

The Secret of Eternal Happiness Revealed

3 Peaks of Happiness

By
AiR
Atman in Ravi



Evolve from Momentary Pleasure to Eternal Peace
and Everlasting Bliss

The Secret of Eternal Happiness Revealed

3 Peaks of Happiness

By
AiR
Atman in Ravi



Evolve from Momentary Pleasure to Eternal Peace
and Everlasting Bliss

3 Peaks of Happiness

2nd Edition

By

AiR
Atman in Ravi
Ravi V. Melwani

Copyright © AiR Institute of Realization 2022

AiR asserts the moral right to be identified as the author of this book.

ISBN 978-93-5779-864-8

All rights reserved.

No part of the content of this publication (except images) may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the publisher.

Printed by: Vel Murugan Binding Works

Publisher: AiR - *Atman* in Ravi (Ravi V. Melwani)

Kemp Fort Mall, No-97, Old Airport Road, Bangalore-560017.



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, he 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.

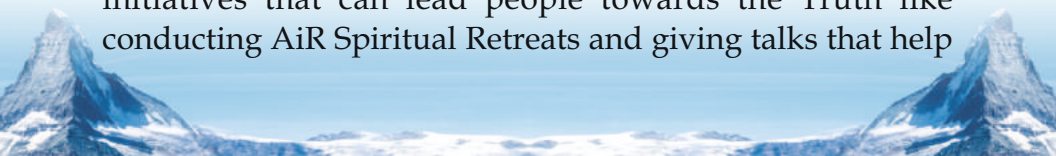
As a part of the Humanitarian initiative, 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 700 suffering homeless people who are picked up from the streets are served and cared for in 3 destitute homes and provided with free shelter, 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 of 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 and started living as an instrument of God 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 60 books, composed and sung about 1350 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.

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

YOU CAN DIRECTLY

Ask AiR
at 8 pm every day



Meeting ID: 85021104431

Connect with AiR - Atman in Ravi at:



Website: air.ind.in/



speakingtree.in/air-atmaninravi/



linkedin.com/company/air-institute-of-realization/



instagram.com/airatmaninravi/



facebook.com/airatmaninravi/



youtube.com/channel/air-atmaninravi/



in.pinterest.com/airatmaninravi/



PREFACE TO THE SECOND EDITION

*Who doesn't want to be Happy?
The whole world wants to be Glad,
Alas! We don't know what true Happiness is,
We so often, are sad!*

The whole world is seeking Happiness. Every human being is in the pursuit of pleasure, just as nobody wants pain. We all want to be Happy but have we even learned the true meaning of Happiness? After writing many books on Happiness, I realized that the ultimate path to eternal Happiness is to evolve from one peak of Happiness to another, till we reach the ultimate peak of bliss, where we are liberated from all unhappiness.

I lived a life of joy and pleasure. For 25 years, I was scaling one pinnacle of achievement, then another. I did not realize that I was trapped on the first peak of Happiness, Achievement. I believed Success is Happiness. My Happiness was based on pleasure. It was all about possessions and people. I was very Happy, no doubt! But just like we have day and night, I so often slipped into that state of misery and sorrow. There was fear and worry, stress and anxiety, that became a valley to every crest of joy. I lived life like a yo-yo, with pleasure and pain, sun and rain, loss and gain and this was happening again and again. I

was making more money and achieving more success, but was this more Happiness? Unfortunately, no! I was fortunate to take an exit from the highway of Achievement to scale the second peak of Happiness. My life was all about pleasure, but I did not enjoy peace, the foundation of Happiness.

At 40, I shut down my business because I wanted to be Happy. I realized that success and achievement are momentary. Ultimately, I would have to leave everything behind. I chose to live a life of contentment and started to climb the second peak of Happiness, Fulfillment. It was a beautiful journey of bliss and tranquillity. I let go of my dreams and aspirations and instead of making money, I started making a difference. I pursued my passion of doing humanitarian, inspirational and spiritual work. I was the happiest man in the world. But was I free from misery and sorrow? Sadly, no! I experienced fear and worry, stress and anxiety, anger, hate, revenge and jealousy. Although, I enjoyed bliss on the second peak of Happiness, Fulfillment, I was still consumed by the triple suffering, by the pain of the body, misery of the mind and agony of the ego.

To live with fulfillment, I started travelling around the world and visited over a hundred countries. It was after my visit to Antarctica and the bliss of being with the penguins, that my Spiritual Master, Dada, questioned me on the purpose of my existence. 'No doubt', he said, 'you have enjoyed the greatest of pleasures through achievement, and now are enjoying Divine peace in your fulfillment journey. When will you discover the true purpose of life and reach the ultimate peak of Happiness?' He inspired me to start a quest, and this not only created a transformation in my life, but rather, a metamorphosis.

PREFACE

In my quest for eternal Happiness and the true purpose of life, I was searching for answers. There were many questions that I had, which seemed to be eternally unanswered:

Who am I?

Why am I here?

Who, where, what is God?

What is Karma?

What is the Soul?

Is rebirth real?

What is birth and what is death?

What is Enlightenment?

I went on a retreat in silence to explore the true meaning of life, what the purpose of my existence was. I am grateful that I was blessed to discover the third and ultimate peak of Happiness, Enlightenment. Enlightenment is the state of Eternal Happiness, Divine Love, and Everlasting Peace, without a trace of misery and sorrow. It is Liberation from desire and attachment and Unification with the Divine. Enlightenment cannot be defined in words. It has to be experienced to understand its true meaning. Today, I enjoy being in that state of Consciousness, a state of eternal Happiness.

This book is a treasure. It is beyond any pleasure. It takes us from peace to purpose and helps us live with the Realization of the truth. As we overcome ignorance, we are freed from all stress and enjoy eternal Happiness.





INTRODUCTION

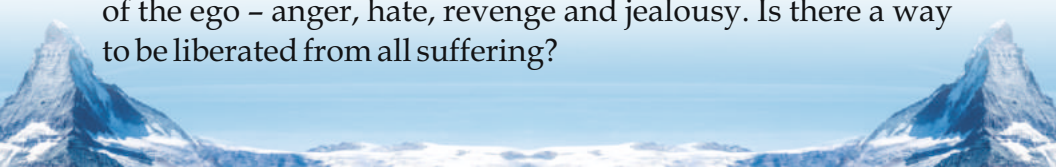
*Those who seek Pleasure, those who want to be Glad,
They are climbing the first peak of Happiness, Achievement.
Those who want Peace, they don't want to be Sad,
They are scaling the second peak, Fulfillment.
A very few, experience Bliss from discovering life's Purpose,
They scale the ultimate peak of Enlightenment.*

Life is a journey. Unfortunately, most of us think it is a destination. We zoom from the womb to the tomb, trying to achieve name, fame, money and success. We want pleasure. We want to be Happy. Right from the time we are children, we are taught to be successful. We become slaves to our desires, and every passion gives us more Happiness in this race of life. We all want to be an ace and we get caught in this chase. We don't realize how to live with grace! Everybody wants to be Happy. Who doesn't want to be rich and successful? But look around and see, are all the rich people glad? Why are many of them sad? Why do many of them even commit suicide? This is because they do not discover the true meaning of Happiness. You cannot *become* Happy. You have to *be* Happy. Things can give you pleasure but this joy is momentary. Because we are caught in this maze called life, we forget to live with bliss and peace. We are so busy reaching the destination, that we forget to enjoy the journey called Life.

INTRODUCTION

Some people are fortunate to take an exit on the highway that leads to the Achievement peak. They realize that true Happiness is not pleasure, but rather peace. They choose to come down from the peak of Achievement, to live a life of contentment and Fulfillment. They choose peace over pleasure. They live a life of freedom and Liberation, building a universal connection. Instead of living like machines, trying to produce more and more success to be Happy, they live with meaning and purpose, with faith and hope, with laughter and love. To them, Happiness doesn't come from making money, but rather, from making a difference. After achieving noteworthy success, they are content and call it a day. They realize that life will not go on forever. They do not want to go to their grave, being a slave of their desires and passions. They choose to live with peace and tranquillity, the very foundation of Happiness. These people are far happier than the achievers of the world. They are not carried away by the glamour and glitter that gives pleasure. They choose peace and bliss.

There are very few who are fortunate to discover the true purpose of life. They may or may not have tasted pleasure that comes from the first peak of Achievement, and it is quite likely that they lived with contentment and Fulfillment, the second peak. However, these rare few go in quest of the true purpose of life. These are the ones who escape from all misery and sorrow on earth. Otherwise, everyone who takes birth, experiences physical pain, suffering of the body, misery of the mind - fear, worry, stress, anxiety and depression, and agony of the ego - anger, hate, revenge and jealousy. Is there a way to be liberated from all suffering?



The third and ultimate peak of Happiness is called Enlightenment. Very few people even know that such a peak exists. It is a peak that transcends the first peak of Happiness, Achievement that gives pleasure and the second peak of Happiness, Fulfillment that gives peace. The third and ultimate peak of Happiness, Enlightenment is scaled by those who achieve the true purpose of life. They are blessed to live a life of eternal Happiness. They live life moment by moment, enjoying every moment to the fullest. They live life with Divine love, realizing God as the Supreme Immortal Power that manifests in everyone and everything. They live a life of tranquillity and peace as they are free from all misery and sorrow, being enlightened with the truth about life. These are the truly Happy ones. Not only are they free from all misery on earth, but they are also free from rebirth, and they become one with the Divine.

Unless we escape from the prison of Achievement, and we open our wings and fly with contentment and Fulfillment, we will never realize the truth of 'Who am I and why am I here?' We will never discover life's true purpose and we will never climb the ultimate peak of Enlightenment. The journey of life is no doubt about being Happy, but Happiness is not just pleasure. Happiness is peace, but when peace is dissolved in purpose, we experience a Divine bliss, unknown to common man. We experience that state of Consciousness where there is eternal Happiness. We don't need to *become* Happy. We learn to *be* Happy, and nothing can steal our peace, bliss and Happiness.



CONTENTS

CHAPTERS

1. What is Happiness?	1
2. Who doesn't want to be Happy?	5
3. Happiness is a Choice	9
4. Happiness is like a Shadow	13
5. 3 Peaks of Happiness	17
6. First Peak of Happiness – Achievement	21
7. How can we be Happy?	25
8. Is Success Happiness?	29
9. Are all the Wealthy and the Rich Glad?	33
10. Success can make us Unhappy	37
11. The Success and Happiness Paradox	41
12. Taking an Exit from the Achievement Highway	45
13. Second Peak of Happiness – Fulfillment	49
14. Evolving from Pleasure to Peace	53
15. Living with Contentment and Fulfillment	57
16. The Fulfillment Acronym	61
17. Is Anybody Free from Suffering?	65
18. Who is the One who Suffers and Why?	69



CONTENTS

CHAPTERS

19. Discover the Third Peak of Happiness – Enlightenment	73
20. Enlightenment is Realizing our Life Purpose	77
21. Overcoming Ignorance	81
22. Living in Consciousness	85
23. SatChitAnanda	89
24. Happiness comes from PEP, not NEP	93
25. Peace - the Foundation of Happiness	97
26. How to be Free from all Suffering?	101
27. Live Life Moment by Moment	105
28. Happiness is Within	109
29. Be Grateful and Count your Blessings	113
30. Discover True Love, the Fountain of Joy	117
31. The Yogi is Ever Blissful	121
32. Success is not Happiness, Happiness is Success	125
33. Evolving from Peak to Peak	129
Afterword – My Happiness Journey	133
Poem	135
Other Books by AiR	142



1

CHAPTER

WHAT IS HAPPINESS?



“

*Happiness doesn't come from a product,
a person or a place.*

*True Happiness is Bliss,
it's an eternal smile on the face!*

Everybody wants to be Happy. But how many of us know the real meaning of Happiness? We are chasing success, money, name and wealth, thinking that the more we have of these, the Happier we will be. No doubt, these will give us pleasure, but is pleasure Happiness? Yes and no! Pleasure creates momentary joy, but soon we sink into a valley of gloom and despair. When we fulfil a desire, pleasure will quench our thirst. But soon, another desire will make us burst. Is there a way of being Happy all the time?

To most of the world, it hardly matters what creates Happiness. The only thing that matters is that we must have pleasure and we must not have pain. There must be sunshine and no rain. There must be no loss, only gain. This is Happiness. But is it? Don't we experience these in cycles, the way this world has been created? Is it not natural to become unhappy every now and then or is there a way to eternal Happiness? When we understand the true meaning of Happiness, then, we can evolve to that state of bliss, which has no misery and stress.

Such a simple thing as Happiness and yet we struggle to define it! It is so much easier to define unhappiness. It is that state of fear, worry, stress, anxiety and depression. We become unhappy when there is anger, hate, revenge and jealousy. Isn't it true that these negative, toxic emotions ruin our Happiness. Wouldn't it be right then, to think that Happiness is being positive, living with faith, hope, trust and enthusiasm. Isn't it all about love, compassion and

forgiveness, courage, confidence and optimism? No doubt these positive emotions create a power or energy that makes us Happy! But what are the symptoms of Happiness?

The simplest way to know if somebody is Happy or not, is to see if they have a smile on their face. We don't have to do too much analysis to conclude whether somebody is Happy or unhappy. A smiling and a laughing face reveals Happiness, just as a crying and frowning face cannot hide that we are unhappy. But these are just symptoms. These are effects. What is the cause of Happiness?

Sometimes, we are celebrating, laughing, joking, having fun but in that very moment, we hear some news which is very disturbing. This steals our peace of mind. Then, can we remain Happy? Impossible! Peace is the foundation of Happiness. Where there is no peace, there can be no Happiness. Nobody can deny this.

What then is Happiness? How can we be in that state of Eternal Peace, Divine Love and Everlasting Joy? How can we live with enthusiasm? Although this is the most common question of humanity, to find the answer is rare. We think Happiness is something or somebody and we chase that to become Happy. But Happiness is a shadow. The more you chase it, the further it goes away. Very few people learn the secret of Happiness. Happiness is not just in becoming Happy, rather it is in being Happy.

Happiness is in the 'now'. It is not in the yesterday that is gone, nor is it in the tomorrow not yet born. Those who learn the art of being in the 'now', the art of living life, moment by moment, they attain that state of eternal bliss. But how can we be Happy, moment by moment? It is practically impossible! We all have so many problems and we become unhappy. Where does our Happiness go?

Happiness doesn't come or go. Happiness is within. It is inside. But we are searching for it outside. How will we ever find it! As long as we are chasing Achievement and success, to attain pleasure that is momentary, we will be glad and sad in cycles. Unless we learn to live a life of contentment and Fulfillment, we will not discover eternal bliss.

A very few people go beyond Achievement and Fulfillment, to reach that ultimate state of Happiness called Enlightenment. In this state, one is liberated from all misery and sorrow, just as one enjoys every moment of life, with peace and bliss.

Do you want to be Happy? Then, stop and find out what Happiness is all about. Don't just run after Happiness, thinking that pleasure is Happiness. Of course, it is! But pleasure is short lived. Learn to live with bliss that is built on the foundation of peace. Don't try to *become* Happy, just *be* Happy. It's easy! You can!

2

CHAPTER

WHO DOESN'T WANT TO BE HAPPY?



“

*Everybody wants to be Glad.
Who wants to be Sad?
If somebody wants to be Sad,
they are mad!*

No normal human being wants to be unhappy. Everybody wants to smile and laugh. Nobody wants problems that makes them cry. Who would like to live in fear, worry, misery, stress, anxiety and sorrow? If you had a choice, would you choose unhappiness over Happiness?

If you look around, different people are seeking different things. Some want success, name, fame, achievement, while others may want to become an artist, a painter, a pilot or even a politician. Whatever people want to be, what is the end goal? What is the purpose of people having dreams and making their dreams come true?

Everybody wants to be Happy! Everybody is seeking what they are seeking because it will give them bliss. Would anybody choose a career, a job, a business, a life that is guaranteed to create unhappiness? Only a mentally challenged person would. Every normal human being seems to be fitted with what we can call a pleasure-pain drive. Man is driven towards pleasure, just as man pushes away pain. This is the essential character of a human being.

Right from the time we are children, we seek Happiness. Boys want toys, just as men do. The only difference between the men and boys, is the cost of their toys. A boy wants a bat and a ball, while a man is chasing his doll. Just try to snatch away a favourite Barbie from a little girl. She will most probably scream and cry. We all want to be Happy, and this starts from the time we have our feet on the street.

While everybody wants to be Happy, different things make different people Happy. You may be very Happy eating a pizza, but I may hate Italian food. My Happiness may come from eating a South Indian Dosa. Each human being is wired differently. Somebody may love to go on a holiday to Singapore, New York or London. While the buzz gives them bliss, my Happiness would lie in being in the mountains in Switzerland or in the white sand beaches with turquoise waters in the Maldives.

Each one of us becomes Happy being with our favourite people. Somebody may make me very Happy, but that very person may be the cause of your stress and unhappiness. Therefore, Happiness is not triggered by the same source for everybody. We all have our different Happiness triggers.

Some of us know what makes us Happy and we pursue that, while there are others who have never stopped to reflect on what makes them Happy. If we don't know what is the source of our Happiness, how will we ever be Happy?

When I was chasing success and achievement, I found a unique way to be Happy. I created a *Happiness Card* which listed the 10 things that made me Happy. Some of them were – sing a Happy song, go play with my pet or go for a long walk. Whenever there were moments of unhappiness, or I felt that Happiness was missing from my life, I would pull out my Happiness card and try to do something that would make me Happy. This was magical. I would immediately experience

joy, but I must admit that this was not a permanent source of Happiness. Soon I would lose my bliss again and descend into a valley of gloom. Don't we all experience joy and sorrow in cycles?

Sometimes we are glad, but sometimes we are sad. Isn't this true? Why does this happen? While we all want to be Happy all the time, it seems like Happiness is elusive, it comes, and it goes. Is there a way to everlasting bliss? Nobody knows! A very few people learn the art of being Happy all the time.

There are those people who are the morons of the world. They somehow want to be unhappy. They have chosen to be miserable in their life. These people seem to be mentally challenged. If they were normal human beings, they would not enjoy the misery that comes from fear and anxiety.

Why then do we find many people in a state of misery and sorrow? It is because these people never learnt that Happiness is a choice. We can choose to be Happy or unhappy.

Do you want to be Happy? You have the treasure of Happiness in your hand! You can choose to open it or let it be. Whether you want momentary pleasure or eternal bliss, joy, peace and Happiness, it is your choice.

3

CHAPTER

HAPPINESS IS A CHOICE



“

*You can be Happy or Unhappy.
You can Choose.
But if you don't Choose,
then Joy and Bliss, you will lose!*

Happiness is a choice. We must consciously want to be Happy. While Happiness is not always dependent on products, people and places, if we do not want to be Happy, we will remain in that state of unhappiness forever. Some people are living miserable lives. Either they are in a job that they hate or a relationship that makes them cry. Somehow, they got into it. But they have a choice! They can find a way out of this misery and sorrow, or they can drag it into another tomorrow. Happiness just doesn't happen. It needs effort. Whether it is to achieve some pleasure or just to be in peace, Happiness is a choice, and we must make that choice. If we don't choose to be Happy, we can be sure that we will lose the opportunity.

How many people are conscious about Happiness? We are more conscious about success and achievement because we have grown up with the myth that if we are rich and wealthy, we will be Happy. While money is a very important factor to survive and to be Happy, it is not always a source of Happiness. Some people, in fact, choose money, achievement and success, but they end up being unhappy. So, what then can really make us Happy? Different things make different people Happy, and it is for us to choose. For this, we must first stop and find out what makes us Happy.

Do you know what makes you Happy? Have you made that list of aspirations? They may be goals or dreams, but have you made that 'wish list' that will fill your life with bliss and joy?

