

HOW TO OVERCOME

FEAR

WORRY

STRESS

ANXIETY

DEPRESSION

**LIVE WITH
ETERNAL PEACE
AND HAPPINESS**

AiR - ATMAN IN RAVI

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HOW TO OVERCOME FEAR, WORRY, STRESS, ANXIETY AND DEPRESSION

By



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ABOUT THE AUTHOR

AiR - *Atman* in Ravi

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

AiR — *Atman* in Ravi, is a Spiritual Mentor, Transformational Author, Singer and a Philanthropist. He is on a mission to help people discover the way to Eternal Happiness through Enlightenment.

AiR lived a life of success, fame, fortune and achievement. But that was before he took the road less travelled. He was an iconic entrepreneur who transformed retailing in India, only to walk away from the mega retail empire he had created. He shut down his business when he was 40 and started making a difference, doing - Humanitarian, Inspirational and Spiritual work. AiR opened three destitute homes known as AiR Humanitarian Homes spread across Bengaluru, that today, care for over 800 homeless and needy people - their food, clothing, medicines and hospitalization. They are all a part of the AiR family!

Like anybody else, AiR started his life being religious. He built a Shiva temple in 1995. Subsequently, inspired by his Guru, he realized that God lives in the temple of our heart and he changed the name of the temple to Shivoham Shiva temple. Now, he doesn't pray *to* Shiva but prays *through* Shiva, to SIP, the Supreme Immortal Power that is nameless and formless, birthless and deathless, the Divine Power that is everywhere, in everything.

About the Author - AiR

His Realizations resulted in his own metamorphosis as he realized that we are the Soul, the *Atman*, a part of the Supreme Immortal Power. He let go of his given name and called himself AiR – *Atman* in Ravi, which means, the Soul embodied as Ravi. AiR, now, lives as an instrument of God, doing His Divine Will.

On his mission to spread Eternal Happiness through Enlightenment, AiR has founded the AiR Institute of Realization to reach out to the global community of seekers. He has also established the AiR Centre of Enlightenment, which is envisaged as an Abode of Spirituality, especially for seekers, who are new in their Spiritual journey, eager to learn and explore Spirituality and evolve on their path towards Enlightenment. Not restricted to seekers of Enlightenment, it also welcomes and gives various pursuits to those who seek joy, peace, happiness and solace.

Based on his Realizations, AiR has authored over 70 books, composed and sung about 1400 Bhajans and written several blogs, quotes and poems. He conducts Spiritual Retreats and organizes talks to help people evolve on their spiritual journey. He is a TEDx speaker and is often invited to speak at several organizations, corporates and universities. He conducts daily webinars on Zoom, Facebook and Instagram Live to help people realize the ultimate purpose of life - Enlightenment. AiR believes that success cannot lead to happiness; only happiness can lead to success. To him, happiness has three peaks - Achievement, Fulfilment and the ultimate peak, Enlightenment, where one is liberated from all misery and sorrow and attains Eternal Bliss in the Consciousness of the Truth.

*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
on  **zoom**

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PREFACE

When I look around, I find it common to see people stressed out. People talk about anxiety. Fear appears on their faces. People are worried and so many say that they are in depression. There is misery everywhere. Why does fear, worry, stress, anxiety and depression create so much trauma? I realized that all that is happening on the earth stage is a drama which is unfolding as per Karma. We are actors, we come and we go and unless we realize that everything is just a show, we will not overcome the tragedy and enjoy the comedy called life.

How do we overcome these messengers of misery? How can we be free from all misery and sorrow? How can we live joyously in the moment and not be depressed about yesterday and not be fearful about tomorrow? What is the way to overcome these toxic emotions? I had the Awakening that it is the mind that makes us blind. A mind is something that we cannot find. Still, it appears and creates all kinds of negativity in our head, till we are dead.

So, I decided to dedicate my next book to our 5 greatest enemies. After writing over 70 books on how to be happy, I decided to write about how we must not be sad. If we can choose to be glad but we don't, then aren't we mad? All these enemies are thieves that enter our life like robbers entering the house. These criminals are just toxic thoughts that barge into our life. They don't need any invitation. They come uninvited without knocking at the door and once they enter, they smash us on the floor. We have to learn to push them out and shut the door.

There is a way to overcome fear. There is a way to 'worry no more'. We can replace Stress with Happiness and Anxiety with Tranquillity. We can stop the Aggression of the mind that causes Depression. All we have to do is get to the root. Then, these poisonous fruits will not shoot into our life. We need to find the cause because these are just effects. Once we eliminate the cause, these mental disorders will disappear from our life.

For those who are reading this for the first time and for those whose life is filled with anxiety and fear, this is a moment of cheer but unless you believe that you can master your mind, peace, you will never find. Unless you realize that Happiness is a choice, you will let these monsters create unhappiness, in every moment of your life.

Enough time has passed! Now it's time to suffer no more. It's time to shut the door and keep the misery out. It's time to stop losing our precious life to these five most prominent joy stealers. I decided to write this book to help people overcome mental disorders and free them from going to psychiatrists, counsellors and mental hospitals. Yes, we can be free from all misery!

*This is the Book that will change your Life's Outlook!
No Fear, No Stress, No Mess, No Anxiety, Just Tranquillity!*

INTRODUCTION

What is Fear? Fear is not danger. **FEAR** is a False Expectation Appearing Real. We all fear and fear makes us paranoid. It becomes a phobia and robs us of our peace. **WORRY** is W – A Waste of Life, O – Overthinking, R – Repeating the Fear, R – Rehearsing the Problem and Y – Yearning. We worry because we don't realize that there is no need to worry. So, what creates stress and makes our life a mess? It is the thought in which, we are caught.

What is the cause of anxiety? The cause of anxiety is the mind that we cannot find. The mind creates imaginary problems and fears. What is the cause of depression? It is caused by an aggression of the mind. The mind creates thoughts that are drilling and killing us and ultimately, we are depressed.

We all experience fear, worry, stress, anxiety and some of us even go through different stages of depression. But we have not realized that all this is a matter of choice. If only we are wise, we can eliminate these poisonous emotions from our life.

This book is a personal experience of how I was able to still my mind and kill my mind. I share how I learned to flip over from negativity to positivity. I too was a slave of my mind that made me believe that it was the king till I discovered that it was the cause of all suffering! I learned the art of living in Consciousness, where the mind was no more! How did I cross the shore? This book will share in simple, systematic ways on how we can change our thoughts and change our life.

We can overcome fear, worry, stress, anxiety and depression but first, we must acknowledge that they exist. Then, we must want to eliminate them and finally, after believing that we have the right tool in our hand, we should march forward and destroy them. Only then, will we be able to live a life of Eternal Peace and Happiness.

It all starts by analyzing as to who is suffering, why we are suffering and what is the cause of this suffering. It is getting to the root, overcoming the myth and realizing the Truth. It is learning what causes the fire of anger, hate, revenge and jealousy. It is understanding that suffering is a choice. If we are fortunate and understand Karma, we will overcome all trauma because we will realize that whatever is happening, is a drama.

When we discover that we are not the body that suffers pain, we are not the mind that is causing misery and we are not the ego that is agonized, we will discover that we are the Divine Soul. This discovery will liberate us from all misery on earth. We will learn to live in Eternal Bliss in Truth Consciousness. We are all trying to find peace of mind. Peace, we cannot find because it is within. We have to still the mind. As long as there is no peace, there can be no bliss because peace is the foundation of Happiness. Unfortunately, we are trying to become happy, when all we have to do is just be happy.

*We can Eliminate all Fear, Worry, Anxiety and Stress,
There is a Way out of Depression, out of living in a Mess!*

THE TRIPLE SUFFERING

Every creature who is born on earth, suffers. We human beings experience pain of the body, misery of the mind and agony of the ego. Nobody can escape this. From the time we are born, we fall as we grow tall and experience all kinds of aches and pains. One day, this body will die but before that, it is sure to experience a variety of diseases as it decays. Can anybody escape this? No. Physical pain is a part of life. Therefore, it is said that the goal of life is Liberation, Salvation, *Moksha or Nirvana*. This is to escape from the repeated cycle of rebirth on earth.

More than the physical pain, which can be dealt with medication and a variety of treatments, is the misery of the mind. The mind creates fear, worry, stress, anxiety, regret, shame, guilt, depression and many more states that can destroy us. All these disorders are more serious than physical ailments like tuberculosis, hepatitis or viral infections. They are caused because of *Rotten-thought-itis* – a mental illness that emerges because of toxic, rotten thoughts. The mind creates so much misery and sorrow that it robs our present moment. It robs our ‘today’ as it swings us into a ‘yesterday’ and a ‘tomorrow’. Who doesn’t suffer these maladies of the mind?

Apart from physical pain and mental illnesses, we have a third suffering. It is the anguish of the ego. The ego creates anger, hate, revenge and jealousy. It creates a fire within us and destroys our

peace and happiness. Together, the body and the Mind and Ego, ME, do not let us be free from misery.

Throughout life, we battle the Triple Suffering on earth and therefore, religions around the world prescribe methods, not just to be free from the misery on earth but also to be free from rebirth. This is because while there is joy on the planet, there is also sorrow in every 'tomorrow'. Life is like a merry-go-round. We have no option but to pass through pleasure and pain just as there is sun and rain and we experience loss and gain. All this happens, again and again. Is there any way to be free from all this misery and sorrow?

Here is some good news. We, human beings, are the only ones who are truly blessed. We can be liberated from all misery on earth and from rebirth. If only we realize the truth that we are not the body, mind and ego, we can be free from all misery. This is the goal - to realize that we are the Divine Soul. Unfortunately, most of us live in ignorance. We just live, cry, look up at the sky, question, 'Why?' and then, die. Thereafter, we return to earth as we are reborn and this cycle goes on and on.

But some people go on a quest. They discover answers to the two most important questions of life:

- Who am I?
- Why am I here?

They are the ones who overcome all trauma because they realize the truth of this drama called life.

THE TRIPLE SUFFERING

Who wants to suffer? Nobody likes to suffer but it seems like suffering is a compulsory evil, a necessary earthly toll tax that we have to pay to drive through this journey called life. How can life be without suffering? If only we realize the cause of our suffering, we can be free from it.

Today, the world has discovered many solutions to physical pain. Doctors and scientists around the globe are working day and night to find methods to reduce physical pain and they have succeeded too. Some drugs can nullify the suffering associated with deadly diseases like cancer and the suffering associated with it. We can also use anesthesia to suppress any kind of pain that surfaces during any operation or procedure.

However, the world is struggling to find solutions to mental illnesses. Psychiatrists around the world are treating mental disorders but unfortunately, they are able to treat the brain and solve the pain that has to do with the bone and skin but they have not learned how to deal with the mind that is the devil within. The mind is a rascal. It appears as king but in reality, it is the cause of all suffering. Until we understand the mind and kill it, we will continue to suffer the miseries. In fact, mental illnesses are so deadly that they lead to physical illnesses. They also cause the agony that comes from the eruption of the ego. This book will teach us to be free from the Triple Suffering on earth and from rebirth.

*Who doesn't Suffer the Triple Suffering on Earth?
Most of us do and then Return to Suffer another Rebirth!*

THE MAIN CAUSE OF SUFFERING

While we suffer physical pain, the root cause of all suffering is the Mind. Along with the Ego, it becomes the ME that does not permit us to be free from suffering. Even the thought of the ego seems to emerge from the mind, although the ego is a separate demon.

Don't we know that every leaf, flower and fruit comes to be because of the shoots of the tree, which is bound to the ground? But the shoots appear only because of the root. Therefore, the roots create the fruits. So, our life is rooted in our thoughts. Thoughts create feelings. These feelings create actions and actions become habits that build our character. Ultimately, this leads to our destiny. Therefore, just like the seeds that we plant are responsible for the fruit on the tree, it is the thoughts that we plant that become deeds and are responsible for our destiny. But how do we control thoughts? Where do thoughts come from?

Thoughts seem to appear from what we call the mind. The mind is like a Thought Factory. It constantly pops thoughts. Just like a popcorn machine, our mind is capable of producing a new thought, every second. This can become a whopping 50,000 thoughts a day! Not only does the mind create misery when we are awake, it does not even spare us when we sleep. It creates nightmares that make us jump out of our bed, imagining that we are dead. Such a rascal is our mind! But the funny thing is – Where is the mind? We cannot find!

THE MAIN CAUSE OF SUFFERING

Have you ever seen the mind? No. You have seen your nose and even touched it. You have pulled your ears. You see with your eyes and are sure that they exist as you see them in the mirror or a picture. You know how your heart looks or for that matter, even the brain. We see X-rays and MRIs but what is the shape of the mind? What colour is the mind and what is its size? Has anyone seen the mind? No. Nobody in this world has seen the mind. Those who go on a quest to find the mind realize that the mind, we cannot find! Still, it makes us blind. It hides behind the bone and skin and creates all the misery within. Though it is invisible and untouchable, we all know that it seems to exist. That is why we say, 'I am depressed. I am worried. I am paranoid.' Who is? It is the mind that is expressing this as thoughts through the body that we consider as 'I'.

While nobody has seen the mind, how is it possible that the mind can cause all our suffering? Are these emotions of fear, worry, stress, anxiety and depression just our imagination? Of course not! We see people cry till they die, as they experience this pain and it repeats, again and again. Fear locks people in their homes and some fears can become phobias that can make us paranoid. Worry causes so much misery that we are unable to sleep. Stress makes our life a mess and we all go through needless stress of the mind. Haven't you experienced anxiety that robbed your peace and tranquillity? This is because of thoughts that are drilling us and killing us. All this often leads us into a valley of depression. It seems as though

THE MAIN CAUSE OF SUFFERING

we are dead, although we are breathing and alive. Such is the power of the mind! With its toxic thoughts, it can grind us to death!

Isn't it time to uproot the mind and live fearlessly? Wouldn't it be great if we pull out the roots that cause worry, stress and anxiety? If we can eliminate the thought in which we are caught and be free from depression, we can make life, a celebration. But first, we have to get to the root. These roots are the thoughts and the cause is the mind, a mind that we cannot find!

All our miseries are because of the mind and its thoughts. This is the root cause of all the evil that explodes in our life. If only we realize the root cause, we can be free from the effects of fear, worry, stress, anxiety and depression. We can be liberated from pain and anxiety and fill our life with peace and tranquillity. There is a way to live with Eternal Bliss, a way to seamless Happiness. However, for this, we have to eliminate the toxic thoughts of the mind.

While there are many diseases and disorders caused by the mind, we will examine the 5 most prominent and dangerous ones. These are fear, worry, stress, anxiety and depression. Let us cut open each of these, one by one. We will find that the common root cause is the mind.

*What is the root cause of Suffering? It is the Mind.
But the funny thing is, 'Where is the Mind? We cannot Find!'*

FEAR

We all Fear. All fears create misery as we live with anxiety that a danger is lurking around the corner. We fear death. We fear loss of love, just as we fear failure in our career. Our life is full of fear when in reality, there is no danger. Fear makes us unhappy and creates misery and sorrow as we anticipate an unpleasant tomorrow.

Fear is a False Expectation Appearing Real. Fear is an illusion, an imagination of the mind. It is different from a real danger. If there is a tiger in front of you, that is a danger. But if you imagine that you can hear a crocodile and it will kill you when it is just the sound of a lizard, it is fear, a False Expectation Appearing Real. Therefore, we must overcome fear and if we don't, then fear will overcome us.

Shilpa lived with fear. She feared many things. She had a phobia for spiders and if she saw one, she would scream in terror. Her fears became paranoia. For instance, even before the dentist could start her treatment, she would begin to scream. Her life was filled with the toxic emotion of fear. She lacked faith, courage, confidence and thus lived with stress and anxiety. Was there any danger? No! It was just fear.

Where does fear come from? Fear comes from thoughts that come from the mind. These thoughts become feelings and ultimately, fear becomes a habit. It becomes natural for us to respond with fear. Even though there is no real danger, we imagine that something

will go wrong. Fear makes the wolf look much bigger than it is – as the German Proverb says. In fact, there is no wolf but we imagine that the wolf is going to attack us.

Haven't we all seen how the world shuddered with fear with Covid-19? The Coronavirus created a corona-phobia that led the world to shut down for over 2 years. We feared that the virus would kill us. We all fear death but eventually, nobody can escape it. One day, we will die. But we don't realize a simple truth – there are two things that we don't control on earth, our death and our birth. Fear steals our ability to live with faith, for only one of the two emotions can fill our life. We have to choose. If we let the disease called fear enter our life, then, we can never live with peace. Remember, those who are diseased by fear, are sure to be deceased by it. Therefore, we must eliminate all fear. We must uproot fear if we want to live a life of peace and bliss.

The emotion of fear was given to us as a special gift to use, whenever there was a danger approaching. It was meant to protect us from real harm. Unfortunately, the mind makes us blind and in ignorance, we let the fear harm us instead. Don't you fear? Aren't there moments when you get a negative thought that anticipates a disaster? Doesn't fear silently slip into your head and steal your peace, your bliss and your joy?

The good news is that fear is a choice. If we are wise, we can eliminate fear as we overcome it completely. If only we use our power of

FEAR

discrimination, then we can differentiate between an imaginary fear and a real danger. But for this, we must not be caught in thought. We must learn to live in Consciousness. Those who become the master of their mind, live like a monk. The junk created by fear then gets flushed away.

Whatever is going to happen will happen. Why must we fear? We must do our best, and then surrender the rest for it to unfold the way it must. We have little choice. We can control our actions, but we have no control on the result thereof. When we live with this acceptance, then fear will disappear. When we learn the art of surrender, then fear will not paralyze us. Instead, we will let our faith overtake our hope and then cope with any fear that tries to appear. We must learn to replace what we expect with being able to accept whatever happens without protest. These little tips can help us overcome fear.

‘What is the worst that can happen, and can I deal with it?’ This simple statement can then inspire us to do our best. Instead, if we live with fear, then there will be no cheer and enthusiasm and our efforts will be diluted with doubt. We must resolve to eliminate all fear from our life. We must remember that fear is not real. It is just a False Expectation Appearing Real.

*When a False Expectation Appears Real, it is FEAR.
It is not a real Danger but it robs our Cheer.*

WORRY

What is Worry? It is...

W – Waste of Life

O – Overthinking

R – Repeating the Fear

R – Rehearsing the Problem

Y – Yearning of the Mind

Although we realize that it is meaningless to worry, we continue to worry!

What does worry do? Because of our negative, toxic thoughts, we lose the treasure of our present moment. Instead of enjoying today, we jump to a yesterday that is gone, and then to a tomorrow not yet born. Worry steals our greatest gift – the present. Actually, there is no need to worry. If there is no problem, then why should we worry? Even if there is a problem, we shouldn't worry because if we can do something about the problem, then we don't need to worry. And if we can't do anything, then what is the point of worrying!

Very few people master the monster called worry. Worry is a beast! It robs us of the feast called life. Life is a celebration but worry makes us live in desperation. It creates fear, stress and anxiety. Ultimately, we can sink into depression.

Although we know that worrying is meaningless, why do we worry? Worry is created by the mind, a mind that we cannot find!

WORRY

Still, some thoughts pour like rain and make us worry, again and again. Thoughts of worry drill us and kill us, and we submit to these thoughts as if we are helpless. Are we?

If we want to live a life that has no worry, we can. We have to find peace of mind. But when there is a mind, peace we cannot find! There will be worry and we will never enjoy our curry! If we want to live our life without this strife, then we have to still the mind. Then, peace we will find. Worry exists nowhere, except in the mind. But when we realize that there is no mind, then there will be no worry.

