



PEACE

WHEN THE MONKEY BECOMES A MONK

By
AiR
Atman in Ravi



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Ravi V. Melwani

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“

*When you lose your Peace of Mind,
And your Mind is full of junk,
It's time to tame your Monkey Mind,
And make it into a Monk!*

”



Preface

'I seek Peace. I have no Peace of Mind. I am worried, stressed, and anxious. I am in a state of depression.' It is very common to hear this from people today. As the world is progressing in technology and is becoming so advanced in every domain of our lifestyle, we are losing a very precious gift – Peace.

Not just individual people, but families, cities, countries, cultures, civilizations, and religions are also waging wars against one another. There are feelings of jealousy, hate, and revenge in our Mind as anger fills our life. Peace and tranquillity are seen as a thing of the past. We all want Peace of Mind. We want to experience that state of bliss and that feeling of tranquillity. But where has our Peace gone?

Peace is not an external thing. If one has been snorkelling, scuba diving, or has just dived into the ocean, one will experience a calm very different from the roaring seas. So also, while there is noise, there are blasts, and there is chaos all around us, if we turn and go within, we will find stillness and Peace that we all seek.

Peace is a state of Mind. When the Mind is agitated, our Peace is shattered into pieces. The Mind is constantly jumping from thought to thought and it is sad that our own Mind steals our Peace and with it, our happiness. Little do we realize that Peace is the foundation of happiness.

The Mind is wired with our senses and we are perceiving the world all the time. As I start to write this book in the wee hours of the morning in India, far away in Beirut, Lebanon, a deafening blast has killed dozens and injured thousands. It has shaken the peace, not just of that city and country, but the whole world. As we see images of rubble and fire, the eyes and the ears transmit these signals to our Mind and it gets rattled, as it shivers in fear.

Today, the world is struggling to achieve global Peace. Countries are fighting with each other over issues of borders, religions, economy, and everything else in which

Preface

they can have a difference of opinion. Unfortunately, they are losing the treasure of Peace. Countries are ready to wage a war to settle disputes. But what about Peace? Even today, the world is on the verge of another global battle with the world's most powerful economies unable to look eye to eye. If only they made Peace a priority, world Peace could have been achieved.

There are economic wars, just as there are religious battles across the world. People seek power and wealth. They want to defeat others and reign supreme. The Mind is triggered by the ego. Together, the Mind and Ego become the ME that steals our Peace and tranquillity.

The Mind is constantly creating thoughts and these thoughts create so much anxiety. Unless we learn to calm the Mind - our own thought factory and unless we fill our life with positive emotions, we will not experience Peace.

But is all this necessary? Ancient scriptures have stated – 'What would it gain a man, if he gained the whole world, but lost his own Soul?' When will we realize that money, power, and fame are temporary things? When will we learn to exchange our achievements with Peace of Mind? When will we learn to live satisfied with our need, rather than to let greed destroy our Peace?

We are enveloped in deep darkness, a darkness that makes us ignorant of who we are and why we are here. Our ignorance makes us live like apes who are chasing grapes. Unless we make the Monkey Mind into a Monk, we will never be able to experience true bliss and Peace.

*Why is the entire world in turmoil?
Why this worry, anxiety, and stress?
We live with greed and lose our Peace,
And our life ends up in a mess.*



“

*What is the way to Peace?
How will our miseries cease?
Learn the art to tame the Mind,
Then Joy, Bliss, and Peace you will find.*

”

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CHAPTER 1

WHY DO WE NEED PEACE?

PEACE IS THE FOUNDATION OF HAPPINESS

Man is like a Monkey who is not satisfied with just a banana. Like a Monkey, he keeps jumping from branch to branch, from thought to thought. He doesn't realize that if he wants to achieve true happiness, he must make the Monkey that he is, into a Monk. Unless the Monkey within becomes a Monk, man will continue to crave till he goes to

his grave. He will keep on yearning and never be satisfied. Even though he has success, wealth, pleasure, he is never happy because he doesn't have Peace.

What is Peace? It is a state of calm and of quiet. It is being in harmony and living a stress-free life. It is serenity and tranquillity. It is also the absence of worry, fear, anger, hate, and revenge. It is a state of non-violence, just as it is a state of love and brotherhood. Peace is the foundation of happiness. It is the very base on which the castle of our joy, our bliss, and happiness is built. Where there is no Peace, there can be no joy. Therefore, while the whole world seeks to be happy, what we seek in essence is Peace. Our original state of Mind is peaceful and blissful, but somehow, we lose this gift of tranquillity. As children, we have no stress and worry. But as we grow up, we create stress. It is just like throwing a rock in a lake of water which is absolutely still. We create ripples as we desire and we crave, and we lose that stillness, that Peace of Mind. We are all taught that if we want to be happy, we must be successful, we must achieve our goals, we need success and achievement. In the pursuit of pleasure that will promise us joy, we destroy our Peace which is the very foundation of happiness.

Stop and look around you. What do you find? People want Peace. They dream of having Peace of Mind. But look at

Why do we need Peace?

their actions. They are constantly chasing pleasure with the hope that these pleasures will give them their cherished happiness. But pleasures don't make us happy! Happiness doesn't belong to things. It is a state of Mind! We cannot achieve happiness. We have to *be* happy.

Why is it that people are losing their Peace of Mind trying to amass wealth which doesn't belong to them? Our Peace is our biggest treasure, but we exchange it for worldly things that have no intrinsic value. We get fooled by our own Mind that desires and craves and ultimately we go to our grave with a lot of financial resources, but when it comes to Peace, we are bankrupt.

The 'Paradox of Success' has not been understood by the world. We think that success is happiness, and we imagine that happiness will give us peace. We don't realize that we may be happy on the outside but stressed inside. As we work towards making our dreams come true, at that very moment, we lose our Peace. We consider the process of building our dreams to be very exciting. Little do we realize that all this excitement disintegrates our Peace into pieces. There can be no joy, although we might experience success. Worst of all, everybody cannot succeed and all those who don't, become disappointed and disgruntled. But even the achievers are not satisfied. Such is the paradox of success. Though we may have achieved our

goals, there is no peace. We want more. Although we have what we wanted, it is not enough. Our craving for achievement robs us of contentment and fulfilment that create Peace and tranquillity.

How many people are actually living peaceful lives? The whole world is chasing success. The definition of success is wrong. Unless we define it to be a state of Peace, not money in the bank, not name and fame, not gold and diamonds, cars and buildings, stocks and shares, women and wine, we will never be able to quench our thirst and we will burst with stress, worry, and anxiety.

The most successful people in the world may have created a huge amount of wealth but pause for a moment and look at their health. They live with heart disease and all those ailments that are the result of a stressful life. When will we make a U-turn?

Smith was a successful businessman. His story of success started when he was barely out of college. From one peak to another peak, Smith climbed on and on, higher and higher. Not only did the money excite him, but he craved to be in the limelight. He wanted to be in the headlines, on television, in channels that broadcast business news around the world. He became a celebrity and a business icon. His company saw its stock price soar. But what happened to Smith? Before he could realize it, he was 60 years

Why do we need Peace?

old. He spent 40 years building a business empire and his wealth reached such a level that four future generations could reap the benefit of his fortune, even if they chose not to work. But what was his state of Mind? He lived a life full of stress and nervousness. His passion for success created tremendous agitation and unrest, right from the beginning, which only got worse with time. First, he was anxious to achieve success but once he became successful, he lived with fear. He was afraid of losing his name and fame and he had to fight unwritten battles to maintain his position. To the outside world, he was a wealthy man, with a fleet of BMWs and Mercedes, even a limousine and a private jet. But inside, he was a lonely man. He was fighting a war that had little meaning. None of all this would remain his for long. He was under medication for hypertension, just as he developed a kidney issue. His success made him addicted to drinking the most expensive scotch, a habit he developed when he was showing off his wealth to his friends. Now, he suffered in body and Mind, although on the surface, to the outside world, he was a very rich and very happy man.

Sunder chose to take a different path in his journey of life. He was a musician and he did not let his dreams control his tranquillity. Music gave him deep fulfilment, just as it gave him enough money to live a decent life. He would wake up in the morning and enjoy the sunrise, just as he had enough time for his music. After his day's work, he would sip his favourite tea and watch the sunset as he enjoyed moments of tranquillity and Peace. He didn't want to be like Smith, chasing millions, building more

homes, creating more businesses and wealth. He realized that his happiness was far more precious as it was built on a foundation of Peace.

What is it that we ultimately seek? Is life all about being an ace? Should we live at this pace, and continue our chase only to get caught in a maze? Is life all about letting our need become our greed? Is our ultimate goal Peace or Pleasure? Even if we have happiness, but no Peace of Mind, can we enjoy it? On the other hand, if we are peaceful, are we not truly blissful? Peace is the true treasure of Life. Tranquillity is our biggest wealth. A stress-free life is far more valuable than a life that is full of anxiety, though it is wrapped with prosperity. Prosperity may make us happy on the outside, but it steals our smile on the inside. Although the whole world may be chasing happiness, we must not be fooled and join the rat race. More than anything in this world, what we need is Peace.

‘Ashantasya Kutah Sukham’ – In the Bhagavad Gita, Lord Krishna gives this prescription for happiness to Arjuna. The meaning of these words is – without Peace of Mind, how can you be happy? All the wealth in the world, pleasure, power, cannot give us happiness if we have no Peace of Mind. Unless there is Peace in the heart within, we will be like a boat, tossed in the waters of life, restless, anxious, and unhappy. The secret of happiness is having

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Peace of Mind. Thus, prayers in India end with the words, '*Om Shanti Shanti Shanti*', an invocation to Peace. Thus, if we want to be truly happy, we must first have Peace. Although every human being seems to be lost in the pursuit of happiness as their life's Ultimate Goal, they will not be able to achieve it until they first attain Peace of Mind.

Peace is the greatest wealth of life. It is sad that most of us lose our Peace of Mind in meaningless pursuits of things that ultimately will not matter. Ask a wealthy man in the dusk of his life what he wished he had done differently and he will tell you that he wished he had learnt to play the guitar, or climbed the mountains, or even watched the sunset. He will tell you that he missed doing things that would have given him more Peace and tranquillity. All the happiness and all the pleasures that we enjoy in the world, will dissolve. What remains is our Peace.

Peace is priceless. We cannot put a price tag on tranquillity. Sometimes, we don't realize the value of Peace, just like we don't realize the value of life. *A man once said, 'God has been unfair to me. He has given me nothing! I am nothing more than a poor beggar who is worthless.' In response, he was asked, 'Are you willing to give me your two eyes in exchange for a kilogram of gold?' He replied, 'Of course not!' 'How about your two feet for two kilograms?' 'You must be*

joking!' he replied. 'Ok then, give me your heart for 5 kilograms of gold.' 'Have you become insane?' questioned the man. 'You are asking for my eyes, my feet, and my heart!' Then he was told, 'You say you are worthless, but in a minute, you have already been valued at over 8 kilograms of gold. How can you say that God has given you nothing?' Just like we don't value our life, we don't value our Peace. We lose it in the pursuit of things that don't matter, not realizing our loss. While Peace is the greatest treasure, we exchange it for trinkets of pleasure and we lose this priceless gift of life.

We exchange our Peace for temporary pleasures, and in the end, although we may have a lot of pleasure and excitement, we miss the very essence of true happiness – Peace!

“

*We human beings are a crazy lot,
All through life we seek happiness.
But true bliss comes from Peace of Mind,
This treasure we sadly miss.*

”

WHY DO WE NEED PEACE?

Peace is the Foundation of Happiness



- ✦ The whole world seeks happiness. Unfortunately, we lose our Peace of Mind and become unhappy.
- ✦ Peace is the foundation of happiness - we don't realize this!
- ✦ We spend our entire life chasing success. Either way, we don't experience Peace.
- ✦ Winners and losers both live a life of anxiety.
- ✦ 'What would it gain a man if he gained the whole world, but lost his own Soul?'
- ✦ What is the use if we achieve everything but lose our Peace of Mind?



CHAPTER 2

WHY DO WE LOSE OUR PEACE OF MIND?

WE DON'T KNOW PEACE IS WITHIN

Man is ignorant. He doesn't realize that though he desperately wants to be peaceful, he loses his Peace of Mind. Then he cries as stress, worry and anxiety overpower him. He doesn't even realize that he has a choice. He lives as though he is helpless, as his Mind steals his Peace.

Why do we lose our Peace of Mind?

Who robs our Peace? It is our own Mind. Peace is that state of stillness, of bliss, of tranquillity, where the waves or disturbances of the world don't splash within us again and again. The Monkey Mind is constantly jumping from thought to thought. It never stops. Even when we go to sleep and our body loses consciousness, the Mind doesn't. It continues its Monkey business as it jumps from dream to dream, creating chaos within. Sometimes, when we wake up, it seems we haven't slept at all because we were startled by that nightmare. Even in sleep, we lose our Peace.

Unfortunately, man has not realized who is stealing this much-desired Peace of Mind. It is the Mind itself! It is not that some unknown thief comes and steals our treasure of tranquillity.

