that has no physical existence? There is only one way. *To kill the Mind, we must still the Mind.* The moment we still the Mind and there are no thoughts, the Mind is dead; we will have peace in our head. Somehow, we are unable to still the Mind. So, we live through our life without killing the Mind. Very few of us are blessed to spend time in silence and slowly but steadily, reduce thoughts - the *MTR, Mental Thought Rate* of 50 thoughts a minute to just 1. When we are able to reach a state where we become the witness, the observer and in a state of Consciousness, we are able to watch the Mind, catch it and latch it. Then, we are engaged in just one thought at a time. We put our Intellect in charge of that thought and shut the door to our Mind, so that it does not find a way to enter and bombard us with thoughts. When we still the Mind, we kill it! Unfortunately, the Mind does not die. It returns. Unless there is a sincere practice through silence, meditation and engaging in Spiritual contemplation, the Mind that appears to be dead, returns to fill us with thoughts. Therefore, we can choose to kill the Mind or be killed by our Mind.

If you don't kill your Mind, the Mind will kill you!

This is a fact; it is absolutely true.

*For when we are controlled by the Rascal Mind,
We remain in Ignorance and the Truth, we don't find!*



Have you heard of the phoenix? It is a mythological bird that is believed to have existed long ago. It is known to rise from its own ashes with a renewed vigour after it dies and gets burnt. The phoenix has become a symbolic expression of immortality and resurrection after death. It is famous in Greek and Egyptian mythology. While the phoenix is used in a positive context, we are viewing the Mind to be like a phoenix, but in a destructive form. How does our Mind become like a phoenix?

Just like the phoenix never dies, the Mind seems to be deathless. Even though we still it and we kill it, it still resurrects and comes back from its death. It is a big challenge to deal with the Mind. First, we should silence it and then, try to kill it. But it will still return like the phoenix, every time we kill it. The seekers of peace and happiness learn the art of cremating the Mind. They destroy it completely so it does not return like the phoenix. This is not an easy achievement. But it is possible. It happens when we start living in Consciousness. In that state of stillness, there is no possibility, no space and no opportunity for the Mind to enter. We are in such awareness in Consciousness, that we become conscious of the Rascal Mind and its intentions. The best way is Enlightenment. When there is the Realization of the Truth that *the Mind doesn't exist*, then the illusory Mind will find it difficult to

attack us with thoughts. Every time there is a barrage of thoughts that tries to enter our Consciousness and tries to make us flip from the state of Consciousness to the state of the Mind, our Intellect will refuse entry to the thoughts and help us remain in Consciousness. Therefore, though the Phoenix-Mind tries to rise from its ashes, it crashes because of our Consciousness.

We must become conscious of the Rascal Mind and how thoughts can not only steal our Bliss, Peace and Joy but also imprison us with thoughts that will keep us ignorant till our death. Not only will we live with misery till our last breath, but also return to earth in a rebirth, and the Mind along with the Ego will become ME and carry our *Karma* to the next journey of life. Both the Mind and Ego, ME, are illusory but because we do not destroy the Mind completely, the Ego exists and together, they make us suffer. One who becomes an expert in killing the Mind, lives in the Consciousness of Truth and experiences Eternal Bliss. He is unaffected by the Phoenix-Mind. To him, there is no Mind. There is only Consciousness. There are thoughts but they are under the control of their Intellect. Such a person doesn't have to flip anymore from *NEP* to *PEP*, or from Mind to Consciousness, because he lives in an eternal state of Consciousness.

*The Mind is like a Phoenix, it never dies!
Even if we kill and cremate it; it still cries!
It does not stop disturbing us with its noise,
It stops us from hearing the Divine Voice.*



When we were kids, we were taught an experiment to hold a magnifying convex lens under the rays of the sun to create fire on a piece of paper. As a child, it seemed magical to me. The experiment was all about focussing the sun rays to a point which would burn the piece of paper. As kids, we learn that focus creates power but as we grow up, we let our Mind make us go 'out of focus' and lose the power of life. *Focus is power.* The Mind wants to wander and take away the power of our focus. It jumps from thought to thought and the clear picture of the truth gets out of our Consciousness. Focus exists in a state of Consciousness because then the Mind is locked or engaged in a single thought. In that state of being locked, our Mind does not wander from thought to thought. The power of focus leads to Consciousness. It is the way to flip over from the state of Mind to the state of Consciousness.

We cannot conclude the way to Consciousness without emphasizing the importance of focus. We have to make focus a habit just as we have to stop the wandering Mind from making us swing like a pendulum from one thought to another, with so many feelings that it distorts the truth and makes us suffer in misery and sorrow. How can we flip over to a state of Consciousness until the Mind is still? How can we be in that state of Peace and Bliss until we lock the Mind in

meaningful thoughts? We must make a habit of engaging the mind in a single thought. It is in this state of locked focus that it becomes simple to flip from Mind to Consciousness. This is because the Mind is controlled. *When the Mind is locked in focus, it ceases to exist.* The Mind only appears when there are dozens of thoughts that create so much de-focus in our life. Right from the time we are children, we are taught to focus on our studies, to focus on our priorities and this continues throughout our life. But alas! Our Mind does not want such a focus and so, dances away in thoughts, both positive and negative, as it ultimately swings us away from our goal. Our goal is to activate our Intellect and discriminate our thoughts but without focus, neither can we be in Consciousness nor can our Intellect shine.

When will we stop the Mind from flooding us with so many thoughts and stealing our focus? It is in the state of focus that we become the master of our thoughts. We control the Mind, and we live in Consciousness through the discrimination of the Intellect. Stop! Learn to focus. Don't wander here and there. If the Mind wants to wander, let it go. You stop and still your thought process. Be engaged in a positive thought. Be locked in the Truth and let the Consciousness of this Truth create Bliss. You have a choice. Either you can lock the Mind in focus, or you can flock the Mind with thoughts of fear, misery, stress and anxiety. Don't let any picture from the camera of your life be printed without focus. If you let, then you will never see the real picture.

*To flip from Mind to Consciousness,
We must lock our Mind in one Thought and Focus.
If not, the Mind will wander here and there,
Making us sad, stressed and nervous.*



What is the way to flip over from the state of Mind to the state of Intellect? When we are in a state of Mind, we are bombarded by several thoughts. There is no sign of our Intellect. Intellect is a unique gift given to man. It is our power of discrimination. It can differentiate black from white and what is wrong from what is right. But when our Mind bombards us with about 50 thoughts a minute, our Intellect cannot withstand it. In this state of Mind, the Intellect becomes ineffective. It is in a way, disabled and cannot function.

Therefore, we have to flip over from the Mind to the Intellect. The only way to do this, is to kill the Mind. We have learned that to kill the Mind, we must still the Mind. When we still the Mind, there are no thoughts and we reach a state of Consciousness. In this state of Consciousness or Thoughtlessness, our Intellect shines. It comes alive. Our Intellect becomes the master of our thoughts. Then every thought that enters our Consciousness has to pass through the Intellect. Only after the discrimination, the thought can proceed to become a feeling and an action.

Those who are blessed to live by the Intellect are blessed to live with discrimination. They are the ones who can overcome ignorance and realize the truth. The rest of humanity lives and dies as the Mind because although we all have an

Intellect, we do not learn the art of flipping over from the Mind to the Intellect.

Everybody uses their Intellect, once in a while. But this is not enough for Enlightenment. This occasional usage of the Intellect makes us feel intelligent. But the truth is that we are ignorant. We do not realize who we are and why we are here. This is all because of our Mind. Because we are not in a state of Consciousness and our Intellect is disabled, we are a slave of our Mind and Thoughts. The moment we flip over from Mind to Intellect and live in the state of Consciousness or Thoughtlessness, we become intellectual masters. We overcome ignorance and are enlightened with the truth. We realize that we are not the Body, Mind and Ego. We are the Divine Soul. We are liberated from the triple suffering on earth and also from the cycle of death and rebirth. However, this is only possible in that state of Consciousness where the Intellect shines. This is possible only when we flip over from the Mind to the Intellect.