Ram used to worry a lot. He had many businesses, but his life was full of worry. He worried about cash flow, just as he worried about the tax departments troubling him. His worry didn't stop there. He worried about his children's education and their career. He worried about his health. In fact, Ram had made worrying a habit. It seemed as though he was enjoying worrying when in reality, worry was consuming him. One day, he realized that it was pointless to worry because he met an intelligent friend who advised him that he was losing his peace and happiness to - worry. He explained how we have no control over what will happen. What we have control over is our reaction.

We can choose – either we can live with RDX, React Destroy eXplode or we can live with RDR, we can choose to Respond, rather than React. The solution is to accept the fact – whatever will be will be. We cannot change what will happen, but we have full control on our reaction. We can worry and waste our life by overthinking, or we can peacefully accept and do our best. What does worry do?

It Repeats the fear and Rehearses the problem. Just like a television announces a disaster a hundred times, so does worry amplify the problem and this aggression leads to depression. Instead, the wise ones learn to simplify the problem. They put the problem in proper perspective as they move from a state of mind to a state of intellect. When we discriminate, there is really no worry.

Sometimes, it is our yearning, our desires and our passion that create needless worry. Instead of living with fulfilment, being satisfied with our need, we let greed overtake us and then, we worry and lose our peace and happiness. Of what use then, is this worry if it stops us from living with a smile!

The good news is that we can overcome worry. We can stop this overthinking, this rehearsing and repeating of negative thoughts that replay in our mind again and again. We can replace negative emotions with positive emotions and as we flip over, then we will experience optimism instead of pessimism. It is a choice. We can worry and waste our life or live with faith, courage and confidence and eliminate misery and strife. So, you can either worry or enjoy your curry!

*Worry is Repeating and Rehearsing a Negative Thought,
Then, we Waste our Life, as in Worry we are Caught.*

STRESS

Why must we overcome stress? Because stress makes our life a mess! It robs our peace and bliss, and we land in unhappiness. In fact, stress is a combination of fear and worry, and leads to anxiety and depression. These are a series of joy stealers. They are messengers of misery, and we must uproot them from our life.

Don't you feel stressed out? Why? It is because the mind is drilling you and killing you with toxic, negative, poisonous thoughts. You don't get stressed out with happy thoughts. When you are joyous, there is no stress and when you are stressed out, you just can't be happy. Stress is a state of extreme worry, a state of fear and phobia. What happens next? We begin to sweat, even shiver, as we lose control of our life.

What is stress made of? Look at the word S T R E S S carefully. It is a combination of,

S – Sad thoughts

T – Toxic thoughts

R – Repetitive thoughts

E – Exhausting thoughts

S – Suffocating thoughts and

S – Sadistic thoughts.

When all our thoughts are poisonous, how can our life be joyous? When we take charge of our life, then we take charge of our thoughts. We still our mind. Then, the mind ceases to exist. So does stress. It disappears.

Radha was always stressed. She was stressed about her maid servant, whether she would come or not, whether she would cook or not and whether she would clean or not. Then, she was stressed about her work, how she would complete her tasks. She was stressed about people around and what they thought about her or spoke about her. She was stressed about her performance, her career, her growth. She was, at the same time, also stressed about what her kids were doing in school, their food, their studies and wellbeing. It didn't stop there. She was stressed about her husband and what he was doing, with whom he was flirting and how he was wasting money. Radha's stress was never ending and therefore, she was always stressed out. She had no time to live. All her time was spent in worry and fear. She was nervous about everything. This robbed her of her confidence and courage. It affected her efficiency and stole her peace and joy. Is this the way to live?

Many of us are like Radha. Our life is filled with stress. What does it mean? It means our life is filled with toxic thoughts. Stress is nothing but a product of negative thinking. As long as we are pessimists and remain slaves of the mind, in thought we will be caught, and stress will steal our happiness. Stress is not a rare disorder. In fact, it has become a very common disease, even more common than a cough and cold, because it is prevalent in our day-to-day life. Many people have stress for breakfast, lunch and dinner. If they don't have a meal of stress, they become hungry for it. Stress becomes a habit. But once we let stress occupy our mind and life, we lose control of our bliss.

STRESS

It's all about thought. As long as we have control of our thinking, there will be no stress. When thoughts pour like rain, they push us down the drain. We imagine fears and we rehearse problems. We create fictitious dangers and needlessly become nervous and anxious. Do we need to worry about these things? We don't. But because we have chosen stress and opened the door to thoughts of the mind, we have lost control of our intellect. We do not discriminate and realize that there is no need to be nervous or anxious. There is no need to worry or be afraid. If only the intellect could discriminate stressful thoughts, there would be no stress. But unfortunately, when stress envelops us, the intellect is deactivated. We become puppets and are controlled by strings of negative thoughts, and we dance to the tunes of our mind's music.

What is the way out of stress? How can we get out of this mess? It is quite simple. It is realizing the cause. It is our own mind, a mind that we cannot find. It is our own thoughts, thoughts in which we are caught and so, we forget that stress is nothing but negative, fictitious and imaginary thinking. It is not real! If we overcome the mind, and its toxic thoughts, we will automatically overcome stress. But alas, those of us who are slaves of stress feel helpless as stress rules our life. It creates a storm and steals our calm. It robs us of our tranquillity as it creates so much anxiety.

*Would you Choose Stress and make your life a Mess?
Or rather Choose to fill your life with Peace and Happiness?*

ANXIETY

What is the cause of Anxiety? It is our own mind. It steals our tranquillity. Any one of these two emotions can fill our head. We can have peace, the very foundation of happiness or we can have stress and anxiety till we are dead. It's a choice.

If we choose to be anxious, then anxiety will become a habit, a way of life. We all will experience an occasional spell of anxiety. But if we learn the art of overcoming it, then, we will be blessed to live with serenity.

Anxiety is a combination of fear, worry, stress and can be triggered by regret, shame and guilt. It can cause depression. What are the signs of anxiety? There are many. It can even lead to shivering and sweating, as we imagine the worst. Anxiety erupts like a volcano. It is silent but destroys everything. It has fumes of stress and sparks of fear and ultimately paralyzes our ability to discriminate as we become slaves to our own thoughts.

Anxiety is not a reality. It is an imagination of the mind. We become anxious either because of something that doesn't exist, or because we worry about a situation that we can do nothing about. When there is anxiety, we deprive ourselves of the ability to act wisely and sensibly for we lose our Consciousness to rotten thoughts that drive us to a state where discrimination is not possible. Instead, if we are calm and still our mind, without being anxious, we can live

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with courage and confidence and make the right decision as to what we must do. Anxiety stops us from thinking of a solution to the problem. Instead, it makes us worry, repeatedly bombarding us with fear and drilling us with the problem. It makes us imagine the worst that can happen and steals our bliss and joy.

Therefore, we must overcome anxiety. We must replace it with that state of tranquillity where there is peace. For this, we have to take charge of our thoughts. We have to still the mind. We have to put a filter so that negative thoughts don't flow like a gushing river and destroy our life.

Some people get anxiety attacks and their behaviour may seem strange to others. *Shyam would tremble because of the anxiety that would overwhelm him. He would feel helpless as he remained anxious of the many fears and dangers that he imagined. It would make him feel so uneasy that his restlessness was obvious. The doctors warned Shyam that anxiety was affecting his health, his blood pressure and even his heart. Shyam questioned, 'What can I do? There is so much tension at work. There are problems I can't solve. Nothing seems to be working right! I seem to be under a spell of bad luck. Is it my bad Karma that is beyond my control?' Anxiety had caught Shyam by the hook. He used to sweat and react to every situation as if a bomb was about to explode. He would make a mountain out of a molehill and was unable to deal with his anxiety. Shyam would frequently worry, and his intense excessive, persistent anxiety appeared even in very simple situations. He would experience panic attacks, and he would cry and withdraw from everybody.*

Shouldn't we learn the art of wiping anxiety out of our life? Shouldn't we be free of anger that bursts because we are anxious? Should we worry about everything that is happening around us and feel neglected and dejected in every situation? How can one live with anxiety? Many people do. They let anxiety reach a point where it is uncontrollable and it causes constant distress. Not only does it affect the person who is anxious but it also vibrates to everybody around them. Wouldn't we like to choose tranquillity and peace, rather than fear, worry, stress and anxiety? Some people who are attacked by anxiety, withdraw into silence. Either they listen to a positive song or watch a comedy or sometimes, go over to a friend who can give them some positivity. Whether it is reading an inspirational book or just meditating, there are simple methods that can reduce anxiety. Even a long walk or exercise can take our mind away, just as some good music can be a solution.

However, if we want to overcome anxiety, we have to learn what causes it. It is our own mind that appears to be king, which causes all suffering. We talk of peace of mind when in reality, there can be no peace when the mind is there. Unless we still it, and we kill it, we cannot be in that state of Consciousness where the intellect wipes out anxiety through simple discrimination. In Consciousness, anxiety is replaced by tranquillity.

*We can Sweat, Tremble and Cry in Anxiety,
Or Smile, Laugh and Rejoice in Tranquillity.*

DEPRESSION

What is Depression? It is said to be a mental illness. It is a state of being depressed, feeling sad and completely empty. But in reality, depression is not emptiness. It is an aggression of thoughts, negative, toxic thoughts that lead one to a state of descending into a valley of gloom.

If we live with fear, worry, stress and anxiety, there is still hope that we will not fall into the state called depression. But when the mind knocks us out, defeats us, kills us, we may still be physically alive, but mentally we are dead. There is poison in our head. It seems we have become a zombie, who lives without meaning and purpose. Our life becomes directionless as we swing from one bad mood to another. We all experience moments of depression, but when we reach that state of being depressed all the time, we label it as depression.

How to overcome depression? We must understand the root cause of depression. It is the mind — a mind that we cannot find! But still, the thoughts that attack us, imprison us behind bars of depression. In depression, thoughts don't knock at our door. They silently bombard us, and we are knocked out on the floor. We are unable to push them out and shut the door because we are in a state of depression. We have acknowledged defeat. We have given over the reins of our life to the mind.

There was once a man who was riding a horse. Somebody asked him, 'Where are you going?' He replied, 'I don't know. Ask the horse!' Depression is that state that stops us from being the boss. The mind rides our life horse. The mind makes us a slave and the misery of depression remains with us till we reach our grave. But there is good news. We can overcome depression. We can snap out from this low of sorrow to a high of tomorrow by taking charge of the present moment and filling it with positive thoughts. We can make a U-turn from the sorrow of depression to the joy of celebration. This is possible if only we realize how to do it.

Some people go to a psychiatrist. They consider depression to be a mental illness. They are prescribed drugs and tranquilizers and even take hormonal treatments to improve their mental health. They are diagnosed as being bi-polar and then medicated to help them come out of depression. Is this necessary? It is a choice. When the disease has to do with the mind, we can find a way out of it through two effective ways, which are discussed below. But if we resort to going to the psychiatrist, then we will never get to the root of depression and overcome it.

The first way to deal with depression is to flip over from negative thoughts to positive thoughts. Depression is caused by toxic thoughts like fear, worry, stress, anxiety, regret, shame, guilt and even anger, hate, revenge and jealousy. When our life is filled with these poisonous thoughts, we will continue to be in a state of depression. But if we take charge of our mind, flush out these toxic thoughts, and instead choose to live with faith, hope, trust, enthusiasm,

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love, compassion, forgiveness, courage, confidence and optimism, we can fill our life and energize it to wipe out the gloom of depression. For this, we have to take charge of our thoughts, our feelings, our attitude. We have to become the boss and not let the mind ride our horse. We can wipe out depression.

The second route, which is more effective, is going beyond just flipping over from the negative to the positive. It is moving from a state of mind to a state of Consciousness. This is a state of thoughtlessness, even called mindfulness. We still the mind and thus, kill the mind. It is the mind that produces negative, toxic thoughts. When there is no mind, no toxic thought, where is the question of depression? We live in the state of Consciousness, where there is peace and bliss. We activate the intellect and we discriminate every thought. If we are locked in this state, with the several Realizations of the truth of life, depression will be a thing of the past. It is possible. But it is not easy because the mind will fight hard to stop us from going into Consciousness because once we live with awareness, the mind is dead, and the mind fights very hard to bombard us with thoughts and keep us suppressed in depression. It is a choice whether we want to give up our life and let the mind make it a mess, or overcome all toxic thoughts and live with joy, peace, love and happiness. Depression is a disorder, not a disease.

*Depression is Hopelessness, living with a Bad Mood.
The Cause is Toxic Thoughts that become our Mind's Food!*

ROOT CAUSE OF OUR 5 MISERIES

By now, we are on the same page and agree that fear, worry, stress, anxiety and depression are the root cause of the rage, misery and sorrow that fills our today and tomorrow. If we look at our past, these were the causes that did not make our peace last! They stole our bliss, our happiness. But what is the root cause of all suffering?

We may look at the fruit on the tree, but it did not come there by magic. The fruits came from the shoots that came from the roots. On the branches of our life tree hang fear, worry and anxiety. But what causes the stress and depression? It is the aggression of the mind. It is thought in which we are caught.

Do we choose our thoughts? If we don't live in Consciousness, then we are not the master of our mind. The mind is like a thought factory. It is like a popcorn machine. It is constantly producing thoughts. It can produce 50 thoughts in a minute. By default, the mind will only produce negative thoughts. Sometimes, it fools us. It makes us believe that the mind is king. But what is the truth? The mind is the cause of all suffering.

What is the Mind? Look carefully and you will agree that the MIND is,

M – Misery

I – Ignorance

N – Negativity

D – Desire

ROOT CAUSE OF OUR 5 MISERIES

This is the essence of the mind and appears in its acronym. If we try to find the mind, we cannot find the mind. That is why we know that a ball is round and a box is square, but we don't know the shape of the mind and how it looks and feels like. But no doubt, the mind appears to be. Its presence is felt because of the constant thoughts that fill our life. Just like we breathe, and we don't make an effort to do so, we don't need to make an effort to activate the mind. By itself, the mind creates desires and envelops us in ignorance. Its negativity causes all misery. Therefore, if you eliminate the mind, then you can uproot all the roots that are creating the fruits of misery and suffering. But can you uproot the mind? The good news is that you can!

Many people wonder how we can kill the mind. While we all know of techniques that still the mind and we all have done some kind of meditation, we don't realize the difference between mind and thought. The mind is nothing but a bundle of thoughts. When thoughts don't pour like rain, then, there is no pain because there is no mind. We can still the mind and make it disappear, but we can never completely stop thoughts from appearing in our head till we are dead. If only we take charge of our thoughts and let them be filtered by our intellect, then in that state of Consciousness, we can succeed in putting the mind behind bars. Then, the mind will not create any scars because there is no mind. The moment we still the mind, it disappears because it is nothing but aggressive thoughts that cause it to exist.

Pause for a moment and contemplate those times when you are peaceful in tranquillity, with a still mind. There is no thought.

Haven't you experienced this state of peace where all miseries cease? Then suddenly, the mind appears, and you are lost and caught in thought. The peace disappears. Such is life. The moment the mind appears, peace will disappear. Peace is the foundation of happiness.

What then is the root cause of all our misery and sorrow? It is the mind. Those who learn the art of eliminating the mind are also blessed with eliminating all sadness and depression, all fear and worry, all stress and anxiety. They live a life of peace and tranquillity because they have uprooted the mind that produces toxic thoughts.

This is the universal truth. It doesn't depend on our nationality or religion. Every human being suffers because of the mind and if we don't unwind the mind, and slow down its pace, it will continue to race, and we will be caught in the maze of misery and sorrow. It's time to overcome all trauma. It's time to understand the truth of this life drama. It's time to find the mind and then, when we can't find the mind, to leave it behind. We must move on, into that state of Consciousness where we live with awareness. We must fill our life with peace and then for sure, all miseries will cease. But for this, we have to get to the root. We have to get to the truth. Otherwise, the fruit of sorrow will fill every tomorrow. We can be glad or we can remain sad. If we let the mind take charge, we are mad!

*What is the cause of all Misery? Let's get to the Root.
It is the Mind and its Toxic Thoughts. This is the Truth!*

TOXIC THOUGHTS MAKE US MISERABLE

If you are wondering what the cause of all suffering is, then here is a simple awakening. Suffering is caused by the mind, a mind that you cannot find. But still, it leaves our peace and joy behind. It bombards us with thoughts and then we are caught. There is fear, worry, stress, anxiety and more. Regret, shame and guilt knock at our door and then, we are on the floor! There is depression because of the aggression caused by thoughts. Thoughts can be toxic and poisonous, just as they can be positive and inspiring. But when it is the work of the mind, then it is only misery and sorrow.

For us to live, we have to breathe. There is no option. So also, every human being who is alive must think. But we have a choice. We can let toxic thoughts fill our life and create strife, or we can let happy thoughts create joy and optimism. By default, we are bombarded by the negative thoughts of the mind. We can call this NEP. NEP is Negative Energy that causes Poison. Negative thoughts like anger, hate, revenge, jealousy, pessimism, doubt, despair, shame, guilt and regret, all these create the diseases of fear, worry, stress, anxiety and depression. These come as a package. These toxic thoughts create poisonous disorders in our head, and they destroy our happiness, till we are dead! So, what is the solution? If we want to be free from toxic thoughts that make us miserable, then we have to flip over from NEP to PEP. We have to fill our mind with Positive thoughts like faith, hope, belief, trust, enthusiasm, courage, confidence, compassion, forgiveness, optimism, joy, cheer,

enthusiasm and the likes. These positive thoughts will wipe out the negative thoughts that are making us miserable. But let us be sure that if we don't move from NEP, Negative Energy that creates Poison to PEP, Positive Energy that creates Power, we will continue to live a life of misery.

How do toxic thoughts make us miserable? These poisonous thoughts create negative feelings and a bad mood. Once we have created this aura, then we need no effort to be unhappy. We automatically descend into a valley of gloom and depression, as our toxic thoughts rule our life.

Raju was a victim of toxic thoughts. While he would emerge out of the mental poison, he would, very soon, be inflicted by negativity again. Raju would fear the future – what will happen tomorrow? He would have so many worries, which were not real dangers. He would let his toxic thoughts drill him and kill him. He would worry about why his children had not come home in time and would get anxiety attacks. One day, when his daughter did not come home, he rushed to her school. There was nobody around. He panicked and started calling up her friends, who all said that they had no clue as to where she was. They had all left their class together. Raju's toxic thoughts made him call the police. He requested them to search for his daughter. His thoughts didn't stop there. 'What if she had met an accident?' So, he started calling all the nearby hospitals asking if a girl had been admitted. But he found nothing. His toxic thoughts created depression, 'What if my daughter has been kidnapped?'

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Every time the phone rang, he worried that it was a ransom call. Later that evening, a car stopped outside his door, and his daughter got down with a smile and walked in. He shrieked in fury, 'Where were you?' She replied, 'Didn't I tell you that I had a new Buddhist friend, and we would be going for chanting and meditation? So, my phone was off and later the battery also died. What happened, Dad?'

Toxic thoughts create misery for all of us. It can destroy our peace and steal our bliss and joy. We experience this, day in and day out. But there is a way to eliminate these toxic thoughts. If only we learn to uproot the negativity from our life and plant positive thoughts in our life garden, we can enjoy fruits of peace and bliss.

Whenever there is misery in life, we must not wonder why. There is no need to cry. We must realize that it is toxic thoughts that are making us miserable. If something has happened, we have to learn to accept it. If we are worrying about something that may happen, we have to stop this negative thinking as it only causes stress and anxiety. All forms of toxic thoughts are sure to steal our bliss and create unhappiness. If only there are no toxic thoughts, we can be blissful and peaceful, and this is a choice. If we can be glad, but if we choose to be sad, then we are mad!