Sheela used to love to sit in her garden, enjoying the butterflies and the birds. How she treasured those moments of each sunrise and sunset! She enjoyed the breeze and the swaying of the trees. But her bliss never lasted for long. As she blissfully experienced nature, the Monkey within her would start its chattering. It would jump into yesterday and this particular morning, she started to think about how Naresh, her husband, did not bother to call and inform her that he was not coming home for dinner the day before. She had been sitting at the dining table, with the food ready and cooked in the kitchen, waiting patiently, until she fell

asleep. As the Mind jumped into that yesterday, she lost sight of the sunrise. The Monkey made tears roll down her cheeks as her thoughts made her wonder – 'Why does he do this all the time? Why could he not just call me? Why does he make me suffer?' Little did Sheela realize that losing her Peace was a choice. As she woke up to a beautiful morning, it was a fresh new day and she was enjoying sipping her cup of tea in the dawn that was unfolding. But there entered the Monkey, only to steal her Peace! Her Peace belonged to her and it was not resting in the yesterday that had passed away. But the Monkey within her had the ability to swing from the present moment of bliss to a yesterday, and what did she miss? The beauty, the joy and the Peace that she had just started to enjoy that morning.

Don't we experience the Monkey like Sheela did? Don't we lose our Peace of Mind so often? Although we treasure those moments of silence and bliss, those moments don't extend last. The bliss that we enjoy, is not external. It is within us. Somehow, we begin to believe that our happiness and peace is controlled by others. We make our life such that our tranquillity depends on how other people behave with us. Then, our Mind tickles and teases us, as it analyzes and thinks, and as it does, it disturbs the much-treasured Peace that is within.

How often do you find yourself irritated? It may be because of what your colleagues said, or what your spouse

Why do we lose our Peace of Mind?

did or what your friend asked. Small things trigger irritation in the Mind. While we enjoy the bliss of Peace, the Mind is so sensitive that the slightest of triggers can irritate the Mind and develop a reaction that can destroy our Peace. It may be a silly reason, but we get irritated because the Mind doesn't know how to respond peacefully. This is an art we must learn as we progress on this journey of Peace.

Shekhar was a victim of such irritations. It would start with something as trivial as how his brother would arrange books on his table. He had no control over his Mind and he lost his Peace because of some little irritation. The irritations grew, as his Mind went out of control and he would get irritated at everything. Because he became a slave of his Mind and did not realize what he was losing in the bargain, his irritation led him into a behavioural problem, OCD – Obsessive Compulsive Disorder. Thereafter, the disorder took charge of his life and he struggled so much to regain his Peace. It is really sad to see some people lose their treasure of Peace because they don't take charge of their life, their thoughts and their Mind. If only we nip irritations in the bud, we can avoid the stress and turmoil that will displace our precious Peace of Mind.

We don't even know that this Peace of Mind that we seek so much, and we lose so easily, is not stolen and transported by someone outside of us. The Peace is within

and the thief is within! When the thief creates ripples of thought, our Peace gets disturbed and in a fraction of a moment, it is gone. The rascal who stole our Peace, our very own Mind, replaces that Peace with stress, worry or anxiety. The Mind has many tools to destroy our Peace. It may be hate, fear, revenge, envy or jealousy. All the Mind has to do is to poke our inner being with one disturbing thought. Then the Peace within becomes a storm and we become so agitated that we lose our Peace.

Because man is ignorant about this treasure – Peace, that is actually more important than any wealth of the world, man continues to live without Peace of Mind. His ignorance makes him suffer the agitation and anxiety-attacks sweep through his life ever so often. Man has invented tranquilizers that can put him to sleep and pain killers that can cut off the signal of the pain in the brain. But man has not found the solution to this little problem – how he can live without losing his Peace of Mind. Man's ignorance stems from the fact that he doesn't know that this much-desired Peace is a treasure within and the terrorist that disturbs his Peace also resides inside of him. It is man's own Mind that terrorizes his tranquillity and even though he may make a lot of effort to regain his Peace, in a fraction of a moment, he loses it.

The world today has become so conscious about our

Why do we lose our Peace of Mind?

mental well-being. Why has meditation become so popular and why have thousands of yoga centres appeared all over the world? Because they all promise Peace. Man flocks to these meditation classes. He pays hefty fees, he downloads apps and does fancy body postures as he learns breathing techniques. What man doesn't understand is that all these techniques and exercises do just one thing. They take man within and make him shut off from the outside world. They so beautifully touch the depth of man's heart and Soul, that man considers these to be magical and mystical, as he submits to them. Little does he realize that all he is doing is regaining the Peace that is within him. His ignorance makes him blind that his treasure of tranquillity is not something that is outside. Thus, the success of meditation and Yoga around the globe!

Unfortunately, because man doesn't realize peace within, he continues to lose his Peace of Mind the moment he is out of mediation, the *asana* or the *pranayama*, and the many fancy exercises that the world has created. Man jumps from one practice to another, from meditation to chanting and then to Mindfulness when all he has to do is to go within and discover what he so much seeks.

Essentially man is an island of Peace. Within this island, there is an unlimited, eternal, everlasting Peace. However,

Man is surrounded by the waters of this world. The waves of desire lash at man incessantly. Like the ocean roars, man's desires create so much noise that he loses sight of Peace. The desires promise him sensual pleasures as man tries to eat the most exotic food to be happy. He yearns for music that is created with modern instruments and he becomes so addicted to fragrances produced by French cosmetic companies. As man searches and looks around to fulfil more and more of his cravings, he inadvertently loses his Peace. The waves around him destroy his island of Peace and take him into a prison of desires, lust, and cravings. Man's Mind fools him that all these material pleasures will give him happiness. He works very hard to achieve all this and he fills his life with all the pleasures of this world. In the end, he loses just one thing – Peace!

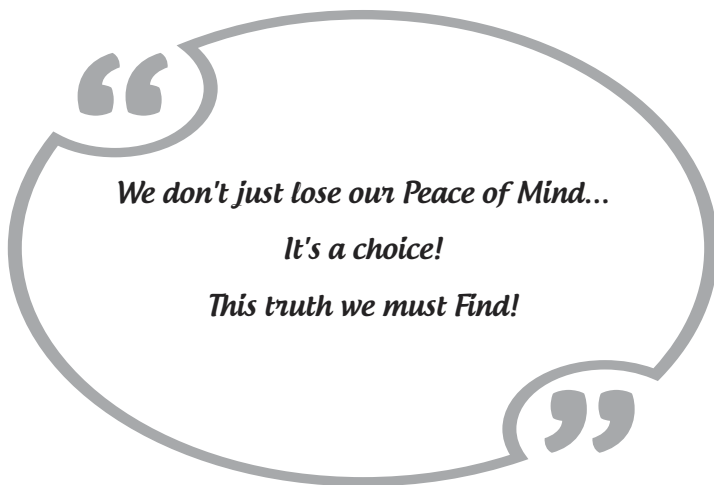
Can man be truly happy without Peace? Although man has all the pleasures in this world - money, name, fame, cars, clothes, jewellery, food, drink and everything that his body may desire? If man loses his Peace, all these pleasures of the world seem to be useless as man struggles within and faces the storm that surrounds his island of peace as waves of desires splash at him and the winds of his wants make him a prisoner on his own island of peace.

Man is gifted with the treasure of Peace. If man learns to be Peaceful, he can be the happiest person in the world. But

Why do we lose our Peace of Mind?

instead of being content, man keeps on craving. He gives over the control of his life to his Mind. The Mind is wired to his body senses. Then, greed and desire take charge of his life. He forgets to discover the greatest of treasures that lies within him as he searches all around the world for happiness.

It is time for man to realize that his ultimate goal is Peace. It is time that man learns to go within and make the Monkey into a Monk. Then he will find *Ananda*, eternal bliss that is born from everlasting Peace and tranquillity.



WHY DO WE LOSE OUR PEACE OF MIND?

We don't know Peace is within



- ✦ Man gets caught in desires and greed. He loses his Peace of Mind.
- ✦ Man doesn't realize that Peace is within.
- ✦ He seeks sensual gratification.
- ✦ Little does he realize that his own Mind robs his Peace.
- ✦ For little things, man gets irritated and loses his Peace of Mind.
- ✦ The Mind is very sensitive and reacts. This, if not controlled, can become an obsessive disorder.
- ✦ Not only when awake, even when he is asleep, the Mind dreams and steals our Peace.
- ✦ When will man go within and make the Monkey into a Monk?
- ✦ When will man realize that fancy meditation and Yoga classes will not give him real Peace?
- ✦ When will man find eternal Peace that will give him everlasting happiness?



CHAPTER 3

CAN WE FIND THE MIND?

THE MIND IS A MONKEY

In quest of Peace, man then proceeds to find his Mind. But the Mind is a Monkey. It is constantly jumping. Despite man's best efforts, he is unable to find the Mind.

Thadani was a big businessman. He had all the money in the world. But he had no Peace of Mind. He constantly worried and

lived with great anxiety. His stress led him to his spiritual Master one day so that he could find a solution to the problem. 'My Mind is so worried. It is full of turmoil and anxiety,' he told the wise man. The Guru told Thadani, 'I shall remove all your stress and anxiety. Come at 5 am tomorrow morning, but don't forget to bring your Mind.'

Thadani thanked the Master and left. But as he did, he thought about the strange request his mentor had made. How could he forget his Mind even if he wanted to? His Mind was always with him, and it was so full of misery. He went home and told his dear wife about the strange man. The wife trusted the Spiritual Master and encouraged Thadani not to miss the meeting at dawn.

The next morning, when the rich man reached his Master's house, the Master greeted him and said, 'Hope you have brought your Mind.' Thadani could not control himself, and so he blurted, 'Of course, I have. How could I leave my Mind behind?' The Master smiled and replied, 'That's good, because if you did not bring your Mind, then how could I remove the stress, the worry, and the anxiety? Please sit in the room inside and find the mind. Once I finish my meditation, I will come and solve your problem.'

Thadani bowed and folded his hands as he left the Guru's chamber. He then recalled the words, 'Find the Mind!' and he

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started looking for his Mind. He searched a lot, and as he searched, he found that thoughts were coming from all over - his eyes, his nose, his ears, even his tongue, and skin. Each of his senses was triggering thoughts. His Mind, suddenly, jumped to the thought of the man who had cheated him the previous day. Only last month, he had helped to pay for his daughter's wedding. Then the Mind jumped to the police warrant that he had to attend to tomorrow. While his Mind was swinging like a Monkey between the troubles of yesterday and the problems of tomorrow, he did not know what to do. How could he find his Mind to present it to the Master? He was trying hard, when the Master entered and asked him, 'Let's remove all the anxiety from your Mind. Did you find it?' Thadani humbly replied, 'I tried very hard to find the Mind. Where it is, I could not find!' The Master smiled, 'But you said that the Mind is full of worry and stress. If the Mind doesn't exist, then where is the worry and anxiety?'

The Mind is a naughty rascal. It is a Monkey that jumps from thought to thought. In reality, it doesn't exist. It is a bundle of thoughts that becomes our Mind and makes us a Monkey that loses its Peace.

The Master told Thadani, 'If you want to take out the turmoil and worry from your Mind, stop this constant thinking, just as you would stop eating or walking or talking. It's a choice and you must make it a habit to stop thinking all the time. If you let

negative thoughts of fear, worry, problems, and anxiety fill your life, then you will feel stressed and anxious. Eliminate such thoughts and you shall find Peace.'

We human beings have a brain, but even till today, scientists have not been able to define a clear relationship between the brain and the Mind. The brain is the physical aspect, our hardware. But the Mind is a subtle aspect, our software. It seems that we are programmed with this software, just as we are given the gift of the hardware of the human body. We can call the software – MIME. Although most of us don't know it, the MIME is the Mind, Intellect, Memory, and Ego. We all experience these subtle aspects of our existence, but unlike our eyes, nose, ears, hands, and feet, which we can touch and feel, we can't catch the Mind. We can see an X-ray or an MRI of the heart, kidney, lungs, and brain, but we cannot see the Mind, Intellect, Memory, and Ego. While we are sure that the Mind seems to exist, this subtle existence is mysteriously wired into the hardware of our body.

The Mind is a thought factory. While it has no physical existence, the subtle software constantly produces thoughts in a human being. It is capable of producing a thought practically every second. This can become over 50,000 thoughts per day. The Mind doesn't stop thinking even as we sleep. It thinks in our dreams. It is this constant

Can we find the Mind?

jumping from thought to thought that creates the Monkey Mind that is so elusive. Even as we try to catch it, it jumps to another thought.

We often confuse the Mind to be the MIME, but the Intellect and Memory are different from the Mind. The Mind thinks, but the Intellect discriminates, just as the Memory records information that can be recalled later. The Ego is the fourth aspect of our subtle existence. Because of the Ego that keeps on screaming, 'I,' 'me' and 'mine,' the Mind aggressively thinks thoughts. Together, the Mind and Ego, become the ME that we seem to be. The ME makes us a Monkey that is constantly jumping.

The Monkey swings to a yesterday that is gone, and then to a tomorrow not yet born. The Monkey, ME, doesn't sit quietly for a moment. It is this Monkey Mind that is the thief of our Peace. By himself, man can be a peaceful being. But when man is in the hands of a Monkey that thinks 50,000 thoughts a day, man gets so stressed and worried that the intelligent being behaves like a donkey because of the Monkey Mind. We foolishly worry and live stressful lives because we do not use our intellect to discriminate thoughts. Although we are gifted with the Power of Intelligence, our thoughts distract us as they overtake us into an ocean of anxiety.