There are some people who have a list of dreams and goals, but don't know how to be Happy achieving them, while there are others who have never stopped to find out what they really want in life. What is it that would make them Happy? Some people wonder how we could make such a list. It is not so difficult! If each one of us reflects on our past life, we will discover that there were moments where we were truly Happy. Our Happiness might have been caused by a person, a place, a product or even a hobby or lifestyle. Whatever it be, we should know what makes us Happy, and we must make a conscious choice to choose Happiness.

There was a person who was always miserable because of a family member who constantly argued on subjects that the two did not agree on. One day, the former decided to choose to stay away from the latter. Instead, he started spending time with his friends, which created bliss and joy. His life was transformed!

Sometimes, we make a wise choice to change, but sometimes, we are like that dog that continues to groan, sitting on a nail. Why does the dog not get up from the nail? Because it is not hurting so much! When our pain is not so painful, we sometimes endure it, rather than making a choice to change.

Happiness is a choice. Do you want to be Happy? Are you Happy? Do want to find a way to greater joy and bliss? Then, you must realize that Happiness has 3 Peaks. The first peak is Achievement that will give pleasure. The second peak is

Fulfillment that comes from contentment, and it gives us peace, the very foundation of Happiness. But there is a third peak, the peak called Enlightenment. Very few people know of this third and ultimate peak of Happiness. It is a state of Eternal Bliss, Divine Love and Everlasting Peace. On the third peak, one is liberated from all pain, suffering and sorrow. Doesn't this seem to be a magical peak? Yes, it does. It is our choice. Do we want to choose momentary pleasure? Do we want to choose eternal peace and discover the ultimate peak of Happiness, Enlightenment?

For beginners on the Happiness journey, we must realize that Happiness is a journey, not a destination. But the most important choice is – I want to be Happy. Unless we first make Happiness a choice, it will escape us. Not only should we understand what Happiness is and what makes us Happy, we must make a choice to find the way to eternal Happiness, just as we must discover the way to be free from unhappiness.

Robert was a millionaire, and his Happiness came from success and achievement. He motivated Tom to work harder and become rich. Tom asked Robert, 'Why?' and Robert replied, 'If you are rich and wealthy, then you can be Happy like me!'. Tom laughed, 'Why do I have to be rich and wealthy like you to be Happy, when I am already Happy doing what I love? Why should I chase money and success, when all it can create is Happiness which I already have!'

4

CHAPTER

HAPPINESS IS LIKE A SHADOW



“

*Happiness is like a shadow,
the more you chase it, the further it goes away!
But learn the art of just being Happy,
and with you, it will stay.*

Do you want to be Happy? Then, remember this secret of Happiness. Happiness is like a shadow. Surely you have observed that when you walk towards your shadow, it goes further away. So does Happiness. When we chase somebody, or something to be Happy, that Happiness becomes elusive. It is sure to become distant from us because Happiness is like a shadow. Have you noticed what happens when you stop chasing the shadow? It remains with you and looks at you. Do you want Happiness to be with you all the time? Then realize that you can't run behind Happiness. It will only go further and further away.

We can never *become* Happy. We have to *be* Happy. A shadow should always remind us of this lesson. The truth is that Happiness doesn't come from achievement. It is only a momentary pleasure. Unfortunately, the whole world is chasing Happiness. We are trying to buy more expensive clothes, drive better branded cars, live in more luxurious mansions and travel to more exotic destinations. Is it true that the more money we have, and the more we spend on our attire, our vehicles, our homes and our travel, the Happier we will become? This is a myth. But somehow, the world lives with it. The world believes that success is Happiness. Everybody is trying to be an ace, and most people are caught in this chase to win the race. The question is – Are they Happy?

Look around you. Who are the truly Happy people? Are they the ones who are chasing Happiness? Those who are, are

living stressed lives. They live with worry, anxiety and fear. This rocks their peace, the very foundation of Happiness. Even if they achieve success, and attain that momentary pleasure, the joy just slips away. Their desires do not quench their thirst. It only makes them burst, as they are no more satisfied fulfilling their need. They are trapped in their own greed. They want more and more. But is it true that the more they will have, the Happier they will become? This is a lie.

Happiness is not proportionate to success, achievement, money, name and fame. All successful people are not Happy. But remember, all Happy people are successful. The objective of success is Happiness, but unfortunately, success does not fulfil this objective. On the other hand, if we learn the art of Happiness, then we are automatically successful.

Happiness is a Paradox. The more you try to be Happy, the less Happy you are. Of course, you must desire to be Happy. But you must not run behind Happiness. Always remind yourself of the shadow. The more you run behind Happiness, the further it will go away. Such is the paradox of Happiness. The more we try to become Happy, the less Happy we will be. But if we stop chasing Happiness, our life can be full of peace and bliss. We must learn the art of just being Happy.

It is unfortunate that throughout life, we have been taught that Happiness is a chase and we have got caught in this maze. We have not learnt the art of living with grace. From the time we are children, the only thing we are taught is to be an

achiever! We must come first in class. We must get outstanding marks, and this doesn't stop. It is expected that when we grow up, we must get the best possible job or start the biggest business and become the richest person in the world. Why? Because we believe that all this will make us Happy.

We spend our life chasing Happiness and we run and run, till life is done! We are so busy trying to be Happy, that we forget to be Happy! Then suddenly, life is over! We started life with a glass full of it, but we spent our life chasing Happiness. In the end, our life glass is empty. But we are not filled with joy and bliss.

Who are the really Happy people? They are the ones who have realized that chasing Happiness will never make them Happy. It may give momentary pleasure, but soon that joy will dissolve, and they will be chasing Happiness yet again. The truly Happy ones are content and satisfied. They don't let their greed overcome their need. They are grateful with what they have, and they learn the art of just *being* Happy. They don't chase Happiness.

Have you noticed such people? They are always living blissful and peaceful lives. They are not running after destination 'Happiness', rather, they are enjoying life moment by moment. But the ones who chase Happiness all their lives, end up with regret. They wish that they had lived differently, but unfortunately, they can't. Stop chasing Happiness!

5

CHAPTER

3 PEAKS OF HAPPINESS



“

*The first peak of Happiness is Achievement, it gives Pleasure,
The second peak is Fulfillment, it is Joyous Bliss and Peace.
The third peak is Enlightenment, we discover our Purpose,
We find Eternal Happiness, all miseries cease!*

Are you seeking Happiness? Before you start your journey of Happiness, realize that there are three routes to Happiness. The first is the highway to Achievement. The second is the voyage to Fulfillment and the third is the journey to Enlightenment. You have to make a choice on how you want to be Happy.

If you choose to drive on the highway of Achievement, you will surely be Happy with pleasures. But remember that after every pleasure, there will be pain and loss will follow every gain. This will happen again and again. People who are trying to scale the peak of Achievement are never satisfied. They go from one summit to another, wanting more and more. They want more success, more money, and more fame. Ultimately, they may have more of this, but the pleasure that they enjoy is mixed with worry and stress. This is their Happiness! They never enjoy peace, and they are never satisfied. Therefore, they are never Happy. Their pleasures are short-lived. They are living like a yo-yo, sometimes they are glad and sometimes they are sad.

If you want your Happiness to be derived from achievement, then you can choose success as your journey. Just like the millions who are running behind creating name and fame, you too will follow this herd. You must make a choice. Instead, if you want to live with joy and peace, but you are still zooming down the highway of Achievement, it's time to look for an exit to start your voyage of Fulfillment.

What is the voyage of Fulfillment all about? The first attribute of somebody who is going on a voyage of Fulfillment is Contentment. Such people are not slaves of their greed. They are satisfied fulfilling their need. They do not let their Happiness be dependent on their achievement. No doubt they make enough money that can take care of their basic needs, but they put a stop to this mad chase. They realize that pleasure is only a momentary Happiness, and they choose rather, to live a life of peace. On this voyage of Fulfillment, they are enjoying life moment by moment. They count their blessings and live with faith, hope and enthusiasm. They have no stress and anxiety, and they have time to love and laugh. They truly enjoy the voyage of Contentment and Fulfillment!

Less than a fifth of the people in this world, exit from the highway where they see people zoom from the womb to the tomb and they choose to be Happy and content with peace. But they are not free from suffering and sorrow. They are drifting on the ocean of life without a purpose. They do good Karma, good deeds and chances are that after they enjoy both pleasure and pain on earth, they will return in a rebirth to settle their accounts, good and bad.

Less than 1% of humanity is lucky to discover the third and final peak, Enlightenment. They have probably experienced pleasure that comes from Achievement and peace that comes from Fulfillment, but they realize that the ultimate peak of Happiness is Enlightenment. They also know that

Enlightenment is about discovering the true purpose of life. They start their journey by going on a quest to find that state of eternal Happiness and they learn the secret and the art of overcoming all suffering. They are blessed to live a life of Everlasting Joy, Divine Love, and Eternal Bliss. They realize that they are not the body that suffers physical pain. They realize that they are not the mind that is constantly worrying and wandering with stress, fear and anxiety. Ultimately, they realize that they are not the ego that gets so anguished with anger, hate, revenge and jealousy. Not only do they enjoy all the pleasures of this world, but they also overcome greed and live with contentment, enjoying peace that comes from Fulfillment. But they go beyond this Happiness. They experience an ecstasy of bliss, a euphoria of joy, as they are enlightened with the truth. Each Realization on their quest makes them overcome ignorance that makes them suffer.

Ultimately, when they reach the peak of Enlightenment, there is no suffering, misery and sorrow. There is only joy, love and bliss. On the third peak, the enlightened ones love all because they realize, that each person is a manifestation of the Divine. Love is a fountain of joy and the enlightened ones experience unparalleled happiness. Therefore, not only do the enlightened ones enjoy earthly pleasure, but they also enjoy Divine heavenly bliss, unknown to 99% of humanity, that doesn't even know that Happiness has 3 Peaks. Most of this world just seeks Achievement or at most, Fulfillment. Most people don't even know that such a peak exists.

6

CHAPTER

FIRST PEAK OF HAPPINESS – ACHIEVEMENT



“

*Why is it that Achievement is
all that we seek?
Because we are fooled to believe
it is the Happiness peak!*

The whole world is chasing success and achievement. Why? Because, somehow, we have been made to believe that success is Happiness. We have been fooled by our own parents, teachers, mentors and society that all there is in life is achievement. They themselves have been fooled into believing this and generation after generation, we just follow the herd. What do we think? If we want to be Happy, we must be successful. The purpose of life is achievement. But is this true?

While there is no doubt that achievement gives pleasure, and success creates Happiness, there is also no doubt that more success and achievement will not give more and more Happiness. We need money to fulfil our need, and we need to taste success to build our self-esteem. But to believe that Achievement is the ultimate peak of Happiness is man's greatest tragedy. Achievement is just the first peak of Happiness.

What happens to people who are pursuing Happiness on this highway called Achievement? They live their life with desires and dreams, passions and obsessions. Every time they make a dream come true, it seems like they are very Happy. But in the very next moment, they become unhappy either because they are bored of their achievement or because they are jealous of another's achievement.

When a journalist was talking to a winner of an Olympic gold, the winner was dancing in joy. However, the silver medallist was

crying. 'Why?' asked the journalist. 'I am miserable because I lost the gold medal,' was the answer. Right next to them, the winner of the bronze medal was singing, dancing and celebrating. The bronze medallist announced, 'Oh, I never expected anything!'

In the journey of Achievement, there are highs and lows, joys and sorrows, peaks and valleys. And so, Happiness on the Achievement path is never consistent. In fact, there is a lot of stress and worry that steals away Happiness either in preparation for success, or in just retaining that position of success in life.

The majority of this world believes that achievement is Happiness, that only success can give joy and bliss. And so, most of the world is on this path. This path is overcrowded with people who want to be rich and famous. Every youngster has an aspiration to be successful, just as every parent motivates their child to be an achiever.

The first peak of Happiness, Achievement, no doubt, is full of excitement, glamour and fun. There is a lot of pleasure and so, most of us are attracted towards this peak. Who doesn't want to be a star? But can everybody be a winner? And can every winner, win all the time? Therefore, those who are pursuing Achievement must realize that eventually there will be heartache and heartbreak. The pleasure of Achievement is not eternal. The joy from Achievement will come and go, and this we must know.

Why is it that most people are chasing Achievement to be Happy? It is because the majority of the world is trapped by their own senses that seek pleasure.

The world today is full of merchandise that wants to fulfil our sensual pleasures. The television and the internet are full of products and pleasures, motivating people to believe that Happiness is in acquiring these. In that mad pursuit to acquire products, to travel to different places and to satisfy people we love, we need financial resources, and this comes from success and achievement. Therefore, we are all trying to become richer, so that we can have all these possessions that will fill our life with pleasure. But is this pleasure true Happiness?

The pleasure derived from Achievement is driven by the hormone dopamine. Dopamine gives us a kick to seek more pleasure, more success and more achievement. We get trapped in this pleasure cycle and we live and die, chasing Achievement to be Happy. We don't realize that this journey is endless. These desires will never quench our thirst. Ultimately, they will make us burst. When we are climbing the peak called Achievement, finally we will reach a cliff called Death and fall. We will die and all our achievement will be left behind in this world.

7

CHAPTER

HOW CAN WE BE HAPPY?



“

*'I want to be Happy,'
everybody says this!
But not many know
what the way to true Happiness is.*

The whole world is seeking Happiness. We are all in this mad chase to be Happy. But how many people are really Happy? Very few! People may appear to be Happy, but within we suffer. We may suffer physical pain and we may go to a doctor or take medication to overcome it. But what about the misery of the mind and agony of the ego? Many suffer from fear and worry, from stress and anxiety. Many people are living in depression. They even commit suicide. Why? Because it is the mind that is stealing their peace and Happiness. Then there are others who are anguished by anger, hate, revenge and jealousy. Is there a way to escape from these monsters and live a life of bliss and peace?

Unfortunately, we have not found the way to Happiness. In fact, we have not understood the true meaning of Happiness. We want to become Happy, but we can never become Happy all the time. We can become glad, but soon, we will become sad. As long as we let our Happiness depend on pleasure, we will enjoy pleasure, but we cannot escape from pain.

Some people don't even reach the state of achieving pleasure. They just live and die. They curse their life. The question God asks is why they suffer. They understand nothing about Karma, the Universal Law and how, everything is happening as per Karma. There is no God sitting up in the clouds and causing their unhappiness and neither will just folding our hands in prayer give us the gift or *Prasadam* of Happiness.

If we want Happiness, we have to understand what Happiness is and we must seek Happiness through the Realization of the truth of life. We must decide whether we want to be Happy for a moment or we want eternal Happiness. Do we want Happiness that comes from pleasure or are we looking for bliss that comes from peace? Everybody wants to be Happy! But nobody really is! There are very few who stop and realize the truth about Happiness.

We must first stop and analyse where we are on the Happiness journey. Are we zapped by pleasure that comes from achievement? As long as we enjoy this, we cannot escape from it. We think we are enjoying the pleasure, but in reality, the pleasure is enjoying us.

I was on this roller coaster of pleasure for 25 years. Pleasure after pleasure, I enjoyed every possible material pleasure there could be! Then I realized that far more than pleasure, what gave me true Happiness was peace. How did I experience this? I started focusing on making a difference, rather than just making money. I realized money gives Happiness, but more money doesn't create more Happiness.

I had been fooled into believing that the richer I got, the happier I would become. When I started doing humanitarian work and started serving people, picking them up from the street and putting them back on their feet, I started experiencing a joy that I had not experienced making my millions. It is strange that while Happiness comes from

spending money, rather than just earning it, most people are doing otherwise. I started spending what I earned and I felt great peace and contentment, as I experienced bliss that came from fulfillment.

Do you want to be Happy? You have to make a choice. You can enjoy the roller coaster and scream, cry and laugh with pleasure and pain and ultimately die. If you would like to have peace that will create bliss, it is a choice you must make. Some people think that a peaceful life is very boring. They prefer to have an exciting life. Their Happiness is triggered by the hormone dopamine that gives pleasure and not serotonin that gives peace. Each one of us has to choose what the source of our Happiness should be.

While we may choose pleasure or peace on the Happiness journey, we must realize one truth that we are going to experience unhappiness. If we are seeking that ultimate Happiness, then we need to discover the purpose of life. Less than 1% of humanity goes on a quest and reaches this ultimate peak of Happiness. It is our choice.

Obviously, you want to be Happy. That is why you are reading this book. But you must stop and reflect how Happy are you, and how Happy you want to be. Do you want to continue with pleasure, or do you want peace or purpose that will give you eternal Happiness?

8

CHAPTER

IS SUCCESS HAPPINESS?



“

*The whole world wants Success
so that they can be Happy.
Why then are the millionaires of
the world so unhappy?*

Isn't it true that many rich and famous people live miserable lives? Haven't you seen some celebrities in interviews talking about depression? If success led to Happiness, then these wealthy people should have unending Happiness because they have countless money and wealth, more than they can ever spend. Why then are they unhappy?

It is a paradox! Those who are not successful are yearning for success because they believe that success is Happiness. They live unhappy lives because they are not achievers with money in their bank. Ironically, those who are already successful, are yearning for Happiness. They have all the money in the world, but they have no peace and joy. Isn't it funny that the achievers are yearning for Happiness and the Happy ones are yearning for achievement. Is success and achievement actually Happiness?

We must not underestimate the importance of success. We all need money to survive. But to believe that success and achievement is eternal Happiness is a myth we all grow up with. We are all taught to be achievers, right from the time we are kids in schools. By the time we grow up, we are already indoctrinated with the passion to succeed.

Why? Is it because we want to be unhappy? Of course not! Why will success make us unhappy? Success will give us money, and money can be exchanged for pleasure. But can money buy Happiness? Money can buy a house, but not a home. Money can buy a bed, but not sleep. Money can buy a

diamond ring, but not love. There are things money can buy. Therefore, we need money. But money cannot buy Happiness. Very few people realize this truth and turn away from running after success and achievement. Those who do choose to live a life of contentment and fulfillment. Rather than spending their life achieving more and more success and money, they spend their life, doing the things they love. This gives them fulfillment, joy, peace and bliss that is far more gratifying than what money can buy. But less than a fifth of this world is fortunate to flip over from achievement to fulfillment. The majority believes that success is Happiness. Most people think that money and wealth is what creates joy in life.

There was a poor man who went to his Spiritual Master and told him, 'Don't teach me Spirituality, just teach me how to be Happy. Show me a way to be wealthy. If I am successful and rich, I need nothing else!' The wise Saint gave him a small gold coin and told him to put it in the biggest box he had in his house and lock it. He told him, 'After 5 years, this magical gold coin will fill the box with gold.' The poor man was elated and thanked the Saint. He chose a big trunk and locked the coin in it. Then, for the next five years, he was the Happiest man in the world because he knew that he had a trunk full of gold.

After five years of Happiness, he was dismayed when he opened the trunk. The tiny gold coin had not produced any gold. He went back to the Saint and cried complaining that there was no miracle. The Saint asked him, 'Were you not Happy for the last 5 years?' 'Yes, I

was,' he answered. 'Did the gold make you Happy?' The man realized that even without the gold, he could be Happy.

Most of us believe in the lie that success and money is Happiness. The opposite is also not true — poverty cannot create bliss. We must find a path to live with true Happiness. Neither must we waste our life chasing success, nor should we deny ourselves in penance and prayer, to be Happy. We must be enlightened with the truth about our life and discover our purpose if we want to have eternal joy. Most people earn and earn, only for others to burn what they earn. They fool themselves into believing that the excitement of success gives them great joy. In reality, their life is full of stress and anxiety.