*Toxic Thoughts create Misery and fill us with Sorrow,
They Steal our precious 'Today' and destroy every 'Tomorrow'.*

THE MIND IS NOT KING... IT CAUSES SUFFERING!

Somehow, we believe that the mind is everything. The mind is king. The mind portrays itself to be the master of our life and it is. *What we don't realize is that it is not king but rather the cause of all suffering! Once a king went to a Spiritual Master and told him, 'My mind is full of fear, worry, stress and anxiety. Can you help me remove these from my mind? Otherwise, I will fall into depression. I am even contemplating suicide.'* The wise man told him, 'Come tomorrow morning at 5 a.m. I will remove all the poisons from your mind.' The king was so happy. As he was about to go, the wise man told him, 'Please don't forget to bring your mind.' The king was perplexed. But did not react. When he went to the palace, he discussed this with the queen, 'This wise man seems so strange. How can I go meet him tomorrow without my mind?' The queen was intelligent and advised him to go for that appointment. The next day, when the king met the saint, the first thing the saint asked was, 'Have you brought your mind?' The king, a little irritated, replied, 'How could I come here without my mind?' The wise man smiled and said, 'That's good. Now, while I finish my meditation, for the next few minutes, sit in the next room and get hold of your mind which is carrying your fear, worry, stress and anxiety. Once you give me your mind, I promise I will remove all of the misery and poison that is in it.' Saying this, he left the king to contemplate. The king started to ponder, 'Where is my mind?' He could not find the mind.

THE MIND IS NOT KING... IT CAUSES SUFFERING!

His worries and his fears were zooming in his head, but he could not find his mind. After the Saint finished his meditation, he returned and told the king, 'Let us start. Give me your mind. I will eliminate all that you want out of it.' The king was a bit embarrassed. He said, 'I could not find where my mind is.' The wise man said, 'But you told me that your mind is full of anxiety. I can remove all your fears and worries that are making you anxious. But if you can't find the mind, then, what can I do?' The king realized that there is no mind. These were just thoughts that were causing fear and worry, stress and anxiety. The mind appears to be, but actually it has no existence. The saint had opened the king's eyes to realize this truth.

The mind is a rascal. In reality, it does not exist. Still, it causes all our suffering because it appears to be the king of our life. It makes us believe that we cannot live without it. Have you even imagined how life would be without the mind and its thoughts? The mind fools us into believing that it is the intellect too. It bombards us with negative thoughts and imprisons us behind bars of ignorance. It is the mind that makes us fear and worry. It causes our stress and robs our tranquillity. Unfortunately, because we don't realize that it is the mind that is our biggest enemy, we try to befriend it. In fact, we try to use the mind to overcome our depression, when the mind itself is the real cause of it.

If we want to overcome our stress and worry, we have to first still the mind and thus, kill the mind. If we let the monkey mind free, it will continue to cause us misery.

THE MIND IS NOT KING... IT CAUSES SUFFERING!

The mind is not king. It is the cause of suffering. By default, the mind makes us suffer again and again with thoughts that pour like rain and push us down the drain. It is the mind that is causing fear, making False Expectations Appearing Real. It is the mind that is making us worry, repeating our fears and problems and overthinking. With its thoughts, the mind is drilling us and killing us, causing stress and making our life a mess. It is the mind that is robbing our tranquillity by creating toxic thoughts of anxiety. This rascal mind which we cannot find is causing such an aggression of thoughts that in depression we are caught. We must kill the mind before the mind kills us. The mind is the cause of all suffering, and it tricks us by portraying itself as the king. It makes us believe that with its thoughts, we can achieve success and achievement and enjoy pleasure and happiness.

Inadvertently, we are caught in a maze because it is the mind and its thoughts that increase our pace and we get caught, as we chase in the race, trying to be an ace. The mind steals our grace. All this is because the mind hides its face. It cheats us and deceives us as the king and continues to cause so much suffering. The mind is a monster, and not only does it cause all our misery, but it can also put aside our intellect and cause us to commit suicide. Beware the mind! It causes all our suffering.

*The Mind appears as the Master of our Life, as the King!
In reality, it causes all Fear, Stress, Anxiety, all our Suffering!*

WHAT CAUSES SUICIDE?

Haven't we heard of people ending their life? Don't we know of people whose stress and anxiety, led them into depression that ultimately caused them to commit suicide? What is the cause that triggers this irreversible action of taking one's own life?

While we can understand how fears can create phobia, and how worries can rob our bliss, how stress can create a mess and anxiety can destroy our tranquillity, it is very difficult to comprehend how depression can cause suicide. Let us analyze. The mind thinks up to 50 thoughts a minute. As it bombards us with these aggressive thoughts, it first creates stress and anxiety. Thereafter, it causes a greater damage. It makes us withdraw into depression. What is this depression all about? In this state, we are overpowered by the mind. It seems like we have lost our defence mechanism that can protect us from toxic thoughts. What actually happens is that the monster mind steals our Consciousness and with it, our ability to discriminate, which is a gift bestowed on the intellect. We human beings are blessed with this power that can discriminate black from white, wrong from right. When the mind overpowers us, it destroys our intelligence and ability to choose.

We all have problems, who doesn't? But the mind makes a mountain out of a molehill! It makes the wolf look bigger than it is.

It magnifies our fears and anxieties and confronts us with thoughts like, 'How will I be able to face this problem? What if this or that were to happen to me?' The mind drills us so badly that it kills the intellect and leads us to that moment called suicide. Then, it is game over!

Sid owned a very large business. It was worth several millions, and he had a luxurious life. However, just like in any business, he had problems that caused stress. The mind made him nurse and curse and rehearse his problems. It kept on replaying thoughts and this overthinking made him take his own life. He jumped into a river and died. Why did this rich and successful man commit suicide? It all happened in that moment when the mind destroyed his intellect and unable to discriminate and choose, he decided to lose his most precious gift, his life!

Larry had lived several decades as a cheerful man. He enjoyed his life eating and drinking. One day, the doctor told him, 'You have several health issues. You have to take care of your diet, restrict your drinking and eating of red meat.' His mind came into play. It started questioning him. 'What is life without eating and drinking? What is the use of suffering? Why go through all this?' Though he was blessed with peace and happiness, one morning, his mind defeated him. His thoughts became so rotten that he went to the roof of his building and jumped off. In a fraction of a second, he was dead. He had everything to live for, but the rascal in his head led him to ending a beautiful life.

WHAT CAUSES SUICIDE?

We all fall in love and experience heart aches and heartbreaks. When Yuvaraj was in love with Shanti, the love affair, like any other, had its ups and downs. However, Yuvaraj's rotten mind made him find reasons to believe that life is useless. Although he was told that we must learn to face our problems, his mind defaced his discrimination. After one fight with Shanti, his mind created such an aggression of thoughts that even without realizing what he was doing, he hung himself from a fan. When Shanti came to meet him, she was shocked to see that he had committed suicide.

What causes us to end our life? Although this gift of life is so precious, why do so many happy, successful, rich people end their life? It is because of the mind. The mind puts all the good things behind, and it continues to play the miseries in our head, again and again, till we take some drastic step, and we are dead. Suicide is very often the cause of a rotten thought that germinates into a toxic decision and leads to the irrevocable action of ending life. Is there any logic to this? No! This tragic end is caused by our mind, a mind that makes us fear and worry and causes so much anxiety that we lose our peace and tranquillity. And thus, having lost the power to discriminate, we decide to terminate this precious gift called Life. Isn't it time to destroy our mind, the one that destroys our peace and our bliss, our joy and our happiness and ultimately, destroys our life itself?

*The Mind Destroys our ability to Think Wisely and Discriminate,
It Elevates our Misery and our Own Life it leads us to Terminate.*

HOW CAN WE CHANGE OUR THOUGHTS?

Since thoughts are so deadly, and they cause so much suffering and can even lead us to suicide, what can we do to our thoughts? Is it possible to stop thinking? We can meditate and contemplate and slow down our thoughts, but we can't entirely stop thoughts from emerging in our head till the moment we are dead. While we can't stop thoughts, we can change them.

There are two effective ways to change our thoughts. The mind is like a popcorn machine. It is constantly popping thoughts. But we can control what we put into the mind. Just like you will get caramel popcorn or salted popcorn based on what you feed the corn machine, so also, our thoughts depend on what we feed the 'Mind Machine'. The raw material for the mind, our thought factory, is emotion. If we feed the mind negative emotions, it will produce negative thoughts. But if we fill the mind with positive emotions, we can think and react positively. Just imagine, feeding the mind with emotions like regret, shame, guilt, pessimism, fear, worry, stress and anxiety, anger, hate, revenge and jealousy. What kind of thoughts do you think the mind will produce? There is no doubt that the 'Mind Machine' will be full of toxic thoughts. But if we clean the 'Machine' that produces thoughts, and now feed it with seeds like faith and hope, trust and enthusiasm, courage and confidence, love and compassion, optimism and forgiveness, then the raw material that we feed automatically changes what pops out of the mind. They will be positive thoughts.

HOW CAN WE CHANGE OUR THOUGHTS?

There is an important revelation that we are unaware of. If we do not constantly feed the mind with positive raw material, by default, it will produce negative thoughts. Such is the mind, the rascal that we cannot find! By now we know that the mind is a subtle part of our existence. Still, it is a very strong force and appears only when there are thoughts. When there are no thoughts, there is no mind. Therefore, the first practical step is to flip from NEP, Negative Emotions that create Poison to PEP, Positive Emotions that create Power. Throughout the 25 years of my achievement journey, I used positive thinking as a way to have a positive attitude. Whenever the thought came, 'Can I?' or 'Will I?', I would change it to, 'I can! I will!' and then, I did it. However, I saw that the mind was my enemy. It didn't let go so easily. It wanted to create poison and it would always stop me from being in peace and bliss. It was much later that I learned the art of moving from mind to Consciousness, wherein, I learned a sure way to change my thoughts.

How can we flip over from mind to Consciousness? Consciousness is the state of thoughtlessness. It is also referred to as mindfulness or awareness. It is that state when the mind that is gushing like a river with thoughts is made to stop by building a dam. However, can we build a dam when the river is gushing? So also, we cannot lock the mind when it is drilling us and killing us. If we can still the mind through meditation or contemplation, in that moment, we can lock it by our intellect being in Consciousness. Then, the mind will gush no more. In this state of Consciousness, where thoughts don't pour like rain, creating poison again and again, the intellect will

HOW CAN WE CHANGE OUR THOUGHTS?

discriminate each thought, one by one, as it gently appears in our Consciousness. In this state of discrimination, we can intercept a thought and change it. Normally, thoughts of the mind are like a bulldozer. They rush past us and become feelings and actions. But if we are in Consciousness, with the intellect in charge, we can discriminate and change our thoughts.

Putting it together, there are two known ways to change thoughts. We can move from negative to positive, just as we can move from mind to Consciousness. Then, we can become the master of the mind and we can live as a monk, as we cut the tail of the Monkey Mind, the EY of the MONKEY that is Ever Yelling and Ever Yearning. We can control the mind, not just through positive emotions but also by stopping its Yelling and Yearning. This is how we can change our thoughts.

If we change our thoughts, we can change our life. We can overcome fear, worry, stress, anxiety and depression. But if we are caught in thought, if we let our mind make us blind, then we can never unwind the miseries in which the mind will bind us. It will tie our wings with strings.

*We can Change our Thoughts and change our Life,
We can be Positive, be in Consciousness, or live with Strife*

HOW CAN WE KILL THE MIND?

Suppose you want to kill me, you can either shoot me down, or stab me, or even poison me, but how can you kill a mind that you cannot find? Although the mind is causing fear, worry, stress, anxiety and depression and we want to kill it, how can we kill it when it hides behind? Only those who master the mind and catch it, they can kill it! The method prescribed to kill the mind is, first watch it, then catch it, then latch it. Those who don't understand the mind, are confused. I can watch it, but how can I catch it and latch it? If only we learn that the way to catch the mind is to still it, then we can ultimately kill it!

We human beings are like a computer. Just like the computer has hardware and software, we too have a gross physical body, and our software is the mind. We cannot touch it or catch it. But just like the software plays in the hardware of a computer, the mind appears in the body of a human being. As long as the mind is in charge, we will experience misery. Therefore, we have to eliminate the mind. Just as we can reprogram our computer, we can try to reprogram our mind with positive thoughts. But unfortunately, the mind has an objective. Its agenda is to keep us in ignorance and to cause us suffering. Further, it deceives us and makes us believe that our human-computer cannot function without the software called the mind. Little do we realize that the mind is worse than a deadly virus that a computer can have. It is constantly making our human-computer crash with viruses like stress and anxiety. Now, our challenge is to kill it. But it is not possible because it is invisible!

The only way to kill the mind is to still the mind. The mind produces a thought every second. It will either produce new thoughts that confuse us and defuse our peace and bliss, or it can take the same thought that will continue to drill us and kill us. Then, there is so much poison in our head that we are dead. We are unable to live cheerfully, because of the thoughts that bombard us.

Steven faced a challenge. He could never find peace, although he wanted it so much. The moment he woke up from his bed, toxic thoughts would enter his head. His mind would jump to what had happened yesterday, and create regret, shame and guilt. Then it would jump to tomorrow and create fear, worry, stress and sorrow. He was fed up with his mind. He wanted to kill it, but he didn't know how to. His mind was like an active volcano that never stopped erupting negative thoughts. Steven was advised meditation and this helped a lot. He learned the art of being in silence, and every time he succeeded in his meditation practice, he experienced moments of peace. However, the challenge was that when he finished meditating, the mind would return with its miserable thoughts. But one day, he met an Enlightened Master who guided him on how to kill the mind.

Don't we all want to be free from miserable thoughts? Wouldn't we love to leave the toxic mind behind? For this, we must kill the mind. It is not enough to still it through meditation because it will return. The Enlightened Master taught Steven the difference between mind and thoughts. 'You can't stop thinking Steven, but if you live in that state of Consciousness, you can still the mind. The moment you still the mind, you can kill the mind!'

HOW CAN WE KILL THE MIND?

When we are in a state of Consciousness, the mind disappears. The mind only exists when bundles of thoughts pour like rain and make us miserable again. But when we live in Consciousness, then we realize that there is no mind. If we live with this awareness, this mindfulness, we can succeed in killing the mind.

It's not easy to kill the mind! This is because most of us don't make an effort to find the mind. Those who do, realize that there is no mind. It just appears to be and creates the Mind and Ego, ME. Then, we experience misery and sorrow. The moment we still the mind, not only are we free from mental misery, but we also realize that we are not the one we see in the mirror. In this moment, we can be free from fear and worry, stress and anxiety. It all depends on if we can still the mind. If we do, we have succeeded in killing the mind. Then, we can experience Eternal Bliss, living in Truth Consciousness. We must remember that if we don't kill the mind, the mind will kill us!

*To Overcome all Misery, we have to Kill the Mind!
The Only Way to Kill the Mind is to Still the Mind.*

LIVING IN CONSCIOUSNESS

To overcome fear and live with cheer, to overcome worry and enjoy curry, to eliminate stress and not make life a mess, flip over from anxiety to tranquillity. To overcome depression and make life a celebration, there is one solution – Live in Consciousness. If only we are able to still the mind and kill the mind, and leave it behind, then in thought we will not be caught. We will be transported to that state of mindfulness where there is thoughtlessness, and this state of awareness is known as Consciousness.

Who wants to be miserable and live with sorrow? Who wants to have regret and shame, guilt of yesterday and fear and anxiety of tomorrow? Nobody wants unhappiness, but hardly anybody has learned the secret of peace, bliss and happiness. We all say, 'Think Positive', but we don't know how to be positive. When we want to change our thoughts, we feel helpless because it seems like we have no control on them. But the good news is that we actually do.

If you were told to stop doing what you were doing, would you be able to do it? Suppose you had to stop eating or walking or talking. Of course, you could do it. So also, one can stop thinking. One can reduce the flow of thoughts. It is right to understand that we cannot eliminate thoughts completely, but we can eliminate the mind. The mind is made of thoughts. But all thoughts need not be the mind. If thoughts appear gently and are disciplined, then they enter into our

Consciousness like little fish one by one. In this case, the thoughts are subject to our intellect that will gently discriminate and think and not blink and sink with the mind. It is a tricky thing to understand the difference between mind and thoughts. Somehow, we think they are synonymous. We have believed that just as you cannot have the mind without thoughts, you cannot have thoughts without the mind. But you can! If thoughts are gently appearing, then you are living in Consciousness. This state of thoughtlessness does not mean that there are no thoughts at all, but rather that you are the master of your thoughts.

Living in Consciousness means living without the toxic disorders of the mind. This is because when there is Consciousness, there is no mind. Of course, when there is the mind, there cannot be Consciousness too. Suppose I tell you to bring me a hot glass of cold water, can you? If you can't, then try to bring me a cold glass of hot water. You would be perplexed. How can I bring you hot water that is cold or cold water that is hot? So, it is impossible to have a peaceful mind that is in Consciousness. The moment we are in Consciousness, the mind disappears and with it, fear and worry, stress and anxiety dissolve and exit from our life. The challenge is to be able to live in Consciousness. We all experience moments of Consciousness either when we are in meditation or contemplation and there, we experience moments of awareness and the stillness of the absence of thought. In this temporary moment where there is no mind, we experience that state of blissful Consciousness. But is it easy to live in Consciousness?

Living in Consciousness is life's greatest challenge. The moment we are still, the mind enters. It comes uninvited and does not knock at our door. With its barrage of thoughts, it pushes us on the floor. Living in Consciousness means this happens no more! It means that there is no mind, just as it means that there are no thoughts. Have you seen moving cable cars? They are synchronised to move gently, slowly and singularly. So are the thoughts in our Consciousness. In the mind state, thoughts appear like a roller coaster, causing anxiety and fear and it appears that we are going to crash because the thoughts are so rash! But in Consciousness, there is peace and bliss. This is only because of the absence of the mind and its aggressive thoughts.

The secret of living in Consciousness is of course, to first still the mind and then, kill the mind. We can only kill the mind if we watch it, catch it and latch it. Then, we have to lock our Consciousness with our intellect and block the entry of thoughts that can make the mind reappear from its grave. As long as we are alive, the mind will never die. But as long as we are in Consciousness, there will be no mind, no misery, no sorrow. Instead, there will be Eternal Peace and Everlasting Happiness, living in Consciousness.

*We can live as the Mind with Stress and make our Life a Mess,
Or we can live in Consciousness and Experience Happiness.*

THE MIND WITH THE EGO BECOMES ME

What happens when we don't live in Consciousness? Not only are we caught in thought, but the mind also becomes stronger as it inflates the ego and becomes the Mind and Ego, ME. The ME, Mind and Ego, becomes the driver of our life and fills it with misery and strife. Not only do we have to deal with stress and anxiety, fear and worry, the ME now creates the agony of anger and hate, the anguish of revenge and jealousy. This becomes a greater problem to solve.

Don't we all talk of 'me'? We are constantly using the words 'I', 'me' and 'mine'. Who is this 'I' that says that this house is mine? It is the Mind and Ego, ME. That's why we say, 'Please give me a glass of water.' The ME refers to the one I see in the mirror, the body and the mind, which the ego calls 'me'. As long as we live in ignorance, we will always believe I am 'I'. We will not realize that when the ego says 'I', it is a lie! We are made to believe that we are this body. But this body will die. One day, people will say that we passed away when we lose our breath in the moment of death.

Doesn't the ego say, 'It is my birthday'? But the truth is that the date on our birth certificate is fake. We were alive kicking in our mother's womb days and weeks before we arrived on the planet. But the ego does not let us realize it. It merges with the mind to become ME and then, we are not free from all the misery, the triple suffering of the body, mind and ego.