There is a way to live with Peace. But we must make this a part of our conscious effort to consciously eliminate negative thoughts, just as we try to still our Mind. Like a Monkey that is not satisfied with just a banana, the Mind is constantly craving and seeking. It is this desire that makes us jump from thought to thought, creating turmoil. Unless we quieten the Mind and make the Monkey into a Monk, we will continue to jump with stress and anxiety. We have to learn to reduce our MTR - our Mental Thought Rate. If we make it a habit to spend time in silence, as we use our intellect to control the Mind, we can stop this Monkey business of constantly jumping and creating anxiety. The intellect must develop willpower that controls the Mind from producing thoughts every moment, and stop us from being like an ape who wants to escape sitting quietly even for a moment. We want this and that. We worry about every possible thing in the world - our health, our wealth, our home, our car, our business, and even our dog. We are not able to sit peacefully, even for a moment because we have let our Mind become an uncontrolled Monkey, and thus it makes us suffer from anxiety.

One would think that wealthy people of this world have a lot of stress because they have so much money, property, stocks, and valuable resources to control and manage. There is no doubt that the rich and famous live stressful lives. Keeping their brand alive, their reputation and their

Can we find the Mind?

image create thoughts of anxiety. But even the poor are not exempt from stress. They worry that they have no money. How will they feed their family, pay their house rent, educate their children, and buy them clothes? It doesn't stop there. They worry what would happen if they became sick because of a pandemic, how would they cope? At this point, they don't need to worry, because neither are they sick nor do they have unpaid bills. But they have a load of anxiety created by their own Mind. Not only has the Monkey Mind created so much stress, but it continues to worry, moment after moment. Both the rich man and the poor man are stressed because they don't realize that this is a choice.

“

*The Mind is a Monkey,
Jumping from thought to thought.
But we can never find the Mind,
This truth we forgot!*

”

CAN WE FIND THE MIND?

The Mind is a Monkey!



- ✦ The Mind is a Monkey that doesn't stop thinking. It creates so much stress, worry, and anxiety.
- ✦ But if we try to find the Mind, we can't because it is a subtle part of our existence.
- ✦ The software makes us constantly think up to 50,000 thoughts a day.
- ✦ Along with the Ego, the Mind becomes the ME, and the ME makes us suffer.
- ✦ We desire; we crave and lose our Peace.
- ✦ We do not realize that we have an Intellect that can discriminate.
- ✦ Through our willpower, we can control the Mind.
- ✦ We have a choice to stop living stressful lives.



CHAPTER 4

WHY LIVE WITH STRESS, WORRY, ANXIETY?

IT'S A CHOICE!

In today's world, stress and anxiety have become a part of human existence. It would be rare to find somebody who lives without worries and tensions. People are depressed over what is happening in their life. There may be emotional issues or financial issues. Suicide is no more something that shocks us because around the globe it

happens practically once every 40 seconds. But why do we live with stress, worry, and anxiety?

We don't realize that we have a choice. We can live with worry or we can choose Peace. We can let depression overcast our lives or we can let the sunshine of cheerfulness brighten our day. We can't control the weather, but we can control our life. What causes anxiety attacks is not what happens to us, but the way we react to what happens to us. We all face problems. It is how we deal with problems that matters.

An inspirational speaker was giving a talk on how to solve problems. He asked the audience, 'How many of you have problems?' and they all raised their hands. Then he questioned them, 'How many of you would like to have a life that has no problems?' Again, they raised their hands. Having gone through the grind of life, he knew for a fact that a problem-free life was an illusion. It was like a mirage in the desert. He told the audience, 'I discovered an incredible place on the way here today. There are many people there who stay without problems. How many of you would like to join them?' They all raised their hands again. Then he shared the final secret, 'The place is just a few streets away. It is a cemetery. Does anybody want to go there to join the dead?' Nobody raised their hand!

We human beings want to live, but we want a problem-free life. We don't realize the word problem comes from

Why live with Stress, Worry, Anxiety?

the word *probolo* – something that is thrown in front of us. Problems are meant to strengthen us. They are not stop signs; they are guidelines. They are not stumbling blocks; they are steppingstones, provided we view them as challenges that we must overcome and not let them defeat us.

Why do we lose our Peace of Mind and how? We let a simple thought steal our Peace. *Ram was having dinner with his friends in the neighbourhood, when one of the guests made an announcement, 'Ram's mother has just had a heart attack!' Ram started crying. Someone said that she was taken to a hospital in an ambulance even as he was partying. Just then another neighbour came and clarified, 'It is not your mother. It was the other Ram's mother – Sriram, who lives at the end of the street.' In a moment, Ram's face glowed as his sorrow turned into joy. 'Thank you, God!' he screamed with enthusiasm. How did Ram, in a matter of seconds, experience so much distress and the very next moment, so much joy? How did one announcement break his heart, and the other, make the misery depart? It was his reaction, his attitude. He did not even hear the announcement properly, nor did he verify it. He just let the news make him sink into sorrow.*

Many of us are like Ram. We get heartbroken at small announcements. In fact, we make our life such that we are always on our toes anxious and stressed. We make it a

habit to anticipate bad news and we worry all the time.

We live like Deepak. Deepak opens the door of his life to all the possible junk in the world. All day long, he watches the news. Repeatedly, he notices death and destruction. Somebody has died in a car accident, and many have lost their lives in a plane crash. He even personalizes an explosion in a faraway country and becomes miserable as he watches the television replay the clip of the blast, till that video is deeply ingrained in his memory and he plays it in his dreams too. We don't have to be like Deepak, constantly reading the news of murder, death, and destruction. We have a choice. We can live like Sandeep.

Sandeep is joyous and cheerful. He barely watches the news and he has stopped subscribing to any newspaper. He is updated with important news by many of his friends. His life is not surrounded by stress, worry, and anxiety. He doesn't let the sorrow of an accident depress him, nor be aghast by an act of terrorism. When a problem comes, he welcomes it. To him, pain is like a zooming train. It surely comes, but never stays. 'Of course, there will be problems,' he says, 'but just because there are problems, I am not going to be unhappy!'

***I am going to be happy today,
Though the clouds seem dark and grey,
No matter what comes my way,
I am going to choose to be happy today.***

Why live with Stress, Worry, Anxiety?

Sandeep is an optimist. How does he manage this optimism? He never lets negative thoughts sink into his system. Every time something is depressing, he laughs over it. He fills his life with humour and laughter. He has tied his Monkey Mind and doesn't let it jump from one misery to another. He has learned this art from his friend, Steven.

Steven lives life moment by moment. He enjoys Peace and bliss, because he does not let his Mind swing to a 'yesterday' that is gone, nor lets it jump into a 'tomorrow' not yet born. Steven knows that life is all about the 'present moment'. He has learned the art not to live in 'yesterday'. Unlike others, Steven does not live with guilt and regret, letting his Mind nurse, curse, and rehearse a past incident. He knows how to reverse it and live with joy. Steven has learnt to eliminate fear from his life. What is FEAR – It is a False Expectation Appearing Real. Fear is not a real danger. It is a thief that steals our Peace of Mind.

Is it necessary for us to live with worry and stress, fear, and anxiety, or do we have a choice? Most of us do not learn the art of being in Peace. We let turmoil tear us apart. We don't realize that we have a choice. We can either become conscious of our thoughts and overcome the toxic fumes as we live in Peace, or we can worry and let worry shred our life into pieces. It is a choice. If we become conscious of the truth that it is our very own Mind that is causing the

anxiety, we will not lose our treasured Peace. We will make it a priority to live blissfully as we make Peace the foundation of our life.

Where is all this misery born? What makes us lose our Peace? It is our own Mind. Stress, worry, and anxiety is not an outside thing. That's why, when we fall asleep, we forget all our worries and we wake up after a peaceful sleep despite all the problems in the world. The moment we wake up, the Mind becomes conscious and gets stressed. The Mind works like a motor that gets heated up with stressful thoughts, and many of us make this a habit. We let one particular thought dominate our Mind and allow it to become like a thorn that keeps poking and piercing us, making us cry. We don't need it. We have to realize the truth about life. Some things are within our control. We can do our very best, but there are things beyond our control. Why worry about them? If we unnecessarily worry about anything and everything in the world, our peaceful and blissful life will become stressful and full of tears. Our challenge is to calm the Mind, control it, and not let it rule us. We must take the help of our intellect to discriminate and make a choice. I learnt a lovely prayer and repeat it ever so often:

Lord, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference!

Why live with Stress, Worry, Anxiety?

When we use our intellect, we learn the art of peacefulness. We learn to discriminate what we can control and what we can't. There is really no need to worry about anything in life. We human beings can only do one thing at a time – either we can worry, or we can discriminate. If we let our Mind take control, it will bombard us with fearful thoughts and make us anxious. But if we let our intellect take control, it will discriminate and make the right choice that will return our Peace. After all, life is a drama. We come and we go. Nothing belongs to us. This is just a show. Then, why lose our Peace of Mind? Why become unhappy and worry about things that are beyond our control? Why not rather take control of what we can, and do our best, and then surrender the rest to the proverb, 'Whatever will be, will be.'

Worry doesn't help us in any way. It only creates additional stress and corrodes our Peace even further. By doing so, we only choose to sink deeper into depression. Always remind yourself of this:

*For every ailment under the sun,
There is a remedy or there is none.
If there is one, try to find it.
If there is none, never mind it!*

If only we learn to live making it a conscious choice not to worry, not to fear, and not to be anxious, our life will be full of Peace and bliss.

Some people wonder whether it is even possible to eliminate anxiety from our life. Is there some way to stop worrying and start living with joy? If they follow the right path, they will learn the secret of how to be positive all the time. We must never forget that if there is no problem then there is no need to worry. If there is a problem and we can do something, there is no need to worry. If we can do nothing about our problem then there is no need to worry.

“

Why live with stress, worry, and anxiety?

Why not rather Rejoice.

We can replace Pessimism with Optimism

Remember, it's a choice!

”

WHY LIVE WITH STRESS, WORRY, ANXIETY?

It's a Choice!



- ✦ We don't have to live a stressful life. It is a choice.
- ✦ It is our Mind that causes anxiety.
- ✦ We become unhappy and depressed because we let bad news sink into our life.
- ✦ We do not learn the art of optimism and thus lose our Peace. Some people choose to live cheerfully. They don't let depressing thoughts ruin their life.
- ✦ We can only do one thing at any point in time, worry or discriminate.
- ✦ If we use our intellect, we can make it a habit to choose Peace over problems.

*Why worry..there is no need to worry!
If we can do something.. about our problem,
Then there is no need to worry.
If we can do nothing..about our problem,
Then there is no need to worry.
Either way there is no need to worry.*



CHAPTER 5

CAN WE BE POSITIVE ALL THE TIME?

FLIP OVER FROM 'NEP' TO 'PEP'!

Life is a choice. We can choose to live with Peace or anxiety. It is up to us. We must realize that a ship doesn't sink because of the water that is around it. It sinks because of the water that gets inside it. All the anxiety around us cannot make us drown in misery. But if we choose to let stress and worry enter our life, it is sure to destroy us. How can one choose to live with Peace and bliss?

Can we be Positive all the Time?

Peace is an art. If we don't learn it, then our life can tear apart. It takes effort to make the Monkey within into a Monk. We must consciously choose as we discriminate and use our intellect to develop a strong willpower. Unless we stop the Monkey business, our Mind will continue to produce thoughts that will steal our Peace. How does the Mind work?

The Mind is a thought factory. It produces thoughts. But just like any factory, the thoughts that it produces depends on the raw material that we feed it. If we feed it positive raw material, it will produce positive thoughts, but if we feed it negative raw material, it is impossible for the Mind to think positively. People in this world advocate -'Think Positive!' But not many discover the truth of how we can think positive. Those who do, they learn to flip over from NEP to PEP.

NEP is Negative Energy Poison. It consists of toxic emotions. Emotions like fear, worry, hate, jealousy, anxiety, pessimism, doubt, depression, amongst others. When we feed our Mind with these negative emotions, we create an aura of NEP in our thought factory. It is only natural for such a Mind to constantly produce negative toxic thoughts. These poisonous thoughts steal our Peace. While it is difficult to change the thoughts that the Mind produces, it is easier to feed it with positive emotions.

Kareena had a jealous Mind. She was in love with Shekhar. They were colleagues and had a beautiful, loving relationship. But the NEP of jealousy broke it apart. Her Mind would doubt every girl that Shekhar met or talked to. If Shekhar would go for a meeting, she would spy on him. This not only affected her work but eventually made other people uncomfortable as she started gossiping to drive the girls away who were friendly with Shekhar. Her jealousy not only ruined her Peace but ultimately also broke the bond between the two. Shekhar decided not to continue his relationship with Kareena. This destroyed Kareena as it led her into a state of depression.

Steven and Harry were cousins. They enjoyed a friendship that unfortunately caught fire with hate. Steven had reasons to believe that Harry was not devoting his time to their family business, and instead, was working with competitors, which was making their business sink. His negative thoughts towards Harry soon caught steam and became hate. He hated the sight of Harry and it manifested in all his expressions. What did 'hate' do to Steven? It destroyed his tranquillity, all because his Mind permitted hate to rule.