How many of us know that our Mind is our enemy, that we can be in a state of Consciousness and we must activate our Intellect? We just live and die as the Body and Mind.

*How can we flip to the Intellect from the Mind?
By stopping all Thoughts, making them come to a grind!
Then in Consciousness, the Intellect can shine,
And when there are no Thoughts, the Mind will decline.*



34

**OUR INTELLECT SHINES
IN CONSCIOUSNESS**



How does our Intellect come alive? We are all blessed with an Intellect. We should not be enveloped in ignorance. Why then, is 99% of humanity sinking in the darkness of ignorance? There are many reasons. The first is our *Karma*. We are born with a certain *Karma* and we have to face the redemption of that *Karma*. We are also trapped in the material world, the *Samsara*, as we become the slaves of our Body and Mind. Instead of us being educated with the truth, we are indoctrinated with the myth. We are taught that success is happiness and God lives somewhere far away in the skies. These are all lies. If we don't develop our Intellect in school, we will grow up to be a fool. We accumulate a lot of knowledge in our school and college but there is no wisdom, there is no intelligence. This is because of all these reasons. We are actually capable of intellectual discrimination but for this, we must learn to ask, investigate and realize the truth. We must have the courage to go on a quest. We must take help of a *Spiritual Mentor* or a *Guru*. These are the ways to activate our Intellect. Unfortunately, because we are so conditioned to live as the Body, the Ego and the Mind, our Intellect does not shine.

Our intellect will shine only when we live in a State of Consciousness. When we transcend the Mind and tame the Monkey into a Monk, we reach a state of Thoughtlessness or

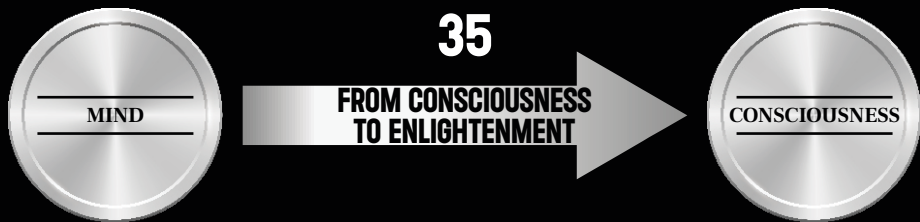
Consciousness. In this state of silence, where the Mind is calm, the Intellect shines. We need not do anything. It is an automatic process. One of the two, either the Mind, or the Intellect, will always be in command of our life. In most cases, it is the Mind because we think up to 50 thoughts a minute. In such an environment, there is no Consciousness and thus our Intellect is dormant. Our Intellect comes alive in the state of Consciousness. When we are able to still the Mind, we kill the Rascal Mind. We flip over from the state of Mind to the state of Consciousness. It is in this state that the treasure of our intellect shines. It takes charge of every thought that enters our Consciousness. It discriminates the thoughts and takes charge of our actions, without the influence of the rascal Mind. Why is it, that most of us do not find our Intellect shining in Consciousness? Because we are all slaves of our own thoughts, thoughts that become the Mind. Then we find ourselves sinking as we are thinking, in ignorance and in the myth that we have grown up with. We have been indoctrinated not to question our religion. Our teachers and our elders have warned that it is blasphemous to do so. We live and die as puppets, following rituals and superstitions that have no meaning.

In the light of Consciousness, our Intellect does shine.

It stops our Rascal Mind from making us decline.

In Consciousness, as we experience Bliss and feel the Divine,

It is our Intellect that discriminates and creates sunshine!



Consciousness is not just a state of Peace, Bliss, Happiness, it is that state of Thoughtlessness in which there can be contemplation of the Truth. It is only in this state that man is capable of reaching his highest levels of existence. Man is a unique being, blessed with the most unique life when compared with all living creatures. Of all the blessings that he has been gifted with, Consciousness is supreme.

In Consciousness, man becomes aware of the Truth. He becomes the witness and the observer. Not only does he tame the Monkey Mind to a Monk, not only does he remove all *NEP* that is junk but he also reaches that state of experience, where he realizes that he is not the Body, he is not the Mind and he is not the Ego. It is in this state of Consciousness that man realizes the truth that he is a Divine Soul. Thus in Consciousness, man experiences the Spiritual 'Aha!' known as Enlightenment.

Enlightenment cannot be defined in words. It is a state of Realization where one experiences the Truth. This magical experience is beyond any logical comprehension. To become aware that we are nothing and thus realizing that we are everything, is the *ultimate goal of life*. Unfortunately, most people live in ignorance, as puppets of their Mind, because they are enslaved by their thoughts. Neither they experience

the state of Consciousness, nor do they come anywhere close to Enlightenment.

When we live in Consciousness of the Truth, we experience a state of bliss known as *SatChitAnanda*. This bliss not only transcends all suffering through Liberation of the Body, Mind and Ego, but also experiences the fountain of love, an ecstasy that creates a euphoria of joy, experiencing the Divine in one and all, in anything and in everything. Such a state of ecstasy is experienced only when there is Enlightenment, which is experienced in the state of Consciousness.

The moment we flip over from Mind to Consciousness, attaining the state of Enlightenment becomes a natural process, provided we live in Consciousness, always. More often than not, the Rascal Mind will return like a phoenix to steal our Consciousness and the Divine state of Enlightenment will remain an unrealized dream. Therefore, we must resolve and be committed, first to flipping over from the Mind to Consciousness, then, activating our Intellect and thereafter, evolving to that ultimate state of Enlightenment, where there will be Liberation from the misery on earth and from the cycle of death and rebirth and ultimately, there will be Unification with the Divine.

*Consciousness is that state of Thoughtlessness,
That first gives us Peace and Happiness,
Then, as we Realize the Truth and overcome Ignorance,
We are Enlightened and experience our true Spiritual essence!*



36

**WE MUST BE EVER
CONSCIOUS OF THE TRUTH**



What can stop us from Enlightenment? What can stop our Intellect from being the master of our thoughts? What can stop us from attaining the Ultimate state of Peace and Bliss? It is our Mind itself. Unless we are in the Consciousness of the Truth, the Mind, like a spate river will flood us with negative thoughts that will steal not just our Peace but our Consciousness itself and lead us back into the illusory world. Therefore, if we want to move further in this journey of the Truth, being liberated from misery and being united with the Divine, not only must we be in Consciousness, but we must be ever-conscious of the Truth.

What is the Truth? It is simple. We all know it but we don't realize it because we are not conscious of it. The Truth is that *we come in this world with nothing and we will go from this world with nothing*. The Truth is that *we come alone and go alone*. The Truth is that *death of the body is certain*. The Truth is that *those who are not enlightened will be reborn*. The Law of Karma is true. There is no doubt that *we are not the Body or Mind*. All this is the Truth, the Absolute Truth! Does God live somewhere far away in the skies? Will we meet God somewhere in the skies, when we lose our breath? This is a lie! This is a myth. The Truth is that *the body is destroyed on earth and heaven and hell are only experienced in a rebirth*. All this is the Truth. We can easily examine the options and discriminate with our Intellect and realize what the truth is. Whatever is the truth, we must be

conscious of it. If we are not ever-conscious of the Truth, then there will be a vacuum in our Consciousness and this vacuum may create scope for our Mind to enter into our Consciousness. When the Consciousness is full of the Truth, our awareness of the reality becomes like a dam and the river of thoughts is kept away by our Consciousness of the Truth. The only way to flip over from the Mind to Consciousness and to remain in Consciousness is to remain in the Consciousness of the Truth. This is a state known as *SatChitAnanda*, a state of *Ananda* or Bliss, which comes from not just Consciousness, but from the Consciousness of the Truth. If we want Bliss and Peace, our challenge is to remain in that state of Consciousness and to be in the state where we are ever-conscious, ever-aware and ever-awakened. The light of the Truth must shine in our Consciousness. Just being still and thoughtless is not enough to remain in Consciousness.