First there is stress of being an achiever, then there is anxiety to achieve more success and finally, there is worry on how to retain the wealth and success attained. In the meanwhile, their life escapes them. They had a glass full of life, which they emptied, instead filling the glass with success and achievement. Ultimately, they had a glass full of success, but no life to live.

Before you decide to make success, achievement, money, name and fame the path of your Happiness journey, speak to a few successful people in the sunset of their lives and ask them what they regret most. Most of them will regret that they did not live their life doing what they would have liked to do and being Happy. Alas, their life is over!

9

CHAPTER

ARE ALL THE WEALTHY AND THE RICH GLAD?



“

*‘If I have Money,
Success and Wealth, I will be Glad,’
We believe in this Myth,
and we become Sad!*

Are all the wealthy and rich people Happy? Definitely not! They may have all the money in the world, but do they have all the Happiness too? We can be sure without doubt that Happiness is not proportionate to success, wealth, money and riches. There are people in this world who have everything, still they are unhappy. There are others who hardly have anything, but they seem to be very Happy. They are content and fulfilled. Then, why is it that we believe that money or success or wealth is equal to Happiness?

It is most unfortunate that we are chasing the material pleasures of this world to be Happy. We let our Happiness become dependent on things and so, we spend our entire life trying to acquire things that we think will make us Happy. As kids, we are Happy with our toy car. Then, we want a bicycle as we grow up. Soon we want a motorcycle. Then, we aspire to buy our first car. At every step we are Happy, but soon thereafter, we become unhappy. We are unhappy with our small car, and we want a bigger car. Then we want a Mercedes, a BMW, a Ferrari, a Rolls Royce or a Limousine.

Even after we get these, after spending all our wealth, are we Happy? No! We are not because we want a private jet! We push ourselves so much and live stressed-out lives to ultimately get that private jet and enjoy our first flight in it, only to become miserable when we fly in our friend's private jet which is better than ours. Isn't it true that we are never satisfied? We are never content and Happy!

ARE ALL THE WEALTHY AND THE RICH GLAD?

It is a fact of life that every poor person believes that they will become Happy when they become rich. The rich aspire to become millionaires to be Happy. The millionaire yearns to be a billionaire, thinking that will make him the Happiest. And the billionaire aspires to be the world's richest person in order to become the world's Happiest person.

Ironically, the happiest person is one who is not bothered about millions and billions. Millionaires and billionaires live with fear, stress, worry and anxiety. Their lives are filled with the poison of anger, hate, revenge and jealousy and they are agonized by their ego. The Happiest person has none of these. He is content, lives fearlessly and without anxiety. He may not be a millionaire or billionaire, but he finds Happiness with what he has. Happiness does not depend on what you have, but rather on how you feel.

Why then is the world running behind money? Why are we made to believe that wealth and money are the means to Happiness? Unfortunately, generation after generation, we believe in the myth, and we do not realize the truth. Money is not Happiness. Money is important to survive, but if you believe that the more money you have, the Happier you will become, you are sure to become miserable!

Happy is the one who realizes this simple truth that eternal joy, Divine love and everlasting peace are not connected to money and wealth. Such a person learns the art of being Happy, not becoming rich and successful. What is the use of

having all the money, wealth and success in the world, if we still remain unhappy?

A Happy person realizes that the true wealth of life doesn't depend on how much gold and how many diamonds we have. It doesn't depend on our bank balance or the properties in our name. While we keep on adding zeroes to our wealth, these zeroes cannot guarantee Happiness. That is why the wealthiest of millionaires can become unhappy in a flash of a moment. The real millionaire is one who can have a smile on his face all the time. The true billionaire is one who can sleep peacefully at night. True Happiness does not depend on our net worth, but rather on how much we are able to smile and laugh.

Therefore, the richest people in this world are actually those who are the Happiest, for if you have all the money in the world and you are still unhappy, then you are no better than a bankrupt. After all, what is the objective of money? Why do we want to become rich? It is because we believe that the wealthier we are, the Happier we will be. But this is the world's biggest lie. If we have any doubt about this, we must stop and study the lives of the wealthy and the rich, we will realize that although they had all the money in the world, they were in fact, beggars when it came to Happiness.

10

CHAPTER

SUCCESS CAN MAKE US UNHAPPY



“

*Everybody believes that
Success is the way to Happiness,
Little do we realize that
it creates worry and stress.*

When we are not successful, we believe that success is Happiness. We wish to be achievers. We try to educate ourselves in the best university and try to acquire all the skills that are needed for success. We even pray to God to make us successful. Somehow, we were made to believe that all successful people are Happy. Little do we realize that in fact, the reverse is true. All Happy people are successful. We spend our entire life chasing success and achievement, but we end up without really becoming Happy.

No doubt success can create name, fame, money and wealth that can give us pleasure. But contemplate. Can everybody be successful? No, of course not. For one person to be a winner, there will be ten others who are losers. Therefore, everybody cannot become a winner. Even if we are fortunate to be a winner, does it mean we will be Happy? Some of us may be, but most of us will go through a life of tremendous stress and anxiety.

Success is not easy. Achievement may look very glamorous from the outside, but if we look inside the life of an achiever, we will understand how much pain it takes to succeed. It needs a lot of sacrifice, commitment, devotion, dedication and for this, we very often have to give up all the Happiness that we would otherwise enjoy on the journey of life.

Finally, if we are fortunate to be successful, are we guaranteed to be Happy? Yes, surely, we will feel the ecstasy of winning, but the euphoria of success, doesn't last long. Soon we are

bored with our success, and we have new desires and dreams. These passions make us puppets and we continue to chase success and keep Happiness for a future date. Most successful people are so busy achieving success that not only do they lose their peace of mind, but they also forget to be Happy. They are no better than machines that manufacture money and wealth. But if this wealth cannot be used to be Happy, then, why all the success?

In fact, success often makes us unhappy. We can become angry if we don't hit our target. It is very common for successful people to live lives of anxiety, stress and depression. In fact, some successful people even commit suicide. Although they had all the success and wealth in the world, why did they kill themselves? Obviously because they were so miserable.

Success makes us compare our wealth with others and we become jealous. Instead of making us Happy, our success begins to make us unhappy. Ultimately, we consume our life making so much wealth, and in the bargain, we lose all our health! Before we realize it, our life is over! We may have all the money in the bank, but no time to spend it. When we realize this and decide to spend our wealth, we cry that we do not have the health to spend our wealth. Then we regret spending our entire life trying to be successful!

Isn't it wiser to focus on Happiness rather than success? Should we not wake up to realize what true Happiness is all

about? When will we escape from the rat race? I was fortunate to end my success journey when I was 40. After 25 years of running and running after money and wealth, name and fame, I was fortunate to have a Guru, a Spiritual Mentor whom I called Dada. Dada made me realize that it is a myth to believe that achievement is Happiness. True Happiness lies in going beyond achievement. When we discover the true purpose of life, and we are enlightened with the truth, we will experience true bliss.

I was living a life like a money-making machine, working 18 hours a day, 7 days a week and while I fooled myself into believing that I was Happy and excited doing it, when I look at my past, in hindsight, I realize that I actually started to live after saying a goodbye to success and achievement. These were not only creating stress and anxiety, anger and jealousy, they were stealing my most important treasure – Life. I decided to live and exchanged success and achievement, money and wealth, with peace and fulfillment, joy and bliss.

It is unfortunate that most of the people who have not achieved success are enamoured by it and believe that the glamour of success will make them Happy. Little do they realize that success can be the cause of our unhappiness. One cannot be successful without fear and worry, anxiety and stress. Success can be the biggest cause of our unhappiness!

11

CHAPTER

THE SUCCESS AND HAPPINESS PARADOX



“

*Success is not Success,
it creates so much anxiety and stress,
And when we want to be Happy,
all we get is unhappiness!*

What is a paradox? In simple words, a paradox is something that contradicts our common sense. Our common sense says, 'Success is Success', but the paradox is 'Success creates unhappiness'. How is this possible? The second paradox is that of Happiness. When we want to become Happy, we become unhappy. Let us understand this better.

Everybody is chasing success because our gut feel is that success will make us Happy. But it is strange and true that success actually makes us unhappy. From the moment we decide that we want to be successful, we are more stressed and anxious. There is no peace, joy or bliss. Even when we achieve success, there is only momentary pleasure because the next moment, we are chasing another success. Despite achieving all the success that we possibly wanted, we still compare our success with others and become miserable. Isn't success a paradox? It is supposed to make us successful and Happy, but we become unhappy. Therefore, the Paradox of Success is that success can make us unhappy, and therefore, it makes us unsuccessful.

Everybody wants to be Happy, but the moment we want to be Happy, we become unhappy! The desire for Happiness creates unhappiness. Isn't it a paradox that Happiness can actually create unhappiness? Both, the Paradox of Success and the Paradox of Happiness make us realize the Paradox of Life. To be Happy, neither do we have to chase success, nor run after Happiness. Happiness is an art. We cannot become Happy, we have to learn to be Happy. Success cannot create

Happiness, neither can something that we think will create Happiness, create Happiness. Nothing can create Happiness. That is the paradox! Happiness is not creatable. It is a *state of being* and because we are carried away by the Paradox of Success and Happiness, we try to become successful and try to fill our life with Happiness. But we remain unhappy.

Unless we learn to overcome our ignorance about success and pleasure, we will always experience Happiness that is very shallow and momentary. No doubt we will experience moments of pleasure, and feel temporary bliss, but soon there will be unhappiness. When we realize the truth of these paradoxes, we will shift our focus on *how to be Happy*, rather than *how to become Happy*. The way to eternal Happiness is to discover the 3 Peaks and to evolve from Achievement to Fulfillment, and then to Enlightenment. Otherwise, we will spend our entire life trying to be an achiever, but we will never achieve Happiness, because Happiness is not achievable.

We will try to desire Happiness and keep on doing more and more things to be Happy, but we will remain unhappy because Happiness is not desirable. As long as we do not understand the true meaning of Happiness, we can never reach that state of eternal joy and everlasting bliss.

What then should we do? Should we throw away all our success. No, we need not! But we cannot let our Happiness depend on our success. Look around you. There are many

successful people. Observe what they are doing. They are trying to obtain products of Happiness as they want to be Happy. Now, look a little deeper. They have success and they have the ability to procure products of pleasure. But are they Happy? You will observe that each of them is thirsty and unhappy. They have no peace. Instead, they are filled with stress and anxiety. Either there is fear and worry, or there is stress and depression. Otherwise, there is anger and hate, or jealousy and revenge. Despite being rich and successful and despite having everything that can make somebody Happy, why are they still unhappy? This is the paradox!

Does this mean that we should be a failure to be Happy? No, failures are always unhappy. So do not imagine that the non-achievers are Happy. Happy are those who are content. Blissful are those who are not chasing Happiness. Those who live a life of acceptance and surrender, enjoy true Happiness. Those who live a life of fulfillment are far more happier than those living a life of achievement. This is the truth of life. But not many people understand it.

Therefore, the world is pursuing success and Happiness and the world remains unhappy. Only those who realize that when we stop pursuing success, and we stop trying to be Happy, only then can we be truly Happy. Because wanting to be successful and wanting Happiness are sure to deliver us unhappiness. The expectation to become Happy is sure to make us unhappy.

12

CHAPTER

TAKING AN EXIT FROM THE ACHIEVEMENT HIGHWAY



“

*Do you want to be Happy?
Then, stop chasing Achievement!
Renounce stress and anxiety,
be Blissful in Contentment.*

Everybody in this world is running after success and Happiness. Everybody wants pleasure, name, fame, money and joy. But everybody is so busy running the race that very few truly live with grace. There is so much focus on the chase and to be an ace, that we are caught in an anxiety maze. Before we realize it, life is over! Then we cannot reverse life. We cannot relive the gift of life. The moments that are gone are gone.

Of course, it is great to be successful and it is exciting to be an achiever, but is life meant to live and die on the peak of success? Are we meant to zoom through the highway of Achievement, till we reach our tomb? Don't we know that at the end of the journey, nothing is ours? Success, achievement, wealth and money will all be left behind. We are so busy accumulating these, that we hardly have any time to enjoy them.

Blessed is the one who is wise to take an exit from the highway of Achievement. Fortunate is he, who stops climbing the peak of Achievement, trying to reach the top. It doesn't exist! Realizing that the peak is a cliff that will lead us to fall and die, the truly Happy one descends the peak of Achievement, into the valley of contentment. Such a person finds peace, the very foundation of Happiness. Such a person is free from all fear and worry, stress and anxiety. Such a person experiences true bliss.

Most of us think that we are money-making machines. Others are hungry for achievement, that gives name and fame. But these cannot make us truly Happy. We have to have the courage to let go of this path and to do what we love to do, what makes us joyous and blissful. Most people are doing things more to be an achiever than to be Happy. If they had a choice, they would rather do things that made them Happy. But they pretend that their achievement is what makes them Happy.

Sure, achievement creates dopamine that creates excitement in our blood. But this is not Happiness. This excitement has stress and anxiety in it and while we enjoy pleasure from this excitement, this pleasure is momentary. It soon disappears. But when we do things that we love to do, those give us a bliss that is eternal Happiness. It may be writing a book or learning music or for that matter, exploring the world. We are all passionate about something that we wish we could do.

Unfortunately, throughout life, we have no time to pursue these hobbies that are our true passions. We are so caught up in success and achievement that before we realize it, life is over. We are doing things that are creating achievement, but we have no time to do what will create fulfillment.

It is sad that most of us fool ourselves into running a race that will leave us thirsty in the end. But because we do not have the courage and the wisdom to take an exit at the right time, we reach the end of our life, remaining unsatisfied and unhappy.

Where are you today? Are you still trying to achieve more and more, so that you can achieve more Happiness at a future date, or have you paused to be Happy, to do things that create bliss? Don't put off Happiness for a future date. Learn to be Happy now. If you have enough to fulfil your need then don't get caught in the cycle of your greed.

Of course, we need to create enough of a corpus so that we are not wanting for our basics. But most of us have much more than our basics. We want more and more, and as we keep on achieving this, our life is over. We need to plan our life and we need to stop climbing the peak of success, so that we can enjoy doing things before our life escapes us. Maybe we are able to combine both and then, take a step back from achievement and take a step forward in pursuing fulfillment.

In my success journey of 25 years, I was passionate about achievement, but side by side, I started doing things that gave me a lot of fulfillment. I opened charitable homes and did humanitarian work. I built a big temple that helped me build my faith. I also spent my time in creating inspiration for people as this gave me lot of bliss. I was fortunate to put achievement in the backseat and put my passions ahead of me. Ultimately, at 40, I shut down my business and took an exit from making money and started to make a difference. This was one of the happiest decisions of my life!

13

CHAPTER

SECOND PEAK OF HAPPINESS – FULFILLMENT



“

*Sure, we are Happy with
the Pleasures from Achievement,
But there is greater Bliss in Peace
that comes from Fulfillment.*

Blessed is the one who realizes that Happiness from fulfillment is greater bliss, not momentary pleasure. Such a person exits from the chase of achievement to live a life of contentment and fulfillment. However, not everybody is fortunate to escape from the trap of success. The majority of us are slaves of our own desires. We are so enamoured by the name and fame of success and achievement, that we try to achieve more and more, till we ultimately die. We know that nothing belongs to us, but we don't realize that just as we came empty-handed, we will go empty-handed. What we earn, others will burn. Still, neither do we spend before our end, neither do we give before we are gone, but we go on and on chasing success.

Those who exit from the highway of Achievement, reach the second peak of Happiness, Fulfillment. Fulfillment, however, is not a peak. It is a plateau, a plateau, where we are liberated from desires, from passions and obsessions. We are fully satisfied. We live a life of fulfillment. The key difference between achievement and fulfillment is that the former is a journey chasing pleasure but the latter is a journey of peace, the very foundation of Happiness.

Every human being wants to be Happy, but not everybody understands that true Happiness cannot come from achievement. Achievement will always leave a gap. It will always create stress and anxiety. As long as we are enjoying the pleasures of achievement, we will always experience pleasure and pain, as there will be loss and gain. Nobody can be a winner all the time. But the one who has reached the

second peak of Fulfillment, has given up the passion for winning and succeeding. He has stopped at fulfilling his need and is not a slave of his greed. This is the second peak of Happiness. One is Happy with what one has and is content and grateful. One is not comparing their position with others. One is not stressed and worried about winning the next competition, the next battle.

On the plateau of Fulfillment, one has no aspiration of being an ace, and so they leave the chase and are free from being a part of that race that the whole world is running. While it appears that people who are achievers are successful and Happy, in reality, they are not. The truly Happy ones are those who are liberated from this material world and who are living with contentment and fulfillment.

If fulfillment is far more satisfying when compared to achievement, why is the majority of the world still chasing achievement? Unfortunately, we don't realize that eternal Happiness doesn't come from pleasure. It comes from peace and there is no peace on the peak of Achievement. Peace lies on the plateau of Fulfillment. Have you ever seen the achievers, the successful, the rich and famous living with peace and joy? They don't know the meaning of peace. Their success is excitement that comes from achievement, not fulfillment that comes from contentment. Therefore, the first peak will always keep us thirsty, but the second peak will give us bliss that is eternal Happiness.

When we look at some people who are always cheerful, always smiling and Happy, we will find that their intrinsic emotion is peace. Their Happiness doesn't come from pleasure that comes from Achievement. Those who are enjoying eternal Happiness, cannot be seen on the peak of Achievement where one fears falling down, just as one experiences the stress of climbing up.

On the plateau of Fulfillment, there are no aspirations that steal our Happiness. Some people worry that on the plateau of Fulfillment, there will be no motivation, no inspiration and therefore, one will lose their enthusiasm. This is not true. Those living with fulfillment continue with their noteworthy success, not letting it become their greed. The ones who are content with fulfillment enjoy far greater Happiness because they realize that Happiness is not in attaining pleasures or in products or with people or even in a place.

Happiness is where we are. It is how we feel. It is in the moment. Those who are on the second peak, Fulfillment, live life moment by moment in peace and joy. They don't swing to a past that is gone, or a future not yet born. They are blissful in the present moment. They have given up yearning for achievement, and they have found greater meaning in their life. Building a Divine connection with the Supreme, they flip their life over and they do what they love.

14

CHAPTER

EVOLVING FROM PLEASURE TO PEACE



“

*When we evolve from chasing
Pleasure to living in Peace,
Fear and Worry,
Anxiety and Depression cease.*

The journey of pleasure from achievement is a lot of fun. Who doesn't enjoy success, name, fame, money and wealth? Who would not like to live in luxury homes and in beautiful villas? Who would not like to go on holidays to Singapore, London and New York? Who would not like the glamour of gold, diamonds and precious crystals? Every human being enjoys pleasure that is derived from achievement and success. But little do we realize that even the greatest of pleasures from millions and billions, created out of success, cannot give us true Happiness. Yes, there is great excitement in that moment of achievement, but what happens soon thereafter? Every summit of achievement is momentary. Every pleasure is transitory. The pleasures from achievement are ephemeral. They come in a flash and before we realize it, they are gone! However, we are so enamoured by these pleasures that we live and die without evolving from pleasure to peace, the very foundation of Happiness.

Peace is that state of tranquillity where one is free from all anxiety. It is a state of eternal Happiness. It is an emotion of Divine joy. It does not last for a moment or even a brief period of time. It becomes a state of being. In that state of Peace, there is always joy. Peace is the cause, joy is the effect. But remove Peace, you will find there is no Happiness. Have you seen people enjoying pleasures and celebrating success? In that moment of celebration, if there is any bad news that robs their peace, it will steal their Happiness. Therefore, peace from Fulfillment gives far greater Happiness than pleasure from Achievement.