Radha was happily married. She had two children. She was very fond of her neighbour Sudha and started inviting her over. Most unfortunately, Radha's husband fell in love with Sudha and he decided to end their marriage and move on with his new love. Radha was shattered. Her life was filled with tears, worry, and

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she was anxious about the future. Her Mind was poisoned with thoughts of revenge – she wanted to ruin Sudha. This became the objective of her life. The once innocent Radha now became a slave to revenge, as it made her toss and turn in a tornado of wild thoughts that tormented her and stole her Peace. No doubt there are times in life when the most unfortunate things happen. But what is more unfortunate is our negative attitude that follows as a response to disasters.

In all these cases, the negative poison – jealousy, hate or revenge, is triggered by the Mind. The once happy and Peaceful person becomes a toxic wreck, shivering with anxiety and losing the treasure of Peace. It doesn't end there. Such people continue to regret whatever has happened and this regret becomes a recurring source of misery and sorrow. People all over the world experience these negative poisons because their Mind lets thoughts of NEP appear from the front door of their life just as Peace and tranquillity exit from the back door. Sadly, we let these negative emotions enter our life and ultimately, allow them to rob our Peace.

A positive Mind produces thoughts that arise out of PEP – Positive Energy Power. When we feed our Mind with positive emotions like faith, trust, belief, enthusiasm, courage, confidence, love, forgiveness, and compassion, we are feeding our thought factory with raw material that

will produce positive thoughts. This generates a power within that creates Peace.

Ultimately, it is a choice. Whether we create Peace or poison within, depends on whether we feed our Mind with negative or positive emotions. To be peaceful, one must learn to flip from NEP to PEP. Then, one will experience Peace.

You can't just be peaceful and blissful. The Mind by default is a Monkey. It gets attracted to bad news. Unless there is some tragedy, a movie doesn't sell. Would you watch the news if there was nothing sensational? The Mind has become used to feeding on news that involves death and destruction. It gets easily attracted by fear. Therefore, most people live stressful lives. Very few people stay away from all this negativity and live like a Monk with Peace and bliss. It is these people who consciously choose to flip to PEP.

How do you flip from NEP to PEP? Every time the Mind thinks a negative thought, we must consciously eliminate it by feeding it a positive emotion. If a thought of doubt germinates in our Mind, we must not let that thought become a feeling and make us sink into despair. We must feed the Mind with faith. We must learn to trigger faith through self-talk, auto suggestions, or external tools like

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reading a positive book, repeating a positive phrase, or even singing a happy song. We need that 'flip over' that will cause the change. It is like turning a coin. As we flip the coin over, our thoughts will flip, and we will see transformed energy within. Immediately, we will experience the turmoil disappear as Peace will fill our Mind.

If we want to make the Monkey into a Monk, and our Mind to be full of Peace, we must make this flipping from NEP to PEP a habit. We must consciously forgive when there is a thought of revenge and this will happen if we feed our Mind the raw material of the emotion of forgiveness. Not only will we produce thoughts that will encourage us to forgive but will also produce other positive thoughts. Just like birds of a feather flock together, thoughts of a kind together bind and can leave a poisonous aura behind. Even the thought of hate, worry, fear, anger, revenge, jealousy, can make us so depressed, just as talking about love, faith, optimism, courage, and confidence can cheer us up. But this is an art. It is a choice! It is a habit.

We must constantly flip over from NEP to PEP. Whenever there is NEP, we must flip to PEP. We should not let the poison of negativity remain even for a moment. Because if it does, it will produce toxic thoughts. By flipping over to PEP, we will experience new energy and the power of Peace.

Some people still look up and wonder how one can flip over. There are many ways to live a peaceful life. *Neeta used to always wonder why Shyam was blessed with so much Peace while she lived a life of depression. A wise man who met them both, smiled as he chatted with them. Neeta was answering questions about her lifestyle. She told the wise man that she loved horror movies. Every morning, she would read several newspapers and she would never miss the news on television. She was the first one to get breaking news. The books that she read were those of mystery and suspense. Even the food that she ate had a lot of spices and chillies.*

Shyam spoke to the wise man and shared with him his quite different lifestyle. He ate simple food and spent time in silence and prayer. He only watched comedies, whether movies or soaps. He stayed away from bad news and avoided reading too much of the newspaper. Even his circle of friends consisted of far more peaceful people and their conversations were more constructive. Neeta's kitty parties had friends that would enjoy not just lunch, but a five-course meal on gossip! When the wise man compared the two, Neeta realized that she was opening the doors of her life to negative emotions. These created NEP and they led her into living a stressed-out life. Thereafter, she made a conscious decision to flip over to PEP and live like Shyam. Just as she flipped her life over, bliss returned as she regained Peace in her life.

We should not wonder how people can remain positive.

Can we be Positive all the Time?

We should rather look at the power that fills their life due to the emotions they feed their Mind. We should be inspired by PEP and flip over at every possibility as we eliminate all the negative emotions of our life. As we keep sweeping out the toxic energies from our life and our Mind, we will experience a flow of positivity as powerful emotions will create Peace and bliss.

Remember, this is a conscious choice. We have to make the Monkey Mind into a peaceful Monk. The Mind is like an ape that waits to escape as it jumps from one thought of fear to another of regret. It doesn't know how to sit quietly. The Monkey Mind feeds on these negative emotions. Until we make the Monkey into a Monk, we will continue to experience worry, stress, and anxiety. As we flip from NEP to PEP, we will discover Peace again. Those who live a life of positivity, steadily drive out NEP from their life. They guard their Mind and create a fortress of positive emotions around them. They create towers of faith, hope, belief, trust, and enthusiasm and stop the Monkey Mind from escaping to NEP. They feed positivity into the thought factory. They think peaceful thoughts and experience powerful feelings. Their life is a conscious choice of Peace and bliss.



“

How can we be Positive all the time?

How can we make stress and worry decline?

If we flip over from NEP to PEP,

We will experience Peace at every step!

”

CAN WE BE POSITIVE ALL THE TIME?

Flip over from NEP to PEP



- ✦ If we learn the art of flipping over from NEP to PEP, we can be positive all the time.
- ✦ NEP is Negative Energy Poison. PEP is Positive Energy Power.
- ✦ We must consciously flip over by feeding our thought-factory positive emotions.
- ✦ Positive emotions are those of faith, hope, trust, love, courage, confidence, enthusiasm, optimism, forgiveness, and compassion.
- ✦ Negative emotions are hate, worry, fear, anger, jealousy, revenge, despair, doubt, and pessimism. These poisonous emotions steal our Peace.
- ✦ We must live with positivity. We can't just think positive.
- ✦ We must flip over from negative to positive.
- ✦ We must make this both a choice and a habit.



CHAPTER 6

WHAT IS THE SECRET OF PEACE?

DISCOVER THE MONK WITHIN

We all want Peace, but we have not discovered the secret. We have not realized that Peace is not a product that we can purchase. It is not even an emotion to achieve. It is a state of Mind. We can't get Peace, although most of us are seeking Peace. Peace is a state of being. We have to be at Peace. We must develop the art of being peaceful and to

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experience Peace. We must learn the secret – we must discover the Monk within.

Stress or Peace, it depends on whether we let the Mind remain a Monkey or we make it a Monk! We lose our Peace of Mind, so we say, without even realizing what it actually means. There is a Monk within that is peaceful and blissful. But because it develops a tail that is 'EY' - Ever Yearning, the MONK becomes a MONK-EY. We grow up desiring, seeking, and craving and we make it a habit to want delicious food, exotic fragrances, enchanting music, scintillating scenes, and sensual touches. The cravings of our senses make the Monk into a Monkey. Our Ever Yearning transforms the Peace within into an agitation, a passion that becomes our obsession. We don't realize it, but this Ever Yearning makes us jump from one desire to another desire, from our need to our greed, and in the bargain, we lose our biggest treasure – Peace.

We are all Monks in essence. But we don't discover the secret about the Peace that is within us. Out of Ignorance, our yearning seeks things that will ultimately have to be left behind. Although we come with nothing and go with nothing, and there is no one on earth who can carry even a pin to the realm beyond, we still yearn for more and more. The Monk becomes a Monkey!

We must discover the secret. We must realize the Monk within. Just because it has a tail, there is Ever Yearning, ever-seeking, ever-desiring, ever-craving and ever yelling. We should not live and die in ignorance that we are the Monkey that we have become. We have to discover the Monk within, and the only way is to renounce. We must develop the art of being dispassionate and detached. We must overcome ignorance and realize that nothing belongs to us. We must learn the secret that fulfilling this Ever Yearning will never give us Peace. It is renouncing this yearning, that is the secret of Peace and tranquillity.

In the beginning, we all experience Peace. The Monk within rules the kingdom that is 'us'. Slowly, desires and cravings make the Monk into a Monkey. It jumps from yearning this and that. It feels the excitement, as it enjoys this jumping. Every goal is not achieved, just as every dream is not fulfilled. Every time the Monkey wins, it experiences pleasure, joy, and happiness and it returns to its original state of bliss and Peace that was originally enjoyed by the Monk that it was. However, the Monkey has taken charge of the kingdom within. It has made it a habit and has become a slave of the pleasures of senses. No sooner than it experiences moments of Peace as the Monk, its Ever Yearning tail starts seeking the excitement of achievement. It then jumps on to its next desire. In the bargain, the Monk becomes a Monkey and loses the Divine Peace within.

What is the Secret of Peace?

We must discover this secret of Peace. We must realize the Monk within. The peaceful Monk lives in the depths of our existence but has been made a prisoner due to our own Yearning. First of all, we must discover the Monk. Then, we must cut the Monkey's tail. Thereafter, we must remain in Divine Peace and Enjoy the bliss that comes from 'desirelessness'. The Monkey makes us believe that bliss is Peace when in reality, the Monk within knows that Peace is bliss. Till we make the Monkey into a Monk, we will never experience true bliss. How can we do this?

The key to discovering the Monk within is Silence. When we are still, the Monkey Mind stops its jumping from thought to thought. The Monk within starts its contemplation. We replace the state of an agitated Mind with Mindfulness. It is transforming the habit of thoughtfulness into consciousness. But this is difficult to understand and experience because of the Monkey within. We don't realize the secret that there is no duality within. The Monk and the Monkey do not co-exist, causing Peace and stress. The Monk becomes a Monkey and if we make the Monkey still, it returns to its original state of a Monk. But unless we meditate, we will not discover this secret, nor will we find true Peace.

Meditation has become a fancy technique to experience a sense of wellbeing in today's world. There are different

kinds of meditation, each proclaiming its magical influence on the Mind. Each meditation weaves a big story, when ultimately what it does is that it makes us still. It stops the Monkey from its constant jumping from thought to thought, till the Monkey becomes a Monk! We are amazed by the effects of the meditation, without realizing the secret of the Monk within. All that the meditation did was to still the Monkey, till it became a Monk. The stress that we experience froze and the ripples within us that caused stress, worry, and anxiety disappeared. Unfortunately, the moment we stop meditation, the frozen anxiety melts and reappears, as the Monk becomes a Monkey. The Mind steps into the world and starts its Monkey business of jumping from thought to thought. We lose our Peace of Mind.

We are 'human beings', but only in name. In reality, we are human doings. All the time, we are 'doing'. This is because we are wanting, seeking, desiring, and craving. All the time we are 'doing' and we do not experience moments of being the Monk that is within. The constant doing makes the Monk into a Monkey! Unless we deeply engrave within us that we are 'human beings' and to experience that state of 'being human', we must live like a Monk, we will continue to jump like a Monkey and our Peace will fade away. Something as precious as Peace is lost because we don't discover we are 'human beings' and not 'human

What is the Secret of Peace?

doings'. We are the Monk, not the Monkey that we have become.

What makes the human being a Monkey? The Mind is joined with the Ego and it becomes the ME. Together, the ME is 'Ever Yearning'. It lives with desires and expectations. Both the Mind and Ego are caught in the illusion and they don't realize that everything is Maya. We are losing our Peace and our bliss due to our ignorance. But who is causing it? Who drives the Mind? It is the Ego, 'I'. Because 'I' crave and 'I' desire, the Mind becomes a Monkey. It is unable to live like a Monk. Therefore, to be a Monk, our challenge is to transcend the Ego. If we let go of the Ego, we will discover the Monk within. Of course, the Monkey Mind is the one that dances to the tune of the Ego to create our misery. But if we transcend the Ego, we can cut the tail off the Monkey and discover the Monk.

Sunil had a Monkey Mind. But if we analyze Sunil's life, what caused the Monkey to crave? It was Sunil's big Ego. He wanted more and more. Greed had overtaken his need. Sunil had everything he could dream of, but he was still not satisfied. His Monkey Mind was jumping from one new project to another, but who was making the Monkey jump? It was Sunil's Ego. He was a slave of his 'I'. He wanted the whole world to be 'mine'. Thus, his Ego along with the Mind became the 'ME' that destroyed his Peace within. The Monk within Sunil never

experienced Peace because of his own Ego.