The truth is something else. We are not the body that will die. We are not the mind that we cannot find. The ego that says 'I' is a lie. We are the Divine Soul, the Spark Of Unique Life. The Soul creates Consciousness. But this Consciousness is enveloped by the Mind and Ego, ME in a blanket of the darkness of ignorance and then, we suffer. First, we suffer the misery of the mind, and to add to the injury, the agony of the ego. The truth is, there is no mind! That is why we can't find it. How then does it become ME, along with the ego? Because we see that our body is different from others, we identity ourselves as the body, mind and ego, and this identification is the root cause of all suffering. If only we realize that I am not 'I', then we will be free from misery. Unfortunately, the mind and ego will never give up. It becomes the ME that carries Karma, the account of our deeds from one birth to another. The body dies and returns to dust. But the ME is reborn, and this goes on and on. Until we still the mind, and live in Consciousness, we will never be free, and we will live as the body, and as the mind and ego that says, 'It is ME.'

Have you ever seen your right leg kicking your left leg? Have you ever noticed that your right eye is becoming jealous of your left eye? Or does one of your hands smash the other in anger? Ridiculous! Our hands, legs and eyes know that we are all one. We see people kicking somebody else, getting angry at others, and hating enemies, but doing this to oneself is unheard of. What makes us think that you and I are different from each other? It is the ego. Because the ego differentiates based on what we appear to be, the body which we are not, and the Mind and Ego, ME that does not even exist, we experience misery.

THE MIND WITH THE EGO BECOMES ME

What is the cause of this ignorance that causes our life to be full of misery and stress? What makes us burn in anger? It is the Mind and Ego, ME. The toxic combination of the deadly mind and the obsessed ego becomes an invincible ME, and we sink in all our misery. The truth is that there is no mind and there is no ego, but together, they appear and not only make us suffer on earth but bring us back again and again in the cycle of death and rebirth. Unless we realize the truth, living in Consciousness that the mind and ego are an illusion, we cannot live with peace and bliss. Haven't you seen a rainbow? It appears in the sky, and you can even take a picture of it. But has anybody caught a rainbow? No! It is just an illusion, an appearance. So is the Mind and Ego, ME. Sure, it appears to be, and even makes us see ourselves as the one with a name, trying to create fame but all this is a myth which unfortunately, we grow up with.

Who experiences fear? Who gets worried? Who cries in stress and anxiety? It is ME. If only we can see that there is no ME, then where is the question of misery! Although it seems so simple, we are unable to realize this truth because the mind makes us blind and the ego, which is our biggest foe, continues to create stress and make our life a mess!

*The Mind inflates the Ego and together, they become ME,
Then we experience anger, hate, revenge and jealousy!*

OVERCOME ANGER, HATE, REVENGE AND JEALOUSY

How would life be if there was no fear and worry, no stress and anxiety, but it was full of anger, hate, revenge and jealousy? Life would be hell because this anguish and agony caused by the ego can be greater than the misery caused by the mind. The mind creates toxic thoughts, and we suffer. But when the ego comes alive, we burn and this, in turn, creates actions that have corresponding reactions and we are never free from our misery.

To get to the misery of the mind and the agony of the ego, we need to do some soul-searching. If the mind is something we cannot find, and the ego that says 'I' is a lie, then who is getting angry and why do we hate? Is the ego different from the mind? Can it exist independently? Suppose there is no body, can the ego still be? Can the mind and ego become the ME without our physical existence? That is impossible! The ME, Mind and Ego, starts its journey when we are conceived at first. We arrive on earth and then only the mind and ego seem to surface. Little do we realize that the cause of our birth on earth is because of the Mind and Ego, ME that carries Karma and returns to earth. However, the mind and ego stop us from realizing this truth. The mind inflates the ego, and it becomes practically impossible for one to realize, I am not 'I'. I am not the body that will die. I am not the mind I cannot find. The ego is telling a lie when it says 'I'. Spiritual Awakening is about realizing this truth. This is Enlightenment. When we realize we are the Divine Soul, then we achieve our ultimate goal.

OVERCOME ANGER, HATE, REVENGE AND JEALOUSY

The only way to overcome anger is to realize that becoming angry is meaningless. We can throw hate out of our gate by realizing we are all one. We will stop trying to avenge and take revenge when we realize that there is no mind and ego, ME. And so, our jealousy will disappear when we overcome all our ignorance and live as the Divine Soul. As long as we let the ego take control, there is no way to overcome this agony and anguish. As long as we see the one in the mirror as me, then the ego will always want its supremacy. It will continue to compare and compete and in this confusion, never reach that conclusion called Realization. Nobody likes the toxic emotion of anger and hate, but still, every day, it is served on our plate. If only we stop and contemplate and find out who is this 'I', then most of the problem will be solved. Unfortunately, when the Mind and Ego join to be ME, to be free from this enemy, is our life's greatest challenge. The moment we realize we are not this, we are 'that', we are the Spark Of Unique Life, in that moment, we can overcome anger, hate, revenge and jealousy.

Kirti was a very competent girl. Her career was flourishing. But as she achieved more and more accolades, her ego, in full bloom led to her doom. She thought, 'I am everything. Others are nothing!' She did not permit anybody to come close to her achievements. She started focussing on others rather than herself. Her jealousy became the cause of her anger, and her hate. But the root cause of all this toxic fruit was her ego. The ignorance that she was 'I' led her to die as she ultimately killed herself in the agony and anguish of her ego.

Haven't we seen many people like Kirti? They burn themselves without realizing that their ego is the cause, and the mind adds fuel to the fire with its toxic thoughts.

There is a way to overcome anger, hate, revenge and jealousy. But for this, we must transcend the ego. We must tame it because we cannot kill it or annihilate it. We must remember that as long as we are alive in this body, the ego that says 'I' will exist. If we do not live as the Enlightened Ego that realizes I am not 'I', we will live with anguish and agony till we die. If only we realize, 'I am not this body, mind and ego,' we will overcome all the anguish of the ego.

In fact, not only will there be peace within and peace in our homes and communities, but we will also achieve world peace if we transcend the ego. Today, anger, hate, revenge and jealousy are visible in countries at war and people of one community are attacking and killing people of another community. We see religion becoming the cause of terrorism. What is the root cause of all this? It is the ego. It is the ego that causes this agony. If only we live as an Enlightened Ego, we can eliminate anger, hate, revenge and jealousy and live with peace and bliss.

*There is a way to Overcome Anger, Revenge, Jealousy, Hate,
With an Enlightened Ego, these can be out of our Gate.*

TRY TO FIND THE MIND

If we have to overcome all misery and stress, our first challenge is to find the mind. Can you find the nose on your face? That is not difficult, is it? You can pull your ears. We all see with our eyes. We can see our heart and brain through X-rays or MRIs. But have you ever seen the picture of the mind? Where is the mind? Though it appears to be so active all the time, the fugitive mind escapes us. Let us try to find the mind. We all talk of the mind, don't we? We say, 'My mind is stressed out' or 'My mind is worried', but is the mind in the head or in the heart? Where is the mind?

The heart beats. It pumps blood. But this critical organ is visible. The brain connects all the nerves and neurons to various parts of the body. It has its physical existence. But what about the mind? By now we realize that even though the mind is constantly thinking, it has no physical existence. For centuries, doctors and scientists have tried to find the mind. But where is the mind, nobody can find. There is no doubt that it exists or rather seems to exist. But when we want to remove fear and worry, stress and anxiety from our mind, how can we, if we can't find the mind? The whole challenge of living in peace and bliss is to eliminate the mind. We have to catch it and latch it. We have to still it and kill it. But how?

If the police are told that there is a thief who is stealing cars, and that thief is also stealing cash and jewellery, that he is an expert in stealing mobile phones and laptops, the police will realize that this

thief is deadly! The entire police force will go behind him and try to catch the burglar. But imagine, if the burglar was invisible. Would the police be able to find him? So is the challenge with our mind. It robs us of our peace. It steals our bliss. It destroys our joy. It creates a mess by creating stress and robs us of our tranquillity. But how can we find the mind when it is not visible? How can we still it when we can't see it? If one decodes this mystery, then sorrow and misery will be history. We can make stress and worry a thing of the past and our depression will not last, but only if we can find the mind!

Just like you cannot find the software in a computer, but it exists, the mind is a subtle part of our existence. We can see the software through the hardware, the screen and the hard disk, but when it comes to the mind, we cannot even see it. We know it exists because, through inference, we realize that it is the one that produces thoughts. Thoughts are the effect. What is the cause? It is the mind. Many people think that the mind is the brain. The brain is the hardware. But it is not the mind. If the brain was causing fear, worry, stress and anxiety, then we could go to the brain and remove these toxic emotions. But we can't! Doctors sometimes prescribe drugs with serotonin and dopamine as a supplement. They call these the Happiness Hormones and it seems that these can negate our misery and stress. But they are to do with the brain, not the mind. If we want to be free from all misery, we have to find the mind. Only then can we leave all our sorrows behind.

TRY TO FIND THE MIND

We may not be physically able to see the mind, but we can know when it appears. It appears when we experience fear. The fearful thought is riding on the mind. When we worry, it is because of the mind. What is causing constant stress? It is the mind. If we experience anxiety at times, it shows the mind is present.

Therefore, let us not be fooled once again by the mind. When we try to find the mind, the mind tells us, 'How can you find me?' Once again, it tries to make us blind. By doing so, it continues to fill our life with toxic emotions. However, the moment we move to Consciousness and lock Consciousness with the intellect, we can discriminate and see these toxic thoughts as being none other than the mind. These toxic thoughts appear because of the mind. When we still the mind, then these emotions disappear. If we want to find the mind, we must not try to find it. We must move to Consciousness. Then we will find that there is no mind. By doing so, we have left the mind behind. This is to successfully find the mind.

Those who try to make friends with the mind are sure to fail. They will continue to suffer. There is no doubt that the mind exists, and it creates misery. But only the wise ones still the mind and kill the mind. They not only find the mind, but successfully leave it behind.

*If all Misery is from the Mind, let's find the Mind!
The Mind makes us Blind, so we can't find the Mind.*

SUFFERING IS A CHOICE

Many people attribute suffering to luck. 'Oh, it's my bad luck that my life is so full of misery and sorrow.' Little do they realize that most suffering is because we choose to suffer. Because we are not careful to eliminate the toxic thoughts from our head, we suffer right till we are dead. But this is a choice. If we choose negative thoughts, then we will lose our peace and bliss. It is not luck. We pluck suffering and sorrow from the garden called life.

How is suffering a choice? Every human being suffers. We experience physical pain, misery of the mind and the anguish of the ego. How can we escape from this sorrow? We don't choose it. Rather, these monsters attack us, and we sink in suffering. Little do we realize that if we consciously choose, we can eliminate all these messengers of misery that come knocking at our door. No doubt, fear will appear, but to live with fear is a choice. It is a False Expectation Appearing Real. We can believe in it or eliminate it. It's a choice. So also, worrying is a choice. We can nurse and curse and rehearse our problems or we can reverse them. Worry doesn't help, but we choose to worry. If we resolve not to, we can remove the habit of worrying from our life. While stress comes from the mind and causes a mess, we can either choose positive thoughts or lose our peace to toxic, stressful thoughts. If we let the mind ride our horse, of course, we cannot be the boss. But then, this loss is not serendipity. Tranquillity or anxiety is a choice. If we are in Consciousness, then nobody can rob our peace. Therefore, it is a choice to make life a celebration or to live in depression.

SUFFERING IS A CHOICE

If we let the aggression of thoughts attack us, we will slip from the peak of bliss into the valley of gloom and doom. Then, we may cry and look at the sky. But it's of no use. We did not choose to be happy and now, we will lose the precious gift called life. Whether it is tears or whether it is cheers, is not a matter of chance. It is a matter of choice.

Yes, we can overcome all suffering. But we have to do it one by one. Fear, worry, stress and anxiety can be considered the four pillars that will support a depressing life. We can let the ego join the mind and create anger, hate, revenge and jealousy, just as we can eliminate our ignorance and live in Consciousness with peace. The trick is simple. If we want peace, we must choose it. Otherwise, we will lose it. We forget that our life is a matter of choices. Therefore, it is filled with strife. We are made to believe that these miserable monsters are part and parcel of existence. But this is nonsense. We can be free only if we tame the Mind and Ego, ME.

Harry and Larry were two great friends. They grew up together, went to the same school and lived in the same neighbourhood. Both came from well-to-do families. While Harry lived a life filled with joy and peace, Larry was almost always miserable. Harry was optimistic, Larry was pessimistic. Harry lived with faith, but Larry gave into fear. Harry treasured tranquillity, but Larry lived in anxiety. What was the cause? Harry knew that it was because he chose peace and bliss. But Larry thought that it was his genes that were causing his unhappiness.

Happiness doesn't come in our genes! We nurture our happiness. It is not a gift to us human beings, but no doubt, every mind is a monster. There are no 'other types' of minds. Where there is a mind, there will be misery and sorrow. The mind will drag us into yesterday and push us into tomorrow. It will constantly try to steal our present moment. But it is in the NOW that peace and bliss exist. Unless we make a vow to be in the NOW, how can we live peacefully? The past is full of regret, guilt and shame. The future has fear, worry and anxiety. But the present moment has peace and joy, bliss and ecstasy. We can make the present moment a celebration or let the mind fill us with toxic thoughts and create depression. Isn't it a choice? Some people have everything. But they are unhappy. Some people have nothing. But they are happy. We see this around us but why don't we see that we have a choice? If only we can be free from the Mind and Ego, ME, then, we can be in bliss.

You can be happy no matter what. You can live with peace. Peace is within. But we don't find peace because we let the mind take charge. If you choose the mind, then it will grind you with its thoughts. But if you eliminate the mind, then peace you will find. But this is a choice.

*Suffering is not a Matter of Luck.
It's a Choice. It Depends on what you Pluck!*

OVERCOME TRAUMA, REALIZE IT'S JUST A DRAMA!

If we want to overcome all the trauma of life, then, we must understand that life is a drama. Whatever is happening in life is Karma. If only we realize this, then we can overcome this trauma in this drama. Living with joy and peace is very much possible. But if we think everything is real, then we are sure to suffer.

What happens when we go for a movie or a drama? There is comedy and tragedy. But even if our favourite actor dies on the screen, we know that it is just a show. The red blood is makeup. It's not real. Because we know it is a drama, we overcome the stress and the anxiety. But some people shed tears while watching a movie. They get emotional perceiving the drama as something that is actually happening in life. Ultimately, everybody knows that a movie is just a movie. But very few of us realize that life is a drama. We are actors, we come and we go. Our life too is nothing more than a show. One day, just like in the movies, we will reach that final moment of 'The End'. Then, why do we worry so much? We fear death, the loss of all that we own, the loss of all that is known. Then we fear what lies beyond death, the unknown. Death is a reality. Every 'body' has to die. But why get stressed out? If only we realize that life is a drama, there will be no trauma. Unfortunately, we think life to be real. What happens when we wake up after a nightmare? We realize that it was just a dream. There is no need to scream! It was just the mind playing tricks when the body was asleep. We don't rehearse our past dreams, do we? In fact, we don't

even remember them. But we rehearse the past incidents of our life and we become miserable. We don't realize that life too is ultimately like a dream. In the end, nothing will matter. If only we realize this, then, we will be free from the trauma of this drama.

There was a little child who went to an amusement park with her parents. While the parents were having fun, the child suddenly began to scream. The animatronics show had an alligator that was opening its mouth. The child got frightened and screamed and cried. The parents were laughing, till they realized the trauma faced by the child. Then they hugged the child and consoled her. Don't children get scared by merely seeing a statue of a tiger or a lion or a polar bear? A child doesn't realize that it is not real. So, the child screams with fear. But we don't. We realize that these are harmless.

Those who realize that life is a drama are unaffected by the so-called tragedies. They understand that ultimately, life is a comedy. Whatever is happening will soon pass. It will hardly matter and in fact, we have little control on many things. They just flow and we have to let go. We have to learn to enjoy the show called life. Isn't it true that we are like mere actors and this life is a theatre? We appear on this humongous stage called Earth. We do not control our birth. But we have the freedom to act. We have the freedom to laugh or cry. But while we can choose how we live, one day, we will die. Surely, we will lose our breath in the moment of death. Either we can enjoy this drama called life or we can fill it with strife. If we realize it is just a drama, then there will be no trauma.

OVERCOME TRAUMA, REALIZE IT'S JUST A DRAMA!

But if we think everything is real, then we are sure to suffer. The cause of all our trauma is the simple fact that we don't realize that life is a drama. We don't realize that nothing is ours. When we came into this world, did we bring anything? When we depart, can we take anything with us? Still, we live with fear and worry, stress and anxiety, all because we don't realize the truth about life. We fight with the other actors on the life stage because we don't realize that while we seem to be different bodies on the outside, we are in reality the same power that is inside. This Realization will eliminate anger, hate, revenge and jealousy, just as it will wipe away the trauma and anxiety. One day, we have to go. Then why worry about what is happening in the show? Why not enjoy every moment in bliss. Unfortunately, it is our mind that is stealing our happiness. It is the mind that is causing the trauma because it does not realize the truth of the drama. Although the truth stares us in our face, the mind makes us blind and stops us from living with grace. We chase to become an ace, and we cry through the race, getting caught in the maze. Alas! It's all because we don't realize that life is just a drama!

*We live with Stress and Anxiety and so much Trauma,
All because we don't Realize that Life is just a Drama!*

EVERYTHING IS UNFOLDING AS PER KARMA

While life is a drama and there is trauma, we must realize that everything is unfolding as per Karma. What does this mean? It means that all our miseries are the result of choice, not chance. 'But why is there fear and worry?' One would question, 'Why stress and anxiety?' These two are the result of the Law of Action and Reaction. If we want to be happy, we have to understand how this law unfolds and how we can choose to be peaceful and blissful.

Life is Karma. But what exactly is Karma? Karma is a Universal Law, a Law of Cause and Effect. It is like a boomerang. Whatever is unfolding in life, every circumstance is a result of past actions. However, our anger, hate, revenge and jealousy are present actions. We can react with fear, worry, stress and anxiety to what is unfolding, or we can accept without protest, knowing that everything that is happening is a result of the past deeds that we have planted. Just like seeds that we plant decide the fruit on the tree, our deeds decide our destiny.

Two accounts of Karma are playing on the earth stage. One is our opening balance or *Prarabdha* Karma. This decides how we came to earth. In fact, it is the cause of our birth. If we do nothing whatsoever, then this Karma alone will unfold throughout life. But we can't escape from Karma or action. Every human being acts. Since there is no freedom from action, we are creating new Karma. This is our current account of Karma known as *Agami* Karma.

EVERYTHING IS UNFOLDING AS PER KARMA

Every act or deed is marked by Karma, good or bad. Karma will ensure that we are glad or sad. Life is a combination of both these Karmas, the *Prarabdha* Karma and *Agami* Karma, the opening balance and current account. If only we understand this, we can accept life gracefully and not be caught in its trifles and battles.

Why do we fear and get stressed out? Because we don't accept the unfolding of Karma in life. Why do we worry and get anxious? Because we don't surrender to the destiny that we have created. If only we understood that the life drama was Karma, we would accept and surrender and there would be no trauma. But unfortunately, we are ignorant. So, we sometimes reach a state of depression because we don't understand what is happening and why it is happening.