Why is it that the majority of the world is zooming on the highway of achievement? Why are there very few people on the exit that goes to fulfillment? Why do people not stop the endless climb to the peak of Achievement, which is an illusion, which doesn't exist? Why are there only a few people who are blessed to live with fulfillment, peace and bliss? It is because man is a slave of his own senses and his mind. He has eyes that see, a nose that smells, ears that hear, a tongue that tastes, and skin that touches. When these five senses are wired to the mind, man becomes a greedy machine. He runs through this journey of life, wanting more and more, although he knows that ultimately, nothing is his. He is a puppet of his own desires, and these desires give pleasure, but he does not realize that these pleasures are momentary.

Therefore, man is having fun, and soon, life is done! He does not evolve. He does not change from living with achievement to living with fulfillment. Most of us are caught in the thought of success. We are taught that success is Happiness. We have been indoctrinated that winning is not the main thing, it is the only thing, and we keep on running till we fall into our graves. Do we enjoy true Happiness? We don't. It is because we are trying to reach a destination which does not exist.

Most of us are like that musk deer. It is seeking the fragrance of the musk that is in fact, inside its own navel. In that frenzy of finding the musk which is in its own stomach, it goes round and round on the dangerous cliffs, till ultimately, it falls down the mountains and dies. Hunters below are patiently waiting to cut open the stomach

and retrieve the musk from the pouch inside. Aren't we like the musk deer? Aren't we running behind Happiness till we ultimately die? Very few of us discover peace that is within. We don't run behind Happiness but live with fulfillment.

Peace is something we don't have to chase, we don't have to find. It is within. We have to still the mind. However, when desires create a thought, we are caught. There is no peace, no Happiness. We have to be free from the mind, then eternal Happiness we will find. We have to evolve from pleasure to peace. We have to give up that mad chase of achievement, realizing that Happiness from excitement is momentary. We must start enjoying the bliss that comes from peace on the plateau of Fulfillment.

Despite knowing all this, man still chases pleasure. Man is not able to evolve to live with peace. Although he sees Divine bliss on the face of a monk, he becomes a monkey because the tail of his monkey mind, the EY, is Ever Yelling, Ever Yearning. Because he is caught in the noise of this world, he doesn't enjoy the peace of a monk but jumps like a monkey from one pleasure to another. As long as man has no peace, he can never be Happy. If we want true Happiness, we must evolve from the peak of Achievement to the peak of Fulfillment, from pleasure to peace.

15

CHAPTER

LIVING WITH CONTENTMENT AND FULFILLMENT



“

*If you want to be really Happy,
choose Contentment,
Otherwise, you will have Achievement,
but no Fulfillment.*

Who are the people in this world who are truly Happy? They are not the ones who are the achievers, the millionaires and billionaires who wear a plastic smile. Of course, they have all the money in the world and with the money, they buy things that money can buy. Not just clothes, accessories, homes and cars, but even private jets and yachts. But are they truly Happy? No, they are not, because they are not satisfied! A millionaire is not Happy being a millionaire, because he wants to become a billionaire. With this greed, he ultimately dies, wanting to be Happier, rather than being Happier.

Roger was looking forward to buying a new Mercedes Benz. He had spent years making money and saving for his dream car. Then came the day of celebration. His new car was decorated with balloons and flowers. Champagne flowed as he was given the keys to his car. However, the next morning when Roger woke up, instead of being the happiest man in the world, he became the most miserable! Why? Because the latest BMW, all beautifully decorated, was parked outside his neighbour George's house. He couldn't digest that his neighbour had bought a better car. He was heartbroken!

How often do we lose our smile and our joy because we become jealous of others? Where does the jealousy come from? It is born out of lack of contentment. There is no fulfillment. Truly Happy people are content. They live with fulfillment. They know that Happiness is not in getting and becoming Happy, but rather in being Happy. They learn the art of *being* content, being satisfied and living a life of fulfillment.

How many of us are living lives of contentment and fulfillment? Most of us are unable to stop at our need. We let greed take over our life and greed makes us suffer. We are never content with what we have. Whatever we get, makes us Happy for the moment, but no sooner than the sunrise of joy appears, there is a sunset of gloom and despair.

Happiness comes and goes. It doesn't stay because we want more and more. It is not that by getting more we will be Happy. In that moment of achievement, we will celebrate, but because there is no contentment, our joy doesn't last. We have not learnt the art of being blissful, in being fully satisfied and content. A few of us live blissful lives. Whatever we have and whatever we get, we are both grateful and content. This gives us peace and bliss. Unfortunately, while we are all seeking Happiness, we don't learn the simple secret that without contentment, without fulfillment, there can be no true Happiness.

Look around you. Who are the ones who are truly Happy? Are they the successful ones, the achievers of the world or do the ones who live a life of contentment, not only wear a smile on their face all the time but are also always peaceful and blissful? We have to make a choice. Do we want to drive down the highway of Achievement, achieve success and money, but remain unhappy ultimately or do we want to exit Achievement to enter that plateau of contentment and Fulfillment and live with peace, the very foundation of Happiness?

The problem most of us face is the way the modern world is evolving. New gadgets and gizmos are introduced every now and then and comforts have become luxuries. The television and the internet is buzzing with advertisements and thanks to modern day technology, even if you don't want that new mobile phone, it will keep appearing on your screen, till you become curious and obsessed about having it.

In the good old days, man was content, but technology has made man a puppet to modern merchandise. All the time, man is bombarded with new products, new services. If man cannot get his desired food, from his desired restaurant, he becomes miserable. In the earlier days, man would be content with whatever he got. We have to make this choice. Either we can be a slave to our desires, and take this frustration to our grave, or we can be content and satisfied and live with fulfillment.

After all, does Happiness depend on how many cars or shoes we have? Happiness is not in having more, but in being Happier. There are people who have everything, but they are so miserable, just as there are people who are content, satisfied and blissful. We can choose. We can be on a rollercoaster of pleasure, or we can be sailing in bliss and peace. Only the wise ones choose fulfillment over achievement and are truly Happy. The others may have everything in this world but they remain thirsty for Happiness.

16

CHAPTER

THE FULFILLMENT ACRONYM



“

What is Fulfillment?

Let us get to know.

*Then there will be Joy, Bliss,
in every moment of the Show!*

Life is a show. We are like actors who come and go. The earth is a humongous stage and just like in any drama, actors come on the stage, do their part and leave. The show may be a comedy or a tragedy. Both happen in every movie. But it is for us to learn to be Happy in this drama called 'Life'. Those of us who choose fulfillment as a way of life, enjoy the journey. Whatever happens on the earth stage, it doesn't affect us because we know that ultimately, we have to go at the end of the show.

How does one live with fulfillment? It is very easy to remind ourselves this, if we take the help of the FULFILLMENT acronym.

- F - Full Satisfaction and Contentment
- U - Universal Connection
- L - Living with Meaning and Purpose
- F - Faith, Hope, Surrender
- I - Inspiration, Energy and Enthusiasm
- L - Liberation and Freedom
- L - Laughter and Love
- M - Making a Difference
- E - Emotionally Positive
- N - Noteworthy Success and Achievement
- T - Tranquillity and Peace

People living with fulfillment are fully satisfied and content. They program themselves to eliminate disappointment from their life. They have learnt the habit not to complain and this creates a lot of Happiness. They build a universal connect

with the Divine. Some people have a personal God, and they live with faith in the Supreme. Not only do they believe in a universal power, but they trust God completely. Their life is full of F A I T H – Full Assurance In The Heart, and H O P E – Having Only Positive Expectations, just as they T R U S T – Total Reliance Unconditional Surrender to the Almighty. This creates enthusiasm and love for the Divine and leads those on the fulfillment path to achieving the true meaning and purpose of life.

The FULFILLMENT acronym will remind us to live in surrender and acceptance. It creates so much inspiration, and the enthusiasm creates energy. The FULFILLMENT acronym reminds us to discover who we truly are and why we are here, just as it helps us to live with tranquillity and peace. Those who take the help of the acronym, live with love and laughter. To them, life is not just about making money, but rather, making a difference.

Isn't it strange that while Happiness comes from spending money, rather than making it, most people are doing otherwise. They are trying to amass money and wealth that can procure Happiness, but they are unhappy and ultimately, they are gone. The ones who are living with fulfillment, give and forgive. They are emotionally positive, and they consciously eliminate NEP, emotions that create Negative Energy Poison and fill their life with PEP, emotions that create Positive Energy Power.

What is the key difference between achievement and fulfillment? The FULFILLMENT acronym tells us to stop after there is noteworthy success and achievement. But the achievers don't know how to stop. It seems that their car of life has experienced a 'brake failure' and they continue to zoom till they reach their tomb. Instead, those who choose fulfillment, spend some part of their life to achieve success. However, they know how to stop and to live. They don't just exist till they die.

We have to make a choice. If we make the FULFILLMENT acronym part of our life, then, we will live with tranquillity and peace. We will eliminate stress and anxiety, which is experienced by achievers, just as we will be free from fear and insecurity that is created by success. Every achiever is worried about his status and his wealth, and this robs our Happiness. Fulfillment frees us from all such worry and anxiety.

Therefore, a life of fulfillment has abundant Happiness. On the outside, it seems that the achievers of the world are far happier, and this inspires everybody to yearn for success and achievement. But deep within, this is a big lie. The achievers are miserable, because they have no peace, and their life is in pieces. Those who are content and fulfilled, live with courage and confidence, with optimism and love. They realize that life has a meaning, and they try to achieve this purpose.

17

CHAPTER

IS ANYBODY FREE FROM SUFFERING?



“

*Do you know anybody
who doesn't Suffer on Earth?
Don't we all experience
Sorrow after we take Birth?*

The Buddha, the Awakened One, who was enlightened with the truth made a profound statement. He said, '*Samsara* is *Dukkha*'. This means that the world is full of suffering. In fact, this Realization made him renounce the world, give up his kingdom, his wealth, his beautiful wife and a just-born son, and retreat into the forest to find a way out of suffering. According to him, there was suffering all around.

There was so much sorrow in the moment of death. Old age, disease and decay were making people suffer. Then there was war which was inspired by fear, hate, revenge and jealousy. He wanted to live a life of peace and bliss. He wanted Happiness and so, he went in quest for that ultimate state of Happiness and bliss, where there was no misery, no stress and no unhappiness. He discovered there was such a state, and he called it *Nirvana*. Unfortunately, all of us suffer, but we just accept the suffering and live with it. Unlike the Buddha, we don't discover a way out of misery and sorrow.

Isn't it true that anybody who comes to earth experiences pain and suffering? There is nobody on the planet who is free from it. In fact, it seems that not only human beings, but any organism that is alive experiences suffering. It may be a dog or a frog, a butterfly or a bee. You and me, cannot deny that we experience pain and suffering.

We all grow up having falls and we break our bones. Then, we experience disease and decay. The body will experience

different types of physical pain. It may be a toothache or a headache, but any ache and pain, takes away our Happiness. Isn't it true that our joy disappears the moment the shadow of sorrow comes over it? But can anybody escape from physical pain? Even birds and animals suffer, not only because they are hunted, but also when they get hurt or experience some loss, like separation. It seems like suffering is a part of the package called Life. Life seems to be a combination of pleasure and pain, of loss and gain, of sun and rain. And this cycle repeats itself, again and again. Can we escape from this pain? Can we live a life only of pleasure, joy, bliss, peace and Happiness?

If we escape from physical pain, which is rare, then we become miserable because of fear. We are afraid of so many things and this is sure to cause misery. We are stressed out and worried and this causes anxiety attacks. Often, we go into a state of depression, and all this makes us miserable. Has anybody found a way to escape from negative thinking, that leads us to being unhappy? We all suffer because of our mind. The mind produces thoughts, and these thoughts are sure to make us suffer. Not just this, the mind joins the ego, and becomes ME, and creates so much more agony and anguish.

Haven't you experienced such rage and anger that in a moment you lost your peace and Happiness? Anger is a demon that can devour our bliss. What about hate? Have you not found it at the gate and when you look out, there are so

many toxic thoughts that make you miserable? We all go through that state of jealousy and is there any doubt that jealousy steals our Happiness? All these are caused by the Mind and Ego, ME and these lead to us becoming unhappy. The ego can decide to take revenge, and, in a moment, it can steal all our Happiness. We all know it, but still, although we want to be Happy, we become unhappy. Have you thought why?

The whole world is seeking Happiness, but why is it that there is unhappiness everywhere? Is it because the Supreme Immortal Power we call God is cruel and wants us to suffer? Or is it because of Karma? We suffer because of our deeds done in this life or even in earlier lives. Little do we realize why we suffer. But the fact is that everybody who comes to earth suffers after they take birth. There is no doubt that we experience joy, just as we can't escape from sorrow.

Life is like a merry-go-round, and just like there is day and night, there will be darkness and light. Sometimes we will be glad, and sometimes we will be sad. This is what 99% of us think. Only 1% of humanity goes forward and discovers that ultimate state of Happiness, peace and bliss, where there is no suffering or sorrow. No doubt this world is full of suffering, and everybody suffers, but the good news is that there is a way out of suffering, and this is revealed when we climb the third and ultimate peak of Happiness!

18

CHAPTER

WHO IS THE ONE WHO SUFFERS AND WHY?



“

*While we all experience
Suffering and Pain,
Who is the one,
who is miserable again and again?*

The above question seems to be so silly! Who suffers? Of course, 'I' do. But who is the 'I' that suffers? We all think that we are 'me'. But the truth is that I am not the 'I' that suffers. So, who is the 'I' that suffers then? Am I the body that suffers physical pain, am I the mind that becomes miserable or am I the ego that is agonized and anguished? An intelligent person will say, 'I am all of these. I am the body, mind and ego that suffers.' As long as we think we are the body, mind and ego, we cannot escape suffering.

Let us analyse. Can the body suffer with the mind and ego? 'Maybe it can', is what we think, but when we are sleeping, the body stops suffering. It is only in Consciousness that we suffer. What about the mind? Can the mind suffer without the body? If we think deeper, the mind doesn't exist without a body. It is like our software. Without hardware or the body, there can be no software. Therefore, the mind and ego will only suffer when they are a part and parcel of a body. But what happens with the body once it is dead? Does it suffer? If you poke a dead body, will it pain? Once the body is dead, it has no sense perception.

We can take an example of undergoing a root canal procedure. Once we take anaesthesia, we don't have any sensation of pain because the pain station in the brain is deactivated, just as the nerves from the area of the pain are disconnected with our nervous system. This helps us understand that the body feels pain as long as it is in Consciousness.

Does this mean that we suffer while alive because of the Soul? Or is it that the Soul suffers? The Soul is the Power of life. It is Energy. The Soul does not suffer. However, it is true that all suffering is experienced in Consciousness that is created by the Soul. Therefore, people ask, 'Is the Soul the cause of all suffering?'

As we are clear that it is the body that suffers, the mind that is miserable and the ego that is agonized, we also understand that these come into existence because of the Soul, which does not suffer. Why then, does the body, mind and ego suffer? The body suffers as long as it is alive. Once it is dead, there is no suffering. But death is not the end. It is just a bend. Don't we say that the person passed away? Who passed away? It is ME, the Mind and Ego that carried its pending Karma, good and bad deeds, that have not been settled, into another body in a new life.

Again, this new body will suffer, along with the old mind and ego, and old Karma. In addition, it will do new Karma, both good and bad, and for every bad Karma, we have to suffer. There is no escape. Even if we die, the body will perish, but the bad Karma that is pending will have to be settled by the mind and ego, as it appears in the new body. This suffering will go on and on, as we are born and reborn.

Therefore, there must be clarity. Who suffers? It is the body, mind and ego that suffers. Why do we suffer? It is because of Karma. Without Karma, there is no suffering, just as good

Karma is the cause of all goodness that unfolds in our life. Nothing happens by chance or luck, nor is it God's wish and will to make us suffer.

Very often, we ask the question – 'Why do bad things happen to good people?' Bad things cannot happen to good people, just as mangoes cannot grow on an apple tree. It is a law, a Universal Law of action and reaction. If we are suffering, it is just a reaction of our own action, our own sins or bad deeds that we might have done, either in this life or if not in this life, then in the previous life.

Very few people realize this truth. They are the ones who make sure that they don't do any bad Karma. They don't want to suffer again and again, and so they do only good Karma. Thus, they are relatively happier. However, there is no way to escape from misery and pain. Everybody who is born, suffers.

A rare minority is liberated from all suffering because they are enlightened with the truth that they are not the body that suffers, not the mind that becomes miserable, not the ego that experiences anguish. They realize they are the Divine Soul. This Realization frees them from all suffering, and they live a life of eternal Happiness. However, very few people are blessed to be enlightened with the truth and to be liberated from all suffering.

19

CHAPTER

DISCOVER THE THIRD PEAK OF HAPPINESS – ENLIGHTENMENT



“

*Anybody can be Happy for a moment
and then it's over!*

*Enlightenment is that peak,
where you can be Happy forever.*

Till now, we have spoken so much about Happiness that comes from pleasure, success, achievement, name and fame. We have also spoken about peace, the foundation of Happiness that comes from contentment and fulfillment. But can we be free from suffering?

Yes, we can! The way to be liberated from all suffering, from the pain of the body, misery of the mind and agony of the ego is to be liberated from the ignorance that we are the body, mind and ego that suffers. As long as there is no Realization of the truth, that we are not the body, not the mind, not the ego, we will never be enlightened and never be free from the triple suffering on earth.

The third peak of Happiness, Enlightenment is that state of Realization where we overcome all ignorance. We overcome all the myth that we have grown up with. We realize we are the Divine Soul, and the Soul doesn't suffer. We realize the truth about God and how we are all manifestations of God. We realize we ourselves are a particle of the Supreme Immortal Power, SIP. We are the Soul, the Spark Of Unique Life which suffers no pain. When we realize our true identity, then we disassociate ourselves from the body, mind and ego, just as we become free from the triple suffering.

On the first peak of Happiness, there is success, achievement and pleasure. On the second peak of Happiness, there is peace, contentment and fulfillment. On the third peak of Happiness, we discover the true purpose of our existence. We

realize the truth of 'Who am I?' and 'Why am I here?' When we realize this purpose, not only do we enjoy the pleasure of achievement and the peace of fulfillment, but we also enjoy the eternal bliss of Enlightenment.

The Realization of the truth not only liberates us from suffering, but transports us to a heaven on earth, where we experience the Divine everywhere, in everything. This feeling of the Divine presence in one and all, manifests as Divine Soulful love for all living creatures. This Spiritual love which is universal becomes a fountain of joy. True Love is a rainbow of seven colours, and we enjoy the ecstasy of True Love on the third and ultimate peak of Enlightenment.

When we attain the third peak of Enlightenment, we realize, I am not 'I'. We have a body, but we realize we are not the body. We become free from all physical pain. We seem to have a mind, which we cannot find. The mind is just a bundle of thoughts. On the peak of Enlightenment, we transcend the mind, we still it and we kill it. In that state of thoughtlessness, we reach a state of Consciousness. When we are in Consciousness of the truth – *Sat Chit*, we experience *SatChitAnanda*. This is *Ananda*, or bliss, which is equal to *Niroana* or eternal Happiness.

Neither on the peak of Achievement nor on the Peak of Fulfilment, can we experience a state of Everlasting Bliss, Divine Love and Eternal Peace that knows no misery or

sorrow. We may be rich and successful as an achiever, but our pleasure will always have pain. We may be on the peak of Fulfillment, with peace and tranquillity, but we will always have fear, worry, stress and anxiety. As long as we are slaves of the mind and ego, we will face the agony of anger, hate, revenge and jealousy.

How can we be truly Happy? It is only he, who is Spiritually awakened, who has realized the truth of self, life and God, who is liberated from all suffering. Such a person lives in Consciousness, moment by moment, in Divine peace, love, and joy.