Thus, Enlightenment, Self-Realization and Realization of the Truth becomes the goal of human life. First, attaining Consciousness and then *Realization of the Truth*, or first, gaining knowledge of the Truth and then, remaining in Consciousness of the Truth are the two ways to experience *Ananda* or Bliss. But we must always live by the Truth. For this, we need our Intellect. Our Intellect shines in our Consciousness. We need to kill the Monkey Mind. And to kill the Mind, we must still the Mind. Without the state of Consciousness, even if we know the Truth, it will be washed away by our Mind.

*The Mind will not permit Consciousness,
If there is just Thoughtlessness.
Unless of the Truth, Consciousness is full,
The Mind along with Thoughts, will continue to rule!*



What is the ultimate benefit of flipping over from *NEP* to *PEP*, from Mind to Consciousness? What is the whole purpose of taming the Monkey Mind, making it a monk and then moving into a state of Thoughtlessness, experiencing Consciousness and Enlightenment? Little do we realize that this is the ultimate purpose of our life.

Does the world realize, that *by and large, we all are living in ignorance*? Do we actually know that *we are not who we think we are*? How many of us realize that *there is no Mind*? Where is the Mind? You cannot find! Do you and I realize that *this body is not me*? It is just a bundle of 30 trillion cells that is created out of the **SOUL**, the *Spark Of Unique Life* that gives us Consciousness. *What do we know about the Soul*? We live in ignorance and do not realize the Truth. We grow up accumulating knowledge from a college and a school, making us no better than a fool. We just follow the herd and believe in what we have been indoctrinated with. After all, these teachings come from our parents, family, teachers and community. How can we question our religion and faith? So, we believe in the myth that we grow up with. We perform rituals, are trapped by superstitions, as the dogmas of our life envelop us in ignorance. We just live and die, without realizing the truth of '*Who am I?*' and '*Why I am here?*'

It is our Consciousness that reveals the Ultimate Truth of life. It is Consciousness of the Truth, in which we experience Bliss and are liberated from the triple suffering of the Body, Mind and Ego. However, if we do not flip from the state of Mind to Consciousness, we will never realize the ultimate truth of life. Although we all know that we come with nothing and we go with nothing and nobody is truly ours, because all relationships will end one day, we still live with attachments and suffer. Why? It is because of our ignorance. As long as we do not flip from Mind to Consciousness, we will remain ignorant and we will not realize the ultimate truth of life.

The ultimate truth of life is to discover 'who we are', 'why we are here' and to merge with SIP, the Supreme Immortal Power, our very source. However, this is only possible in the state of Thoughtlessness or Consciousness, which will occur when we still the Mind, kill the Mind and live as a witness and as an observer.

Less than 1% of humanity goes in quest of the Truth and out of that 1%, barely 1% is blessed with Self-Realization and God-Realization. Therefore, only a miniscule fraction of us are enlightened with the ultimate truth of life.

***What is the Ultimate Truth of life?
Realization of which liberates us from all strife...
It is that we are not the Ego, Body or Mind,
We are the Soul, this Truth, we get to find!***



To a common man, freedom is all about his country being free. We celebrate our Independence Day and think that being free from colonialism is what freedom is all about. We all want to be free from political and legal domination, just as we do not want to be economic slaves of a colonial power. Gone are those days where the world accepted exploitation and tolerated racial and cultural inequalities. Surely, this freedom is important. But this is an ancient concept of freedom, of Liberation. Over the centuries, there has been a lot of change in our society. Slavery has been abolished just as weaker sections of the society have been emancipated.

Centuries have passed but man is still a slave of his own Body, Ego and Mind. He is still a puppet to his toxic emotions and he lives and dies in misery. When will man be free from fear, worry, stress and anxiety? When will man overcome depression? When will man find Liberation from desires and cravings, from shame, guilt and greed? When will man be free from the anguish caused by anger, hate, revenge and jealousy? If man celebrates his independence because his country is free but remains a prisoner in his own body and Mind, then, what has he achieved? The ultimate goal of man is to attain Liberation from his illusory self, from his own false identity, from the ignorance and the myth that he has grown

up with. The ultimate goal of man is freedom from fences, faces, farces and forces, freedom from his own personal world, where he is a prisoner out of his own choice. He can break-free through the Realization of the Truth. He can gain freedom through Enlightenment. He can cut his strings, open his wings and fly high in the sky. But he must surely, try. He must not just live, till he will die. He must go on a quest and not accept anything blindly. He should have the courage to reject the myth, the lies that talk of a God who lives in the skies, that tell him that success is happiness. He must put an end to his ignorance and realize that *death is just a bend*, and that *he is an immortal Soul*. Once he realizes this, he will not suffer pain of the Body, misery of the Mind and agony of the Ego.

Man's ultimate goal is Liberation, freedom from his own personal slavery. When will man end this slavery? When will he realize the Truth? It is only when he flips over from Mind to Consciousness, that man will be truly free. He will be able to live in Eternal Bliss, Everlasting Peace and with Divine Love. As long as man lives in the prison of his Body, Mind and Ego, he will suffer on earth and then return in a rebirth based on his actions, his *Karma*. Man can choose to be free and be who he is meant to be, or return to earth as the Mind and Ego, ME.

What is our Goal?

It's not to make money and wealth.

Our true Goal is to improve our Spiritual Health.

From this world, Freedom, we must find,

And not return to earth in a Rebirth, with Ego and Mind!



Many of us are searching for Peace. We don't realize that we cannot find peace. It already is within us. The moment we still the Mind, peace, we will find. Unfortunately, we are not able to still the Mind. We are unable to reach that, the state of Thoughtlessness. We don't know that it is possible to stop thinking. But because we do not believe that we can control thought, to still the Mind, we forgot!

Mind, in reality, does not exist. It is nothing but a bundle of thoughts. And as long as we keep thinking, we put our Mind in control of our life. Once the Mind is in charge, we lose charge of our life, because the Mind pops thoughts like a popcorn machine. These thoughts then become feelings, feelings become actions and all these together, steal the stillness of the Mind and the Peace that we seek.

Why do we seek Peace of Mind? Because, peace is the very foundation of happiness. If there is no peace, there is no possibility of bliss and joy. Do you ever recall being in a state of Happiness, when you lost your Peace of Mind? Surely, you remember moments when you were celebrating with joy and the moment you lost your peace, the happiness disappeared. We all have such moments, but alas, we are unable to be Peaceful, because we are unable to be Mindful. Today, the

world is talking so much about Mindfulness meditation. What is this meditation? It is the art of making the Mind still, for, when we still the Mind, we kill the Mind. When there are no thoughts, we don't need to find peace, because it is automatically created in the state of Consciousness or Thoughtlessness.

Stop looking for peace! You can never find it! But if you just still your Mind, you will have peace. It does not mean that there will be no thoughts. Thoughts will appear as little dolphins jumping out of the turquoise waters, once in a while, not as waves that are constantly lashing the white sand of the beaches of our life. We need to live, learning the art of having stillness in Consciousness, not an ever-yelling, ever-yearning Monkey Mind that is constantly creating desires, passions, stress and anxiety. When will we realize that this world is just a show? We are like actors who come and go. Ultimately, nothing will be ours. Because we subject ourselves to thoughts of the Mind, we find ourselves full of greed, instead of living with contentment fulfilling our need. We could choose Fulfilment but we chase Achievement and lose our Peace of Mind.