Discover the secret today. It is a choice, Monkey or Monk! We can be silent and enjoy the bliss of the Monk or become the Monkey and live with agitation and stress. We can let our Mind swing from a past that is gone, to a future not yet born. Or we can choose to be a Monk and live in the present. If we want to experience true Peace, we must learn the art of being in the 'now'. There is no Peace in the past, just as there is no tranquillity in the future. When the Monkey Mind takes us there, it makes us regret and fear, and makes our Peace disappear. We must firmly remain as the Monk. It needs a strong commitment, a resolve, a discipline to live as the Monk. The reward is Peace. Due to our ignorance, the Monkey makes us believe that jumping from thought to thought is exciting. The achievement of name, fame, and wealth, will give us pleasure and happiness that is sweeter than Peace. We get fooled into believing the Monkey and we trade our Peace for happiness. We don't realize that Peace is the foundation of happiness. Where there is no Peace, there can be no joy. The Monkey destroys the foundation of Peace and keeps us swinging like a pendulum, from thought to thought, and it robs our present moment of Peace. It steals our state of 'Monkhood' as it becomes the Monkey that we are. The Monk within disappears and with it goes our Peace of Mind. If we want to be peaceful, we must cut off the tail of the Monkey, once and for all. We have to stop the Monkey

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business of the Mind. We have to flip over from stress to Peace, from Monkey to Monk, from 'doing' to 'being', from joy to Peace.

This is a secret very few of us have discovered. Thus, we find the world in depression. While people may be acting happy, as they are excited about their success, they are living a life of stress, worry, and anxiety. The Monk has become a Monkey because we have lost consciousness of the truth. How will we regain our consciousness that belongs to the Monk? How will we reinstate Peace within?

“

*When we discover the Monk within,
We discover the Secret of Peace.
We stop the Monkey Mind from jumping,
And we make our anxiety cease.*

”

WHAT IS THE SECRET OF PEACE?

Discover the Monk within



- ✦ We are human beings, not human doings, but the Monkey within makes us jump from thought to thought.
- ✦ We don't experience the present moment of Peace that is in the 'now'.
- ✦ The Monk within has become a Monkey, with its tail that is Ever Yearning and Ever Yelling.
- ✦ Unless we are silent, we will not discover the Monk within. It is a choice. If we discover the secret, we can live with Peace. It is the foundation of happiness.
- ✦ If the Monk becomes a Monkey, we will lose our Peace of Mind.
- ✦ We must resolve, commit, and discipline the Monkey to become a Monk.



CHAPTER 7

WHAT IS CONSCIOUSNESS?

IT IS BEING AWARE, BLISSFUL, PEACEFUL

Have you ever heard of the term 'Consciousness'? Of course, you know what it is to be conscious and awake, unconscious and asleep, as the subconscious continues to breathe. But what has consciousness got to do with Peace?

When do we experience Peace? It is only when the Mind is

still that one can experience true Peace. The problem is that the Mind is never still. The Mind is a rascal. It takes us from thought to thought as it jumps from the present to the future in fear, and then to the past in regret. And it doesn't stop. It continues to ponder on many things and steals our Peace in the bargain. To experience Peace of Mind, we have to stop the Monkey from its constant rumble and mumble. We have to become conscious of its moving from thought to thought.

The moment we watch the Monkey Mind, as if by magic, it stops jumping. It becomes still, as we become conscious. This is consciousness. Some refer to it as 'Mindfulness'. In reality, it is awareness. It is about becoming an observer of the Mind. The moment we become an observer, we stop the Mind from creating chaos within and we experience Peace.

What is the problem? The Mind does not permit this consciousness. Just like a slippery fish, that slips out of our hand as we try to catch it, the Mind slips out of consciousness and jumps to another thought. And then it is over! It goes from thought to thought, then another thought, and another.

Pushpa was trying to get some Peace of Mind. She had just read about consciousness and enjoyed a few moments of Peace. Just

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then, her little Monkey Mind jumped to thoughts of her mother whose blood pressure had gone up. As she was thinking about this, the Mind jumped to her brother who wanted to visit from Australia. Then the Mind thought, there are no flights, how can he come? Immediately, the thought of the global pandemic created fear. She then brought her consciousness back to the present moment, which was peaceful. There was no issue, either with her, her mother or brother. It was her Monkey Mind that broke free from her consciousness to create worry.

Peace of Mind comes with a price to pay and it is not easy to remain tranquil. To constantly go and fetch the Mind from the thought it has jumped to in a matter of moments is very stressful. It will jump from London to New York. Then from Singapore to Sydney! It doesn't need a flight, nor a car to go to the supermarket. It can think of all the delicious food in the gourmet section and create a churn in our stomach, just by thinking. But when there is consciousness, and we become the observer, we can make the Monkey like a Monk. We can make it still! Initially, it will be very difficult to control the Mind from going from thought to thought. But as we become awake and aware, we become more conscious, more peaceful and blissful.

In fact, the key to our Peace is consciousness. It presses a stop button on the jumping Mind and watches it. When the Mind is a Monk, there are no thoughts. We experience

Peace and tranquillity, till such time that the Mind releases the 'pause' button and gently takes us into thinking. When we start thinking, there is no consciousness and no Peace.

Stop for a moment and do nothing. Keep the body still. Stop all actions. Stop singing and talking. Stop eating and listening to music. And first of all, switch off the biggest enemy of Peace – your mobile phone! Observe your Mind. It may try to jump to what you have to do later on today. Bring it back to the present moment. As you do, it may slip back into something you achieved this morning. Stop it! Bring it back to the 'now'. Watch the Mind. Witness its Monkey behaviour and make it sit like a Monk. Become conscious of your Peace in the 'now'.

As you live in the present moment, you will experience the stillness of your consciousness, if you have tightly tied your Mind to sit quietly. Consciousness is about being aware. You become conscious of the silent Monk that your Mind has become. As your body is still, you observe the surroundings, the breeze, the trees, the leaves, and everything around you. True consciousness will virtually make the entire world stop for you as you will experience Peace. Although the world is moving and people are running, if you have made your Mind still, and are conscious as you observe it, you will be in a state of tranquillity.

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Why is it so difficult to live with consciousness? If this simple exercise can give us that much-desired Peace and bliss that we seek, why can't we remain aware, peaceful, and blissful? Why can't we remain as the observer, the one who witnesses the Mind? Why is it that the Mind jumps to a thought, which then creates feelings and leads to action? Does the Mind stop at thinking about that amazing hot chocolate fudge? No! It leads us to want to eat it. We call to order it or we order it online and then our thought, which became a feeling, leads us to action, and soon, we are eating ice cream! It doesn't stop there. As we are creating the online order, we see a WhatsApp message from our childhood friend inviting us for a picnic. Wow! We look forward to that, but it is conflicting with a meeting that is already fixed on that day. It is time to call our secretary and juggle that meeting, but as that is happening, the payment for the ice-cream does not go through. The Mind returns to that because we truly yearn to eat it on this hot summer day. What happened to our Peace of Mind? We were enjoying calmness when the Mind started its usual thinking process.

The Mind is made into a Monkey more with the Ego. Together, the Mind and the Ego become the ME and start thinking, desiring, and craving. It is very natural for ME to take away our Peace. In fact, it is our Ego that drives the Mind by saying 'I want this and that.' Its constant thinking

about *my* wife, *my* kids, *my* family, *my* business, *my* house, *my* car causes the Mind to jump again and again from thought to thought. We don't realize that it is the Ego that stops us from being in that state of consciousness. It gives reason to the Monkey Mind to jump from thought to thought, as it craves and desires. As long as we don't transcend this ME – the Mind and the Ego, we will never experience true Peace that comes from consciousness. There are so many ways that the ME loses its Peace of Mind and with it, our joy and bliss.

Robert realized that the enemy to his being awake and aware, to being conscious and at Peace was his mobile phone. It had different ring tones for different people, and it connected Robert to the world. Robert was so active on Facebook and Instagram that he had forgotten the meaning of Peace. He had actually become a prisoner of his mobile phone. Robert was living such a stressful life that he started to switch off his mobile. He no longer wanted to see his e-mail or WhatsApp, nor did he want to share anything on Instagram or post an update on Twitter and Facebook. He wanted Peace and the only way he could find it was to switch off from the world of social media. As he contemplated, he realized how all these apps made his Mind live like a Monkey. There was so much anxiety and stress, that he switched on some meditative music to be still. With the mobile phone off, he was cut off from the world and he enjoyed it. He walked into his garden and looked intently at a flower. Although it was there all along,

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he had never noticed its beauty. It hardly mattered to Robert what was happening in the world outside, because he was drinking the nectar of Peace in the stillness and silence of his Mind. For a moment, the world had stopped for Robert and he was enjoying the consciousness of who he was.

Does it need an anxiety attack for us to choose this stillness, this being aware and conscious? Does it need the Mind to reach that state of agitation that forces us to switch it off? In such cases, the moment we unwind, the Mind will take us back on its journey through the forest of thoughts and it will make us get lost in the woods. We need to make it a habit to be peaceful and blissful in the present moment. This is consciousness.

Consciousness is about being in the 'now'. It is about living life moment by moment. It is not wandering from thought to thought. Consciousness is about awakening the intellect and making it the master of the Mind. It is about caging the Monkey and putting it behind the prison bars of the intellect. The intellect develops a strong willpower that controls the Mind from its constant jumping and stops it from robbing our Peace.

Ultimately, either we are thinking, or we are conscious. If we are thinking, then, there is a constant rumbling and mumbling of the Mind and there is no consciousness. If

there is consciousness, there is stillness, peace, and tranquillity. If one appears, the other disappears. It is like day and night. You can't have both at the same time. A day must turn into night, just as dawn appears out of the darkness after dusk. We have to make consciousness appear more if we want Peace. If we let the Mind rule us, it will dominate with thoughts and there will be no consciousness. Peace is all about consciousness. It is all about being still in the 'now'. It is holding back the Monkey from stealing our consciousness and stillness. How can we be in Peace all the time? Is it even possible?

“

*Either we can be conscious,
Or we can sink deep into thought.
This is the simple secret to Peace of Mind,
So simple that we forgot!*

”

WHAT IS CONSCIOUSNESS?

It is being Aware, Blissful, Peaceful



- ✦ Our Mind steals our Peace with its constant thought process.
- ✦ If we become a witness and observe the Mind, we become still and peaceful.
- ✦ Consciousness is observing the Mind and making it like a Monk.
- ✦ It is not letting the Mind and Ego, ME – desire, crave, and think all the time.
- ✦ It is using the intellect to develop the willpower to be conscious.
- ✦ As long as we remain in a state of consciousness, we will experience Peace and bliss.
- ✦ The moment we lose consciousness, we sink into our world of thoughts.



CHAPTER 8

HOW CAN WE BE IN PEACE?

CUT THE MONKEY'S TAIL!

Peace is the foundation of happiness. Where there is no Peace, there can be no joy. The whole world wants Peace and we know that our own Mind robs us of our Peace. But what can we do about it? We worry, we fear, and we get angry. Although we don't like to, it just happens. We feel so helpless, so powerless. What is the way to Peace? How

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can we put the pieces together and find tranquillity? How can we avoid the ripples of stress that destroy this stillness of our Mind? There is but one way - to make the Monkey Mind into a Monk!

When will the Monkey become a Monk? If you look at the word Monkey, it already has 'Monk' inside it. It's just that it has a tail - 'EY', that makes the Monk into a Monkey. If you cut the Monkey's tail and remove 'EY', you will find a Monk. To a Monk, if you add the tail 'EY' - it will become a Monkey. It is our choice. Are we going to make the Monk into a Monkey or the Monkey into a Monk? If we want Peace, then we know the answer. We have to cut the Monkey's tail. How do we do it?

The 'EY' in a Monkey is the Ever Yearning of a Monk that makes it a Monkey. If the Mind is still, it is like a Monk. When the Mind is Ever Yearning, then it is not silent. It wants this and that. It creates desires and expectations and makes the silent Peaceful Mind repeatedly jump, transforming it into a Monkey.

Therefore, there is only one entity, the Mind. It is up to us whether we make it a silent, peaceful, blissful Monk or a desiring, craving, Ever Yearning Monkey. By default, we human beings who live in this world are attracted to all sense pleasures. The eyes see something and want it. The

nose smells and desires. The ears hear and go in search of the enchantment. The tongue tastes and becomes addicted, just as the skin touches and wants that feeling again and again. Our five doors of sense perception open into the world with desires and expectations. These become strong cravings. We become so passionate that we are ready to give up our life to fulfil these aspirations. We even become obsessed and dream of these pleasures.

Gupta was a rich man. He had all the money in the world, but he was a prisoner of his senses. He was happy when as a young man he made some money to buy his first humble and simple car. His father could only afford a bicycle. Thereafter, Gupta worked hard and created first-generation wealth and success. Unfortunately, he began to sink into the world of material pleasures. From that little car, he went on to buy a full-sized Honda, but he didn't stop till he got himself a BMW and Mercedes. To Gupta, cars were not just a source of pleasure but a status symbol. He would show off his Ferrari and limousine, while he worked round the clock to make more money so he could expand his fleet of cars and flaunt his wealth. No doubt he was happy, far more excited than he was before. But what about Peace? He had lost his Peace in the noise of the roaring engines that deluded him, trading his tranquillity for success and achievement on the highway of life.

Shareen grew up as a simple girl in India. She was a vegetarian and was lucky to succeed in her software career. As a techie in the

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US, she was one of those who had migrated there and thus, could afford a far better lifestyle than she could have ever enjoyed in her humble home in India. But while she had more possessions, a better home, more money, she had no Peace of Mind. What robbed her Peace? Shareen was a foodie. In India, she practically looked underweight – she was so thin. But in the US, her tongue became her master as it made the supermarket her second home. Every day, she would first drive to the supermarket to pick up loads of food, snacks, drinks before she headed home. One couldn't recognize it was the same girl! Her tongue wanted a new restaurant every other day. There was not a place that she had not visited, from burger chains to pizza restaurants. Her craving for food took her to Mexican, Japanese, Lebanese, and every possible cuisine that her city offered. She brushed off her vegetarian diet as boring as she gorged on shrimps, crabs, and lobsters. She even discovered frog legs in an Indonesian restaurant. At the end of it, she lost only one thing – her Peace of Mind. Her Mind kept wanting and craving food and it did not stop there.