The state of Enlightenment is rare. Not even 1% of humanity experiences it. It is not easy to define Enlightenment or to measure Happiness that is experienced on this peak. The euphoria of joy that comes from Enlightenment is seamless, and greater than the waters of all the oceans put together. Can we count or measure the quantity of water? So also, we cannot measure the quantum of Happiness that comes from scaling the peak of Enlightenment.

If we are on the first peak of Happiness, chasing success, achievement and pleasure, it is time to take an exit. Then, we must try to pass through the state of Fulfillment which will give us peace. Our purpose is to achieve the purpose of life. This is Enlightenment. We overcome all darkness of ignorance and we are enlightened with the truth. This is bliss.

20

CHAPTER

ENLIGHTENMENT IS REALIZING OUR LIFE PURPOSE



“

*What is our Purpose,
why did we come to earth?
It is to be Enlightened that
we got a human birth!*

Some people are blind. They cannot see. But only 1% of the world is visually blind. 99% are spiritually blind. They too cannot see that we are not the body, nor the Mind and Ego, ME. They live and they die and throughout life, they cry! They experience the triple suffering of the body, mind and ego. Because they do not achieve the purpose of life, they are not enlightened with the truth. They do not overcome ignorance.

What is Enlightenment? Why is it our life purpose? This is our purpose because only a human being is blessed with an intellect to discriminate. Man is the only living species who has the willpower to choose. If man does not use his willpower to discriminate, to overcome ignorance and to be enlightened, then, man will return to earth in a rebirth, carrying his Karma of his several past lives.

There is no guarantee that man will return as man. He may even return as a beast. Then, he cannot be enlightened. It is only in this journey as a human being, that man is capable of being enlightened, being liberated and being united with the Divine. Other animals, birds and living organisms do not have a purpose for their existence. They live and they die, and they return to fulfil their past Karma. This is the only inference we have. There is no other option than to believe that it is only man who can be enlightened. A dog or a frog, a butterfly, bee or a tree, cannot discriminate and overcome ignorance and be liberated. Only man can!

When we see an animal suffer, we must realize that suffering is caused by Karma and not because of the will of God, not because of luck. We suffer because of our own deeds. When we have sins that are terrible, it is said that we can be reborn as a dog or even a pig. There is no other cause of suffering, other than Karma. Only man is capable of creating karma. Other living creatures don't create Karma, they only redeem Karma, good or bad.

Therefore, it is for man to do good Karma and not to be born to suffer. Further, it is only man who can be enlightened. Therefore, it is for man to be conscious of his special existence as a human and to discover his purpose and not just live and die. Man must stop and find out, 'Who am I?' and 'Why I am here?' Otherwise, soon he will lose this gift of human birth and he will return to earth in a rebirth, only to suffer. Is that the purpose of our existence, to be born, to live with pleasure and pain and then, to return again and again? This is not our purpose. Our purpose is overcoming ignorance, realizing the truth, being enlightened, then being liberated and united with the Divine. This is the purpose of our existence. But how will we overcome our ignorance? How will we be enlightened and reach that ultimate peak of Happiness?

If we want to achieve our life purpose of Enlightenment, we have to overcome ignorance. But how can we overcome ignorance? The darkness of ignorance cannot be eliminated with a broom, just like you cannot sweep out darkness from a

room. You need a light to eliminate darkness in a room. So also, you need Enlightenment, for when one is enlightened and one realizes the truth, one overcomes ignorance, which is the very cause of suffering. This is our purpose, to overcome ignorance, then to realize the truth. When we achieve this purpose, we evolve to that ultimate peak of Enlightenment, where there is no suffering. There is no suffering because we realize that we are the Divine Soul that is ever blissful, not the body, mind and ego that suffers. However, knowledge of this is not Enlightenment. Knowledge is not Realization. It is just to know. Realization is to do what we know. Knowing we are not the body, mind and ego, but the Soul is not enough. Enlightenment is living as the Soul, transcending the body, mind and ego. This is the mark of Enlightenment. It is at this state that man is free from all sorrow and man enjoys that ecstasy of Eternal Happiness, Divine Love and Everlasting Peace.

If we want true Happiness, we must go in quest to attain our life purpose. We must start a Spiritual journey to reach that state of Realization. We need the help of a Guru, a Spiritual Master, who can guide us to move forward on the Spiritual path. It is not an easy journey. It needs some sacrifices. We have to renounce many things that used to give us pleasure on the outside, but which, in reality, were the cause of all our pain and suffering. The journey of Spirituality is very blissful, but it is not easy to start this journey because our mind overshadows us with ignorance that stops us from a Spiritual quest and from being enlightened.

21

CHAPTER

OVERCOMING IGNORANCE



“

*Ignorance is the cause of
our unhappiness.*

*When we overcome it,
we attain Bliss!*

Somebody reading this for the first time will wonder what the connection between ignorance and Happiness is. Most of us have heard of the statement, 'ignorance is bliss', but this is the biggest lie. Just because you are ignorant of the fact that you have cancer, does it mean you can be blissful? We may choose not to read about and ignore world news and the violence that is happening, but we should not be ignorant about the truth of life. We must be aware about it.

The ignorance one is talking about on the Enlightenment journey is different. We are ignorant of our reality. We are ignorant of who we are and why we are here. As long as we are ignorant, we will suffer. The moment we overcome ignorance, we will attain peace and Happiness.

When we are ignorant and we think we are the body, we suffer physical pain. Of course, the body will experience pain, but we don't have to suffer that pain as the body. We have a body and if there is pain, we must find a way to overcome that pain. 'Kill the pain before the pain kills you.' This should be the mantra to overcome physical pain.

But first, we must overcome ignorance that causes us to suffer. When we look at a group photograph, don't we scream in glee and say, 'That is me!' This is ignorance. This is not me. This is my body. When we overcome ignorance, we realize that the body came later. We came 9 months before as that Spark Of Unique Life, the Soul. When we realize this truth, we can be free from the pain that the body suffers.

We are also ignorant when it comes to the mind and ego that portrays itself as 'ME'. Throughout life, we talk of 'my mind', but has anybody seen the mind? It is just a bundle of thoughts! When we overcome ignorance about the mind, we are relieved from the misery of fear, worry, stress, anxiety and depression. We let negative thoughts destroy our Happiness and this is our ignorance.

We keep on saying, 'I', 'me' and 'mine'. This is ignorance caused by the ego. As long as we are trapped in this ignorance, we will experience the agony of anger, hate, revenge and jealousy. Who doesn't suffer because of the ego? In reality, we are suffering because of our ignorance that we are the ego. When we overcome this ignorance and realize the truth that we are the Divine Soul, we attain bliss.

What do we observe, therefore? It is that ignorance is the cause of our suffering. When we overcome ignorance, we are liberated from misery and attain peace and Happiness. Why does man chase success, achievement and money? Because man is ignorant of the simple truth that nothing belongs to him. It is because of ignorance that throughout life, he keeps on collecting wealth, thinking it is his. But don't we all know that nothing will be ours? We have to leave everything behind. Why can't man overcome this ignorance?

There are many myths that we have grown up with. We have to unlearn many things that we have learnt. We are ignorant and unless we overcome ignorance, we cannot be enlightened

with the truth. Realizing the truth is the key to eternal Happiness that comes from Enlightenment. But first, we must overcome ignorance.

Why is man attached to people? Why do we suffer due to relationships? It is because of ignorance. The fact is that we come alone, and the truth is that we will go alone. Nobody truly belongs to us. But we are unable to overcome this ignorance.

When we check into a hotel, do we carry back home the television, the bed or the table? Of course not! We only rented the room, and it does not belong to us. We understand clearly the check-in and check-out in a hotel, but we are ignorant about the check-in and check-out of life.

Therefore, we are worried about death. Death is a phenomenon that we can't escape. Every 'body' has to die. But because of our ignorance, we cry, look up at the sky, and question, 'Why?'. Why don't we accept death gracefully? It is because of ignorance.

As long as we don't overcome ignorance, we are sure to suffer, and become miserable. Therefore, overcoming ignorance is the key in the journey of Happiness. If we remain ignorant, we are sure to suffer. Let us start the process of realizing the truth, one by one.

22

CHAPTER

LIVING IN CONSCIOUSNESS



“

*If one is looking for
true Happiness,
Then one must discover Bliss that
comes from Consciousness.*

Up till now, we have spoken of so many ways to be Happy. We have spoken of pleasure that comes from achievement, and peace that comes from fulfillment. We have explored how we must transcend the mind and ego that makes us unhappy and how pleasure is not Happiness. We have discovered that peace is the foundation of Happiness. The 3 Peaks of Happiness are revealed – Achievement, Fulfillment and Enlightenment. The truly Happy ones are those who climb the ultimate peak. For this, we have to be free from desires and passions. We have to live with contentment and fulfillment. Then, we have to be liberated from misery, the triple suffering that we all experience on earth. For this, we have to overcome ignorance and realize that we are not the body, mind and ego that suffers. We are the Divine Soul. After doing all this, how can one be in a state of *Ananda*, bliss, of *Nirvana*, eternal Happiness?

If we want true Happiness, we need to be in a state of Consciousness. What is Consciousness? It is a state of thoughtlessness. It is a state where there is no mind. This is because when we still the mind, we kill the mind. Then, we are awakened in that state of being the witness and the observer. This is Consciousness.

In the state of Consciousness, thoughts appear one by one. There is no bombarding of thoughts by the mind. These thoughts are processed by the intellect. One by one, the intellect discriminates each thought and then decides

whether it is wrong or right. In the state of Consciousness, we are the boss! In a state of the mind, the mind is riding our life horse and it is taking us where it wants to go. In the mind state, thoughts become feelings and feelings lead to our unhappiness. But in Consciousness, there is no mind. There is no bundle of thoughts. Therefore, in this state of thoughtlessness, or Consciousness, we experience bliss.

Haven't you experienced moments of peace? The world talks about meditation. What is meditation in reality? It is the ability to still the mind, to reduce the MTR – the Mental Thought Rate, which can be 50 thoughts a minute. During meditation, when we engage in one thought, then we experience a state of peace. But this lasts only for a few moments. The moment we are out of our meditation, we are bombarded with thoughts. These thoughts create fear, worry, stress and anxiety and steal our peace and Happiness. However, a state of Consciousness is different. We transcend the mind as we still it and kill it. Then, there is no mind. Just thoughts. Just like cable cars or gondola, on a rope-way system, the thoughts appear one by one in sequence and our Consciousness, in which our intellect shines, is unaffected by these thoughts. Thus, we remain in a state of bliss in thoughtlessness.

Sometimes, don't we experience a state of deep sleep where there are no dreams? Normally, when a man sleeps, he dreams. But there are times, when we wake up and say, 'What

a sound sleep I had! I slept like a log!' This is a dreamless sleep, a sleep of thoughtlessness or Consciousness. Thus, we understand the bliss that comes from Consciousness. But very few of us learn the art of living in Consciousness. To live in that state of Consciousness, we have to learn to come back to Consciousness. Every time the mind tries to steal our Consciousness, which it does, we must return to that state of thoughtlessness. This needs practice.

Initially, the mind will be the master. It does not want us to reach that state of Consciousness because if we do, then, the mind is killed! It ceases to exist. So, the mind tries very hard to fight Consciousness. But it is in Consciousness that we can experience bliss. As long as we are in a mind state, there is bound to be unhappiness.

Therefore, we must learn the art of living in Consciousness. If we want to experience ultimate bliss, it is to live in the Consciousness of truth, a state known as *SatChitAnanda*, which is explained in detail in the following pages. But to get *Ananda*, that bliss, we need Consciousness. We also need Realization of the truth, which is *Sat*. But if there is Realization, but there is no Consciousness of it, we will never reach that state of eternal Happiness. Blessed are those who live as a witness, as an observer in that awakened state, that enlightened state of Consciousness. They are the rare few that experience an ecstasy of bliss.

23

CHAPTER

SATCHITANANDA



“

*SatChitAnanda is
a state of eternal Bliss.
Consciousness of the Truth
creates eternal Happiness.*

After discovering Consciousness, that state of thoughtlessness, where we still the mind, we kill the mind, we are now ready to reach that magical state of *SatChitAnanda*, a state of bliss where there is no unhappiness. We attain this state after climbing the third and ultimate peak of Happiness.

We have discovered the 3 Peaks of Happiness. We know that we must take an exit from the highway of Achievement, cross the plateau of Fulfillment, and discover the ultimate peak through Realization of the truth and overcoming ignorance. Now we are enlightened with the truth. Is this enough to experience a state of joy, that euphoria of eternal Happiness, Divine love and everlasting peace? For this, we need *SatChitAnanda*.

Sat means Truth. *Chit* means Consciousness. *Ananda* means eternal Bliss. When we put the three words together, we attain the state of eternal Happiness. How does this work? Realizing the truth is the key to unlock the door to bliss. But the mind shuts the door again and again. It fights very hard because it wants to survive. Along with the ego, it becomes ME and creates Karma, so that not only we suffer on earth, but also at death, we return in a rebirth.

However, when we realize the truth that we are not the body, mind and ego, we are the Divine Soul, we are qualified to experience *SatChitAnanda*. But we need *Chit* or Consciousness.

As long as the mind is active, it will bombard us with thoughts. These thoughts create fear and anxiety and not only steal our peace, but also our Happiness. If somehow, we are able to still the mind and reach the state of *Chit* or Consciousness, and we are already enlightened with the truth or *Sat*, then *SatChit* will lead us to *Ananda*, a state of Divine bliss. What does this mean?

An enlightened and liberated being realizes the truth that Happiness doesn't come from things or people. He realizes that he is the Divine Soul and in essence, is already full of Happiness, love and peace. If only one can remain in the Consciousness of our true identity, the Spark Of Unique Life, the Soul, then we don't need anything to be Happy. We can just be Happy in the Consciousness of the truth of who we are.

The moment we realize that we are manifestations of the Divine, what else do we need? The moment we discover God in the temple of our heart, what more do we want? The moment we experience God everywhere, in everything, as SIP, the Supreme Immortal Power, will we not be transported to a heaven on earth, to that state of *Ananda* or *Nirvana*?

Unfortunately, we are unable to reach that state of *SatChit* and experience *Ananda* because of the attack inflicted by ME, the Mind and Ego. But the moment we reach that state of *SatChitAnanda*, then we transcend the Mind and Ego, ME, and live in a body as a habitat, as the Soul, the Spark Of Unique Life.

SatChitAnanda is a rare state. Not everybody can reach this state. It is a challenge to transcend the senses of the body and the mind and ego. But once we do, we are guaranteed everlasting joy, which experiences no misery. It is unfortunate, that less than 1% of the human race is enlightened with this truth of *SatChitAnanda*. The majority, about 80% of people are just running behind success, achievement, money and pleasure. A few, less than one fifth, live with contentment and fulfillment, but alas, they still suffer. A rare minority attains the ultimate bliss of *SatChitAnanda*.

What is the assurance that *SatChitAnanda* will give us eternal Happiness? What is the guarantee that living in Consciousness with the truth will liberate us from all suffering? There are no guarantees. Those who have experienced this state talk of it, not only because they know it, but they experience the euphoria of Eternal Joy, Divine Love and Everlasting Peace.

The rest of us, we suffer with heartaches and heartbreaks because we don't realize the truth that love is Divine, the truth that we are the Soul, the truth that everything is SIP. Reading this and having knowledge cannot deliver Happiness. We need to experience the Consciousness of the truth to experience the bliss of *SatChitAnanda*.

24

CHAPTER

HAPPINESS COMES FROM PEP, NOT NEP



“

*If we want to be Happy,
we must fill our life with PEP,
For Happiness, eliminating NEP,
is the very first step.*

Are you seeking Happiness? If you are, then you have already learnt that there are 3 Peaks. Stop and evaluate where you are and where you want to go. Do you just want pleasure from achievement or are you seeking that bliss that comes from the peace of fulfillment or are you in that ultimate quest of eternal Happiness that comes from Enlightenment? Whatever be your choice of Happiness, there is the first step that we cannot forget. Without this first step, we cannot evolve on the Happiness journey.

The first step is to flip our life over from NEP to PEP. NEP is Negative Energy Poison and PEP is Positive Energy Power. As long as our life is full of NEP, it is impossible to be Happy, just as if we fill our life with PEP, Happiness is automatic. What are the emotions that differentiate PEP and NEP?

NEP or Negative Energy Poison are those emotions that create a toxic poison in our life. They are fear, worry, stress, anxiety, depression, anger, hate, revenge, jealousy, pessimism, and the likes. These emotions are negative energy in motion. The negative emotions become negative raw material that produce negative thoughts in our thought factory, the mind. Automatically, our poisonous thoughts steal our peace and Happiness and we become unhappy. The moment we flip over from NEP to PEP, negative to positive, then instead of poison in our head, we will be filled with Power.

What are the positive emotions that create PEP? Faith, hope, trust, belief, enthusiasm, love, courage, confidence, forgiveness, optimism are amongst the positive emotions that create PEP. Just reading the list of emotions under NEP and PEP will release the toxic fumes of negativity or the powerful vibrations of positivity. When these emotions fill our life, they decide our thoughts, our mood, our actions and our destiny.

Our life works on a thought chain. Thoughts create feelings, feelings create actions, actions create habits, and ultimately, our habits create our destiny. But it all starts with thoughts, and our thoughts as well as our attitude, the way we react and behave, are triggered by emotions that we live by. And these emotions are a choice. We can choose love or hate, revenge or forgiveness, fear or courage, pessimism or optimism. Based on what emotion we choose, we subconsciously and inadvertently choose whether we will be Happy or unhappy. This is the starting point of Happiness.

How can we climb to the ultimate peak of Happiness? If our life is full of NEP, how can we take charge of our mind and flip from mind to Consciousness if our thoughts are toxic and poisonous? The moment our life is full of NEP, we are no more the boss, for NEP takes charge of the mind and it starts to ride our life horse. We lose control of our life as the toxic emotions of NEP make us angry, upset, fearful and anxious. There is no question of Realization of the truth or discovering the life purpose because NEP will lock us in ignorance and destroy our peace and Happiness.

If we want Happiness, we need peace, the foundation of Happiness. And if we want peace, we need PEP. We need courage and confidence, love and compassion, forgiveness and optimism. We need that power that comes from positive emotions and that will lead us to contentment and fulfillment. Otherwise, NEP will create greed, just as it will fill us with fear.

Therefore, we have to choose PEP if we want to be Happy. For those who are not convinced that PEP is Happiness, just look around you and your doubts will come to rest.

Stop for a moment and look at all the people around you. You will find some people cynical and miserable. Observe the emotions that are revealed by their attitude, their behaviour. They will be full of poison and toxicity in their deeds and in their words. They are controlled by NEP. Thus, they are unhappy. Now, look at some people who are Happy.

What are the emotions that you observe as you see them laughing and smiling with cheerfulness? They are full of PEP. Their life is filled with the power of positivity, and this appears in their positive attitude. They spread a positive aura to one and all, and they themselves live a life of joy and Happiness. To be Happy, we must flip from NEP to PEP. This is the first step.

25

CHAPTER

PEACE - THE FOUNDATION OF HAPPINESS



“

*If we want to be Happy,
we need the foundation of Peace.
For where there is no Peace,
the Bliss and our Joy will cease!*

Is it possible to be Happy without Peace? Can you be in a state of stress, worry, anxiety and depression and still be Happy? You can't! One is hot, the other is cold. They are opposites. Peace is the cause and Happiness is the effect. Let us understand the importance of Peace in the journey of Happiness.

Why is it that pleasure cannot give us true Happiness? Pleasure can only give us momentary Happiness, because there is no peace, no tranquillity. The moment there is pleasure, we experience joy, but the very next moment, we are stressed or worried or anxious. In this moment, we lose our peace and with it our Happiness. Therefore, the pleasure that comes from achievement can never be lasting Happiness. Far happier are those who live on the plateau of Fulfillment, the second peak, than those who are busy trying to climb the first peak of Happiness, Achievement that doesn't exist.