*How can we find Peace of Mind?
Peace is within, are we blind?
All we must do - Still the Mind,
Then Peace, that is within, we will find.*



40

LIVE WITH PEACE, LOVE AND BLISS



What is our ultimate goal of life? The whole world thinks it is Happiness. We seek pleasure and we shun pain. But we pass through the merry-go-round of joy and sorrow, again and again. While there is a way to live in peace and bliss, we choose to be on the see-saw of happiness and unhappiness. When will we reach the state of Eternal Joy?

Do we realize that pleasure is just the first level of momentary happiness? It comes from achievement, success, name, fame and money. But it doesn't last. Those who think 'success is happiness', can never be truly happy, because they are chasing *Pleasure*. Very few people in this world are fortunate. They take an exit from the highway of achievement to live a life of contentment and fulfilment.

Fulfilment is the second peak of happiness. It is not pleasure. It is bliss that is built on the foundation of *Peace*. Those who live in peace are far happier than those who live in pleasure. Still, they suffer the triple suffering of the Body, Mind and Ego. It is only he who goes beyond the second peak of fulfilment and climbs the third and Ultimate Peak, Enlightenment, discovers happiness by attaining the true *Purpose* of life. He realizes who he is. He is not the body, Mind and Ego, but the Divine Soul and he discovers that his ultimate goal is to be

liberated from this world and be United with the Divine. A person who lives in the state of *SatChitAnanda*, of Eternal Happiness, Divine Love and Everlasting Peace, experiences these from living in a state of Consciousness. A very tiny minority of humanity is blessed to go beyond the Mind and Ego, ME, beyond desires of the body and beyond ignorance of this world. They are the ones who know the meaning of Eternal Happiness. To them, love is not of the skin, but it is of the Divine within. They love one and all as they live a life of Peace and Tranquillity. Such people first flip from *NEP* to *PEP*. Then, flip over from Mind to Consciousness. They transcend thoughts as they are enlightened with the Truth. It is in this state that one experiences Joy, Love and Peace.

Are you seeking to live a life of peace and happiness? Do you want to shuttle between positive thoughts and negative thoughts or do you want to be free from all misery and sorrow? Remember! It is a choice; a conscious choice. We have to discipline ourselves, use our willpower and with a strong resolve, remain in the state of Consciousness. We should stop our Mind that tries to make us flip, slip and trip into thoughts. If we don't, we will suffer. But if we push our thoughts out, shut the door and live in a state of Thoughtlessness, a state of Consciousness, we can live in a state of Eternal Happiness. This is not a fairy tale. This is how the enlightened Souls of the world live. We, too, can choose Consciousness and live in peace and happiness.

Is there a way to live with Peace, Love and Bliss?

Is there a way to Eternal Happiness?

Yes, if we flip over from Mind to Consciousness,

We will be Happy without fear or stress.



My life journey and personal experiences of flipping over from *NEP* to *PEP*, from Mind to Consciousness are shared in this book. It is not some theory propounded to inspire people to experiment in their lives. These are real experiences of my life and the life of many others who live in peace and happiness.

How can we live a life of peace if our life is full of fear, worry, stress and anxiety? If we live in anger, hate, revenge and jealousy, there will be no chance of eliminating the negative, toxic and poisonous emotions that will create misery in our life. We must uproot these poisons and clean our life before we fill it with positive emotions. The moment our life is full of faith, courage, hope, confidence, love, forgiveness, compassion and kindness, we must know that we have already flipped over from a life of poison to a life of Power. I learned to do this early in life, in those 25 years that I was chasing achievement and success. I read hundreds of books on positive thinking and followed many motivational and inspirational speakers. Never did anyone say, 'Think negative.' But also, never did anyone give the solution of how to think positive. So, I went on the path of self-discovery – *How to be positive all the time*. I discovered the thought chain, how our actions are triggered by feelings which are inspired by thoughts. I, then, realized that it is all about our attitude, which depended on the choice of our emotions. When

I discovered that emotions were the raw material of thoughts, I discovered the way to flip over from *NEP* to *PEP*, from negative emotions that have poison to positive emotions that have power. This helped me live a life of positivity and bliss.

However, I evolved in life and I moved on to discovering the true purpose of my life. I moved from Achievement to Fulfilment and then ultimately, to Enlightenment. The happiness that came from Achievement gave me Pleasure. The happiness from Fulfilment led me to Peace. But true happiness came from Enlightenment which led me to the Purpose of my life.

I found that the way to Eternal Happiness is through Consciousness. We have to flip over from the state of Mind to the state of Consciousness. It is in this state that one can be in Eternal Joy, Divine Love and Everlasting Peace because in Consciousness, our Intellect shines which discriminates between right and wrong thoughts. A person can be in Consciousness all the time and can witness the Truth that we are not the Body, not the Mind, nor the Ego but the Divine Soul. To attain the state of Consciousness, first, we need to still the Mind. For this, we need to shut our senses, we need to withdraw. We have to realize that we are not the Mind. Just like when we want to click a full picture of the Eiffel Tower, we must go far from it and then only we can observe and click an accurate photograph. Similarly, we must become an observer of the Mind. When we start observing the Mind as a witness to the thoughts, the Mind is bound to slow down. Then we need to concentrate on one thought. Next, we need to engage our Mind in that one thought with complete focus. Then only we can

reach the ultimate state of Consciousness. In Consciousness we experience *SatChitAnanda*. *Sat* means Truth, *Chit* means Consciousness and *Ananda* means Bliss - Consciousness of the Truth is Bliss. Once we are in Consciousness, we must lock ourselves in it and then our Mind ceases to exist.

What I stumbled upon was that one cannot reach the state of Consciousness as long as he is agitated with negative emotions fuming with toxic poisons in every moment of his life. I found that moving from *NEP* to Consciousness directly, is impossible. We first need *PEP*. Only thereafter, can we get Eternal Peace and Bliss. Peace is a state of being. Peace is attained when we silence the Mind. Even if there's a thought that flows, we watch that thought, we don't think. The moment we become the thinker, we become the Mind and we can't be the witness in Consciousness. When we are driving a car, can we move straight away from reverse gear to forward gear? We can't! We need to come to the neutral gear. Otherwise, the car will crash. In life also, I discovered that if we want to flip over from the state of Mind to the state of Consciousness, we must first flip over from a state of *NEP* to *PEP*. We need to have optimism, enthusiasm and cheerfulness in our life, rather than depression, anxiety and pessimism. This Realization created this book that guides us to first flip from *NEP* to *PEP*, and thereafter, from Mind to Consciousness. This will flip our life over from being sad to being glad, from stress to Eternal Peace and Everlasting Happiness.