In this ignorance of Karma unfolding, we are creating new negative Karma. This only means that more unpleasant things are going to happen. We live with desperation, bitterness and misery instead of joyously accepting and making life a celebration. Shouldn't we celebrate that our negative Karma is redeemed? Whatever has happened, has settled our past deeds. Now happy times and good circumstances will unfold. If we live with this expectation, then we can make life a celebration. Instead, we behave like we are unaware of Karma, and we react negatively, adding to the burden of our toxic, Karmic account. Life is a drama. Everything is Karma. But then why does trauma fill our life? If we understand Karma, not only will we accept what is happening, we will be blissful and peaceful, and not react to what is happening. We will do our best, and

having done our best, we will surrender the rest to the Universal Law of Action and Reaction to unfold. We will not be under the influence of emotions like fear and worry. Stress and anxiety will not make us react and plant new seeds that will emerge as new thorns in our life. Understanding Karma will make misery cease as we live with peace.

Those who master the Law of Karma, ultimately transcend all Karma. They realize that we are not the ones who are doing the Karma. We are not the body, mind and ego. We are the Divine Soul. They let Karma unfold, but living in Consciousness, become a Divine instrument without owning the 'doer'ship of any actions. Therefore, we are free from any new Karma and the old Karma eventually dissolves and disappears. They are the ones who overcome all misery and sorrow and they live life moment by moment, without any stress of yesterday or anxiety of tomorrow. If only we realize the truth of Karma, then we will enjoy this drama called Life and we will transcend all trauma.

*Just like the Seed we plant Decides the Fruit on the Tree,
It is our Actions that cause all Misery.*

WHO ARE WE IN REALITY?

If we want to overcome all stress and get rid of our life mess, then we must go on a quest to find out who we are in reality. Those who haven't pondered on this will be surprised. 'What do you mean?' they will question. 'Don't we know who we are? We have a name, a family, an ID card, a bank account and so many relationships that define our existence. What do you mean — who are we in reality?'

When an American came to India to be spiritually awakened so that he could have peace and bliss, he introduced himself to a Spiritual Master – 'I am Robert, a lawyer from New York city, a Christian, son of Mr. and Mrs. Smith, Father of Racheal and Harry. I am a multi-millionaire, I have several businesses.' And he listed his assets. The Master questioned him, 'I asked you who you are. I never asked for your name, your nationality, your religion, your occupation and your financial condition.' When the American was baffled, he surrendered to the Guru and said, 'Can you please tell me who I am in reality?'

The Guru explained. 'Your name was given to you after you were born, and this name will disappear once you are gone. This body that you think is you, came 9 months after you were actually conceived. The birth date on your birth certificate is fake! You boast of all your possessions, but nothing is yours. They are just for you to use, for in the moment of death, you will lose everything, all your possessions and all the people who you claim you have beautiful relationships with. All this will disappear.'

The source of all your misery and sorrow is your wrong identification with the body that you think you seem to be. You are a victim of your mind and ego that says 'ME'. The ego says 'I', but this 'I' is a big lie. It is the cause of all sorrow and makes you live with the fear of tomorrow. Because you think you are the ego, body and mind, stress and anxiety are all that you find. If only you realize who you truly are, then worry and depression will stay afar.' The American was confused. But he was humble and wanted to learn more. To him, far more important than all the material possessions in life were the treasures of peace and bliss. He wanted this.

We are all no different from Robert. Because we think we are this mind, the mind which we cannot find, we let it produce toxic thoughts of worry and anxiety. Because we think we are this body, as per the ego that says it is 'I', we are slaves till we reach our graves. If only we know our true identity that we are not this body, mind and ego, then we will be free from all misery and pain. Unfortunately, we experience these again and again because we are unable to let go of the ignorance of who we truly are.

We take great pride in our body, but the body will age, decay and die. And all our suffering is because of the mind that appears to be king. When will we realize that we are the Divine Soul, the Spark Of Unique Life, that gives us life in that moment of conception or fertilization? We are the Soul or the Spirit that departs in the moment of death. Then, there is no breath. If only we realize our true identity that we are the Soul, we will be free from the triple suffering and the toxic emotions of fear, worry, stress, anxiety and depression.

WHO ARE WE IN REALITY?

We will be liberated from anger, hate, revenge and jealousy, the moment we transcend the ego as we realize the truth that I am not 'I'.

Can we deny the truth that this body will die, and people will say that we passed away? If we were this body, then would our loved ones destroy it? The truth is that we are not this body. All our misery is related to this body. Our fear and stress are to do with our physical existence, just as our worry and anxiety is only for the ego, body and mind. When we find out we are not this body, then this fear will disappear. Stress will not create any mess. Worry will be meaningless, just as anxiety will become tranquillity. All these are to do with the body, ego and mind, which we are not. When we realize we are the Soul, we are transported to that state of Consciousness where there is no depression. There is peace and bliss. But as long as we don't realize the truth of 'Who am I?' we will suffer till we die. Isn't it time to find out, 'Who am I?'

All our misery on earth is related to the body, mind and ego. If only we realize we are the Divine Soul, then we achieve our ultimate goal of peace, joy, love and bliss. Then there will be no regret, shame or guilt that causes unhappiness. If we uproot the root of misery, we will eliminate the shoots and the fruits of fear, worry, stress and anxiety.

Who am I? This Body, the Ego or the Mind?

From all Miseries I will be Free, when this Answer I Find!

THE SOUL NEVER SUFFERS

If only we realize the ultimate truth that we are the Soul, we can live in a state of Eternal Bliss in Truth Consciousness. The challenge is that we think we are this body, but this body will ultimately die. People will say that we passed away. Our near and dear ones are so sure that we have gone, that they destroy the body, burn it or bury it. Although we are sure that we are not this body which was formed over nine months after we were conceived as the first cell, the zygote, we don't realize we are that Power, the Soul that is the beginning of our existence. We are that Power of life that departs at the moment of death. Because of our ignorance, we continue to be miserable as this body. Can there be fear and worry without the body? If we lived as the Soul, would there be anxiety and stress? Our life is a mess because we think we are the body.

The body is only the hardware. Who is programming all the misery creating depression? It is the mind. The mind is the toxic software that causes all mental diseases. It makes the body fear and worry. Together, the body and mind get anxious and stressed. If only we realize we are not the mind, where is the question of aggression of thoughts that creates depression?

Who makes the body and mind suffer? It is the ego. The ego keeps saying 'I', when in reality, this is a lie. Who is this 'I'? We appear to be this body. But the truth is we are not, just like we are not the shirt we wear. The body is just a covering that we adorn to to travel in our voyage

THE SOUL NEVER SUFFERS

through the journey called life. The body is created because of the mind and ego that carries Karma and comes to earth. And the mind and ego are created due to our ignorance. If only we overcome ignorance and realize the truth that we are not the body, mind and ego, we are the Divine Soul, then where is the question of any suffering.

The Soul never suffers. The Soul is Power, Energy, Life. The Soul has no fear or worry. The Soul doesn't experience stress or anxiety, nor can the Soul ever get into a state of depression. Unfortunately, we don't realize we are the Soul. If only we spend our time realizing the truth that we are the Soul, we can be free from all this misery. But this is the biggest challenge, to realize we are the Soul. Once we realize we are the Soul, we can live in Eternal Bliss, being in that state of Truth Consciousness. What does this mean? If only we realize, as we live, that we are not this body that walks and talks, we are the Soul that gives us the power to walk and talk, we will be liberated from all misery.

When a Spiritual Master was explaining to a student, 'You are not the body, mind and ego that suffers, you are the Divine Soul', the student asked him, 'How can I believe that?' The Master kept explaining to him the truth of birth and death, how the mind that we cannot find is a thief of our bliss and how the ego is just a false identity. But the student kept insisting, 'If you say I am the Soul that never suffers, then show me the Soul.' One day, the Master told him, 'Come, let me show you the Soul.' He asked him to stand on top of a table and remove the bulb from its holder.

Then he said, 'Put your finger inside the holder.' The student was too preoccupied with the idea of discovering the Soul and his finger touched the live wire inside. He got such a shock that he screamed and jumped off the table. Never did he ask the Master again, to show him the Soul.

We human beings are ignorant. Although there is a Power that makes our heart, beat, that makes us sing or do anything, we don't realize that we are that Power. Without that Power, there could be no birth or death. It is the Power within that reveals the truth. This Power is in every Soul that exists. If only we realize we are the Power, the Soul, we will be free from all suffering because the Soul never suffers.

The Soul comes from SIP, the Supreme Immortal Power and returns to SIP. It is like a wave. The wave appears to be a wave, but it comes from the ocean and returns to the ocean. All our suffering is only because we don't realize we are the Soul. Although we are alive in a body, and the mind appears to be, and the ego identifies us as the one who we see in the mirror, the truth is that we are none of these. We are Divine Energy. We are the Soul. The Soul is the Spark Of Unique Life that gives us breath till our death. It is incapable of suffering.

*The Soul is Divine Energy. It cannot suffer Pain,
But as the Body, Mind and Ego, we suffer Again and Again!*

HOW TO LIVE IN ETERNAL PEACE

Peace is precious. But to find peace of mind, people run behind rituals like meditation. They don't realize that peace you cannot find. It is within. You just have to still the mind. Meditation is good. But it will only give you temporary peace. There are people who complain that soon after their meditation is over, all the thoughts of fear, worry and stress attack them and create a mess. The challenge, therefore, is to find Eternal Peace. Is this even possible?

If we learn the art of taming our Monkey Mind by cutting its tail, the EY of the MONKEY, then what is left is the MONK. What is this EY? It is the Ever Yelling and Ever Yearning of our mind. We are so caught in the noise of this world that we are unable to experience peace. Unless we stop this yelling, this noise, we will not have peace. Then, the Monkey Mind yearns. It lets our need become our greed. There is no end to our desires and wants. As long as there is this yearning, our peace will be in pieces. If we are able to live without this constant yelling and yearning, the Monkey Mind will become a monk and we will experience peace.

We have two options – to live in the mind state or to live in Consciousness. As long as we are in the mind state, thoughts will pour like rain. There will be a tornado of misery and pain. Fear, worry, stress and anxiety will steal our tranquillity. The mind is such that its job is to attack us with thoughts. Sometimes, it is the same thought that drills us and kills us. It is also capable of producing a new thought every second.

This can be a mammoth 50,000 thoughts per day. Just imagine being shot at by 50 thoughts every minute. Is there any wonder that we reach a state of depression? It is this, our mind's aggression that robs us of our peace. The irony is that there is no mind! It is just thoughts. If we can stop thinking, then we can still the mind. It is this state of thoughtlessness, often referred to as mindfulness that leads us to Consciousness. In Consciousness, there is awareness that we are not this body that suffers pain. The mind is a rascal, a monkey that is creating stress again and again. It is in Consciousness that we realize the lie of the ego that says 'I'. The moment we are free from the body, mind and ego, we are left with nothing but peace.

Theoretically, it is very easy to live with Eternal Peace. But practically, it is a big challenge. We are blessed with 5 sense organs. These sense organs seek the outside world. The eyes see, the nose smells, the ears hear, the tongue tastes and the skin touches. All these 5 sense organs are creating desires through thoughts. As long as we don't tame these 5 senses, they behave like 5 wild horses that steal our peace. It is thus mentioned by Krishna in the *Bhagavad Gita* that we must be like the charioteer who controls the mind. The mind is like the reins. The reins control the 5 horses. If we can successfully do this, then we can experience peace and bliss. It is not just controlling the 5 senses of the body that is difficult. It is also a challenge to control the mind, the mind which we cannot find. But still, it will constantly rewind and replay thoughts of fear, worry, and stress. To say, 'Still the mind', is easy. But to do it is tough! It is more powerful than a gushing

HOW TO LIVE IN ETERNAL PEACE

river in a flood. It is as uncontrollable as a typhoon or tornado. Unless we are strong-willed, we cannot stop the mind from its thinking. But if we activate our intellect in Consciousness, then we can lock the mind in our Consciousness and be still in peace.

To live with Eternal Peace, we must transcend the ego. Unless the ego is Enlightened, and we realize, I am not 'I', we will not attain peace till we die. The Mind and Ego, becomes ME, and is caught in thought, in desires and passions. These are the enemies of peace. If we want Eternal Peace, we have to live with contentment and fulfilment. We must learn this art.

Eternal peace is possible. Our life can be blissful, if we live in Consciousness as the Divine Soul. We can transcend all misery and suffering. Since the Soul doesn't suffer, if we live in Consciousness, after we still the mind, that very awareness can give us peace. Will we experience seamless peace which is uninterrupted by thought? No! In the beginning, the mind will attack us with its rotten thoughts. If we fall prey to the mind, then Eternal Peace we can never find. But if we lock our Consciousness with the intellect, build a dam against the gushing waters of the mind, then despite the storm outside, we can experience calm inside.

*If Eternal Peace is what you want to Find,
Live in Consciousness and Kill the Mind!*

PEACE IS THE FOUNDATION OF HAPPINESS

How can we live with peace if fear is knocking at the door? How can there be bliss if we are constantly worrying? If there are poisonous thoughts creating stress, we are sure to be in a mess! If we want peace, we have to eliminate anxiety. Unfortunately, we reach a state of depression without realizing that the cause is our craving and yearning for happiness. All these toxic emotions are rooted in our seeking of pleasure. If only we learn the art of living with contentment and fulfilment, we will find peace.

The delusion that success is happiness, leads to all our problems. What do we fear and worry about? It is all to do with our achievements. Our stress and anxiety are connected to our desire and passion. The moment there is contentment, most of the miseries will disappear. We do not realize that success is not happiness. Happiness is success. We do not realize that happiness is built on the foundation of peace. When there is no peace, happiness will cease.

Mr. Shenoy was having a big party. Champagne was flowing along with all the exotic food created by celebrity chefs. There was music and dance, and everybody was having a great time. Suddenly, somebody entered and announced that there was a big fire in the warehouse. The party came to a standstill. Mr. Shenoy and the others lost their peace of mind. They got busy getting into the details of the tragedy. Soon they realized that it was somebody else's warehouse that was on fire. Their warehouse was safe.

PEACE IS THE FOUNDATION OF HAPPINESS

The party resumed, but in a few minutes, there was another call that the fire was spreading to their warehouse which was full of precious merchandise. Once again, the party came to an abrupt end. When there is no peace, happiness can turn into pieces! Nothing had happened, but Mr. Shenoy was full of fear, worry, stress and anxiety. These are enough to kill somebody! They can even take one's blood pressure up the roof and lead to a heart attack. If only one learns the secret of life, one can live with peace and bliss.

Peace comes from living a life of contentment. It comes from living with fulfilment. Those who live fulfilling lives, live with acceptance and surrender. They are content with their need, and they don't let their greed take charge of their life. They achieve noteworthy success but they also try to discover the purpose of their existence. They live a life with positive emotions, with faith, hope, confidence, courage and enthusiasm. They build a universal connection with the Divine and their life is filled with fun and laughter. They are liberated from these toxic emotions of fear and stress. They are inspired and cheerful. They focus on making a difference rather than just making money. Because they are emotionally positive, they live with tranquillity and peace, and this is the very foundation of happiness.

We can make a choice. We can pursue pleasure that comes from success and achievement, or we can live with contentment and fulfilment which will give us peace. If we choose achievement, then there can be no fulfilment. Therefore, it is a choice.

We all want to be happy. But what we forget is that if our happiness bucket has holes of stress and anxiety, then however much we pour into our bucket, it will have no meaning. Our fear and worry will empty our bucket of pleasures and we will end up with emptiness. Of what use is a life of success and achievement if it is filled with stress? Everybody who is trying to go from peak to peak has no option but to accept worry and anxiety. Isn't it a paradox? We are trying to be successful because we want to be happy, but we are creating monsters of misery that will steal our peace, the very foundation of happiness. When will we learn to enjoy that true bliss that comes from peace? When will we trade pleasure which is ephemeral, so temporary, so momentary with peace which is eternal?

Man is always running after pleasure, just as he is running away from pain. Nobody likes to suffer. But unfortunately, we don't realize that the chase to be an ace is a race that steals our peace. We don't realize that living with grace is far better than being caught in the maze. We don't discover that peace is precious. Without peace, there can be no happiness. Those who learn to live with peace make their miseries cease and live with bliss and joy.

*When there is no Peace, our Happiness will Cease!
Fear, Worry and Stress, create a Mess, Piece by Piece!*

THE SECRET IS ENLIGHTENMENT

Having come this far, what is the Realization that can liberate us from all misery and sorrow? What is the way to overcome the regret, shame and guilt of yesterday and the fear, worry and anxiety of tomorrow? The secret is Enlightenment. It is awakening to the truth. It is overcoming our ignorance. It is realizing the meaninglessness of stress that creates a mess. It is understanding that there is no need to worry. This world is just a show. We are actors who come and go. When this truth we come to know, then anxiety will dissolve into tranquillity.

Unfortunately, we just live and die and we cry. But we don't know why. We let the mind bombard us with thoughts. Then we are caught in depression. We don't want to be unhappy, but we choose to be unhappy without realizing that there is a way to Eternal Bliss. The secret is to be Enlightened with the truth. Then, there will be no trauma. When we are awakened, then we enjoy the drama, and we accept our Karma. But if we are not Enlightened, we will continue to suffer in every breath till our death. There is a way to be free from all misery. But not everybody discovers the secret. Most of us are prisoners of fear. Most of us are puppets of stress. We lock ourselves behind bars of worry and anxiety. Then we feel imprisoned in misery and sorrow. We feel so helpless, and we search for peace of mind. We don't discover the simple secret that it is our very mind that is stealing our peace.

Susan wanted to be happy. She did not enjoy living with fear and stress. She went to an Enlightened Master and asked him, 'How do you manage to be blissful and peaceful all the time? What is the secret behind your happiness?' The man smiled and questioned, 'What is there to be anxious about? Once you realize the truth about life, then there is no need to worry. I came with nothing, and I will go with nothing. And so, I just enjoy everything. I came alone and I will go alone. Therefore, I am detached. Even this body, which people think is me, I will leave behind. And thus, I have no anxiety. I live as the Divine Soul, the Spark Of Unique Life that I am and that's why I don't suffer. I have transcended the Mind and Ego, ME and so, I am free from all misery! Anybody can choose to live the way I do. It is a choice. If we want to believe the myth we grow up with, then how can we be happy? We believe in the lie that God lives in the sky when in reality, God is SIP, a Supreme Immortal Power that lives within. Because of our ignorance, we keep going to the temple and church. We search for God in the wrong places and continue to be miserable, when in fact, we can make life enjoyable. We are not cursed to be unhappy. We choose to be unhappy,' he told Susan. Susan was intrigued by the words and wisdom of the Enlightened Master. Every word that he said was true. But she did not follow the simple truth that he was speaking. She was a prisoner of her possessions, her pleasures and her people. She was a puppet controlled by her desires and she was suffering. She had no peace and her happiness was scant. When she looked at the Enlightened Master, she found that his happiness flowed unlike her pleasure that would come and go. She asked the Master, 'Teach me, Master, how I can live like you.'

THE SECRET IS ENLIGHTENMENT

The Master replied, 'It is a choice. You know, whatever I told you, you have to realize it. You must open your real eyes. The truth is staring you in your face. You must choose to live with grace.' 'How can I do this, Master?' asked Susan. The Master said, 'The secret lies in awakening to the truth. Your glass of life is full of misery. You have to empty that and wash it clean. Then, fill your mug of life with the truth. Realize who you are in reality and try to discover the purpose of your existence. When you realize you are not the body, mind and ego that suffers, then there is no scope for you to be afraid. You are stressed and anxious because you don't realize the simple truth that this life is just a show. In the end, we all have to go. Don't we know that nothing is ours? Nobody is ours. But because we worry that we will lose what seems to be ours, we forget to make the most of life and live with joy, love and bliss. When will we realize this?'