The peak of Achievement is an illusion. It is just excitement. It is nothing but the hormone of dopamine that is pushing us to achieve more and more. We are so madly running after success that although we lose peace in the bargain, we don't realize it. Unfortunately, there is no foundation of Happiness and sooner or later, we sink into misery and sorrow.

Those who choose peace as the foundation of their life and Happiness are able to live far more fulfilling lives. What is peace? It is the ability to make the monkey mind into a monk. The mind is like a monkey. Its tail, the EY, causes that Ever

Yelling, Ever Yearning, that steals our peace. When we cut the tail of the monkey, then the monkey becomes a monk. What must we do to stop the monkey mind and tame it into a monk? We have to remove all the junk. The Ever Yearning desires, passions and cravings create the Ever Yelling in us. The monkey mind is creating so much noise, such a pandemonium, that it steals our peace and our Happiness! Our need becomes our greed. The monkey makes us run behind pleasures, people, possessions and while it creates excitement and achievement, it steals our contentment and fulfillment. It robs us of our peace and Happiness.

Therefore, if we truly want to be Happy, we need peace and to attain peace, we must tame the monkey into a monk. We must take charge of our mind and thoughts. One who has conquered the mind is a greater conqueror than one who has conquered the world. For if you are successful in achievement, but are unsuccessful in the achievement of control over the mind, then you are a big failure.

Little do we realize how important peace is for Happiness. Instead of creating peace, we choose to create anxiety through desires, without realizing that what we are choosing is going to steal our peace and our Happiness. Even after achieving success, we are still unhappy because we have no peace. What is the use of such success and achievement, that will give us momentary Happiness, but soon, we will lose it because of fear, worry, jealousy or the other toxic emotions of the mind! If there is peace, there will be positivity and this Happiness is

greater than any pleasure that any achievement can create. Ultimately, why do we want success or achievement? Because we want Happiness. But if that success is stealing our peace, the very foundation of our Happiness, then of what use is that success?

We must remember, Happiness is success. Peace is success. if we have a lot of success, then there will be no peace, for both are going in the opposite directions. We have to choose. If we choose success, we will get pleasure, but if we choose peace, we will get eternal Happiness. Of course, this is preliminary before we climb the ultimate peak, the third peak of Enlightenment. But chances are, if we have no peace, no contentment and fulfillment, it is very difficult to reach that ultimate peak of Enlightenment, where we will be liberated from all misery and sorrow.

We pay little attention to peace. We do not realize how important it is to still the mind, to kill the mind and to reach that state of Consciousness, where peace dwells. Recall a moment of Happiness, when some bad news came to you. First that bad news robbed your peace and soon thereafter, your Happiness! Where there is no peace, there can be no Happiness. All bliss and joy are built on the foundation of peace. Therefore, if you truly want to be Happy, first let us learn to be peaceful.

26

CHAPTER

HOW TO BE FREE FROM ALL SUFFERING?



“

*There is a way to be Happy,
be in Peace and Sing.
Kill the Rascal Mind
that appears to be the King!*

There is only one way to be free from all suffering. It is to tame the monkey mind and make it into a monk. All our suffering is because of the mind. As long as there is suffering, how can we be Happy? We have to make an effort to eliminate suffering in this journey called Happiness.

We experience 3 types of suffering. The triple suffering is that of the body, of the mind and of the ego. When we suffer because of pain of the body, the pain is physical, but the suffering is that of the mind. Because the mind makes us believe that we are the body, we feel that we are suffering. The body has pain, but today, there is a way to relieve any kind of pain of the body, whether it is through a simple therapy, medication and pain killers, or opioids for unbearable pain and even anaesthesia. When it comes to physical pain, kill the pain before the pain kills you. It is the mind that sometimes stops us from eliminating physical pain. We have to kill the mind if we have to kill the pain, otherwise, we will continue to suffer.

While physical pain causes suffering, the bigger pain that steals our peace and Happiness is misery of the mind. We can overcome physical pain by taking a simple tablet, but the misery of the mind is not easy to control. The mind creates fear and makes us miserable. F E A R is only a False Expectation Appearing Real. There is no danger. But the mind is an expert in creating misery. Then, it makes us worry. It creates thoughts that makes us imagine several things.

These thoughts create stress and even anxiety. The mind can create anxiety attacks in its aggression of negative thinking that can lead us to a state of depression. We all experience this misery caused by the mind. Some people are victims of such suffering, and it can even lead them to suicide. Therefore, the mind can cause the greatest of all misery. How does one solve this? Psychiatrists and those in the field of mind medicine, try to still the mind, either by prescribing meditation or ultimately tranquilizers that make us go to sleep. Some practitioners who are experts in understanding the mind prescribe placebos to calm the mind.

As long as we are slaves of the mind, we are sure to suffer. We have to find a way to go beyond the mind, otherwise, the mind doesn't stop there. Along with the ego, it becomes ME and creates lot of anguish and agony. It makes us angry, and this terror can make our heart burn within. It creates jealousy and we lose our peace and bliss.

Instead of us learning to forgive, the ME creates revenge, and even hate. We have all experienced these emotions and they can create higher suffering than any ailment of the body or mind. But the source of all suffering is the mind. The pain may manifest through the body, or the anguish can appear as being caused by the ego, but the central thing behind all suffering is the mind.

If we want to Happy, we have to eliminate suffering. To be liberated from suffering, the triple suffering of the body, mind and ego, we have to kill the mind. To kill the mind, we have to still the mind. But the mind refuses to be still. It is like a monkey, constantly jumping from thought to thought. We may try to find peace, but peace is not outside, it is within. The moment we still the mind, by being in Consciousness or thoughtlessness, peace we will find, and peace is the very foundation of all Happiness.

To overcome all suffering, how are we going to still the mind? The fact is that there is no mind. It is just a bundle of thoughts. How much ever we may try to find the mind, where it is you cannot find! But if we control thoughts, the mind dissolves. What is the way to do this?

The solution appears on the third and ultimate peak of Happiness, Enlightenment. A truly enlightened person knows that he is not the body that suffers physical pain. The ego that gets anguished is a false identity. All this is caused by the mind, which is an illusion. Realizing this is Enlightenment. It liberates us from all suffering. One who has overcome ignorance and realizes that I am not the body, mind and ego that suffers, is magically liberated from all suffering instantly.

Those who continue to live in ignorance are slaves of the mind. The mind becomes our boss, and it rides our life horse, taking us into suffering and sorrow, into being miserable and sad. But this is a choice.

27

CHAPTER

LIVE LIFE MOMENT BY MOMENT



“

*Don't lose your life
jumping to a past that is gone.
Be Happy now,
don't jump to a future not yet born!*

Do you really want to be Happy? Then learn the simple art of Happiness and you can be Happy for the rest of your life. Our life is made up of years, years are made of months, months are made of days, days are made of minutes, minutes are made of moments. If only we can be happy in the moment, moment by moment, we can be Happy forever throughout our life. But the challenge is, how can we be Happy in the moment?

Our first challenge is not to live swinging like a pendulum. Most of us are carried away by our mind into a past that is gone. The mind creates thoughts of regret, and then we curse and nurse and rehearse our hurts. We feel guilty and ashamed. The mind steals our Happiness. But the past is already gone! We can do nothing about the past. Even if somebody were to give us a million dollars, we cannot get back yesterday. Forget about yesterday, we cannot even get back the moment that has just passed. What is gone, is gone, never to return! Then why rehearse it?

At best, we can use the present moment to reverse what has happened, in whatever possible way. But to repeatedly think of thoughts of the past and destroy our present moment of peace and bliss, of what use is it to create this unhappiness? Many of us are slaves of the past. If we want to be Happy, we have to snap out of living in the past and we have to live in the present moment.

Some of us do not live in a past that is gone. But we are constantly living in a future not yet born. The mind jumps to

tomorrow and creates fear and worry. We get stressed out and the anxiety attacks of the future created by the mind, burn our Happiness. We know for sure that the future doesn't exist. It is just an imagination of the mind. But the mind can make that imagination look so real that it can make us suffer. Haven't you heard – Tomorrow never comes? When tomorrow comes, it becomes today. Unless we are strong and live in day-tight compartments, living life moment by moment, we will never be Happy. We must remind ourselves – Today is the tomorrow that we feared about yesterday. Where did the fears go? They disappeared! They were just fears, not dangers! But the mind, for sure, robbed our yesterday, thinking about a tomorrow that did not exist. If we want to be Happy, we must live life day by day, moment by moment.

Take a vow that you will be Happy in the 'now'! Happiness is simple. We just have to be happy now. That's it! Then repeat this again and again. Make it a habit to stop your mind from stealing your Happiness. Don't let your thoughts steal your peace. Be in the 'now'. Be in Consciousness. Be the master of your mind. Be the boss. Don't let your mind ride your life horse and gallop you into a state of unhappiness. Learn the art of living life moment by moment, peacefully and blissfully.

Those who are chasing achievement, the pleasures of life, don't even realize that their life is escaping them. They may achieve a lot of money in the bank, but they lose their life

itself. Better are those who live a life of contentment and fulfillment. They live in peace. But they have not transcended the mind and ego that steals their moments and fills their life with fear, stress, anger and hate. Blessed is one who lives in the moment, who doesn't worry about yesterday – it's gone and doesn't bother about tomorrow – it's not yet born! One who lives life moment by moment is Happy, but to experience eternal Happiness, we must be enlightened with the truth that life is about 'now'.

We have no control on yesterday and tomorrow. Even the next moment doesn't belong to us. A realized being is enlightened with the truth that life is about 'now'. He accepts whatever happens without protest, realizing that it is his own Karma that is returning. Then he does the best that he is capable of. Therefore, in that state of Consciousness, he surrenders. He lives with peace and bliss. This is the way to Happiness.

Do you live life moment by moment? Do you fill your life with peace and bliss or are your moments, your minutes, your hours hijacked by your mind and transported to a destination against your choice? It's time to reflect and to take charge of your life and your Happiness. The only way to take command of your life, is to take command of your moments, being in Consciousness as the master of your mind.

28

CHAPTER

HAPPINESS IS WITHIN



“

*The whole world is
searching for Happiness outside.
How can we find it
when Happiness is inside?*

As long as we believe that Happiness depends on external sources — on people, pleasures, possessions, places, we will keep on searching for Happiness, but we will never be Happy. No doubt people make us Happy. But how is it that the same people make us miserable? A possession may be very dear to us and create much joy at a moment in time. But one day, we get bored of that possession. It no more gives us Happiness. Pleasures may give us momentary Happiness, but this will not last forever. Unless we realize the fact that Happiness is within, we will try to go to a place to be Happy. But Happiness is not in a place. Happiness is what puts a smile on our face! But unless we live with Divine grace, we will be caught in that maze, searching for Happiness.

An old lady was desperately searching for a diamond earring that she had lost. All the neighbours joined in the search. One person stopped and logically asked the old lady, 'Where did you drop the earring?' She told him that she had dropped it inside the house. 'Are you sure about that?' he questioned puzzled. 'Of course,' she replied, 'I am sure I dropped it inside my house.' 'Then why are you searching for it outside?' he asked. 'You don't understand' she replied, 'There is no light inside my house!'

Many of us are like the old woman. We are searching for Happiness outside because there is darkness within. We are not enlightened with the truth and so, our Happiness is latched on to outside circumstances. The result, we become unhappy easily. When we realize that Happiness is within, we can be in that state of everlasting joy.

How can we be Happy? First, we need peace, for where there is no peace, there can be no joy. Once we have built the foundation of peace, we must live a life of contentment and fulfillment. As long as we are greedy, and not satisfied, we will continue to desire to yearn, and this is going to make us burn. Is peace something we have to procure from outside? No! Peace, we don't have to find. We have to just still the mind, then peace of mind, we will find. Peace is already within, but we lose our peace to our own mind, to our own thoughts. We also lose our contentment and fulfillment to the mind that constantly creates desires and passions.

If only we can still the mind, the thoughts that are causing us to crave, we will not take our misery to our grave. What does this make us realize? Is Happiness outside or is it within? If we can be Happy with peace and fulfillment, then, we don't need to go outside to seek these. They are already within us. So, we can be Happy by going on a journey within.

When we go on that Divine journey within, first we will find peace. Then, we will find Happiness, because peace and Happiness are two sides of the same coin. The moment there is peace within, Happiness will flow like a river. And for this, we don't need to search outside.

It is unfortunate that we have been indoctrinated to believe that for us to become Happy, we need pleasure, money, success, achievement and wealth. And so, we spend our

entire life running after these in the outside world, when in reality, Happiness is inside. If only we learnt the art of going within, our life would be transformed, and there would be eternal bliss and peace.

If Happiness depended on outside circumstances, then the rich and famous should have been Happy. They have everything that money can buy, but they are still unhappy! This is because, within them, there are toxic thoughts, negative emotions and poisonous feelings. How can they ever be Happy? If we want true Happiness, it is time to realize that it is not through achievement. Even contentment will give us peace, but not eternal Happiness. If we want that state of everlasting joy, we must find it deep within. It is there, it exists!

Unfortunately, we are ignorant about the simple truth that Happiness is inside, not outside! Instead of being Happy, we become anxious and stressed out, as we try to become Happy. Not only do we lose our joy, but we also lose our peace, the foundation of Happiness. If only we tame the monkey mind and make it a monk, we can go within and enjoy that state of everlasting bliss. This is not easy. But it is the only way to eternal Happiness. It is up to us to choose Happiness within or search for it outside and be unhappy.

29

CHAPTER

BE GRATEFUL AND COUNT YOUR BLESSINGS



“

*What is the simplest way for
your Happiness to mount?
Just be grateful and your blessings
start to count!*

Have you experienced that gust of bliss that instantly creates Happiness when you count your blessings? If you haven't done it, do it now! Are you blind? Be grateful you can see. Are you deaf? Be grateful you can hear. Can you walk and talk? There are many in this world who can't walk and talk! Do you have food to eat, clothes to wear and a shelter over your head? Millions in this world don't have! Do you have somebody who you love and somebody who loves you? Add them to your list of blessings. It is sad that we forget to count our blessings and we become miserable, when all we have to do is count our blessings to experience bliss.

Happiness is not a difficult thing for those who understand what it is. Whenever I used to feel a little low, all I used to do was count my blessings. I would become ever so grateful for all that I have been blessed with. I would experience an instant joy as my gratitude made me realize that I am far more blessed than most people in this world. Therefore, this became one of my ways to trigger Happiness in my earlier days. But even till date, whenever there is a situation that is trying to steal my Happiness, I pause and remind myself that I should be grateful as I list all my blessings. There is a beautiful and famous hymn that I sing to the Lord.

*When upon life's journey, you are stressed and tossed,
When you are discouraged thinking, all is lost,
Count your many blessings, name them one by one
And it will surprise you what the Lord has done.*

It is a good idea to memorize this song and sing it along whenever we can for it can flip over our life instantly, from being sad to being glad.

As a human being, whatever be our circumstance, and whichever peak of Happiness we may be on, we will experience moments of sadness. This is because we live in a body-mind complex and the body is sure to experience aches and pains, just as the mind is sure to worry as it wanders. If we have evolved, we will grow beyond these petty annoyances. However, a magical way to become instantly happy is to just count your blessings. The simplest way to bliss is to bow down in gratitude for all that we have.

*I had the blues because I had no shoes,
Until upon the street, I found a man who had no feet!*

We human beings are so used to comparing our life to others that we tend to become unhappy, counting what is missing in our life. It is better to turn this around and compare ourselves to those who have nothing. It will bless us with gratefulness and help us to be thankful for all that we have. As long as we criticize and complain, we curse and rehearse what is missing in our life, we will never count our blessings and be happy. Those who make it a habit to count their blessings, automatically live on the second peak of Fulfilment and contentment, just as those who don't let their life be controlled by their greed. They seek more and more, as they remain

dissatisfied with what they have. This is a recipe for disaster. It is a sure way to be unhappy.

We have a choice. We can whine for all that we don't have, or we can be fine with peace and bliss, being grateful for our blessings. It is up to us to choose how we want to live. If we choose to count our blessings and be grateful, we are sure to be happy. But if we choose to list all the good things that we want and we don't have, we are going to make our miseries swell and create hell! This is a choice. Happiness doesn't depend on what we have. It depends on how we feel about what we have. Therefore, while one must aspire to evolve from Achievement to Fulfillment, and finally to Enlightenment, one must not forget to count their blessings. This is a sure way to create peace, the very foundation of Happiness.

Throughout my life, I have repeatedly counted my blessings, and lived with contentment, with peace and bliss, just as I have people around me who live bitter lives, because they are unhappy about all that they wished they could have, but they don't. I often remind myself, would I be willing to give away my eyes, to gain everything in this world? No, I wouldn't! Would I be willing to give away my voice that enables me to talk or my feet that can walk for all the billions, all the pleasures of this world? No sane person would! Still, although we have all these precious gifts, we are unhappy because we do not count our blessings.

30

CHAPTER

DISCOVER TRUE LOVE, THE FOUNTAIN OF JOY



“

*We think Love is just Valentine's,
a hug and a kiss!
Little do we realize
that True Love is Bliss!*

A book on Happiness will be incomplete without talking about a primary source of Happiness. The fountain of joy is love, not love that is just a kiss, but True Love that is bliss. Let us discover what True Love is.

True Love is a rainbow of seven colours – VIBGYOR. Just like a rainbow, True Love manifests in the seven colours of love throughout our life. As a child, we experience *violet love* that is between children and parents. Then we experience *indigo love* that is between friends. As we grow, we bloom with *blue love* that is romance. Who amongst us has not experienced these colours of love? Then as we grow, and we build an ego, we start loving ourselves. This is *green love*. We also love intellectual companionship and this intelligent love is *yellow*. *Orange love* is emotional love that fills the life of women, just like *red love* is more in men, the physical manifestation of love. Whatever be the colour of love, one point is certain that love creates bliss.

Whether it is bliss from a kiss or from being with friends or family, love creates a fountain of joy. Don't we enjoy a lot of Happiness being with the people that we love? Our laughter and smiles are very often in the presence of the loved ones who create joy in our lives.

Sometimes, it may be a sibling, our brother or sister who can be the source of our Happiness and at other times, it may be a best friend. More often than not, it is a lover, a beloved. When we are in the presence of those whom we love, we are

transported into a heaven of bliss. Have we realized that love is Happiness, that True Love is bliss, and there is no greater source of Happiness?

We all experience love, but not many of us realize what True Love is. How many of us discover the rainbow of True Love? How many of us recognize that love is a fountain of joy. If we did, we would not be stingy in loving others. Somehow, we have been indoctrinated with the false belief that love is not to be shared with all. So, we are very selective in loving and thus our living is devoid of a bliss that is within our reach. Every time we love, we experience bliss. Why then, do we not live a life that is filled with love? It is because we have misunderstood what love is. Sometimes, even in a family, love is restricted. People hesitate to hug each other, to love each other, because the subject of love has been shadowed by a taboo. The world hasn't understood that love is Divine, it is bliss!

Where does love come from? Just like the rainbow of seven colours comes from *white* light of the sun that splits through raindrops of water, and appears as VIBGYOR, the seven colours of the rainbow, the seven colours of love appear from white, Divine Soulful love that every living creature is blessed with. The source of white love is the Soul, the Spark Of Unique Life that is present in every living creature. That is why you can see love in a dog or a cat because love is Divine. It appears from the Soul. In fact, the truth is, love manifests as the seven colours of the rainbow, because love is from the

Divine and love is for the Divine and every moment of love is a bliss greater than any Happiness. Unfortunately, we haven't discovered what True Love is.