Sheela was crazy about gold and diamonds. She was a slave to her obsession for jewellery as she yearned for exotic ornaments. She would push her husband to earn more so that he could sign a cheque for her expensive hobby. Although she had all the glitter and glamour around her neck, she had no Peace of Mind. While she did enjoy the attention she received from her friends because of her expensive taste, she began to fear for her life as the

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glittering jewellery caught the eye of unscrupulous people, and more so, when she heard of how a friend had her wrist slit when thieves stole the diamond bracelet that her friend was wearing.

What do we see that is common in all these rich achievers? They have money, wealth, and all the pleasures that excite their senses. But do they have Peace? Because they do not have Peace, despite their possessions, they are not happy. Of what use is such pleasure if it robs our sleep? Of what use is money in the bank, if it creates stress? What is the point of all the glamour, if it leads to anxiety? What is the solution?

The way to Peace of Mind is to stop this yearning and craving. As long as the Mind has a tail – 'EY' that is Ever Yearning, it will never be in Peace. For the Mind to be in Peace, it needs contentment and fulfilment. The way to Peace is to cut the tail off the Monkey and make it a Monk. If we remove the Ever Yearning from the Mind, it will become a silent Monk. But this is a challenge. How can we cut the Monkey's tail? How can we stop it from yearning more and more?

We human beings are blessed with a Mind that is never satisfied. It constantly craves and doesn't stop when its desires are fulfilled. To a normal Mind, enough is not enough. The need becomes a greed, as the Mind wants

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more. It achieves one goal but yearns to fulfil another. It makes one dream come true, only to dream of another. There is no end to the yearning of the Mind. Each time it yearns, it may achieve a dream, a goal, but loses something invaluable. It loses its Peace! Peace of Mind has no price tag. The only way to buy Peace is to cut the Monkey's tail, cut this 'Ever Yearning' of the Monkey Mind and make it happy, fulfilling its need, not getting into the circle of gratification of the greed.

We all want Peace of Mind, but we also want to be happy. Because our pleasure becomes our priority, we put Peace in the backseat. We zoom ahead seeking more and more pleasure, and so Peace goes out of the door! Then we become slaves to our own possessions. Unless we stop this constant yearning, we are sure to lose our Peace.

It is strange, but we human beings wish and hope for Peace all the time, but in that very same moment, we ourselves destroy our Peace. Peace belongs to the 'now'. We can't be peaceful in a past that is gone. That moment is over! Nobody in the world can go back to yesterday. But when our Monkey Mind takes us there, it steals our Peace. Peace is in the 'now'. But because we don't cut the tail off the Monkey, not only is it yearning for things that makes us stressed, it also jumps up and down as it creates anxiety. Don't we want to be peaceful and blissful? Then why do

we permit the Monkey Mind to jump into the future? There is no Peace in tomorrow. The future can only make our Peace into pieces. Still, we permit the Monkey to make us jump there. What if we test positive for the deadly virus? What if we do not get a ventilator in the ICU? What if we die? Our Mind loses the treasure of Peace because we let the Monkey jump into the fear of the future. Unless we cut the tail of the Monkey and make the Mind a silent Monk, we cannot remain in the 'now', peaceful and blissful. If we want to enjoy Peace, we must be firm to create the Monk within. We must stop this constant wandering of the Mind, from thought to thought. We have to cut its tail!

When we cut the Monkey's tail, suddenly, the Mind is still. It can enjoy the breeze, the trees, and the seas. It can enjoy the butterflies and the bees. It can be amazed at the fruits on a tree. If only the Mind is silent, it can enjoy the bliss of the flowers in the garden, the birds that fly in the sky, the exotic fish that swim in the waters. There is so much beauty around us, but because we are constantly jumping and yearning, we don't even look around to enjoy things around us. We lose the gift of the present moment and with it, our biggest treasure, Peace.

Peace is a simple matter, but we complicate it. We exchange it for success, achievement, wealth and while we

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may accumulate all these, they seem insignificant without Peace. We miss enjoying the bliss of true love, as even love becomes transactional. We are so enamoured by craving something for our sweetheart that we lose that moment of simple, humble, genuine love, midst the emeralds, the rubies and the diamonds that the Mind yearns for.

We have forgotten a very important thing – Peace is the journey itself, not the destination. We should stop imagining that at the end of the road called life, after all the hustle and bustle, we will find Peace. We won't! If our life is full of stress and anxiety, our end will only be worse. Peace is a habit and so is stress.

If we want to be in Peace, we must make a conscious choice to choose the Monk and let go of the Monkey Mind. We must chop off the tail of the Mind that is Ever Yearning and make it still as a peaceful Monk, enjoying the simple things of life that money can't buy. We must overcome our ignorance, that craving, desiring, and achieving is more valuable than Peace. We must realize that without Peace, life is meaningless. When will we be enlightened with the truth?

Cedrick learnt the art of making the Monkey into a Monk. How did he discover Peace every day of his life? Cedrick learnt to live in 'day-tight compartments'. He created each day to be an

airtight unit. He shut both the doors – the door to the past and the door to the future so tightly that he enjoyed the beauty of 'today'. The Monkey had no place to jump to. It became a Monk and he enjoyed Divine Peace. This is an ancient principle that he picked up. He stopped the Monkey from looking at what lies in the distance, just as he stopped the Mind from being dominated by thoughts of regrets and mistakes of the past. If we are trapped in the past and the future, how can we enjoy Peace?

Cedrick is not the only one who cut his Monkey's tail. Charlie too learnt the art. His mastery over stress and anxiety was a different one, but the reward was Peace. Charlie learnt not to react with his Mind. He discovered the direct connection between Peace and attitude. Every time he reacted, he was losing his Peace of Mind. He resolved not to react. Instead, he learned to respond, and this brought a lot of tranquillity into his life.

Very often, we human beings develop an attitude which is toxic. We create our own misery, not because of what is happening around us, but more because of the way we react, our attitude, our behaviour. We don't realize that if we let Peace dominate our life, we will not react with a negative attitude.

Living in Peace is an art. Those who discover how to be peaceful, enjoy the bliss of the Monk. They escape from the misery that the Monkey creates. But this happens, only when that very Monkey becomes a Monk.

“

*If we want Peace,
we must cut the Monkey's tail.
If we don't make it a Monk,
In our journey of Peace, we'll fail.*

”

HOW CAN WE BE IN PEACE?

Cut the Monkey's tail



- ✦ We all want Peace, but we live a stressful life.
- ✦ The way to Peace is to make the Monkey a Monk.
- ✦ The Monkey Mind is Ever Yearning.
- ✦ Unless we stop this Ever Yearning, we will not be in Peace
- ✦ We must cut the tail of the Monkey – the Ever Yearning and make it a Monk.
- ✦ Peace is in the moment, but we are jumping to the past and the future
- ✦ If we want Peace, we must learn to live in the 'now' with contentment and fulfilment.



CHAPTER 9

WHAT IS THE CAUSE OF OUR MISERY?

IGNORANCE

The root cause of losing our Peace of Mind is ignorance. We are ignorant about many things. We are ignorant that everything in the world is an illusion. It's like a movie, a drama. We are ignorant about death and thereafter. We are ignorant about life and its purpose. We are ignorant about who we truly are. And the biggest ignorance of all, we are ignorant about our own ignorance!

We go about life as if we know everything when in reality, we know nothing. We live as if we can do anything, but the truth is we can do nothing. Our Mind is our biggest enemy. The Mind along with the ego, imprisons us in this ignorance and steals our Peace and we don't even realize it. We just live with stress, and anxiety, and become miserable. Every 'body' has to suffer. There is no way to escape physical pain. But why should we become miserable? Why do we let our pain become our suffering? It is because of ignorance. We don't realize the truth that we are not the body that suffers the physical pain nor are we the Mind. Our Mind is an illusion; it doesn't exist. We do not accept the reality of life and thus suffer.

We cry when we see somebody die. But why? Again, it is ignorance. We know that death is certain – still, we cry! Death is inevitable. Nobody can escape death. But when death happens, we break down. Although we know the truth, we are still ignorant.

It is not that we don't have the knowledge. But despite being educated with the facts, we are still ignorant. We know that the dead body is not the person who died. Still, our ignorance stops us from realizing that we are not this body that will return to dust. Our Mind makes us worry and wander. We let the little things of life trouble us and we become miserable so easily. What is the cause of this? It is ignorance.

What is the cause of our misery?

We experience the triple suffering of the body, Mind, and ego because of our ignorance. We live with anger, hate, revenge and jealousy, because of ignorance. We know in the end, everything dissolves to dust. We see it happening when somebody departs. But still, we are unable to visualize our own departure.

Is it not true that at death, nothing will belong to us? Our money, our assets, our car, our home and our favourite possessions will all be left behind. Still, we crave, we desire, and we fight with everybody around us. Isn't it silly on our part, when we can clearly see that when somebody dies, not even a pin goes with them? Then, why are we ignorant? Why do we experience misery? Why does the ego get so passionate, attached and thus agonized, angry and upset?

Our ignorance is very deep-rooted because of Maya – the cosmic illusion. It hides the truth and projects the myth. Thus, we don't realize what the truth is and we believe the illusory projection to be real. *A lady was watching a movie in which a man loved his dog very much. Suddenly, one day the dog died and as the man cried, she too wept. It was not real. It was just a movie. But she was crying as if her dog was dying.* Haven't we seen people sob and become miserable watching a tragic movie? Why? They know it's a movie. But ignorance makes them cry. They believe the projection to be real.

What is the cause of our misery?

Life is a movie too. We are all actors who come to the earth, a humongous stage where 8 billion people are doing their part. We come with nothing and we will go with nothing. Still, we don't realize that all this is an illusion. It appears to be real, but in the end, it is not. Then, why do we become miserable in this drama called Life? We build relationships with people and then when a relationship ends, it breaks our heart. We become emotional and shed tears. Isn't it true that ultimately all relationships will end, then what stops us from accepting this fact and not becoming attached to people? It is our ignorance. Although we know it, we don't realize the truth and this deep-rooted ignorance makes us miserable.

Suppose you borrowed my car in my dream last night and in the morning I came to you and asked you to return it. Wouldn't you scoff at me and say, 'What are you talking about? When did I borrow your car?' Then, I innocently tell you, 'Last night in my dream, you came and asked me for my car, and I was kind enough to give you the keys. Now, will you please return the car and the keys to me?' Wouldn't you think I have gone crazy? What nonsense - asking you to return the car that you borrowed in my dream! It was only a dream. It was not for real. Then, why am I asking for it?

We all know what a dream is. It is not real. It's just a dream!

What is the cause of our misery?

But we think life is real and this makes us lose our Peace. We fret and fume about everything and slip into a state of misery so easily. If only we realized that life is exactly like a dream, we would laugh through it. The fact is that life is like a dream! But our ignorance is so deep, that we can't see the truth that stares us in our face. Nothing in the world is worth being so stressed about. But everything makes us miserable. Every little thing that happens in our life robs our Peace and we are not able to do anything about it. Because we live in ignorance, without realizing that this is a drama, that we come with nothing and we go with nothing, we are constantly becoming miserable.

Our own Mind is the cause of our misery. Although we have the intellect to discriminate, the Monkey in us keeps us imprisoned in ignorance as we cry in misery. We lose our Peace of Mind, only because of the deep-rooted ignorance that the Monkey Mind holds on to. Unless we realize the truth, we will continue to suffer in misery.

We human beings are not Monkeys. Monkeys only have a Mind. They even have an instinct. But they don't have a well-developed intellect like us. Despite the Monkey Mind of man believing that we were apes, the fact is that we human beings have a unique intellect that no animal has. Only the human species is gifted with the ability to choose, to discriminate, and to realize the truth. If we don't use our

intellect and overcome our ignorance, we will continue to suffer and be miserable.

Anand and Rhea had a lovely Shih Tzu pet. They both adored their dog. But it was Anand who was truly passionate about the pet. One day, Rhea got some exotic imported lettuce and she decided to plant it in her garden. The little Shih Tzu was playing around and his attention went to the new plant. In a matter of moments, he pulled out the roots and started chewing them. Rhea was furious. She gave the pet several spanks as anger took over her. Anand was watching her but he did not respond because he knew that her rascal Mind had overtaken her rationality. Later that morning, he got an opportunity to discuss this when the little dog started chasing a crow in the garden and Rhea commented, 'This dog is crazy!' Anand explained that we humans are blessed with an intellect. Thus, we can discriminate and choose what is right. Dogs have some kind of instinct, but they do many things because they don't possess a well-developed intellect. Instead of us foolishly losing our Peace of Mind and then, our humane compassion, we should let wisdom prevail and respond with our intellect. This gift of discrimination is unique, but if we don't use it effectively, we can end up behaving like animals and lose our Divine gift of Peace.