Susan wanted to learn the secret of Enlightenment. She asked the Master to teach her how she could realize the truth. She said, 'I am tired of living with fear and worry. Stress and anxiety are leading me to depression. If I don't learn this secret, I may even commit suicide.' The Master told her, 'Sure, my dear Susan. Suicide is a choice. But remember one thing, you will have to return and start all over again!' 'Oh no!' exclaimed Susan, 'I would rather choose Enlightenment.'

*The Secret of Enlightenment promises Everlasting Bliss.
It will Liberate us from misery and create Eternal Happiness.*

NOT THIS, NOT THIS, THOU ART THAT!

The simple trick to overcome misery and sorrow is to realize we are not the body, mind and ego. We are the Divine Soul. About 5000 years ago, the ancient scriptures said, '*Neti Neti*, Not This, Not This and *Tat Twam Asi*, Thou Art That.'

When we realize that we are that, that power that appears as life energy, the Soul, the Spark Of Unique Life, then we are liberated from all suffering because the Soul never suffers. Unfortunately, it is not easy to realize this. We appear to be the body that we see, the mind and ego fool us to be ME and thus, we are full of fear, worry, stress and anxiety. The moment we realize *Neti Neti*, we stop suffering. The moment we realize *Tat Twam Asi*, we will be transported to that state of Eternal Bliss in Truth Consciousness.

How do we realize *Neti Neti*? It is not difficult. The first question is, 'Am I this body?' Which body am I talking about? The body of the baby that was born on my so-called birth date, the body that I have today, the body that will grow old and decay, or that dead body that will lie lifeless after the moment of death? Is there any doubt that every 'body' will die? If I were this body, would my loved ones burn it after death? The body is destroyed because people are absolutely sure that I have left the body. If I have left the body, then how can I be the body? There is no doubt that I will leave my body one day eventually. And where did this body come from?

NOT THIS, NOT THIS, THOU ART THAT!

This body did not arrive by a special courier from heaven. It was created cell by cell in my mother's womb. It took about 9 months, and this is the scientific truth. The truth is that I was conceived when 2 cells fertilized. I came into existence when the zygote was created. Then it became the embryo and finally, a little baby was formed, that I was born as. Can anybody deny this? Is this not the absolute truth? Then, we must realize that we are not the body that was formed over 9 months. We are not the body that will one day return to dust. This was what was said thousands of years ago – *Neti*, you are not this. Unfortunately, because we consider ourselves to be the body, we fear disease. We worry about loss of love. We are stressed about failure, and we are anxious about death and beyond. All these depressing thoughts are only because we don't realize *Neti*, Not this, we are not this body.

Neti Neti – this is said twice, not this body, not even this mind and ego. The second *Neti*, thus, reminds us that we are not the mind that appears to be. Nobody can ever see the mind because it doesn't exist. That's why we don't know its shape and colour. The mind is just a bundle of thoughts. When we try to find the mind, we become blind because the mind doesn't exist. We can't see it. It is this mind that doesn't exist that comes alive out of our ignorance and bombards us with toxic thoughts. It is this illusory mind that is causing fear, creating worry and stress, and making us miserable with anxiety. It is the mind that causes depression and suicidal thoughts. If only we realize *Neti Neti*, then where is the question of all this suffering? It is because of the mind that the ego is inflated

NOT THIS, NOT THIS, THOU ART THAT!

and thinks of 'I', 'me' and 'mine'. Then we experience anger, hate, revenge and jealousy. If only we realize *Neti Neti*, we are not the body, mind and ego, all suffering will come to an end.

We exist, don't we? But if it is true – *Neti Neti*, we are not this body or mind, then who are we? The scriptures say, *Tat Twam Asi*, you are *That*, not this. You are that Power that arrives in that moment of conception. Without the Power, there would be no fertilization of 2 cells. You are that Power that makes the cells multiply to create the embryo. You are that Power that makes the heart, beat. You are that Power that makes you walk and talk, sing and do anything. You are the Power that gives breath till the moment of death. In that moment when the Power departs, the body returns to dust. You are that Power! *Tat Twam Asi*. That Power is birthless and deathless. It is the Soul, a Spark Of Unique Life. It comes from SIP, the Supreme Immortal Power. Unfortunately, we don't realize *Tat Twam Asi*, we are that. If we realize this truth, we will live a life of Eternal Bliss, Divine Love, and Everlasting Happiness. If we want to overcome all misery on earth and escape from rebirth, we only need to understand 5 words – *Neti Neti*, *Tat Twam Asi*, Not This Not This, Thou Art That. This is the ultimate secret of life.

*Neti Neti, Not This Not This. We are That.
Tat Twam Asi. We are the Soul, the Divine Power, it's a Fact.*

LIBERATION FROM MISERY ON EARTH

We all suffer. But we don't want to suffer. We all want pleasure. But we experience pain. We live with fear and worry and there is stress and anxiety, again and again. All this is in vain, because we can actually be free from all misery. There is a way. But unfortunately, we are walking in the opposite direction.

Nobody wants to be unhappy. Nobody wants a life of misery and sorrow. But still, we are not living in the present moment. We are jumping to yesterday and tomorrow. In reality, can you go to the past or the future? Nobody can! Then who is taking us there? It is the mind. The moment we go to yesterday, we experience regret, shame and guilt and when we go to tomorrow, there is fear, worry, stress and anxiety. Instead of using our intellect, and being in Consciousness, we let go and let the mind take over our life. Those who realize *Neti Neti*, we are not this body or mind, they are the ones who find the way to Everlasting Bliss. Those who don't, have no option but to suffer on earth and then return, in another rebirth.

What is the way to be liberated from all misery on earth? Isn't it true that everybody who takes birth will suffer pain of the body, misery of the mind and agony of the ego. Then, how does one get Liberation from this pain? The only way is to realize we are not the one that suffers. As long as we believe I am 'I' and this is my house, my family, misery is guaranteed. If one wants to be free from all misery on earth, then one has to realize that I am the Divine Soul that doesn't suffer. There is no other way.

Every 'body' will experience physical pain, but when one realizes I am the Soul, one doesn't suffer this pain. Of course, the body will experience disease and decay, but when we realize *Neti Neti*, I am not this body, and we realize *Tat Twam Asi*, I am the Soul, then we don't suffer the pain of the body. It is this very secret of *Neti Neti*, *Tat Twam Asi* that can free us from the mind.

What does the mind do? It creates thoughts of fear. It makes us worry. It cultivates stress and causes anxiety attacks. To whom does the mind cause this? It is to ME, the body, mind and ego. Then we suffer. But we are not this body-mind complex. The ego says 'I', but it is a lie. We are the Divine Soul. The Soul never suffers. If only we are liberated from ignorance about who we are, we can be liberated from all misery on earth.

Life is unfolding as per Karma, our past Karma and our present Karma. But Karma is created by the body, mind and ego, which we are not. Because we have lived as this, we now suffer our own actions and we will continue to suffer fear, worry, stress and anxiety, as long as we believe ourselves to be the body, mind and ego, which we are not. The few fortunate ones who realize the truth, are the ones who attain Liberation from all misery on earth. *Sushil was one blessed Soul. He had realized the truth of Neti Neti, Tat Twam Asi. He confronted every fear with courage. He defeated worry by living in Consciousness. He did not permit stress, as he locked his mind with the intellect. He experienced no anxiety because his Spiritual Awakening created tranquillity.*

LIBERATION FROM MISERY ON EARTH

Earlier, he had experienced depression, but now all desperation was turning into a celebration. He celebrated being the Soul, the Spark Of Unique Life that was free from all misery. Sushil realized, 'I am not Sushil, but the Soul that gives life to Sushil.' This Realization liberated him from all sorrow, as he lived life moment by moment, not slipping into a yesterday or tomorrow. Sushil lived in Consciousness, grabbing hold of the truth. When thoughts of the mind tried to steal his Consciousness, he learned to block it and lock it. Because the mind was still, Sushil enjoyed bliss.

Anybody can be free from all misery on earth. But first, we must realize the ultimate truth. If we don't, it is natural to fear and worry, to be stressed and anxious. The Realization that we are not the one who gets depressed, liberates us. Unfortunately, this Realization and Liberation is a journey very few blessed ones take. It is the road less travelled. We just follow the herd. We don't fly like a bird. We remain a fool because we believe in what we were taught in school. Therefore, we pay the price. Not only do we suffer the triple suffering on earth, but we also live and we die, and we return in a rebirth only to suffer again and again. Is there a way out of this repeated suffering?

*We can be Free from all Misery on Earth,
All we must do is to Decode the Truth of Death and Birth.*

LIBERATION FROM REBIRTH

While it is a big challenge to live fearlessly, not to worry, to eliminate stress and live with tranquillity, cheerfully and blissfully, the greater challenge is to be free from the cycle of death and rebirth. Being free from the misery of the mind and the agony of the ego is not just about one current story on earth. One day the body will die and most people who live as the body, mind and ego, will carry their unsettled Karma and return in a rebirth, only to suffer again and then, yet again. This cycle will go on and on and we will be reborn. The purpose of human life is to be free from this cycle. Can we be free from death? No. The body has to die, but we can be free from rebirth. How is this possible?

As long as we suffer the triple suffering on earth, and the 5 demons of fear, worry, stress, anxiety and depression rule our life, we are sure to be caught in the cycle of Samsara, of death and rebirth. However, if we realize we are not this body that dies, we are not the mind that we cannot find, we are not the ego that says 'I', with this Realization, we will never die. Of course, the body will die. But death will not be a moment of desperation. It will become a moment of celebration, for our Realization of the truth will lead to Liberation from rebirth and Unification with the Divine.

The biggest problem is that people suffer, not just on earth, but also in a rebirth. The majority of people believe that there can be no freedom from Karma, and therefore, obviously, there can be no

freedom from suffering on earth and rebirth. People don't realize that in that moment of Spiritual Awakening, called Enlightenment, they can, in a flash of a moment, be free from all Karma, good and bad. This freedom is not just from Karma of the present life, *Agami* Karma, and the opening balance we started with, *Prarabdh* Karma. This Enlightenment that we are not the body, mind and ego, liberates us from all unsettled Karma of all previous lives, the *Sanchita* Karma and this liberates us from returning to earth in a rebirth.

Death is certain. Every 'body' must die. No 'body' can escape death, but in that moment of death, one of two things can happen. When the body dies, if one is not Enlightened, they carry their unsettled Karma and return to earth in a rebirth or if one is Enlightened, spiritually awakened, they become free from all Karma, and thus, free from the cycle of rebirth. Liberation from rebirth is not common. It is only meant for those who have a deep yearning for the Divine. It is only a gift for those who go in quest of the truth and overcoming ignorance, are spiritually awakened. In that moment, not only are they free from all misery, realizing they are not the body or Mind and Ego, ME, they also become free from all future suffering as they, the immortal Soul, are liberated and united with the Supreme. This is our ultimate goal.

What is the purpose of human existence? Are we meant to just live and suffer, cry and die? Our purpose is to realize, 'Who am I?' This Realization will liberate us from, fear, worry, stress, anxiety and depression. It will bless us with a life of Eternal Peace, Divine Love and Everlasting Joy.

Living with tranquillity, we will experience the Divine, God, as SIP, the Supreme Immortal Power, in every Soul that exists. We will realize that we are not the human being that we appear to be. We are in fact, Divine Souls that are free from misery. However, as long as we are slaves of the mind, it will make us blind. As long as we are imprisoned by the ego that says 'I', we will live, suffer and die and when this body returns to dust, we will have no option, except that we must return in a new body, to settle our unsettled Karma.

What is the truth? The truth is that we are the Divine Soul. We need not suffer. The truth is that the Soul, the Spark Of Unique Life, comes from SIP, the Supreme Immortal Power and goes back to SIP. We are that. We are manifestations of the Divine. Foolishly, we believe that we are this body which didn't even exist when we were conceived. We suffer as this body, with disease and decay, till it dies. We let the mind create all the misery, fear, worry, stress and anxiety. The Mind along with the Ego, becomes ME and makes us blind. But the mind doesn't exist. Nor does the ego. It is this simple Realization of the truth that can liberate us from all misery on earth, and the cycle of death and rebirth.

*We must be Free from Fear, Worry, Stress, Anxiety on Earth.
But more Importantly, we must be Free from the Cycle of Rebirth.*

TAME THE MONKEY, MAKE IT A MONK!

Do you want to live a life of peace and bliss? Are you seeking Eternal Happiness? Then its time to remove all the junk and tame the monkey mind and make it into a monk.

We have all the knowledge about the mind. Although the mind appears to be, in reality, there is no mind. If we try to find the mind, where is the mind, we cannot find. Still, the mind makes us blind. It creates fear and worry, stress and anxiety. Can we deny this? It is the cause of our unhappiness. Don't we experience this? We have only one objective - to overcome all these depressing thoughts and having eliminated anxiety, live with tranquillity. But as long as the mind is in charge, we can't! Every time toxic thoughts appear, the mind appears. We may try some quick fix, some temporary solutions, but this is only momentary. We may distract the mind or engage the mind in some other thought. But the mind will return to make us worry and to make us anxious.

The permanent solution is to kill the mind, not just to still the mind. The way to Everlasting Peace is to tame the monkey and make it a monk! Then, the monkey will no more jump to a yesterday that is gone and a tomorrow not yet born. The monkey will not swing us into regret, shame and guilt, just like it will not jump into a tomorrow that is full of stress, anxiety and fear. However, the challenge is how to make the monkey mind into a monk. Those who have succeeded have learnt that the mind is like a monkey. It is never satisfied.

Just like a monkey will grab not just one banana that you offer it, but all the bananas, the mind is never content. It has desires and continues to yearn. Then the monkey mind also makes a lot of noise. It does not know how to sit quietly. It is this Ever Yearning and Ever Yelling of the monkey mind that needs to be eliminated. This is the EY of the monkEY. The moment you cut the EY of the MONKEY, what is left is MONK. Without the Ever Yearning and Ever Yelling, without the EY, there is no monkey mind. The monk may have thoughts, but these thoughts do not form the mind. They are gentle thoughts that enter our Consciousness and are controlled by our intellect. If we have succeeded in cutting the monkey's tail, then we have tamed the monkey mind and we have made it into a monk. Now, there is no more junk, no more toxic thoughts, that cause fear and stress. Taming the monkey, we have cleared all the mess and we can live with happiness.

Radha had a monkey in her head. In fact, it was like a gorilla, a naughty and wild creature that continued to steal her peace. Every time she tried to meditate, the monkey would dance in her head. Not only did the mind stop her from meaningful contemplation, but it also took her back to replay all the miserable stories that filled her memory. The monkey would open up a can of worms and make Radha unhappy. It made her nurse her wounds, as it created a pandemonium to curse what had happened. Because she continued to rehearse her past, her monkey mind robbed her present moment of bliss and joy. With great difficulty, she would escape from the past and come to the present moment to enjoy a moment of peace.

TAME THE MONKEY, MAKE IT A MONK!

But the gorilla would jump to tomorrow, and create fear. She would worry, 'What if this went wrong?' She would be bombarded with the monkey's thoughts and get anxiety attacks. Radha lived a life of depression. One day, Radha learned that all her misery and sorrow was because of this monkey that was destroying her today and making her live in a tomorrow that did not exist. With the help of an Enlightened one, she learnt the art of taming the monkey mind. She cut its tail and stopped its noise. She started to live like a monk. She lived life moment by moment. She shut the door on yesterday and tightly locked the door that led to tomorrow. She learned to live in day-tight compartments. As a monk, her focus was on 'today', on 'now'. She discovered that the 'now' is beautiful. It had no fear, stress or anxiety. It had joy and tranquillity.

If only we learn to live like Radha, we can have peace and our miseries can cease. But for this, we have to make up our mind. Do we want our mind to be a monkey or do we want to cut its tail and make it a monk? If we don't tame the mind, then it will fill us with shame. If we let our mind create fear, it will rob our cheer. It's a choice. Do you want a peaceful monk, or do you want a monkey that will create fear, worry, stress and anxiety, till you are dead? Remember, this is a choice – monkey or monk? Disease or peace?

*We have to Choose. Do we want a Monkey or a Monk?
Do we want to live with Toxic Thoughts or Eliminate the Junk?*

SUFFER NO MORE!

Throughout life, we have been suffering. The mind has destroyed our peace. We have lived with fear, worry, stress and anxiety. We have wasted our life in depression. Are we going to continue to be miserable throughout this precious gift called life or are we going to stop all suffering? The choice is ours.

We can be glad, but if we continue to live with thoughts that are sad, then aren't we mad? There is a way to wipe away all these toxic thoughts. There is a way to move from negative to positive. We can flip from NEP to PEP. We know that negative emotions will cause poison and we realize that with positive emotions, we can live powerfully. Still, we let thoughts pour like rain, thoughts of STRESS - Sad, Toxic, Repetitive, Exhausting, Suffocating and Sadistic thoughts. Is the problem with thoughts? No! It is the mind. The moment we still the mind, thoughts will not be toxic. They will flow beautifully into our Consciousness for our intellect to discriminate. Then, we can eliminate the 5 miserable monsters that make us suffer. We now have the recipe of living in Consciousness, in that state of mindfulness. But if we still continue to experience trauma, then it only reveals that we have not understood this drama. We do not realize that everything that was unfolding was Karma. As long as we live as the body, mind and ego, we are going to suffer. But we are not these. We are the Soul, and the Soul does not suffer. It is an abode of peace. Unless, we are awakened to this truth, and we realize, 'Who am I?', we will suffer till we die.

SUFFER NO MORE!

Vishal lived a life like anybody else. His merry-go-round experienced pleasure and pain. There was loss and gain. As life passed with sun and rain, Vishal discovered that there was a way to eliminate all suffering. He met an Enlightened Master who showed him the path to Eternal Bliss that comes from Truth Consciousness. Vishal embarked upon this journey. While he enjoyed his peaks of achievement, he hated the valleys of gloom and depression. Like everybody else, Vishal constantly had fears, so many fears, although very few real dangers. He constantly worried about petty things. He let his toxic thoughts create stress. Although he had everything to be grateful for, anxiety ruled his life. He used to treasure those moments of tranquillity and peace, but there was so much aggression of thoughts that he often felt lonely and depressed. With the help of his Guru, his Spiritual Mentor, Vishal resolved, 'I will suffer no more! I will eliminate fear and worry, stress and anxiety.' Ultimately, Vishal succeeded. He uprooted depression out of his life and made his life a celebration!

Like Vishal, we all can kill the mind as we still the mind. Suffering is a choice. If we let our mind remain king, then there will be eternal suffering. But if we want to suffer no more, we have to push the toxic thoughts out and shut the door. We can do it, like Vishal did. But it is not easy. We must live in awareness of the fact that there is an enemy waiting to destroy our peace and bliss. We must not underestimate the enemy, the mind. Although it has no real existence and is just a bundle of thoughts, when we let thoughts of fear, worry, stress and anxiety crystallize, the enemy will ride our

life horse and cause us the devastating loss of our most precious possession, peace.

Peace is priceless. It is the foundation of happiness. If the mind and its thoughts enter, peace will exit. It is just like darkness overcoming the bright sunshine of a beautiful day. We must be cautious and live in Consciousness. Vishal learned the art of how to suffer no more. We are all blessed to use the gift of our intellect. We can choose silence and peace or let ignorance make us mad to run the race and waste our life in a chase.

Suffer no more. It is possible to escape from all suffering. All we need to do is to still the mind. By this, we will transcend the ego. Then in Consciousness, our Soul will shine. We will experience true love that is a fountain of joy. We will live in a state of Eternal Peace. As the Soul, we will experience Everlasting Happiness. But if we don't eliminate the toxic junk, if we don't tame the monkey mind and live like a monk, then, we will continue to suffer. If we forget the simple truth that we are not the body, mind and ego that suffers, we are the Divine Soul, we will suffer more and more.