Do you want to be Happy? Then, just try to love. Love without expectation, love without any condition. Love the Soul Divine, and you will experience bliss. Surely, if love is only for the skin and not the Divine within, then there is sure to be heartache and heartbreak and it will not result in bliss, but in unhappiness.

But this is not what True Love is. Love maybe a kiss, but True Love is bliss. It is not just physical love that is lust, nor is it loving somebody because we need them. It is pure Divine, Soulful love.

Have you experienced bliss that sprouts from the fountain of love? If you haven't, then its time to start living with love. Love one and all, realizing that each living creature is a manifestation of the Divine. If we want to love God, there is no other way, but surely, with Divine Soulful love, that flows to one and all, we will be loving God, SIP, the Supreme Immortal Power that manifests as every Soul. As we love, we will experience an ecstasy of joy, a Divine bliss that is the greatest of all Happiness. This is what True Love is. Stop now and try to love somebody. You will experience bliss.

31

CHAPTER

THE YOGI IS EVER BLISSFUL



“

*Do you want to discover
the ultimate secret of Happiness?
Then, learn from a Yogi
and you will have Eternal Bliss!*

Who is a *Yogi* and how does he enjoy that state of eternal Happiness? A *Yogi* is one who is in Yoga, one who is ever united with the Divine. This liberates a *Yogi* from the triple suffering of the body, mind and ego. Not only has he evolved to the third and ultimate peak of Happiness, but he also lives on that peak without slipping down into the valley of Achievement. If one wants to reach that state of being a true *Yogi*, one must understand Yoga, and then enjoy the ecstasy of a *Yogi*.

What is Yoga? Yoga is not what the world understands it to be. Around the world, Yoga is propounded as the way to attain a union of the body, mind and Soul. This is a myth! The body, mind and Soul are already amalgamated in a living human being. In the moment of death, the Soul will depart. The body dies and returns to dust. If you try to find the mind, where is the mind, you cannot find! A *Yogi* realizes this, just as the *Yogi* realizes that his true essence is that of the Soul, the Spark Of Unique Life, which comes alive nine months before our so-called birthday. When this Spark of the Soul departs, there is death, there is no breath! However, because of ignorance, man lives as the body and mind and creates deeds or Karma. These deeds become like seeds which are planted. Now they must bear fruit. Thus, when the body dies, out of ignorance, man carries his Karma as ME, Mind and Ego and returns to earth in a rebirth. Thereafter, he suffers, not only the triple suffering of the body, mind and ego, but he also suffers every rebirth he takes on earth. Enlightenment, the third peak, should ideally liberate us from returning to earth

in a rebirth. But unless one is a real *Yogi*, one who is united with the Divine, one may slip and fall.

Yoga is, therefore, the ability for an enlightened being to live as a Soul, the Spark Of Unique Life, that is ever united with SIP, the Supreme Immortal Power that the world calls God. As long as one is in Yoga, one has overcome ignorance, just as one has overcome all desires, passions and greed. One lives in a state of Consciousness, a state of the *Yogi*, known as *SatChitAnanda*, which has already been explained in detail. When we slip from Yoga, we fall into *Bhoga*. Yoga is being united with the Divine, just as *Bhoga*, is sinking in the material world of pleasures, people and possessions. A true *Yogi* is free from all attachments. He is ever attached to the Supreme and detached from the material world of misery that promises momentary pleasure, but ultimately cheats everybody, as pain follows each pleasure.

If we want to be in a state of eternal bliss, we must learn to live as a *Yogi*. How can we live in a state of Yoga all the time? The world knows of the four known states of Yoga – *Dhyana Yoga* or meditation, *Bhakti Yoga* or devotion, *Karma Yoga* or action and *Gyana Yoga* or education. A true *Yogi* lives in silence, realizing that he is the Divine Soul, and he experiences bliss in meditation, being united with the Supreme. He then moves to the Yoga of devotion, and he prays and sings with joy, as he has realized that he is not this mortal body, but the immortal Soul. He then becomes a Divine instrument, and performs selfless actions as per the will Divine, blissfully enjoying

being a manifestation of the Supreme. He then spends some remaining time in education and gaining wisdom that strengthens his life as a *Yogi*. As long as one is in one of these states of Yoga, one cannot have the shadow of misery or sorrow over them. A *Yogi* is thus always in Yoga and is always blissful.

As a *Yogi* who was in eternal bliss, I was blessed to realize the fifth state of Yoga, Prema Yoga, the Yoga of Divine Love. What did this state of Yoga lead me to? It led me to realize the Divine, manifesting in one and all, just as I experienced the Divine in my beloved. Every living creature is SIP, the Supreme Immortal Power and this became the fifth state of Yoga. It made my being in eternal bliss easier and I shared this with the world in a book titled, 'Prema Yoga, the Yoga of Divine Love.'

Do you want to live a life of Eternal Bliss, Divine Love and Everlasting Peace? Then, learn to live like a *Yogi*. Learn to be in Yoga all the time. Learn to transcend from one state of Yoga to another, from the Yoga of meditation to devotion, action to education, and whatever time is left, be united in the Yoga of Divine Love. When you love every living creature as God, as SIP, the Supreme Immortal Power, there can be no greater ecstasy of joy, euphoria of bliss.

32

CHAPTER

SUCCESS IS NOT HAPPINESS,
HAPPINESS IS SUCCESS



“

*Throughout Life,
we chase Success for Happiness,
What we get is a little pleasure,
but a lot of anxiety and stress!*

The whole world believes that success is Happiness. The whole world is trying to be an achiever. We seek money, wealth, name, fame, because we believe that all this will give us achievement and all this will make us Happy. No doubt success will give pleasure, but success is not Happiness. Why are people chasing success? Because we grow up with the myth that achievement will make us Happy. If we knew that success would make us unhappy, would we ever seek success? From the time we are kids, we are taught this lie that the only goal of life is success. We are inspired to come first in class. We are motivated to become the school captain and this desire to be a winner gets into our blood. Why? There is only one reason. We want pleasure. We want Happiness. The biggest secret we must discover in life is that *success is not Happiness*. Success can give us momentary pleasure, but no sooner than we enjoy the pleasure, we lose that state of Happiness, and we start looking for the next success, the next Happiness.

Why is Success not Happiness? There are various reasons. First of all, the pursuit of success creates a lot of anxiety and stress. This anxiety is camouflaged as excitement and people seem to enjoy the excitement that comes with achievement. But in reality, this excitement is a roller coaster of pleasure and pain. Everybody who is an achiever knows that achievement is not easy. There is so much competition and there are so many problems along the way. Then, sometimes we win and sometimes we lose. When we face disappointments, we become unhappy. Ultimately, nobody

stays on this success peak forever. Whether it is a successful businessman, a politician or artist, a champion in singing, dancing, movies or sports, a day comes when we have to leave the peak and descend into the valley of gloom that follows, and which creates so much misery and sorrow. There is rejection, which leads to depression. We are no more sought after, because we are no more successful. What happens to all the Happiness that success promised? To add to the misery, age steals our health and though we may have wealth, we are unable to enjoy the pleasure promised by success and Achievement.

A small minority discovers the secret – *Success is not Happiness*. Success is pleasure but cannot guarantee eternal bliss. While the purpose of success is Happiness, the promise is momentary. Therefore, the secret is – *Success is not Happiness, Happiness is Success*. We are chasing success to be Happy, but we are never Happy. Instead, if we learn the art of Happiness, then we are actually successful. Therefore, *Happiness is Success*.

The whole world wants to be Happy. That is why, throughout life, we zoom from the womb to the tomb, wanting to be a winner. Few of us are really successful. We give up the shallow pursuit of success and learn the art of being Happy. We don't need success to be Happy. Yes, we need some money, some noteworthy achievement to provide food, shelter and clothing, but Happiness is not about earning. Actually, it is about spending. Yet the whole world is doing

otherwise! The millionaires and billionaires earn and earn, only for others to burn what they earn. Little do they realize that they must spend before their end, so that the world would cry when they die. Look at the lives of successful people. It ends with regret because they did not do what they wished they could. So many say, 'I would have, I could have, I should have!' But they cannot reverse their life. Life has no rewind button and now, their life is over! They wanted to be Happy, but instead they chased success. Now they have success, but no Happiness.

Isn't it time to stop running after success? Isn't it time to start doing what we love to do, so that we can be Happy and successful, not successful and unhappy! Of course, winning will give pleasure, but that pleasure is a paradox, for soon, we will be unhappy. Success will not quench our thirst. It will only create desires that will make us burst. Instead, if we learn the art of contentment and Fulfillment, we can be Happy, moment by moment. The whole world believes in the lie, and therefore, everybody tries to fly in the sky, being a success, being an achiever because of the false promise that success is Happiness. When will we realize the truth? *Happiness is Success!* When will we change the priority of our life from being successful to being Happy. All successful people are not Happy, but all Happy people are successful.

33

CHAPTER

EVOLVING FROM PEAK TO PEAK



“

*If Happiness is
what you truly seek,
Then you must evolve from
peak to peak.*

Are you seeking Happiness? If you want to be Happy, stop seeking it, for if you seek, you will never reach the peak! Most of us are trying to climb the first peak of Happiness, Achievement, which is an illusion. It doesn't exist! Every time we think we are close to that peak, another peak that lies ahead is revealed and so, we never reach the destination. The destination is a cliff called death.

One day, trying to reach the peak of Achievement, our life is over. We are never content and satisfied and so, the majority of this world just lives and dies, trying to scale the first peak of Happiness, called Achievement. This is our biggest tragedy that we believe that the peak of Achievement is the peak of Happiness. If we want to be truly Happy, we must exit from the highway that goes to the peak of Achievement and take that little road that will lead us to the second peak of Happiness, Fulfillment.

While the achievers enjoy pleasure, it is those who scale the second peak of Happiness, Fulfillment that are truly Happy. They are fully satisfied and content. They fulfil their need to be Happy, and they don't let their greed make them unhappy. Therefore, if we are that minority who has evolved from the first peak of Achievement to that second peak of Fulfillment, then we are far happier than most people in the world.

But how many of us evolve from the first peak of Achievement to the second peak of Fulfillment? Very few! The glamour and the glitz of success and achievement keeps

us stuck to pleasures of the material world. A new car, a new villa, branded clothes, accessories and traveling by first class, all this fools us into running the achievement race, and we get caught in the maze.

A few of us are blessed. We evolve as we realize that these material pleasures are not lasting Happiness. They are illusory, as they make us Happy in the moment, but soon make us unhappy. Such is pleasure on the first peak. But Happiness on the second peak is bliss that comes from peace. It is contentment and fulfillment that comes from the universal connection. Our Happiness is not based on the exterior material world but is built on the foundation of peace. We realize that we bring nothing into this world, and we can take nothing with us. We make Happiness the journey, not the destination. We enjoy life moment by moment, living in the 'now'. We should be grateful if we have evolved from the first peak, Achievement, to the second peak, Fulfillment.

Life is not permanent. It has to end! Every 'body' has to die and before we die, we all experience pain. The body gets old, experiences decay or disease, and ultimately dies. We all experience the triple suffering of the body, mind and ego, whether we are on the peak of Achievement or Fulfillment. A rare minority is lucky to evolve to that third and ultimate peak of Happiness, where we are liberated from all suffering and sorrow. It is on this third peak that we enjoy the pleasures of this world with peace, and we evolve further, beyond

Achievement and Fulfillment. We are enlightened with the truth of who we are and why we are here. This liberates us from the triple suffering of the body, mind and ego. It gives our life meaning and purpose. It makes us realize the truth and transports us to a state of Consciousness, where we experience an ecstasy of joy and a euphoria of bliss that is greater than any Happiness.

The third and ultimate peak of Happiness, Enlightenment, not only gives us Happiness beyond pleasure and bliss that is built on the foundation of peace, but it also liberates us from all the suffering on earth, from fear, worry, stress and anxiety; from anger, hate, revenge and jealousy. And this is not all. Not only does Enlightenment liberate us from all suffering on earth, but it also liberates us from the constant cycle of death and rebirth. The Enlightenment peak makes us overcome our ignorance and when the truth shines, we realize that we are in reality the Soul, the Spark of Unique Life that is within, not the body that appears to be made of bone and skin. This Realization that we are a manifestation of the Divine on the peak of Enlightenment, makes us realize God as SIP, the Supreme Immortal Power and we live in the ever presence of the Divine in a state of *Ananda* and *Nirvana*, Happiness unknown to common man. The purpose of our life is to evolve to this third peak of Enlightenment to experience that state of Eternal Happiness, Divine Love and Everlasting Peace as we are Liberated from all Suffering and are United with the Divine.



AFTERWORD

*I too was chasing Happiness
that came from Achievement,
Till I discovered Eternal Happiness
from Enlightenment.*

Like anybody else, I too wanted to be Happy. In fact, the first book I ever wrote was titled, 'I Wanna Be Happy'. In that book, I only talked about achievement and fulfillment. I had not yet discovered the third and ultimate peak of Happiness, Enlightenment. As my life evolved, I was blessed to go on a quest and to discover what the purpose of my existence was, what the meaning of life is. Not only did I get answers to my questions about life, I discovered my purpose and with it, I experienced that state of eternal Happiness where there was no sorrow or suffering.

Therefore, this book is not a book of theory. It is not a philosophy. It is a biography. It is my own life experience, how I went from one summit of success to another, trying to be happy, till I ultimately realized that the peak of Achievement was an illusion. One day, I realized, that I would fall off that cliff and die. That day was sure to come. Nobody can escape death. But if I achieved all the success in the world, would I be truly Happy? I realized that more success was not equal to more Happiness. We need money to live, but money is not equal to Happiness. I shut down my business at the age of 40, because I found more Happiness in doing Humanitarian, Inspirational and Spiritual work. I flipped

over from Achievement to Fulfillment as I transformed my life. First, I was running after pleasures to be Happy. My transformation gave me peace and far greater Happiness. But I realized that there was something beyond this.

I took the help of my Spiritual Master, Dada J.P. Vaswani. He led me on to a *Talaash*, a search for the true purpose of life. Little did I realize that this quest would not only give me meaning and purpose, but I would also attain Self-Realization and God Realization and beyond all, I would ultimately reach the third and ultimate peak of Happiness, Enlightenment. I would be free from the cycle of death and rebirth and from all suffering on earth.

I am grateful that I have myself experienced all the 3 Peaks of Happiness. I scaled the first peak of Achievement for 25 years. Then, I was on the plateau of Fulfillment, the second peak for about 7 years. However, the last 8 years of my life have been the most blissful, the most peaceful, as I have lived on the peak of Enlightenment, having realized the truth about life. Therefore, I urge people to evolve from one peak of Happiness to another, till they ultimately reach the peak of Enlightenment, where they can experience that state of Eternal Happiness, of Divine Love and Everlasting Peace. This ecstasy of joy cannot be experienced on the first two peaks. This euphoria of bliss is rare and only for those few who seek and achieve Enlightenment. Everybody cannot be enlightened, but those who do are liberated from all misery on earth, from rebirth and they live as the Divine Soul, in *Ananda, Nirvana, Eternal Bliss*.



POEM

3 Peaks of Happiness

By
AiR
Atman in Ravi

*What is Happiness? Is it Success?
Is it Achievement that creates so much stress?
Success creates money that creates Pleasure and Bliss
But this is not what true Happiness is!*

*Happiness is not money, otherwise the rich would be glad!
There are people who are successful, why are they sad?
Happiness is not Pleasure that depends on many a thing
True Happiness is Peace, it is a state of being*

*Who doesn't want to be Happy? Who wants to be Sad?
There may be a few, but they are then mad!
Everybody in this world wants to be Happy, wants to smile
But most have miseries that are longer than the Nile!*

*Money can buy pleasure, but it can't buy Happiness
Money can buy medicines, but health we can miss
Money can buy a diamond ring but love it cannot bring
Money cannot buy Bliss, though it can buy many a thing*

*Happiness is like a shadow which we cannot chase
Further it goes away, when you are in a race
Those who seek success may become an ace
But they are sure to end in the misery maze!*

*Happiness is something that everyone seeks
Happiness can be found on three little peaks
The first peak is Achievement, the second is Fulfillment
But the ultimate Happiness comes with Enlightenment*

*On the first peak of Happiness, what we get is Pleasure
We become Happy because of material treasure
The Happiness on this peak is not very strong
We are Happy for a moment, but it does not last long*

*The second peak of Happiness is called Fulfillment
It comes from being satisfied, living with Contentment
It is letting go of Pleasure that comes from Achievement
And living with Peace which gives Bliss that is consistent*

POEM

*But while we have Pleasure and while we have Peace
We will have Sorrow that will make our Bliss cease
If we want to be Happy, then Life's Purpose we must find
This is Enlightenment, it is transcending the mind*

*The Mind is a monkey, it steals our Peace
It makes us desire and it continues to tease
It swings like a monkey to a past that is gone
And robs our Bliss because of a future not yet born*

*If we want to be Happy, we must still the Mind
We must be still, Consciousness we must find
In this state, we are not caught in a thought
But this Bliss to enjoy, we sadly forgot!*

*Because we are chasing money, success and wealth
We lose our Life, we lose our health
We may have all the money that can give us pleasure
But we will not attain Peace which is the real treasure*

*Peace is the foundation of Happiness
Where there is no Peace, there cannot be Bliss
Therefore, we must make sure not to lose Peace of Mind
Then, true Bliss and ecstasy in life we will find*

*Far happier are those who have Peace in their tank
Than those who have a lot of money in their bank
Money is important, but it can't buy Happiness
With money, can you go shopping for Bliss?*

*But more important than pleasure and peace, is this
Finding Purpose leads to true Happiness
Who am I? Why did I come to earth?
True Bliss is realizing the purpose of this birth*

*When we overcome ignorance and we realize the Truth
We are free from sorrow when we get to the root
When we realize we are not the Body, Ego or Mind
All misery and suffering, we leave behind!*

*But to reach this state of Enlightenment is rare
To be Enlightened in Life, not many people care
We are ignorant that from misery we can be free
If we evolve on the Happiness peaks, from one to three*

*Everybody who is born must suffer pain
We become miserable again and again
But the one who realizes that who suffers is not me
He from the triple suffering is free*

POEM

*Because we think we are the Body, we suffer aches and pain
Because of the Ego, we are miserable again
Because of the Mind, we live with worry and fear
The Ego, the Body, the Mind, create many a tear!*

*But once we realize we are none of the three
Then from all miseries, we can be free
We can live with Bliss and Peace
Enlightenment makes all miseries cease*

*Happiness is thus, not what we are taught
Alas! In the Success race we are caught
To make money, is our primary thought
And what true Happiness is, we forgot!*

*If you want to be Happy, pause for a while
You can be always Blissful, with a smile
Don't try to become Happy, then, Happy you can be
If you realize you are the Soul, not Mind and Ego, ME*

*True Happiness is being in that state of Consciousness
True Bliss lies in a state of Thoughtlessness
When we kill the Monkey Mind, we can have true Happiness
But how to kill the Mind, we don't know this*

*The Mind is like a monkey, notice EY is its tail
It is Ever Yelling and Ever Yearning and it makes us fail
When we still the Mind, and its desires that create a thirst
Then we conquer Sorrow, that otherwise makes us burst!*

*There are many ways to be Happy and be glad
Count your blessings and you will never be sad
Discover True Love, the fountain of Bliss
These are simple ways to Happiness*

*Success is not Happiness, Happiness is Success
Those who don't realize this, end their life in a mess
They just zoom from the womb to the tomb
And all they have is misery and gloom*

*Instead, look at the Yogi who is always in Bliss
He is never in a state of unhappiness
Ever-united with the Divine, he knows it's all a show
Nothing is ours, the Yogi knows that we come and go*

*Do you want to be Happy? Then Happy you can be
Then realize that the peaks of Happiness are three
If you run after Success, Happy you will never be!
But if you are enlightened, from misery you will be free*

POEM

*To be Happy, you must live in the 'Now'
To be Happy, you must take a vow
Moment by moment, enjoy this treasure called life
Be enlightened, and you will be free from strife*

*Are all Successful people Happy? The answer is 'no!'
But all Happy people are Successful, this truth we must know
We must realize the truth that life is a show
We will live with Peace, Love and Bliss, and go!*

*Not only will we be free from all suffering on earth
Realization will free us from Rebirth
It will free us from Fear, Worry, Anxiety and Stress
And give us Joy, Love, Peace and Bliss*

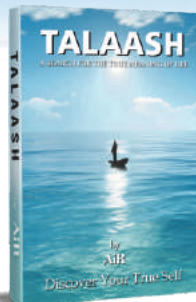
*So are you seeking Pleasure?
Are you seeking Happiness, Peace and Bliss?
Then Evolve from one Peak to another Peak
And you will attain the Eternal Happiness you seek.*

By
AiR
Atman in Ravi

OTHER BOOKS BY AiR

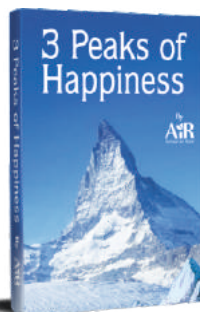
1. Talaash

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.