*I too lived a life of misery and stress,
Till I flipped over from NEP to PEP and to Bliss.
It was much later when I flipped from Mind to Consciousness,
That I discovered a Life of Eternal Peace and Happiness.*



FLIP OVER! FROM MIND TO CONSCIOUSNESS

By
AIR
Atman In Ravi

*Are you looking for a life of Peace and Happiness?
Are you looking for a way to Tranquillity and Bliss?
If you just flip your life over from NEP to PEP
You can be sure to achieve this*

*Who doesn't have sorrow, who doesn't have stress?
Is there anyone who is free from unhappiness?
Anybody born in this world with Ego and Mind
Fear, worry and anger in life, they are sure to find*

*As long as there is the Mind, as long as there is the Thought
In misery and sorrow, we are going to be caught
This is because the Rascal Mind is our enemy
And this simple Truth we simply forgot*

*The Mind fills us with poison, fills us with NEP
Negative Energy Poison at each and every step
Until we flip over to Positive Energy Power, to PEP
We will forever be caught in a web*

*Imagine living a life with jealousy, revenge and hate
Imagine there is anger, fear and worry at life's gate
How can we then live a life of joy and smile?
Toxic NEP emotions will make our misery longer than the Nile*

*Just flip over to love, courage and faith
Just live with confidence and to NEP, shut the gate
You will move from pessimism to optimism
And your life will be full of enthusiasm*

*This is not magic, this is a task
You have to flip over and change your mask
You have to flip from NEP to PEP
For your life to be blissful at every step*

*Is this all, is PEP our Ultimate Goal?
No, we will suffer till we Realize, we are the Soul
As long as we live with the Ego, Body and Mind
Thoughts will make us miserable, this we all find*

*What, then, is the way to Eternal Happiness?
Is there a way to love, live with Joy and Bliss?
Yes, if we flip from Mind to Consciousness
We will be free from all misery and stress*

POEM

*For it is Thoughts that bombard us with pain
Thoughts make us miserable, again and again
As long as there are Thoughts, we are sure to cry
And we will be miserable right till we die*

*So, we must move from Thoughts to Thoughtlessness
We must flip over to the state of Consciousness
If we want to live with Eternal Happiness
We must be Thoughtless, and then, there will be no stress*

*For, Thoughts create fear and worry and anxiety
It is Thoughts that make us prisoners and steal our liberty
It is Thoughts that fill us with worry and fear
Thoughts rob our Bliss, Peace and Cheer*

*'It is impossible to live without Thought'
It is in this myth that the world is caught
Just like we can stop eating, walking and singing
We can stop thinking, but this Truth, we are never taught*

*The way to Consciousness is to silence the Mind
Meditation is important, this, we will find
We must eliminate Thoughts so that the Mind, we kill
The only way to do it, is to make the Mind still*

*When there is no Thought, we are in Consciousness
Our Intellect is activated in that state of Thoughtlessness
We are no more prisoners of the Rascal Mind
The Intellect starts to Discriminate, this we will find*

*For in Consciousness, there is no Mind
In Consciousness, we are not ignorant and blind
In Consciousness, we leave all misery behind
Consciousness is where Happiness is defined*

*Consciousness is a state where we are the master
To a state of Bliss, Consciousness takes us faster
When we flip over to Consciousness from a state of Mind
Sorrow and misery we will leave behind*

*Our Mind is our enemy, it fills us with junk
We must tame the Monkey Mind to be a Monk
When we flip from Mind to Consciousness
We end all our anxiousness*

POEM

*For Thoughts create feelings, actions and habits
Thoughts destroy us for sure, but in bits
Learn the simple Truth, that thoughts, you must not permit
If you do, you learn Life's Ultimate Secret*

*Don't let messengers of misery knock at your door
Thoughts come uninvited; they will push you on the floor
Be in Consciousness and kill the Mind
Push all Thoughts out and shut the door*

*If you don't kill the Mind, the Mind will kill you
This is a universal law, it is absolutely true
Those who live with the Mind, are sure to cry
They will just live and ultimately, will just die*

*What is our Life's Ultimate Goal?
To Realize that we are the Divine Soul
But this Truth is concealed by the Devil Mind
As long as there are Thoughts, this Truth, we won't find*

*Everybody wants pleasure, nobody wants pain
But we are miserable, again and again
If only we learn the art of how to flip
Peace and Bliss, we will grip*

*So today, resolve to live a life without stress
Flip over from Mind to Consciousness
Make a vow to flip from NEP to PEP
You will have Peace and Joy and be free from all mess*

*Today, you have learned a secret; to be Glad, not to be Sad
You learned to remove junk, tame the Monkey to a Monk
If only you flip over from NEP to PEP
You will be able to flip over from Mind to Consciousness*

*While the whole world is stressed by the Thoughts of the Mind
You will be free, Peace within yourself, you will find
All you need to do is to learn to flip
And you will start your trip on a very happy ship*

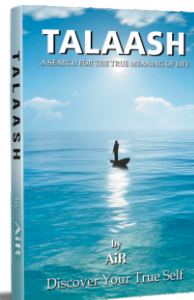


BOOKS BY THE AUTHOR



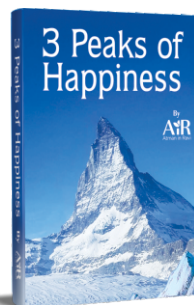
1. Talaash

Talaash means 'search' or a 'quest'. This book by AiR recounts his own spiritual quest for the Ultimate Truth that led him to the Realization that we are neither the body nor the mind, but the Divine Soul.



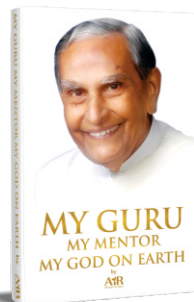
2. 3 Peaks of Happiness

This book talks about the universal quest of humanity—Happiness. It explains the ways through which people can reach the third peak of Happiness—Enlightenment which lies beyond the two peaks of Happiness—Achievement and Fulfilment. The third peak liberates us from the prisons of misery and sorrow and gives us eternal joy and bliss.



3. My Guru, My Mentor, My God on Earth

This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him to begin his spiritual quest and bringing about the transformation in him.



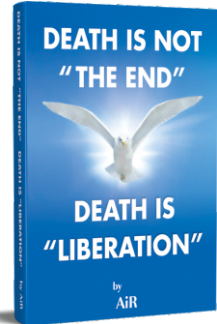
4. I will Never Die, Death is Not “The End”

In the journey of his life, AiR Realized many truths. One of the truths is a revelation—we never die; Death is not the end but a bend to transcend. The body will die, but the one who lives in the body never dies. This book explains this truth in detail.



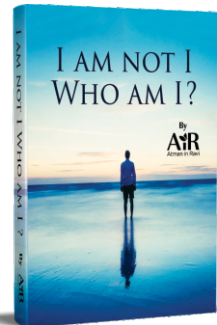
5. Death is Not “The End.” Death is “Liberation”

The second book by AiR in the series of books on 'Death' touches upon the secret of Kathopanishad which talks about what happens after death. One of the two things can happen: if we think we are the body and mind as a doer, we are reborn, but if we realize that we are the Soul and not the body and mind, we are liberated to eternal joy and peace.



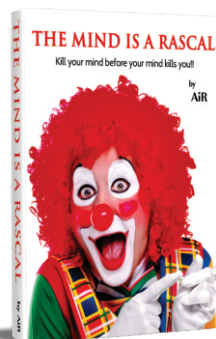
6. I Am Not I. Who Am I?

This is an insightful book by AiR which talks of his quest and Realization that we are not who we think we are. We have a car but we are not the car. Similarly, we have a body but we are not the body. Then, who are we?



7. The Mind is a Rascal

You always thought that the mind is king—it is everything. But it's a rascal! Try this. Sit quietly for an hour, and try to find the mind. Where is it? You will realize that the mind doesn't exist. This book by AiR will show us how the mind makes us suffer. It is time to find the rascal and kill it before it kills us.



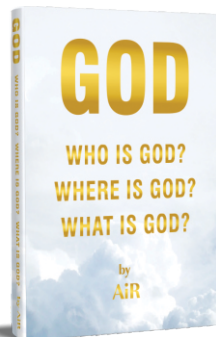
8. A Cosmic Drama

This book challenges the reader to explore the illusory nature of this world—whatever is happening in life is not real; it is nothing but a Cosmic Drama. If we understand this simple truth, we can enjoy the show called life.



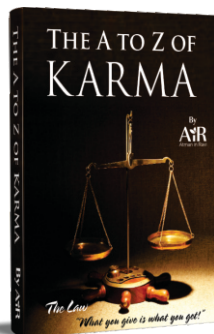
9. Who is God? Where is God? What is God?

These questions might seem simple enough but nobody really knows the answers. We all know that God exists. We pray to a God as per our Religion but what is the Truth about God? Has anybody seen God? Where is God? This book will change your perception and belief about God and help you Realize God.