*Do you want to stop all Misery and Suffer No More?
Block the Mind, Push it Out, and Lock the Door!*

THE ABC FORMULA

Do you want to live a life of Eternal Peace and bliss, then, you must learn the ABC formula. It will guarantee Eternal Happiness. You will overcome all stress and all the toxic thoughts that create a mess provided you live with ABC – Accept, Best, Consciousness

A- Accept without Protest

B- Do your Best

C- In Consciousness Surrender

The simple formula starts with Acceptance. Accept without protest. What does this mean? Everything that is unfolding in life is unfolding as per Karma. This world is a drama and there is trauma only because we protest. We don't accept. We look up at the sky and cry and we question, 'Why?' We don't realize, 'Who am I?' Therefore, the Soul, which is our true identity, gets enveloped as we live as the body, mind and ego and we protest and suffer. We don't live gracefully, enjoying the drama that is unfolding as per Karma. We experience the trauma of fear, worry, stress and anxiety. Why should we? We don't need to. All this will pass away. The skies maybe cloudy and grey, but we can choose to be happy, day after day, no matter what comes our way! This is possible only if we accept. We must accept without protest. After all, whatever is happening is a reaction to our own action. We were ignorant and thus, came to earth in this human birth, carrying unsettled Karma. Now, this Karma is being settled. Instead of protesting, should we not rejoice?

Because of our ignorance, we protest, we don't accept. We must learn to accept, not wonder and replace hope with surrender. Not only do we protest, but we also live with anxiety of what is going to unfold. If we awaken to the simple truth that this drama caused by Karma is bound to happen and we live as the Soul, we will face no trauma. Therefore, the first alphabet of the ABC formula that we must live by, is A – Accept without Protest.

The second alphabet of the ABC formula is B. We must do our best, nothing less than the best. Being blessed with the greatest tool of the intellect that can discriminate, we should not be caught in thought. We should choose the best and let go of the rest. Our efforts must not be compromised. Whoever we are, and whatever we are doing, we must ensure that our life journey sparkles with excellence.

While we accept without protest, we should not live a lazy life that lacks motivation and inspiration. We should be awakened to the truth that there is a purpose to our existence, and we should do our best to discover that we are the Soul and till such time that we are alive in this human body, we should set the lofty goal of doing nothing less than the best. In every challenge, we are capable of doing our best and that is all we need to do. We don't need to worry. We must not let anxiety and fear create a mess. We must do our best. Having done our best and living with acceptance, we must then fulfil the third part of the ABC formula.

THE ABC FORMULA

The third alphabet of ABC is Consciousness. First, we must live in that state of Consciousness where the mind doesn't rule our life. This is the greatest achievement, to live a peaceful and blissful life. When we are in Consciousness, we must surrender. Whatever will be will be. Just as we accept, and then do our best, we cannot control what is going to unfold. The drama will continue with Karma being in charge. If we surrender in Consciousness, then we will not experience trauma. We will live blissfully and peacefully. Those who live in Consciousness, in total surrender, they realize that this world is nothing more than a drama, a show. Soon, we will go. There is no need for misery to enter the door.

If only we live with the ABC formula, we can overcome all depression, all desperation. It is this ABC formula that will lead us to live as a Divine instrument. It will complete our life formula by adding D to it. D stands for the Divine Instrument. Then, we will realize we are the Divine Soul. We are just an instrument. We are nothing! We will transcend the ego that is agonized, and we will still the mind that causes all misery. ABCD leads us to live as the Soul which is our real identity. In this state of Consciousness we will experience Eternal Bliss, devoid of all pain, all misery, all suffering. Adopt the ABC formula today and live as a Divine instrument.

*From Today, start living life with the Formula – ABC
There will be Peace and Bliss, no Suffering and Misery.*

LIVING IN SATCHITANANDA

Why do we experience fear? Why do we worry? Why do we get anxious and stressed out? The primary cause is the monkey mind that is yearning for pleasure. If there was no passion to fuel our sinful greed and if we learnt the art of being content, fulfilling our need, we would live with peace and Eternal Bliss. Unfortunately, we are running this race and we lose both, our peace and thus, our happiness. The way to make life a celebration is to stop the aggression of thoughts. We dread the weapon AK47, but every day we let a deadlier weapon MK50 destroy us. This is the mind-killer that shoots 50 thoughts a minute in our head and robs us of our tranquillity till we are dead. We have to learn the art to still the mind, to kill the mind. We have to learn the art of living in Consciousness. We have to realize the truth that this world is a show. We are like actors who come and go. When we live in this Truth Consciousness, we experience Eternal Bliss. This is known as *SatChitAnanda*.

Sat means truth. *Chit* means Consciousness. When we realize the truth and we live in the awareness of the truth that we have realized, we attain the state of *Nirvana*, an ecstasy of joy, a euphoria of bliss, unknown to common man. In this state of Consciousness, the intellect takes charge, and the mind is locked. Thoughts gently enter the human-computer but do not create the miseries of fear, worry and stress. These are caused by the disease 'rotten-thought-itis.' which is eliminated in the state of *SatChitAnanda*. We are enveloped

in ignorance, till the light of truth shines. For the majority of humanity, anxiety steals tranquillity, because the toxic mind creates 'rotten-thought-itis'. But in *SatChitAnanda*, there is no mind, there are no rotten thoughts. There is Everlasting Bliss.

Hurry is one of the main causes of worry. But why do we hurry and worry? It is because we do not realize that life is to live with grace. It is not a race. There is no need to become an ace. When we realize this simple truth, we will replace anxiety with tranquillity. What is there to be anxious about? In the end, we will go. Nothing is ours. Nobody is ours. We come empty-handed, and we will leave without taking a pin. Then why are we so desperate to win? Although we know the truth of this show, the mind makes us blind. It steals our Consciousness and overshadows the truth with the myth that we have grown up with. Therefore, we have a choice. To live in Truth Consciousness and experience peace and bliss or to live with ignorance, create stress and make our life a mess.

Today, let us make a conscious decision that we will lock our mind. We will block it, still it and kill it. In that state of thoughtlessness, we will experience the awareness of this truth. This Consciousness will give us the gift, the treasure of Eternal Peace, Divine Love and Everlasting Happiness.

Fear is not a danger. But when we are not in Consciousness, False Expectations Appear Real. The fears that the mind will tell, will make our heaven into a hell! But in Consciousness, there are no fears.

WORRY is a Waste of life. We are Overthinking, Repeating and Rehearsing our fears and problems, and Yearning. What we are earning is enough to fulfil our need. In Consciousness, there is no yearning, for we are content with our earning.

Stress is nothing but negative thoughts. Sad, Toxic, Repetitive, Exhausting, Suffocating and Sadistic thoughts. In Consciousness, the intellect shoots down all these thoughts one by one, as we live with the truth. Thus, there is no stress, no mess, only bliss and happiness.

In Consciousness, there is tranquillity because there is no anxiety. Anxiety is caused by the mind. But in Consciousness, there is no mind. It disappears because there are no toxic thoughts. Thus, we experience peace and bliss in Truth Consciousness.

When there is an aggression of thoughts, we fall into this valley of gloom called depression. But, when we live in the Consciousness of truth, there is no aggression, no depression. In *SatChitAnanda*, life is a celebration. But we have to make this choice. Otherwise, we will continue to suffer the mind and its thoughts. Life is a choice. We can live in *SatChitAnanda* and experience bliss or let the toxic mind create eternal unhappiness. The wise make the right choice.

*SatChitAnanda is a state of Consciousness, of Eternal Bliss.
There are no Rotten Thoughts no Toxic Mind.
Just Peace and Happiness.*

AFTERWORD

While I am writing this book on how to overcome fear, worry and live without stress and anxiety, I myself went through the process of suffering all of this. This book is a narration of my own experiences and how I was able to overcome the toxic thoughts that made me so anxious and stressed out. Today, I am writing a recipe for peace and bliss and it is not just mere theory. I am sharing my practical experiences of how today, I live a life of Eternal Peace and Everlasting Bliss. This book is not some probability of peace. It is a guarantee. One can surely overcome the monsters that create misery and enjoy a state of Consciousness, where there is no stress but just Everlasting Happiness.

Fear was my best friend. It would be with me every day that I lived. There were so many things for me to fear but as I look back, these were not dangers. They were just a figment of my mind's imagination that were meant to make me miserable. The mind imprisoned me in toxic thoughts. It is only now that I realize that fear is frivolous and meaningless. Earlier, I used to tell myself, 'Do the things you fear and the fear will disappear.' I did them but still could not get rid of my fear. Now, as I have conquered my mind, I have been able to eliminate fear.

Did I worry? I lived in such a hurry that worry was my everyday curry. I used to eat it for breakfast, lunch and dinner, all days of the week. I don't remember a day when I was free from worry. Today, I worry no more and suffer no more because I have realized that

worry is a waste of life, caused by overthinking through the repeated fears and rehearsal of problems by the mind that yearns for things that will never be mine. My Realization of the Truth liberated me from worry. Anybody can eliminate worry if they understand what worry is.

Are you stressed out? Are you bombarded by thoughts that are sad, toxic, repetitive, exhausting, suffocating and sadistic? You are not the only one. I, too, was a victim of my rascal mind and its stressful thoughts but when I tried to find my mind, I realized that there was no mind and so, I left it behind. Today, I live in Consciousness, with my intellect in charge. I discriminate thoughts before they become feelings and thus, I am in charge of my mood and my life. You too can get out of the mess if you learn to eliminate stress. Still your mind, kill your mind and what will be left is tranquillity, as you eliminate all anxiety.

We all get anxiety attacks. We become anxious about things that may never happen. Who is creating this anxiety? It is our mind and our thoughts. What did I do to overcome it? I learned to flip over from NEP to PEP, from Negative to Positive thoughts. Negative Energy has Poison, NEP and Positive Energy has Power PEP. So, what will you choose? If you choose anxiety, you will lose your tranquillity but this is a choice and we must be wise. Today, I have filled my life with Consciousness that has tranquillity and so, there is no place for any anxiety. I was fortunate not to reach a state of depression because I eliminated the aggression before it

AFTERWORD

created suicidal thoughts. But many of us are plagued with toxic thoughts on how life is useless and meaningless. We contemplate ending our life. A few of us fail and take that drastic step. We don't realize that the trauma is because of Karma and we have to live through this life drama. After all, life is just a show. We come and we go. I realized this and so, instead of being in depression, I was always in celebration. Anybody can eliminate darkness by switching on the light. But if we choose to live in gloom, we are doomed to be miserable.

My journey from misery to bliss, from sorrow to happiness, is my personal experience and I share this with conviction and confidence. I have realized the truth that the mind, which we cannot find, is the real killer. The MK50, the mind killer that shoots 50 thoughts, a minute, is capable of destroying not just our peace and tranquillity but our life itself. I learned to destroy the mind. It was simple. There was no mind! I just had to eliminate the toxic thoughts that were creating junk and I lived like a blissful monk.

Then, I moved from a state of mind to a state of Consciousness. Today, I have locked my mind with my intellect and I discriminate every thought. I am a Master, not just of mind but my life, my Peace, Bliss and Happiness.

*This book is my Personal Experience of my Battle with Misery and Strife,
And How I killed my Mind and Enjoyed my Life!*

POEM

HOW TO OVERCOME

FEAR, WORRY, STRESS, ANXIETY AND DEPRESSION

*Is there a way to eliminate all Fear?
Can we be Happy and live with Cheer?
Can we stop Worrying and living with Stress?
Can we eliminate Anxiety that makes our life, a Mess?
Let's discover the secret to Peace and Happiness!*

*Is your life filled with Depression?
Do you want to make your life a Celebration?
The culprit, the enemy, is your own Mind
It's robbing your Peace and Bliss, you will Find!
Let's discover the secret to Peace and Happiness!*

*All our miseries are rooted in Thought
When in toxic Thought, We are Caught
Then, we are filled with Rotten Thoughts that are Junk
We lose our Peace, can't live like a Monk
Let's discover the secret to Peace and Happiness!*

*We all suffer this Triple Suffering on Earth!
These miseries are for all those who take Birth
But there is a way out of this Mess
We can eliminate Fear, Anxiety and Stress
Let's discover the secret to Peace and Happiness!*

POEM

*To find Peace, Let's get to the bottom of the Root
To be Blissful, we must Realize the Truth
The Mind is a crook, it acts like the King
But in fact, it causes all Suffering
Let's discover the secret of Peace and Happiness!*

*Not one or two, it's fifty thoughts, a Minute
The Mind bombards us and we are Lost in it
Then it becomes our boss, rides our Life Horse
We are controlled by it, this is a big Loss
Let's discover the secret to Peace and Happiness!*

*The first secret is simple, move from NEP to PEP!
From Negative to Positive, Take this First Step
Then, we must move from Mind to Consciousness
And live a Life of Peace and Happiness
Let's discover the secret to Peace and Happiness!*

*How do you do it? Try to find the Mind
Where is the Mind, You cannot Find!
Still, this Rascal makes us Blind
Let us discover the Truth, leave the Mind Behind
Let's discover the secret to Peace and Happiness!*

*What is the way to kill the Mind?
It is simple, we must still the Mind
The Mind with the Ego, becomes the ME
Then from Misery, we are not Free
Let's discover the secret to Peace and Happiness!*

*The ME creates Anger, Revenge and Hate
There is Jealousy and Anguish at our Life's Gate
Together, the Mind and Ego, ME, make us Cry
We then look at the sky and ask, 'Why?'
Let's discover the secret to Peace and Happiness!*

*Those who Realize that Life is just a Drama
That everything is Karma, for them, there is no Trauma
They realize that Suffering is nothing but a Choice
They choose to be Happy, they choose to be Wise
Let's discover the secret to Peace and Happiness!*

*The fact is, we are not the Body, Ego or Mind
We are the Soul, this Truth we must Find
The Soul never suffers, it radiates Peace
In Consciousness, there is no Sorrow, Miseries Cease
Let's discover the secret to Peace and Happiness!*

*Those who think that Success is Happiness
They run behind Pleasure, live with Anxiety and Stress
They don't realize that the Foundation is Peace
Where there is no Peace, our Sorrow will Increase
Let's discover the secret to Peace and Happiness!*

*The Secret teaches us to go beyond Entertainment
It gives us Ultimate Bliss with Enlightenment
When we Realize, we are the Divine Soul
In Eternal Bliss, we achieve our Goal
Let's discover the secret to Peace and Happiness!*

POEM

*The journey starts with Illumination
Then there is Purification and Realization
From Misery, there is Liberation
In Bliss, there is Divine Unification
Let's discover the secret to Peace and Happiness!*

*There is a way to be Happy, all day
We can eliminate Misery, take Sorrow away
Though the skies are Cloudy and Grey
We can be Happy, whatever comes our way
Let's discover the secret to Peace and Happiness!*

*So, let's start and remove all the Junk
Tame the Monkey Mind, make it a Monk!
Let's make the resolve to Suffer No More
Push the Mind out and Lock the Door
Let's discover the secret to Peace and Happiness!*

*What is the way to Eternal Bliss?
It is living in Truth Consciousness
When we overcome the myth and Realize the Truth
Then Peace and Bliss will fill our Root
Let's discover the secret to Peace and Happiness!*

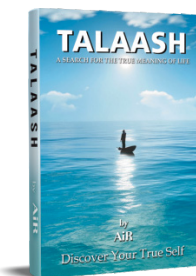
*There is no need to live with Fear and Stress
Remove Anxiety and Worry that is causing the Mess
Live in Consciousness, live in Peace
When there is no Mind, Miseries Cease
Let's discover the secret to Peace and Happiness!*

By
AiR
Atman in Ravi

OTHER BOOKS BY AiR

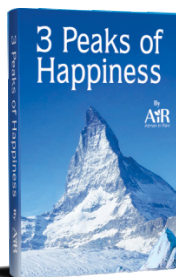
1. Talaash

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.



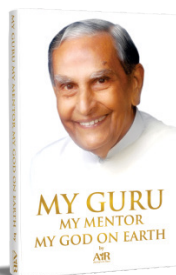
2. 3 Peaks of Happiness

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.



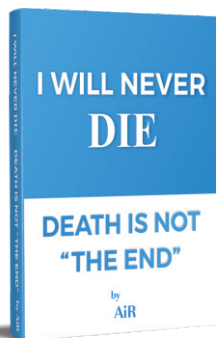
3. My Guru, My Mentor, My God on Earth

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.



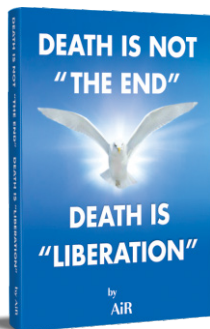
4. I will Never Die, Death is Not “The End”

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.



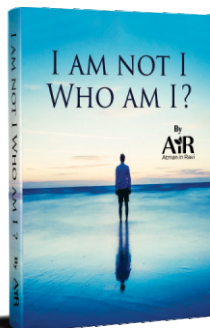
5. Death is Not “The End.” Death is “Liberation”

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.



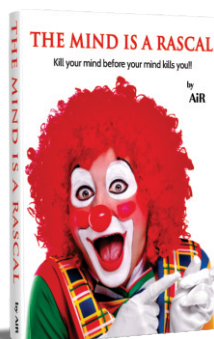
6. I Am Not I. Who Am I?

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?



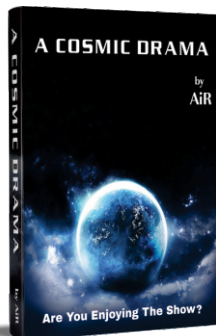
7. The Mind is a Rascal

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.



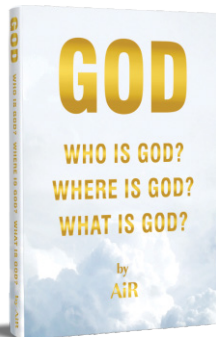
8. A Cosmic Drama

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.



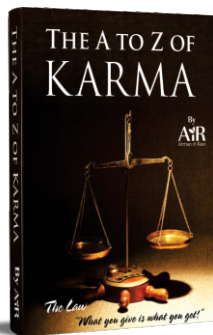
9. Who is God? Where is God? What is God?

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.



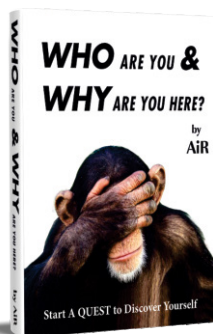
10. The A to Z Karma

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.



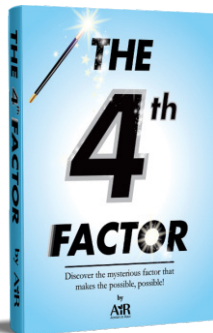
11. Who Are You and Why Are You Here?

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.



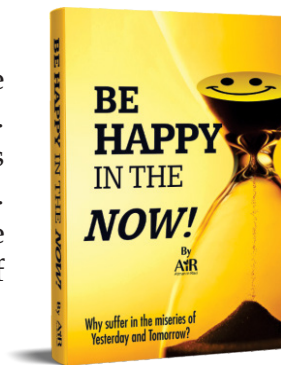
12. The 4th Factor

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!



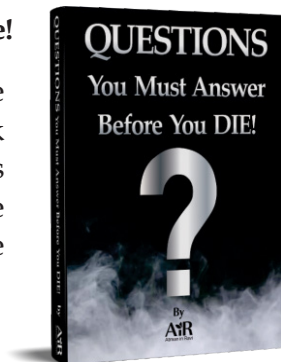
13. Be Happy in the NOW!

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.