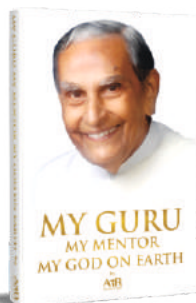
2. 3 Peaks of Happiness

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

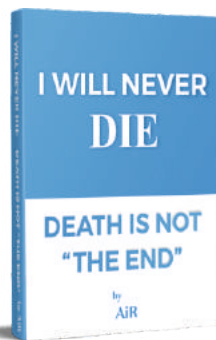
This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him



to begin his spiritual quest and bringing about the transformation in him.

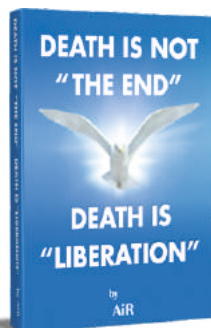
4. I will Never Die, Death is Not "The End"

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.



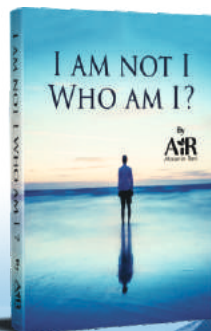
5. Death is Not "The End." Death is "Liberation"

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.



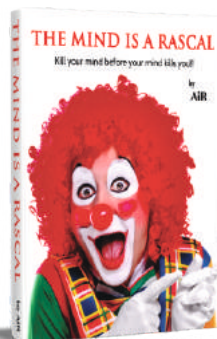
6. I Am Not I. Who Am I?

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.



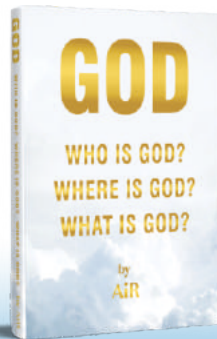
8. A Cosmic Drama

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.



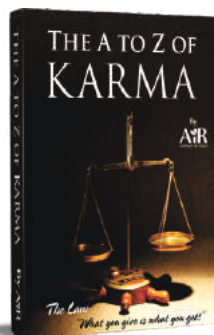
9. Who is God? Where is God? What is God?

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.



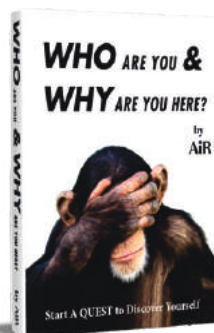
10. The A to Z Karma

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.



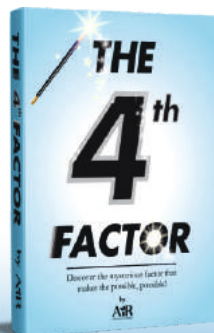
11. Who Are You and Why Are You Here?

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.



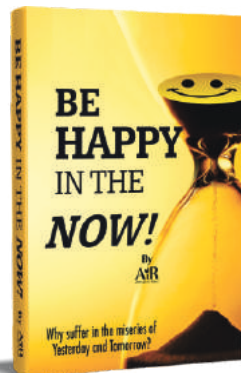
12. The 4th Factor

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!



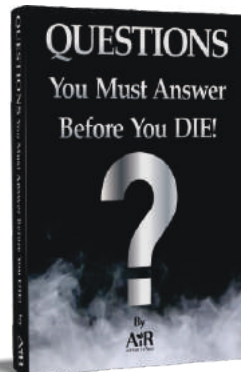
13. Be Happy in the NOW!

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.



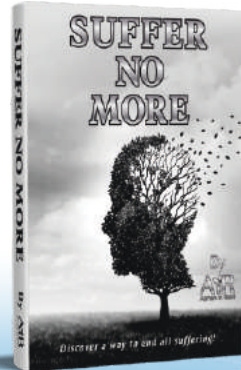
14. Questions You Must Answer before you Die!

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.



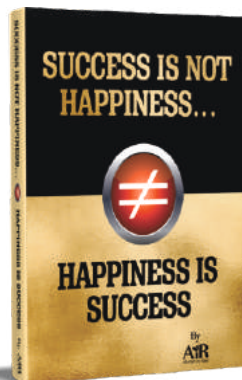
15. Suffer No More

'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.



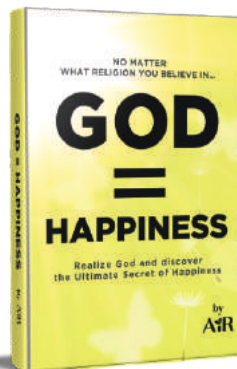
16. Success is not Happiness, Happiness is Success

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.



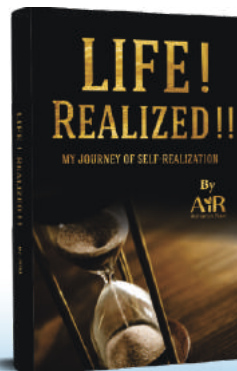
17. God = Happiness

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.



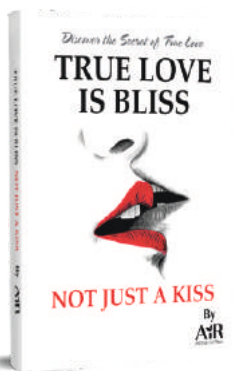
18. Life! Realized!!

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.



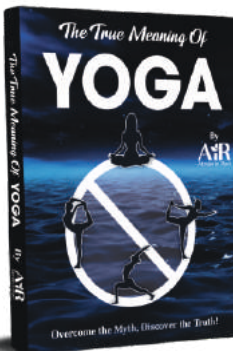
19. True Love is Bliss...Not Just a Kiss

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.



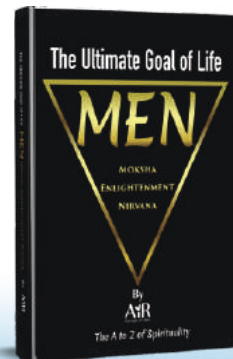
20. True Meaning of Yoga

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.



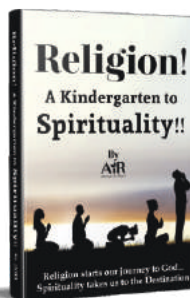
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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.



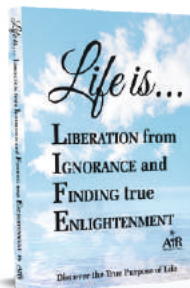
23. Why Bad Things Can't Happen to Good People!

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.



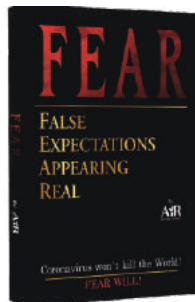
25. The Ladder to Heaven

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.



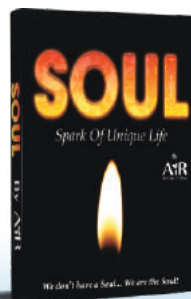
26. FEAR- False Expectations Appearing Real

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.



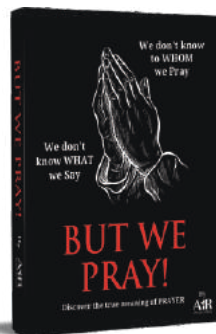
27. SOUL - Spark of Unique Life

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!



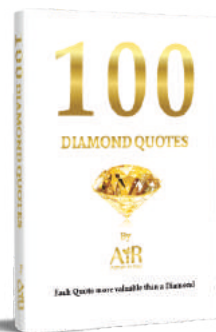
28. But We Pray!

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.



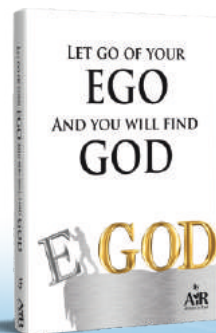
29. 100 Diamond Quotes

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.



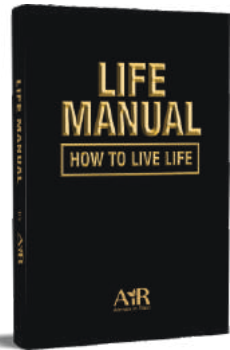
30. Let go of your Ego and you will find God

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.



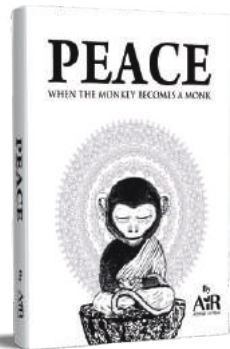
31. Life Manual - How to live life?

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.



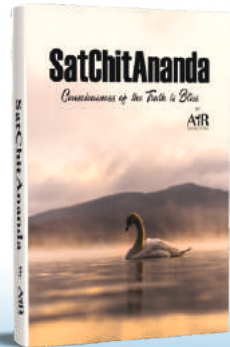
32. PEACE... When the Monkey becomes a Monk!

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.



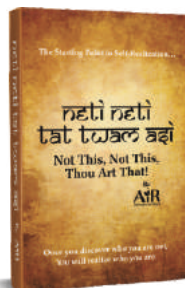
33. SatChitAnanda - Consciousness of the Truth is Bliss

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.



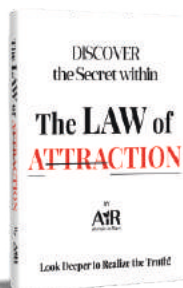
34. *Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That*

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'.



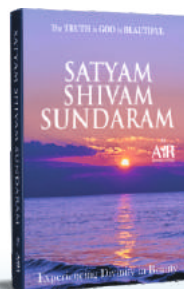
35. *Discover the SECRET within The LAW of AttraCTION*

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.



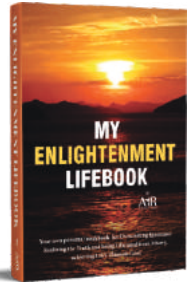
36. *Satyam Shivam Sundaram - Experiencing Divinity in Beauty*

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.



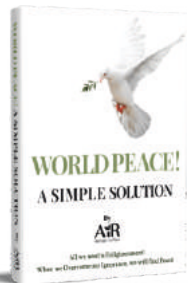
38. When you overcome the FEAR of DEATH, You start to LIVE

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?



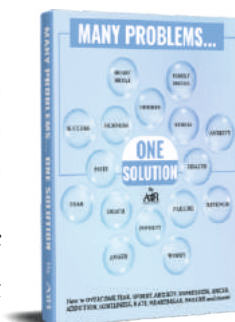
39. World Peace! A Simple Solution

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.



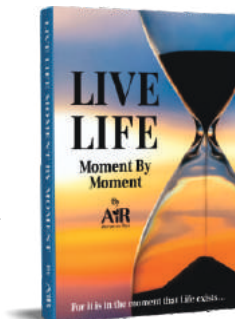
40. Many Problems, One Solution

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!



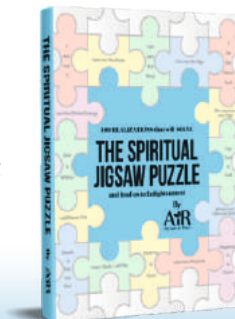
41. LIVE LIFE... Moment by Moment

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!



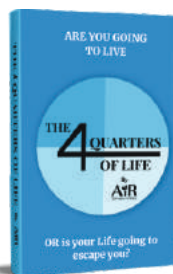
42. The Spiritual Jigsaw Puzzle

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.



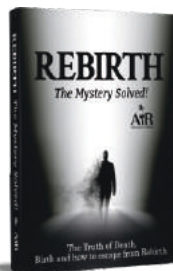
43. The 4 Quarters of Life

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.



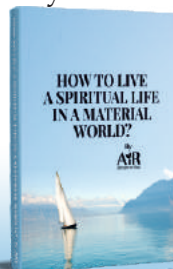
44. REBIRTH... The Mystery Solved!

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.



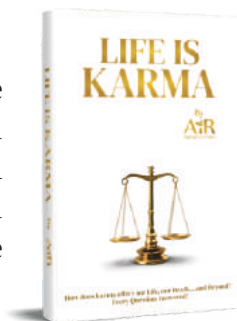
45. How to Live a Spiritual Life in a Material World?

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.



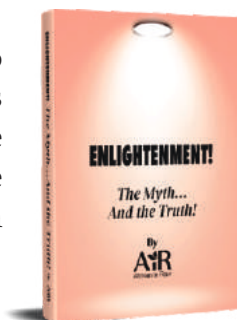
46. Life is Karma

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.

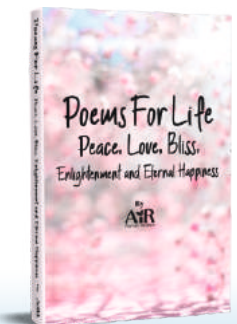


48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness

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

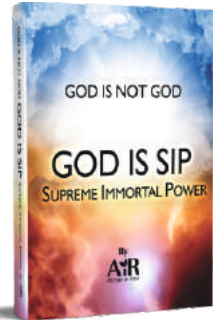
Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife!

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



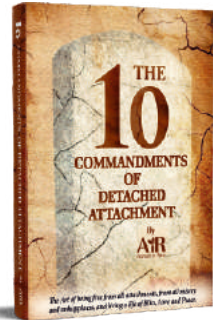
49. God is not God. God is SIP – Supreme Immortal Power

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.



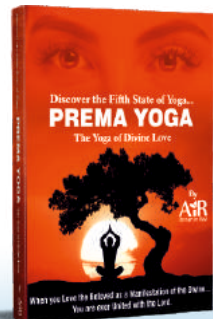
50. The 10 Commandments of Detached Attachment

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.



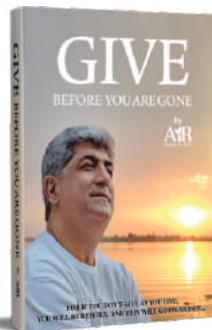
51. The Yoga of Divine Love - Prema Yoga

The world knows of the 4 states of Yoga: *Dhyana*, *Bhakti*, *Karma* and *Gyana* Yoga. The Yoga of Meditation, Devotion, Action and Education. *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.



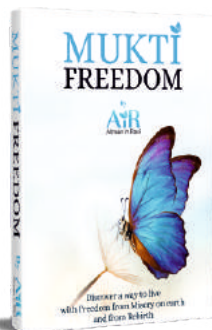
52. Give before you are Gone!

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.



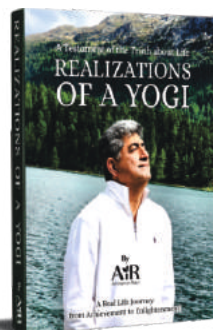
55. Don't cut a Cake ! Awake! Your Birthday is Fake!!!

Do you cut your birthday cake? Stop! Your birthday is fake! You were born inside your mother's womb nine months earlier. We are that Spark Of Unique Life, the SOUL that comes alive at conception.



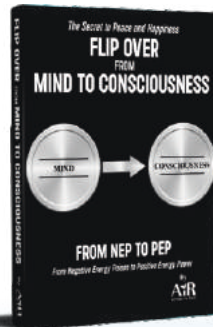
56. Realizations of a Yogi

This book is the real life journey of an achiever who realized the truth and became a Yogi. In this book, AiR shares how he experienced a metamorphosis and how he lives in Yoga to attain the ultimate goal of Liberation and Unification with the Divine.



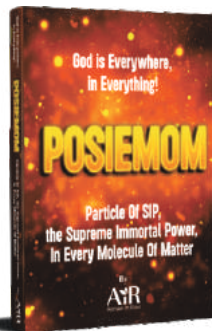
57. Flip Over! From Mind to Consciousness, from NEP to PEP

How do you flip your life over from being sad to being glad? There is a way. Flip over from a state of Mind to a state of Consciousness, from Thoughts to Thoughtlessness, from Negative Energy, that is Poison to Positive Energy, that is Power. How? The solution is in this book!



58. POSIEMOM - Particle of SIP, the Supreme Immortal Power, In Every Molecule Of Matter

To the world, God is lives somewhere far away in the sky. But God is SIP, the Supreme Immortal Power that is everywhere, in everything. SIP appears as the Soul in living beings and also manifests as every particle that fills this universe. Everything is energy. Even science agrees to this.



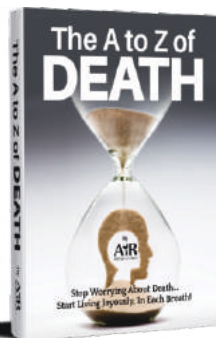
59. Happiness is Success

Why is the whole world chasing success and achievement? It is because we think success is happiness. But is this true? Are all successful people happy? On the contrary, all happy people are successful. Therefore, success is not happiness, happiness is success. AiR lived for 25 years on the peak of Achievement, going from one success to another, only to realize that the ultimate peak of happiness is beyond Achievement and Fulfilment. It is Enlightenment, Liberation from misery and suffering and experiencing Eternal Happiness, Divine Love and Everlasting Peace. This book can transform your life.



60. The A to Z of Death

Death is certain. Every 'body' must die. Still, we do not accept the reality of death. We fear death because of the loss of all that we own, all that is known and we fear death because of the unknown beyond death. However, we are ignorant about the truth of death. Death is not the end, it is just a bend. Only the body dies. We never die. We are the immortal Soul. At death, either we will be reborn based on our Karma or we will be liberated and united with the Divine. The A to Z of Death reveals everything we need to know about death, the truth of death which will make death a moment of celebration.



Coming Soon...

61. Shivoham

3 Peaks of Happiness

Who doesn't want to be Happy? The whole world is seeking Happiness. But most of us experience Pleasure and Pain, Loss and Gain, Sun and Rain, and we go around in this merry-go-round, again and again! Very few of us attain that state of eternal Happiness.

Most of us think that Success is Happiness, and we try to climb the first peak of Happiness, Achievement which promises us pleasure. A few of us are blessed to scale the second peak of Fulfillment. We live a life of Peace and Bliss, but still, we are not free from the suffering and sorrow of this earth.

This book will lead us to the third and ultimate peak of Happiness, Enlightenment. It will show us how to discover our life's true Purpose, how to overcome misery and sorrow and how to live blissfully, moment by moment, in Divine Consciousness, with Eternal Happiness, Divine Love and Everlasting Peace. This book is a personal experience of the Happiest man in the world!

By
AiR
Atman in Ravi



A.i.R.

AiR Institute of Realization
Ask Investigate Realize

Kemp Fort Mall, #97, Old Airport
Road, Bangalore - 560017

+91 98451 55555 | www.air.ind.in
| air@air.ind.in