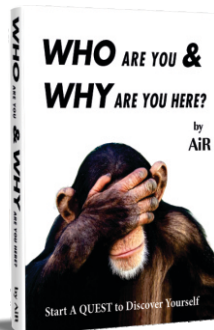
10. The A to Z Karma

Most people are aware of the concept of Karma – the Universal Law that states, 'What you give is what you get.' But not everybody knows the A to Z of Karma that we can actually transcend Karma, escape from all misery and sorrow, and ultimately attain Liberation or *Moksha*. This book reveals the secret of eternal joy and peace – a life without any misery or suffering.



11. Who Are You and Why Are You Here?

This is a simple book that prompts us to ask the right questions to discover the secret of our life – who we are in reality and what the purpose of our life is. The answers to these questions hold the key to a meaningful and blissful life.



12. The 4th Factor

Man gets upset when his efforts don't bear fruit. This is because man is ignorant about the 4th Factor that is beyond human comprehension. Without its consent, even the possible becomes impossible. This is an informative book that makes the readers understand why things happen the way they happen!



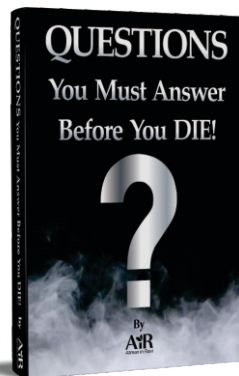
13. Be Happy in the NOW!

Every human being on earth wants to be happy. There is nobody who enjoys pain. But what is the secret of eternal joy, bliss and peace? It is being happy in the NOW. With this book, AiR hopes to inspire people to live life moment by moment if they really want to be happy.



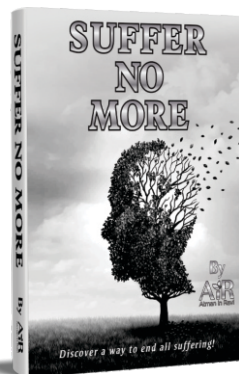
14. Questions You Must Answer before you Die!

Most of us live and die but we don't ask the question—Why? We just exist! This book presents a series of important questions with answers that can guide us to the Realization of the Truth and help us live with meaning, purpose, and joy.



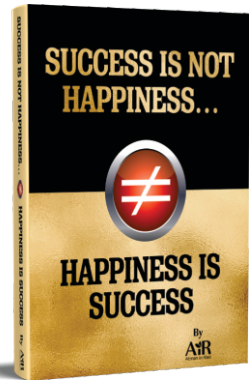
15. Suffer No More

'Suffer No More' is a personal experience of overcoming anguish, anxiety, distress, and grief. It is an analysis of suffering, what causes it and how we can overcome it. While there is pain, we can do away with suffering. This book will tell us how.



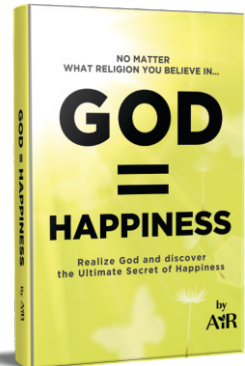
16. Success is not Happiness, Happiness is Success

People want to win because this makes them happy, just as failure makes them miserable. This book explains how success does not bring happiness and how this belief is only an illusion. In fact, instead of chasing success, we should try to be happy! That is true success.



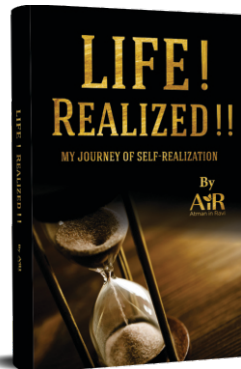
17. God = Happiness

In his quest to discover Truth and the purpose of life, the author realized that people didn't know where exactly to search for happiness. This is a book that takes us far beyond religion to Realize the Truth about God and how God is Happiness.



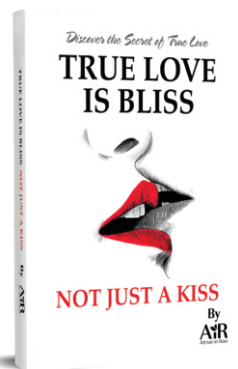
18. Life! Realized!!

This book is a personal reflection of the author on his several realizations while on his quest for the Truth about everything that matters in the journey of life.



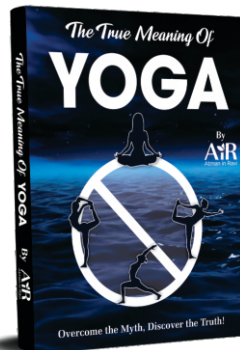
19. True Love is Bliss...Not Just a Kiss

Love, which is a source of joy and happiness, is not really understood by the world. This book is an attempt to explore True Love. True Love is White Divine Love from the Soul that manifests as the 7 colours of human love from the day we are born till the day we die.



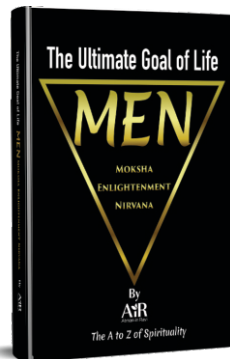
20. True Meaning of Yoga

Yoga, today, is primarily taught as a set of body postures and breathing exercises. But this is not true Yoga! Yoga, in reality, is a constant union with the Divine. This book attempts to explain how through Yoga one can be liberated from the cycle of death and rebirth.



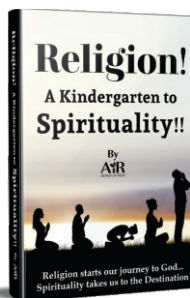
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

The three most tenable concepts – Moksha, Enlightenment, Nirvana are discussed in this book that can help us reach our Ultimate Goal of Liberation and then Unification with the Divine.



22. Religion! A Kindergarten to Spirituality!!

This book discusses how Religion is only the first step towards God-realization. We do not realize that Religion is only a Kindergarten, of which Spirituality is the University, and together they can lead us to God-realization.



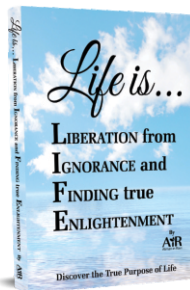
23. Why Bad Things Can't Happen to Good People!

This book helps us understand that this world has been created by the Divine and it operates through certain Universal Laws that need no intervention by the Creator. Bad things can never happen to good people, just as apples can't grow on mango trees!



24. LIFE is...Liberation from Ignorance and Finding true Enlightenment

Most people just exist but they don't truly live. They just zoom from womb to tomb, and then life is over. They don't stop to think about their life's true purpose. In the pursuit of happiness, success and achievement, people don't realize that they lose their most precious gift—life itself. This book reveals what life is all about.



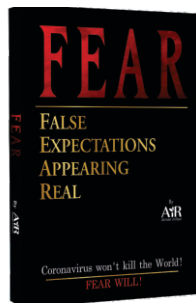
25. The Ladder to Heaven

Most people believe in God and aspire to go to their God in heaven one day. It doesn't matter what our religion is, there is a way to reach God. There is a Ladder that can take us to heaven but we need to ascend the rungs of the Ladder to Heaven. This book shows a step-by-step way to God-realization.



26. FEAR- False Expectations Appearing Real

The world has changed today because of Coronavirus. But it's up to us to live with FEAR or FAITH. There is a difference between Fear and Danger but most of humanity lives with the constant fear of disease and death. Through this book, the author inspires people to live with courage and not panic.



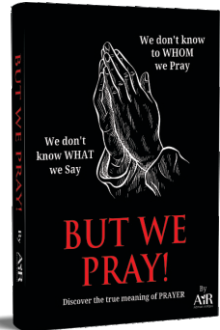
27. Soul – We don't have a Soul... we are the Soul!