We human beings are not the body that dies and returns to dust. We see it happen in front of our eyes. We are also not the ME – the Mind and Ego, that we appear to be. It is a

What is the cause of our misery?

subtle existence that is caused by our ignorance. Because we don't realize we are not the body and the Mind, we continue to suffer the triple suffering without realizing that we are the Divine Soul. Until we realize this truth, we will continue to suffer in ignorance. We lose our Peace of Mind only because of our ignorance.

The moment we overcome our ignorance and realize the truth, we are free from the triple suffering of the body, Mind, and ego. If only we realize the truth of who we are and why we are here, we become free from our sorrows. Unfortunately, our ignorance seems to occupy every cell of our body. Thus, we are unable to accept the truth. We are unable to surrender to the reality that life is no better than a cosmic drama. Although we see actors come on the earth stage and go, we are unable to accept that this is just a show.

Ignorance steals our Peace. The Peace that we so much want is within, but it is the ignorance within that destroys it. The ignorance makes us blind to the truth. Although we see that a ring, a bracelet, a chain, and a bangle are all made of pure gold, and therefore, they are all nothing but gold, we still call them by what they appear to be. The reality is, it is not a bracelet, nor a ring, nor a bangle. There is gold in everything. If we remove the gold, there will be no bracelet, no ring. Still, we identify it as a ring. Why? Although it is not a ring, it is gold, why does it appear to be

What is the cause of our misery?

a ring to us, when in reality it is only gold? It is our ignorance that stops us from realizing the truth. Although we can see it, we don't realize it. Although we have the knowledge, we don't realize it. This is the power of our ignorance that makes us miserable as it robs our Peace. Is there a way to eternal Peace? The good news is, there is!

“

What is the cause of our misery?

What causes worry, anxiety, and stress?

The Mind and Ego cause this ignorance,

These monsters that we possess!

”

WHAT IS THE CAUSE OF OUR MISERY?

Ignorance



- ✦ We easily lose our peace of Mind and become miserable.
- ✦ What is the cause of our misery? Ignorance.
- ✦ Our biggest ignorance is that we are ignorant about our ignorance
- ✦ We think everything is real, when in reality, it is an illusion.
- ✦ The earth is a huge stage and we are just actors. Nothing belongs to us, we come, and we go.
- ✦ Our ignorance makes us miserable when we lose our possessions and people.
- ✦ Unless we overcome ignorance and realize the truth, we will continue to live a life of misery and lose our Peace.



CHAPTER 10

WHAT IS THE WAY TO ETERNAL PEACE?

LIVE AS A MONK

We human beings yearn for Peace. We wish so deeply for that state of tranquillity. We pray to live a life without fear, worry, stress, and anxiety. Do we like to get angry? Of course not! Even if we lose our temper, we regret it. We want to return to that original state of Peace and bliss.

What is the way to Eternal Peace?

Somehow, we get carried away. We want pleasure and we pursue all the material things. When we look at somebody who has everything, money, homes, cars, clothes, jewellery, we find that they lived stressed lives. They too seek eternal Peace. All their material possessions aren't able to give them that treasure of tranquillity.

Very few amongst us realize the truth that pleasures cannot give Peace. It is only Peace that can give true happiness. In fact, it is strange that all the things which give us pleasure, ultimately, rob our Peace. What then is the way to real happiness? What is the secret to eternal Peace of Mind?

Desires and dreams can make us achieve our goals, but no sooner than we finish one achievement, that we yearn for another. We rarely enjoy that state of Peace that is the actual bliss that a human seeks. This Peace does not come by making our dreams come true. It comes by living as a Monk, a true Monk!

What do we mean by a Monk? Is a Monk somebody who shaves off his head, wears a colourful robe and roams in jungles or sits in meditation, renouncing the world? There are many people who believe this to be 'Monkhood'. They are taught that they have to renounce all worldly pursuits and devote their life to spirituality. Some are advised not

to cut their hair. They grow long beards and their long hair flows but this is not necessarily being a Monk.

A true Monk is one who is the master of his Mind. He is one who cuts the tail of the Monkey within – the 'EY', that is Ever Yearning. A true Monk lives with contentment and fulfilment. Even though he may be busy in his earthly duties, if he has been able to renounce passions and cravings, he is more a Monk than the one who shaves his head and wears a robe, but whose Mind is still seeking and desiring what he has publicly renounced.

Living as a Monk is a blessing because it gives us the gift of eternal Peace. Most of humanity does not enjoy this gift of pure bliss because we are seeking happiness. We live as a Monkey, searching for pleasures and we end up with stress and anxiety. Therefore, most people don't enjoy that state of Peace or bliss. We don't even know why we lose our Peace of Mind, because we don't identify the Monkey Mind within. We rarely experience that state of peaceful, blissful consciousness. We live and die in ignorance as a Monkey seeking bliss. We don't realize the way to eternal Peace and bliss is to live as a Monk.

Therefore, realize this beyond doubt that a true Monk is not the one who appears to be because of outer appearance. A true Monk is one who lives in eternal Peace,

What is the way to Eternal Peace?

with everlasting joy. A Monk realizes the truth that this noisy world, which is so alluring and attractive, finally makes us miserable. All the worldly treasures and trinkets get us so attached to our possessions that the very possessions that were meant to give us pleasure, rob our Peace.

I recently got a forwarded video of a very rich man who was passionate about cars. He was zooming down in his Ferrari and crashed. The car was smashed! As the police tried to rescue him from the debris, he was crying, 'My Ferrari, my Ferrari!' The officer then told him, 'You are so attached to your Ferrari, do you even realize you have lost your hand in the accident?' The Man was shocked as he looked at his hand and started crying again, 'Where is my diamond Rolex watch?' Those who are slaves of their Ferrari and Rolex, may appear to be happy on the outside, but they are empty on the inside. They don't live with Peace. We must be like that Monk who actually sold his Ferrari and exchanged it for a life of eternal Peace. As long as we desire and crave, we will go to our grave with money and wealth in the bank, but no Peace in our Mind.

Why is it that we human beings lose our Peace, but are still seeking it deep within? It is because we don't realize that essentially, man who appears to want happiness is actually seeking Peace. Peace is the foundation of happiness and is a treasure beyond joy, but we don't

discover this truth. Somehow, we are taught that success is happiness and happiness is wealth, name and fame. We get on to the roller coaster of life, wanting to enjoy the thrill and excitement till ultimately, we hear that thud and find that emptiness. There comes a time in life when we want nothing else, we just want Peace. Eternal Peace is a gift beyond all the wealth in this world and it comes when we become masters of the Monkey Mind and become a Monk. The happiest man in the world is not one who has the most, but rather one who desires the least, for desires don't end. As we live with our passions, we want more and more. Enough is never enough. Fulfilment of a desire doesn't quench our thirst. It only makes us burst. Our anxiety and stress rob the treasure of our Peace. But if we live like a Monk, none of these attractions trouble us.

The Monk realizes the truth about this cosmic illusion. The Monk lives a life of detachment and is not attracted to material wealth and pleasures. A dispassionate Monk lives a carefree life that has no stress, worry, and anxiety. He lives a life of eternal Peace.

Have you met a real Monk? You will find a glow on their face. They will not only smile but laugh more happily than the wealthiest men. It is not rare to find a billionaire frown, but it is very rare to find a real Monk suffering from anxiety.

What is the way to Eternal Peace?

A Monk lives in silence and tranquillity. Although the entire world around him is in chaos, the Monk is peaceful and blissful. He lives fearlessly, as he goes about his daily chores in complete surrender. He accepts the Divine will, realizing whatever will be, will be. Whatever unfolds in his life, he accepts it as the Divine will with Peace. Nothing worries him. He lives a life of contemplation and spends his time and life, going within. Unlike the Monkey Mind that is going into the outside world with desires and cravings, the Monk lives in his inner world with silence and Peace.

The silence of the Monk makes him experience a Divine union. He discovers a power inside him as he realizes that everything is a manifestation of the Divine. All these realizations make him silent and peaceful. He realizes that he cannot escape from action but is free in action. For instance, he may have his own real estate business, but he doesn't get attached to his properties, houses, and his wealth. His true Monkhood makes him detached, though he may have millions. To him, all the money that surrounds him is just like a game of monopoly that we played when we were kids. In the end, he knows, everything will be put back in the box and the game will be over. Nothing can rob the eternal Peace of a Monk, as he lives with silence and Peace within.

How does the Monk live with deep eternal Peace? The

What is the way to Eternal Peace?

Monk has made the Monkey Mind quiet. He has become the master of ME – the Mind and the Ego. He realizes he is nothing. His journey must end and finally, nothing belongs to him. Therefore, why should he worry about anything? His realization makes him live as a true Monk, enjoying eternal Peace, as he lives in the state of consciousness of the truth, blissfully and in tranquillity.

“

Is there a way to eternal Peace?

From anxiety, how can we be released?

If only we clean up all the junk,

We can be peaceful and live as a Monk!

”

WHAT IS THE WAY TO ETERNAL PEACE?

Live as a Monk



- ✦ There is a way to eternal Peace.
- ✦ If we learn to live as a true Monk, we will be free from all stress and anxiety.
- ✦ A Monk is not one who appears so from outer appearance.
- ✦ He lives with a deep sense of internal Peace.
- ✦ A true Monk renounces and lives a dispassionate life.
- ✦ The real Monk is detached from worldly possessions.
- ✦ The Monk realizes that it is Peace that leads to happiness.
- ✦ He lives a life of silence and enjoys the gift of eternal Peace.



CHAPTER 11

WHAT IS SATCHITANANDA?

IT IS LIVING IN PEACE AND BLISS, CONSCIOUS
OF THE TRUTH

Satchitananda is a state of eternal Peace and everlasting joy. It is a state unknown to common man, even though he dreams of such bliss and peace that flows like an unending river. How is it even possible to live with such Divine Peace? There is a way. When the Monkey Mind becomes a Monk, one can experience *Satchitananda*.

What is *Satchitananda*?

This state of bliss is Consciousness. It is a state of awareness when one awakens to the Truth about life. Because of the Monkey Mind, most of humanity remains spiritually blind. People carry their ignorance from birth to death, as they suffer from stress and anxiety. They live as ME – Mind and Ego, and the Monkey jumps from thought to thought, moment by moment, until, before we can realize, life is over. Most of humanity experiences Peace and stress in cycles. We return to that moment of Peace either after an achievement or after a bout of sound sleep. Sometimes it is reading a passage or listening to a song, or words that touch the depth of our Soul. We feel deep peace only to be overcome by stress once again.

When one shuts off this intermittent Peace by becoming conscious, one experiences a state of tranquillity, despite all the anxiety around us. Although we will see misery and grief in people and circumstances that surround us, we will be unaffected as we become conscious with the realization of the Truth. The Truth is simple. It is called *Sat*. The Truth is that we are not going to be here forever. There is no doubt that we will leave planet earth after the show of life comes to an end. We know beyond doubt that we are not this body that grows from a tiny zygote and ends up as ashes, as it returns to dust. We realize that we are not even the ME – the Mind and Ego that we seem to be. We become conscious that this is an illusion. All the money and the

wealth, all the name and the fame that we are yearning for, is eventually meaningless. And it is this Ever Yearning itself that causes us to worry and be anxious. We are the Divine Soul that we see depart at death, but despite knowing this Truth, we do not realize it because we do not become conscious of the Truth – *Sat*. The Truth is the Truth. There is no doubt about what it is. But just like the beautiful blue sky and the bright sun get covered by dark clouds, we too get enveloped with a blanket of ignorance and we cannot see the Truth. It is our own ego that stops us from seeing the Truth beyond, creating this illusory veil between us and the Truth. But when we become conscious of the Truth, despite the dark clouds, this realization makes us ever conscious of the Truth – *Sat*.

Consciousness is *Chit*. It is that state when we cut the tail of the Monkey and make it a Monk. When we remove the 'EY' from our life and stop this Ever Yearning, then, the Monkey becomes a Monk and we experience Consciousness. This is not impossible and all of us experience this in flashes as it comes and goes. We enter the moment of *Chit* but no sooner than we do, the Monk starts yearning and the Monkey takes over. It robs our Peace as it destroys our state of *Chit* - Consciousness. It is only in a state of *Satchit* – or Truth Consciousness that we can constantly be aware of the reality and remain in that state of seamless tranquillity. This Divine bliss is a unique

What is *Satchitananda*?

state of joy that man yearns for, but rarely experiences. It is a state of *Ananda*.

Ananda is bliss. It is beyond pleasure and happiness that the world talks of. It arrives when one has the Chit of Sat – the Consciousness of the Truth. *Satchitananda* is thus that Divine state of bliss, when one is conscious of the Truth. When this awareness is after the realization of *Sat*, the Truth, then the *Chit* or Consciousness is not at the ransom of the Monkey. The Monkey's tail is cut forever, and one experiences Divine Peace living as the Monk, every moment of life. This is the Divine state of *Satchitananda*, a state which comes with Consciousness of the Truth and the emergence of Divine Peace and joy without reason. One remains in that state of *Satchitananda* purely because one becomes conscious of the reality and this Consciousness liberates one from all suffering. The pain of the body, the misery of the Mind, and the agony of the ego dissolve like mist in the morning sun with the realization of the Truth, that we are the Divine Soul. We start living life like a beautiful lotus and although we are surrounded by dirt and stench in the waters that surround us, we bloom with bliss and peace in *Satchitananda* - a state of *Ananda*, conscious of the Truth.