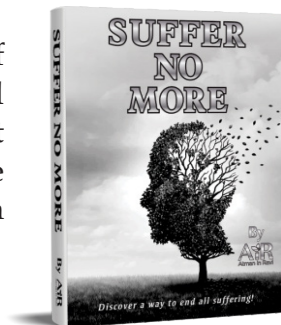
14. Questions You Must Answer before you Die!

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.



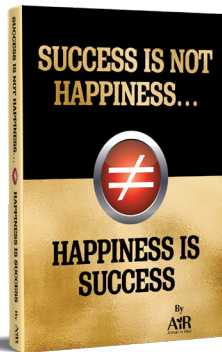
15. Suffer No More

'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.



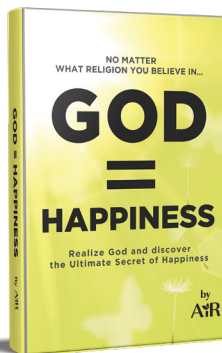
16. Success is not Happiness, Happiness is Success

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.



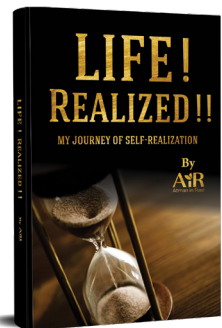
17. God = Happiness

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.



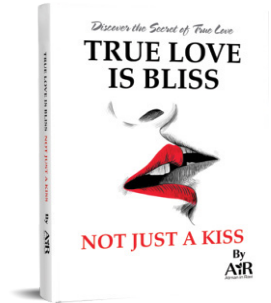
18. Life! Realized!!

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.



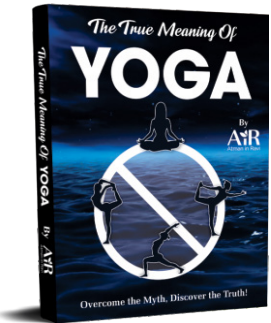
19. True Love is Bliss...Not Just a Kiss

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.



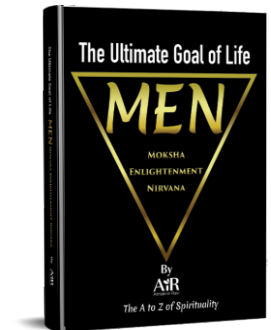
20. True Meaning of Yoga

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.



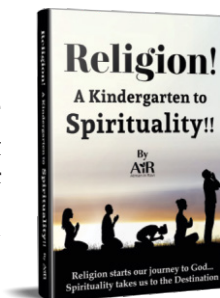
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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.



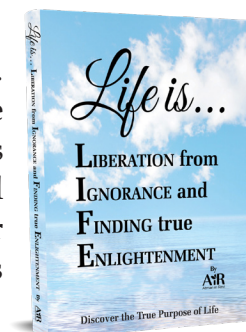
23. Why Bad Things Can't Happen to Good People!

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.



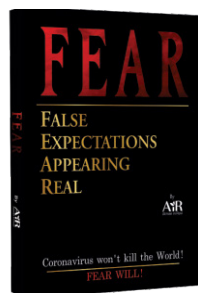
25. The Ladder to Heaven

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.



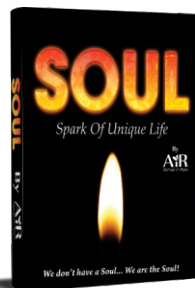
26. FEAR- False Expectations Appearing Real

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.



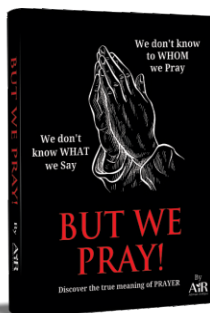
27. SOUL - Spark of Unique Life

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!



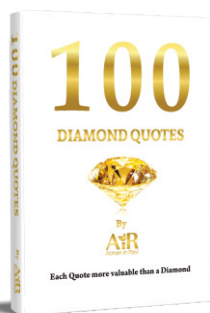
28. But We Pray!

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.



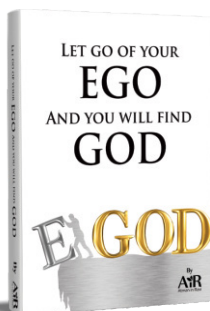
29. 100 Diamond Quotes

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.



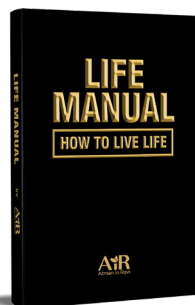
30. Let go of your Ego and you will find God

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.



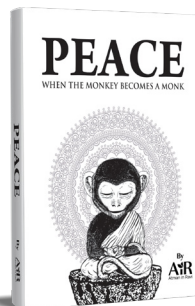
31. Life Manual - How to live life?

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.



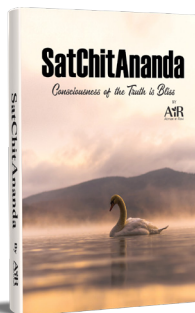
32. PEACE... When the Monkey becomes a Monk!

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.



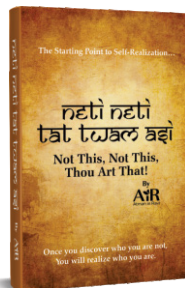
33. SatChitAnanda - Consciousness of the Truth is Bliss

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.



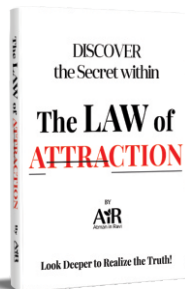
34. *Neti Neti, Tat Twam Asi* - Not This, Not This, Thou Art That

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'.



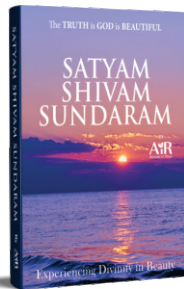
35. Discover the SECRET within The LAW of Attraction

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.



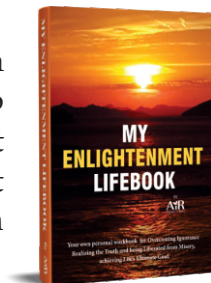
36. *Satyam Shivam Sundaram* - Experiencing Divinity in Beauty

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.



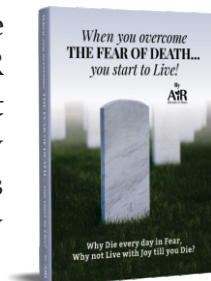
37. My Enlightenment Lifebook

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.



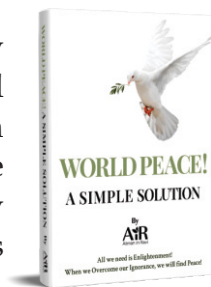
38. When you overcome the FEAR of DEATH, You start to LIVE

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?



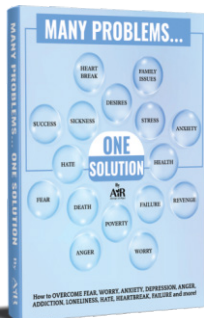
39. World Peace! A Simple Solution

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.



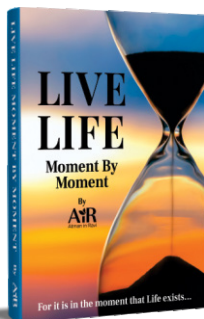
40. Many Problems, One Solution

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!



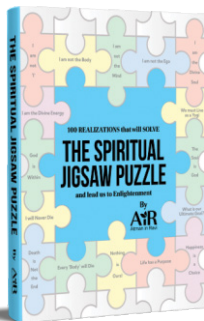
41. LIVE LIFE... Moment by Moment

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!



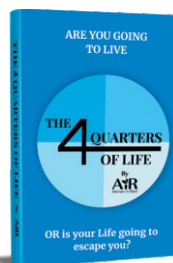
42. The Spiritual Jigsaw Puzzle

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.



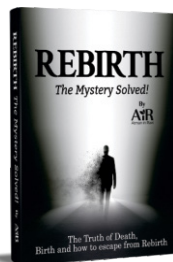
43. The 4 Quarters of Life

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.



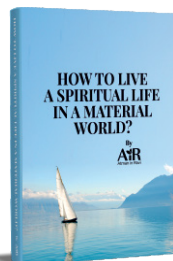
44. REBIRTH... The Mystery Solved!

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.



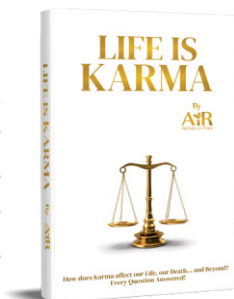
45. How to Live a Spiritual Life in a Material World?

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.



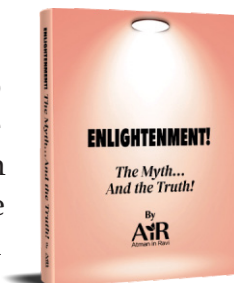
46. Life is Karma

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.



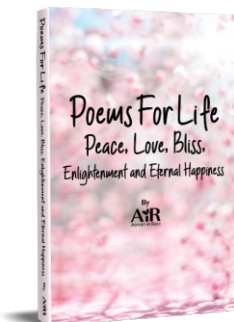
47. Enlightenment - The Myth and The Truth

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 grown up with. This book will help you be enlightened as it discriminates the Truth from the Myth.



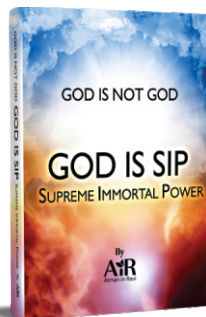
48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness

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.



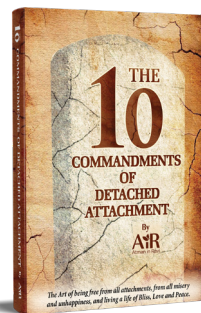
49. God is not God. God is SIP – Supreme Immortal Power

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.



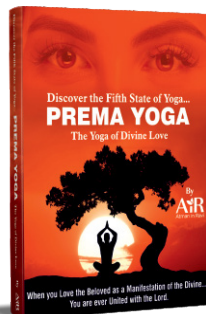
50. The 10 Commandments of Detached Attachment

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.



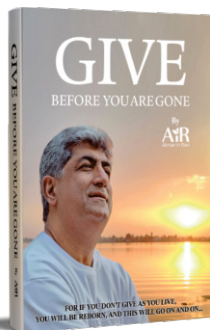
51. The Yoga of Divine Love - Prema Yoga

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.



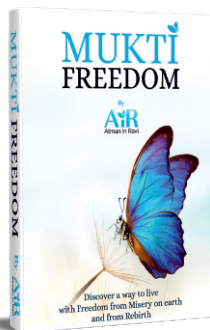
52. Give before you are Gone!

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.



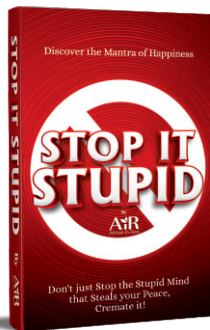
53. Mukti - Freedom

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.



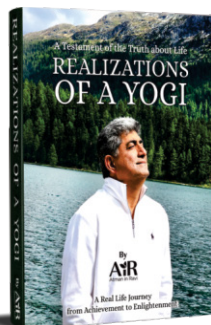
55. Don't cut a Cake! Awake! Your Birthday is Fake!!!

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.



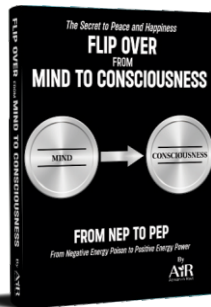
56. Realizations of a Yogi

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.



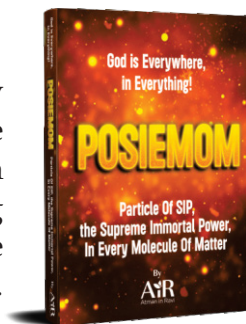
57. Flip Over! From Mind to Consciousness, from NEP to PEP

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 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 with this.



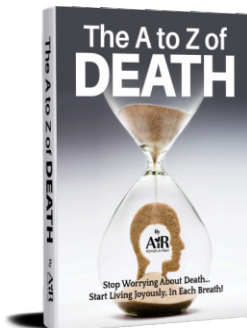
59. Happiness is Success

Success is not happiness, happiness is success. AiR lived for 25 years on the peak of Achievement, then Fulfilment, only to realize that the ultimate peak of happiness is beyond these. It is Enlightenment. This book can transform your life.



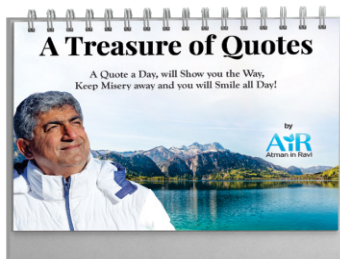
60. The A to Z of Death

Death is certain. Still, we fear death because we are ignorant about the truth of death. Death is not the end, it is just a bend. At death, either our Mind and Ego will be reborn based on our Karma or if we are enlightened with the truth, then we will be liberated and united with the Divine.



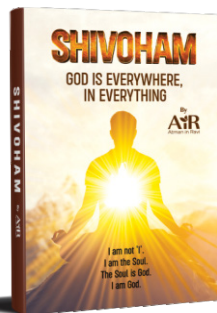
61. A Treasure of Quotes – Perpetual Calendar

‘A Treasure of Quotes’ is a Perpetual Calendar. It consists of 366 quotes on life, happiness, Karma, God, the purpose of life, one for each day of the year. At the end of the year, you can restart from the first page. Each page will inspire you to begin a Spiritual Quest.



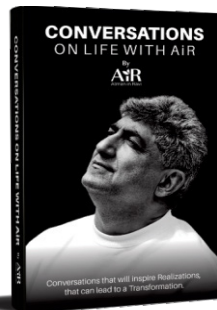
62. Shivoham

Shivoham means I am *Shiva*! Actually, it means ‘I am nothing but the Divine Soul, a part of the Supreme Immortal Power, SIP.’ Adi Shankara said in the 8th century, ‘*Chidananda Rupah Shivoham Shivoham.*’ This book will take you through from *Om Namah Shivaya* to *Shivoham*, from faith in God to realizing God.



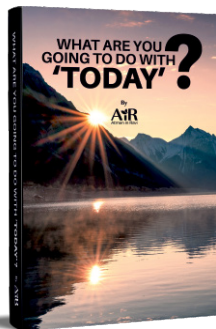
63. Conversations on Life with AiR

Conversations on life is a collection of discussions that AiR has had with people he has met on his travels or at conferences and talks. Any of these conversations can light a spark that can inspire you to go on a quest and be liberated from all misery and suffering.



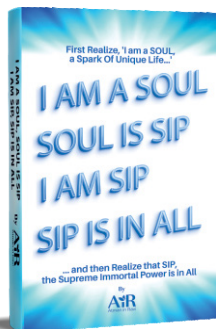
64. What are you going to do with TODAY?

The biggest gift that we all have is the gift of 'Today'. That is why it is called 'The Present'. Unfortunately, we let 'Today' slip away and we don't realize that our life itself has escaped us. This book will inspire you to take charge of TODAY.



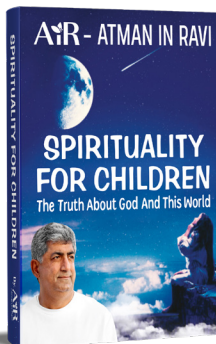
65. I am a SOUL. SOUL is SIP. I am SIP. SIP is in All.

We live in ignorance and don't realize the truth that we are neither the Body nor the Mind and Ego, ME. In reality, we are the SOUL that is nothing but SIP, the Supreme Immortal Power that is everywhere, in everything. These four phrases are identical to the 4 Mahavakyas of the *Upanishads*. This book can help us attain the ultimate goal of life — *Moksha*.



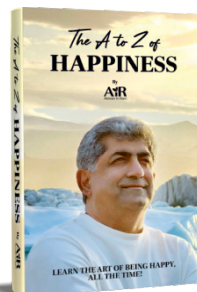
66. Spirituality for Children

Here is a book that has a collection of stories that will help children learn and evolve in a new science, the science of the Spirit known as Spirituality. Let's change the mindset of children and help them take the path of Enlightenment.



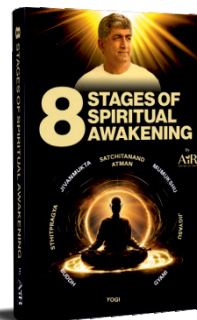
67. The A to Z of Happiness

Who doesn't want to be happy? We all enjoy pleasure but don't realize that Pleasure is only momentary. 'The A to Z of Happiness' is a collection of happiness secrets that are guaranteed to take us to Eternal Bliss and Joy that comes from Truth Consciousness. Get ready to smile all the while.



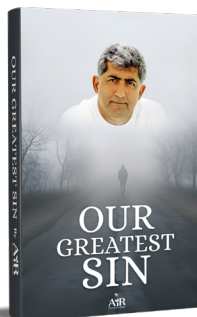
68. 8 Stages of Spiritual Awakening

Spirituality is considered to be a mysterious subject. We are told that if we want to realize God, we must renounce the world and live in a forest. Unfortunately, we are enveloped in the darkness of ignorance. There are 8 Stages of Spiritual Awakening, but unless we start a Quest, we will not even begin the journey of Self-Realization.



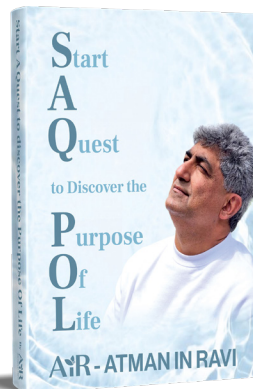
69. Our Greatest Sin

What is our Greatest Sin? Is it pride, greed, lust, envy, wrath, sloth or is it something else? Our Greatest Sin is caused by ignorance and believing we are the body, mind and ego, we sin. How can we be free from our Greatest Sin? This book will show us the path to overcome all Sin and win the greatest battle of life.



70. Start A QUEST to Discover the Purpose of LIFE

Why did we come to earth? Why did we take this human birth? What is the purpose of our existence? We just live and die, we look up at the sky, we cry and we ask, 'Why?' We don't discover who we are and why we are here. Isn't it time to start a quest to discover the purpose of life? To take that inner voyage to realize that I am not the body that will die, not the mind that I cannot find, not the ego that says I, it is a lie. This journey will lead us to the state of truth Consciousness where there is Eternal Bliss, Divine Love and Everlasting Peace. This book will not only help you start a quest but will also take you to achieving your ultimate goal, of realizing you are the Divine Soul and being liberated and united with the Divine.



Now...

71. How to overcome Fear, Worry, Stress, Anxiety and Depression

Coming soon...

72. Dream VS Reality

73. God-Realization

74. Can I Change My Life? - A Metafiction

HOW TO OVERCOME FEAR, WORRY, STRESS, ANXIETY AND DEPRESSION

The whole world is struggling with these five monsters that are causing us misery and pain, again and again. We even know of people who have committed suicide. Is there a way out of this?

The good news is that there is! We don't have to go to a psychiatrist or take drugs for depression. We have to stop the aggression of the mind. By living in Consciousness, we can still the mind and kill the mind, and then there will be peace. We can overcome fear if we realize that fear is not a danger. We can overcome worry if we realize that worry is a waste of life. If we realize that stress is nothing but toxic thoughts that create a mess, we can have less of stress. Anxiety can be turned into tranquility if we still the mind.

How can we still the mind? When we try to find the mind, where is the mind, we cannot find! This book will reveal how you can. It will help you flip over from mind to Consciousness, from misery and stress and take you into that state of Eternal Bliss and Truth Consciousness. Eternal Peace is not a dream. You don't have to scream. You can overcome the trauma of this drama called Life. Start your journey to Bliss today.



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