The Soul is mysterious. We are alive because of our Soul. But what exactly is the Soul? We cannot see the Soul, but we all believe that we have one. This book will help genuine seekers of the truth to do some Soul searching and realize - we don't have a Soul...we are the Soul!



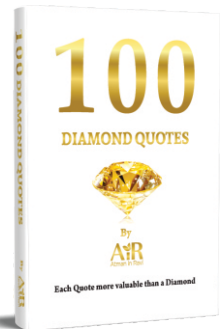
28. But We Pray!

The whole world prays to God. Every religion claims that their God is the real God and their prayer is the most effective form of prayer. Unfortunately, we don't even know the God we pray to nor do we understand what we say in prayer. This book will help us build a Divine connection through prayer.



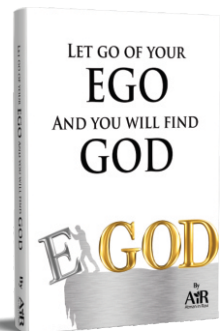
29. 100 Diamond Quotes

Our life needs a spark and a simple quote can make this difference. This book is a selection of AiR's inspiring quotes on happiness, liberation, realization, spirituality, and enlightenment that can trigger a metamorphosis in us in the quest for the true meaning of life, giving us more happiness than all the diamonds of this world.



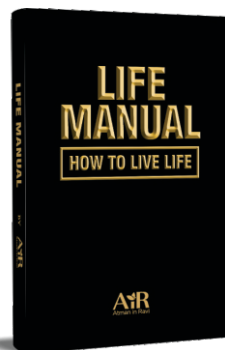
30. Let go of your Ego and you will find God

Are you seeking God? All you have to do is to let go of your Ego. Our biggest enemy, ME - Mind and the Ego, envelops us in ignorance and we go round in circles without discovering God within. This book will transform your life. It will show you the way to God just as it will guide you on how to let go of your Ego.



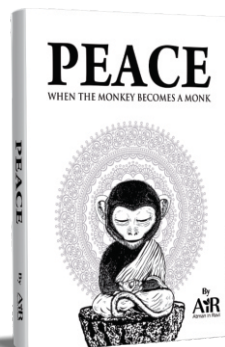
31. Life Manual - How to live life?

Whenever we get a new gadget, we read the operating manual before we start using it. But there is no such manual on life. This book is what we all need. It tells us what life is and how we should make the most of it.



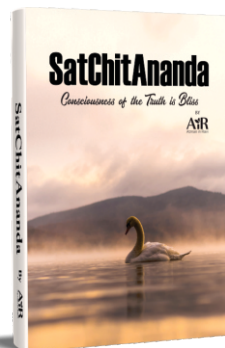
32. PEACE... When the Monkey becomes a Monk!

We all seek peace of mind but we don't realize that it is our own mind that steals our peace by constantly jumping from thought to thought. Unless we tame the monkey mind and make it a monk, we will never be able to experience true bliss. This book will show us the way.



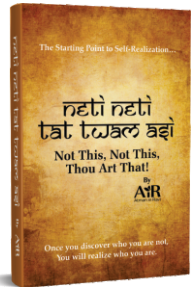
33. SatChitAnanda - Consciousness of the Truth is Bliss

Very few people go in search of the true meaning of life. If they become conscious of the truth, they experience *Ananda*, a bliss unknown to the common man. This book reveals the secret of *SatChitAnanda* and shows us the way to live every moment of life with seamless joy and peace.



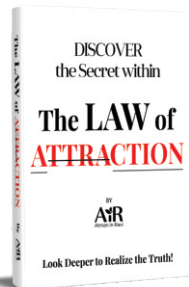
34. *Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That*

What is the way for a common man to be enlightened? This book reveals the key to opening the door to Enlightenment. It is *Neti Neti, Tat Twam Asi*, Not This, Not This, Thou Art That. To Realize the Truth of 'Who am I?' the first thing we must discover is 'Who I am not'.



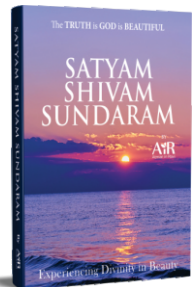
35. Discover the SECRET within The LAW of Attraction

Many of us believe in the Law of Attraction, that we can realize our dreams through this mystical, magical law. But not all people are able to realize their dreams. This book reveals the 'real secret' within the Law of Attraction that actually works. It is the Law of Action.



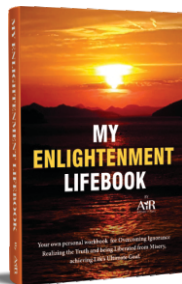
36. *Satyam Shivam Sundaram - Experiencing Divinity in Beauty*

This book, based on the ancient chant Satyam Shivam Sundaram - the Truth is God is Beautiful, will help us realize a profound truth, that Beauty is Divinity. It will change the way we pray and build a closer connection with God, as we realize the Divine in the temple of our heart.



37. My Enlightenment Lifebook

This book is a treasure of crystallized wisdom that is put together in a simple manner to help one Realize the Truth. It is a weapon to cut through the myth and to Realize the Truth about the Divine. It is not a textbook of knowledge. It is a workbook of Enlightenment.



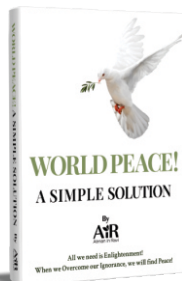
38. When you overcome the FEAR of DEATH, You start to LIVE

The fear of death stops us from living life. While we are all 'alive', we are paralyzed by fear. FEAR is only a False Expectation Appearing Real, but when we fear death, we are unable to do many things. We become paranoid and phobic. Unless we overcome the fear of death, how can we truly live?



39. World Peace! A Simple Solution

The world is in pieces. It is fragmented by differences, endless disputes and wars. We all want Peace, yet Peace eludes us. There is a simple solution to World Peace! If only we Realize the Truth of who we truly are and why we are here, all this bloodshed will end and this world will become a Peaceful Heaven on earth.



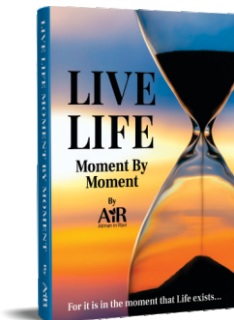
40. Many Problems, One Solution

Everybody has problems. Some people have money related problems, some face challenges due to health. There are people who live with fear, worry, jealousy, stress, anxiety, depression, even with the thought of suicide. The list is endless! Is there a way out of this suffering? This book has the secret!



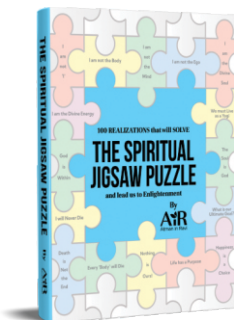
41. LIVE LIFE... Moment by Moment

Neither is life a journey from birth to death, nor is it the number of years we live on earth. Life is about 'now', this moment. If we lose this moment, we lose life. Unfortunately, most of us don't live, we just exist! This book will inspire you to Live life in the now, moment by moment!



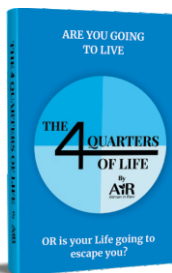
42. The Spiritual Jigsaw Puzzle

Are you seeking eternal happiness or searching for the ultimate purpose of life? Then this is the perfect book for you. The 100 Realizations in this book are the 100 pieces of the Spiritual Jigsaw Puzzle, that, once put together, will lead you to be enlightened with the Truth, and liberate you from all suffering to experience a spiritual ecstasy unknown to common man.



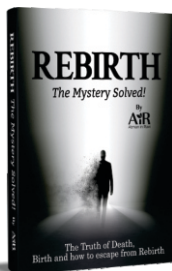
43. The 4 Quarters of Life

Read this book to discover the purpose of life. We must divide our life into 4 Quarters. The First Quarter is about Learning, while the Second is about Earning. The Third and the Fourth Quarter are meant for us to attain the ultimate goal of life, Enlightenment, which few people do.



44. REBIRTH... The Mystery Solved!

Do you believe in rebirth or does the mystery of rebirth baffle you? We know that death is certain but is there something beyond death? While we witness births and deaths, we wonder whether rebirth is a reality or not. This book will help you decode the mystery of rebirth, just as it will reveal the secret of escaping from the cycle of Death and Rebirth.



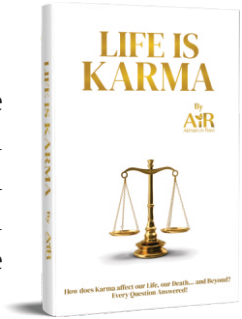
45. How to Live a Spiritual Life in a Material World?

Most of us are lost in the material world and only turn to Spirituality when suffering comes our way. We don't realize that a Spiritual life can liberate us from all misery and suffering. Is it even possible to live a Spiritual life in this material world? Of course, it is! Discover the secret revealed in this book.



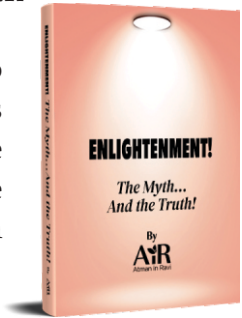
46. Life is Karma

Every time something happens in life, we say, 'Karma!' Yet, we still don't understand how Karma really works. This book has all the questions along with the answers and how you can transcend Karma and be free from the Karmic cycle of death and rebirth.



47. Enlightenment - The Myth and The Truth

We have been gifted with a human birth so that we can attain Enlightenment. For this we have to unlearn many lies that we have gown up with. This book will help you be enlightened as it discriminates the Truth from the Myth.

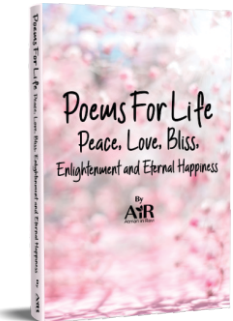


48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness

Never have you read a book of Poems like this, Poems that will give you Peace, Love and Happiness.

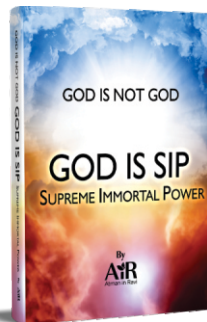
Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife!

So, if you ever want to read a book, choose this, These Poems have Meaning, and they are full of Bliss.



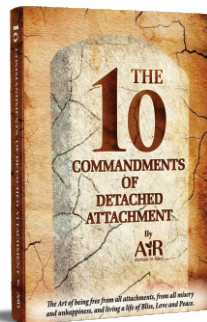
49. God is not God. God is SIP – Supreme Immortal Power

God is not God! When you read these words, you will be shocked but this is the Truth. When we say God, we think of the God we pray to every day. When you go in search of God, you realize that God is Supreme, Immortal, without birth and death. There is no God beyond God. That's why we don't call God, God. We say, God is SIP, the Supreme Immortal Power.



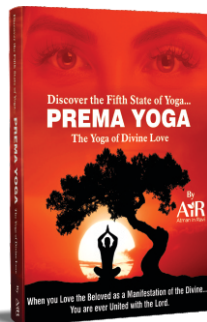
50. The 10 Commandments of Detached Attachment

There are the 10 Commandments which can liberate us from all attachments. If only we learn to live with detachment, we will be free. Follow these 10 Commandments and live a life of bliss and peace.



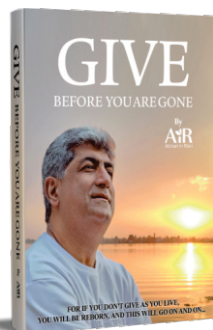
51. The Yoga of Divine Love - Prema Yoga

The world knows of the 4 states of Yoga: *Dhyana, Bhakti, Karma* and *Gyana* Yoga. *Prema* Yoga, the Yoga of Divine Love is the Fifth state of Yoga unknown to the world. When we go beyond loving the physical appearance of the Beloved, and love the Soul then we are actually loving God.



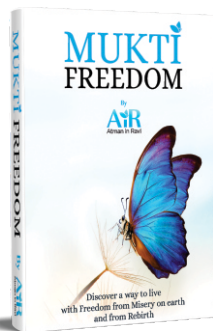
52. Give before you are Gone!

Give before you are gone. You don't have a choice. If you don't, it will anyway be snatched away. Open your eyes and realize that you come with nothing and you will go with nothing. Nothing belongs to you. Let us give as we live.



53. Mukti - Freedom

What is *Mukti*? It is Freedom - not only from all misery on earth but also Freedom from Rebirth. This book reveals that we not only need Freedom from all joy stealers, but also Freedom from the cycle of death and Rebirth.



54. Stop it, Stupid!

How often have you felt that you have been stupid, and you could not stop the stupidity! If you want to put an end to your stupidity, this book is just the book for you. In this book, AiR shares a simple tool that will help you stop being a fool, a Mantra, we never learned in school! All you have to say is, 'Stop it, Stupid!' to yourself when you feel like a fool, and you will see the magic.



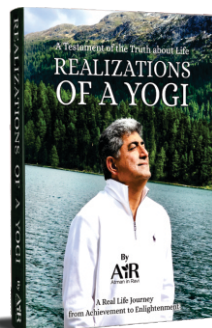
55. Don't cut a Cake ! Awake! Your Birthday is Fake!!!

Do you cut your birthday cake? Stop! Awake! Your birthday is fake! You were not born on your birthday. Ask your mother. You were kicking in her stomach much earlier. You were born inside her, nine months earlier. When will we realize that we are not this body that is born on our birthday? We are that Spark Of Unique Life, the SOUL that comes alive at conception.



56. Realizations of a Yogi

Realizations of a Yogi is a rare spiritual treasure. It chronicles the personal experience of a Yogi, AiR, *Atman* in Ravi. AiR started his life with achievement, lived a life of Fulfilment and then evolved to the ultimate peak of Enlightenment. It is not a theory book but a book of practical experiences and spiritual revelations that can inspire and lead a seeker of the truth.



And Now...

57. Flip Over! From Mind to Consciousness From NEP to PEP

Coming Soon...

58. Happiness is Success

Connect with AiR - Atman in Ravi at:



Website: air.ind.in/



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If you have any questions on Happiness,
Suffering, Life, Death, Rebirth, *Karma*, Liberation,
Enlightenment or anything related to Spirituality,
you can ask them directly on

Ask AiR

at **8 pm** every day

on zoom

Zoom Meeting ID: 85021104431

FLIP OVER FROM MIND TO CONSCIOUSNESS

*As long as we are in Thought, we are Caught.
We need to be Free from our Mind.
Then Peace and Joy, in Consciousness, we will Find.*

Most of us want Happiness, but we end our life in a mess. It is because we do not learn the art of being in Consciousness. We live a life of anxiety, misery, worry and stress. When we do not learn how to still the Mind and kill the Mind, we become slaves of our thoughts, which become feelings, actions and ultimately, our destiny. However, this is very much under our control. This is a choice and all we have to do is to flip.

We must flip over from NEP, *Negative Energy* that is *Poison* to PEP, *Positive Energy* that is *Power*. But for this, we must learn a big secret – how to flip over from Mind to Consciousness, from Thoughts to Thoughtlessness. This book will show you simple ways to do it and live a life of Eternal Peace and Everlasting Happiness! It is up to you. *Are you ready to flip your life over?*



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