Nothing robs the real Monk of this treasure of *Satchitananda*, provided the Monk is not experiencing

Monkhood by just coiling the tail of the Monkey and not transcending it completely. If this is so, the Monkey will soon return as it jumps from thought to thought trying to steal this state of *Satchitananda* from the Monk. But the moment we have cut the tail of the Monkey and then made it into a Monk, this state of *Ananda* will not be a temporary state of bliss, but rather a permanent Consciousness of the Monk, as we enjoy a life of everlasting bliss that comes from seamless Peace and tranquillity. The moment we become conscious of the Truth, we realize we are not the ego and whatever actions we perform through the Mind and the body, do not belong to us. A true Monk lives with freedom in action, although we human beings cannot achieve a state of freedom from action. Realization of the Truth makes us conscious that we are only an instrument that is performing the action. Our Karma becomes Karma Yoga and we transcend Karma. When we liberate ourselves from being the doer of action, we are also liberated from the corresponding unfolding of Karma to the body, Mind, and ego and we become a witness, an observer, as we transcend Karma, enjoying that state of *Ananda* as we become conscious of the Truth, *Sat*. The Monk, who is the Divine Soul, lives in realization and Consciousness discriminating thoughts.

The Monk knows that life is a cosmic drama that will eventually end. Thus, as the Monk goes beyond Karma,

What is *Satchitananda*?

living with dispassion, detached from people and possessions, the Monk remains in that state of *Ananda*, which even the millionaires and the billionaires, the presidents and the kings of the world fail to enjoy.

How does the Monk live in *Satchitananda*? The Monk becomes detached from the world and its offerings. Although the Monk lives in the world, he stays afloat like a hydrofoil that skims over the oceans to reach its destination. The Monk doesn't sink in the ocean of *Samsara*, this material world, as he is detached because of his *Chit* – Consciousness of *Sat* – the Truth. This dispassionate life of a Monk that makes him live with detachment from people and possessions is the key to his *Ananda*, his state of divine bliss and Peace.

As long as the Monk was a Monkey, it was Ever Yearning for pleasures and possessions, for name and fame. But when the Monk dropped its Monkey tail, the 'EY' – the Ever Yearning, the Monkey itself became a Monk. The Monkey that was jumping from one anxiety to another, without its Ever Yearning tail, enjoys a state of Peace, as a Monk, being conscious of the Truth. As long as this Monk has this Ever Yearning, it cannot transcend from Monkey to Monk, enjoying *Satchitananda*. However, a true Monk who cuts off the tail of the Monkey and stops this Ever Yearning, not just for the moment, but renounces it, lives

in a state of *Satchitananda*. When the Monkey Mind drops its tail, the Monk becomes a Yogi, one who lives in constant Yoga. The *Chit* or Consciousness of the Yogi makes the Yogi live in Divine Yoga. Unlike the popular belief of Yoga, the true meaning of Yoga is living in Divine Union. When the Monk realizes his true existence of the Divine Soul, then the Divine Soul becomes conscious of its oneness with the Supreme Soul that is omnipresent, and this causes a state of *Ananda*, tranquillity, and bliss.

As long as you and I, live as ME, the Mind and the Ego, we identify ourselves as two different entities. We become like two balloons – one blue and one white that were earlier two pieces of dead rubber. Because the air was blown into the balloons, they started jumping and dancing with life and became two distinct balloons. However, if the balloons are deflated, they return to their state of being dead rubber balloons without the energy and life they possess. What happened to the air in the balloons? The air merged with the air that was everywhere. It is impossible to recover the air of the blue balloon and the white balloon separately as the air has merged. As long as we live as two Monkeys, we will live with our Mind and Ego, ME, and identify ourselves as separate from each other, as two different human beings. Then we will fight, compare, compete and also experience misery, stress, and anxiety. Our ignorance of being two Monkeys will make us live and die, as apes chasing grapes in the garden of life. But

What is *Satchitananda*?

the moment we realize Sat, the Truth and we become conscious with *Chit*, then we experience *Satchitananda*. What is this realization that gives us Peace and bliss? When we realize we are not the dead body that finally lies on the floor at death, we realize our true self, our true existence as that of the Divine Soul, the life energy. It departs at death and we too will merge like the air of the two balloons and become one with the Divine. We don't have to wait for death to realize that we are not the body that will die. We are not the body that we wear. We are the Soul that wears the body. This is the Sat, the Truth and if we become conscious of it now, we can enjoy the *Ananda*, that comes from Consciousness of the Truth. But as long as we live as Monkeys, we will never realize the true self. We will live as you and me, and remain with stress and anxiety, without being conscious of the Truth and enjoying *Satchitananda*. This is our ultimate goal, *Satchitananda* – Eternal Peace! How will we reach there?

“

*'Satchitananda' is a state of Bliss,
It's living with Peace and Tranquillity,
When the Monkey becomes a Monk,
There is no stress, worry, and anxiety.*

”

WHAT IS SATCHITANANDA?

It is living in Peace and Bliss, Conscious of the Truth



- ✦ Eternal Peace is a rare gift enjoyed by a Monk.
- ✦ When the Monkey drops its tail, 'EY' - Ever Yearning, it becomes a Monk.
- ✦ The Monk becomes conscious of the Truth and enjoys *Ananda*, bliss, living with detachment and dispassion
- ✦ As long as the Monkey inside us is alive, one cannot be a Monk in *Satchitananda*.
- ✦ The state of *Satchitananda* is more blissful than the pleasures of a billionaire or king.
- ✦ The Monk becomes a Yogi and remains in this state of *Ananda*, eternal joy and Peace.
- ✦ One, then lives as the Divine Soul in *Satchitananda*, being conscious of the Truth that is Bliss.



CHAPTER 12

HOW DO WE REACH OUR ULTIMATE GOAL – ETERNAL PEACE?

REALIZATION, LIBERATION, UNIFICATION

We all want to be happy. But we are not! We don't know the meaning of Happiness. We think it is success, pleasure, money, name, fame, power and we keep on craving and desiring all these tools that we believe will give us happiness. This very craving and seeking robs our Peace, our ultimate goal. Peace is the foundation of happiness.

But because we are hungry for happiness, we lose our Peace of Mind. Our Peace breaks into pieces, as ripples of stress, worry, and anxiety destroy the stillness within. How can we restore Peace – not just in this moment, but forever?

Is there a way to Eternal Peace and everlasting happiness? Yes, there is! When the Monkey Mind within becomes a peaceful Monk, we experience Divine Peace. This is our ultimate goal. But how do we reach there? How can we make the Monkey into a Monk? There is a way.

It starts with Purification. Unless we clear all the junk from the Monkey Mind, we cannot make it a Monk. The Mind, along with the memory, is constantly thinking thoughts of the past. It goes back, not just to yesterday, last week, last month, but even to years that have gone by. We carry memories of hurts, grudges, disappointments, and failures.

This junk destroys the Peace of the Monk. If we want tranquillity, we must purify the Mind. Just like when our gadgets hang, we go to the 'factory setting' and 'reset' our device deleting all old data so that the device starts functioning with its original speed, we must also delete all the garbage from our Mind. In fact, we must make this a constant process. Just like we shampoo our hair every day, we must shampoo our Mind so that we cleanse the

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memory of all the dirt. Unless we remove all negativity from the Mind, we cannot move towards our ultimate goal.

Purification leads us to the next step of Illumination. Unless we filter the waters of our Mind, the light of the sun will not penetrate to the bottom and brighten our inner being. The dirt will form layers of translucence and our opaque thoughts will continue to keep us in ignorance as it creates a veil that stops us from seeing the truth. It is only after purification that we will experience illumination. Just like when we switch on the light, and there are no objects that hinder our view creating shadows of darkness, we get pure illumination without being shadowed by myth and superstition.

It is only after Purification and Illumination that we experience a state of Unification - a state of becoming one with the Divine, after being Enlightened with the truth.

Unless the wave realizes its futility in splashing again and again, it will continue to lose its tranquillity that resides in the ocean within. We too are part of the Divine ocean, but we are constantly raising our Ego like waves in this ocean of *Samsara*, the world. Although we ultimately want Peace, we are made to believe that happiness is the goal. Therefore, like roaring waves, we make so much noise

with our success, our wealth, that we inadvertently destroy the very Peace we are actually seeking. In the end, after all the splashing, the wave has to return to the ocean.

We come with nothing and when we go, we will take nothing with us. But because of our ignorance, we continue to crave till we reach our grave. We may carry all the gold and diamonds along the way, but in the end, everything will be left behind. Unfortunately, we don't realize that all through the journey of life, we did not enjoy true Peace and tranquillity, which is the real treasure that we should have been aspiring for. Unfortunately, because we do not evolve in our life journey from Purification to Illumination, there is no Unification with the Divine. We don't become one with the ocean as we continue to splash as waves, and the ME, the Mind and the Ego, carries its Karma into the next life because of our ignorance.

How then will we reach our ultimate goal of Divine Peace? Wisdom from ancient sages tells us that Divine Peace comes with the Realization of the truth. Unless there is realization, we will continue to suffer as the body, the Mind and the ego. When we overcome our ignorance, then we will be blessed with Self-Realization. This Realization of who we truly are will liberate us from the senses that crave from the Mind that wanders, and the ego that is agonized. Without Realization, there cannot be Liberation

How do we reach our Ultimate Goal – Eternal Peace?

from this triple suffering. Therefore, the importance for us to go on a quest and discover the Monkey within. We must cut its tail, stop this Ever Yearning and become a Monk.

Becoming a Monk is the way to achieve the ultimate goal of Eternal Peace. A true Monk overcomes all ignorance and lives with the realization of the truth. He knows that this world is but a dream and that everything is an illusion. He lives with dispassion and detachment. He sharpens his intellect and keeps its razor-like discrimination over the head of the Monkey Mind so that it remains quiet. The Monk lives a disciplined life, as he controls not only the Monkey Mind but also the senses of the body and the cravings of the ego. The Monk is Conscious of his Realization and remains in that state of awareness. He becomes a witness to this drama called life and observes it as he remains in that state of Consciousness. Unlike other actors on the earth stage who scream and shout, the Monk remains silent realizing what life is all about. As a Monk lives his day to day life, he lives in Divine union as a true Yogi. Thus, he is liberated from *Samsara*, the world of attractions and distractions. All the noise of the world doesn't disturb the Peace of the Monk, as he dips within, into the receptacle of his own Consciousness and becomes indifferent to the outside world.

It is not easy to live like a Monk. It is not just getting knowledge, but intuitively realizing the secret of Peace.

Unless there is true Realization, the Monk will not experience Liberation. Thus, one may see many Monks who appear so from the outside, but a glimpse into their inside will show that there is no Peace, joy, and bliss. It is so easy to detect a fake Monk. The reminiscence of the Monkey appears in the lifestyle of the Monk. His behaviour and his character will reveal the presence of the Monkey within. The Monk may have great knowledge but may not have reached that state of Realization that liberates him from the Monkey. This is a blessing only experienced by a few. A true Monk passes the phase of Realization and evolves in the journey of Liberation, till there is final Unification at death.

It is not easy to reach the state of true Liberation and achieve that state of Eternal Peace, Everlasting joy that comes from Ultimate Unification. Each Monk, however realized he may be, is not fully liberated because he lives with the Monkey. No human being can destroy the ME, Mind and Ego, as long as they are alive. However, a true Monk transcends the Mind and let's go of the ego, as he enjoys true Peace and tranquillity.

A true Monk seeks only 3 things in the world – Peace, Peace, and Peace! Once he attains the state of Peace, he needs nothing else. The Peace emits the fragrance of joy and bliss. His challenge is not to let the Monkey come alive.

How do we reach our Ultimate Goal – Eternal Peace?

A true Monk lives like a *Jivanmukta*, one who is liberated while alive. He is free from the shackles of this world, from the desire and passion of us normal Monkeys, who live and die in this world circus. To most of us, we cannot be observers of the circus. We become Monkeys who swing in the trapeze of the circus, jumping from one rope to another, from one desire to another, until the show is over. Because we are so obsessed as Monkeys in the circus, we do not live as a Monk who observes and enjoys the circus called life. The circus being enacted on earth is such an amazing show, but only the true Monk has fun, watching it with Peace and bliss. The rest of us get so engrossed as Monkeys in the circus, that we forget to be the Monk; we forget to live with Peace. Only a *Jivanmukta* can be a real Monk, who watches the circus of life, as he lives each day with eternal Peace.

The Monk also lives as a *Sthitpragya*, one who has a steady intellect. The Monk is not carried away by his emotional reactions. His intellect ensures that he makes intellectual decisions as he lives moment by moment in tranquillity. The treasure of his intellect is constantly sharpened, despite the Monkey within trying to grab it and stop it. The true Monk continues to remain in that state of *Sthitpragya*. It is only such a Monk who attains the ultimate goal of Unification, who lives with the Realization of the truth as he disciplines his life, living dispassionately with

detachment and discrimination, desiring nothing but Liberation and Unification. Having experienced Divine Peace and becoming Conscious of this true treasure, the Monk is not attracted to the fake pleasures of this world. He is a blessed Soul, who lives in Divine union, Conscious of who he truly is. The Monk not only knows he is a manifestation of the Divine, but lives his life in such a way that he becomes an instrument of the Divine. Having transcended his ego, he seeks nothing, except to do the Divine will. He knows he is nothing. Unlike most of the trinkets that think, '*I am a chain, I am a bracelet, I am a bangle, I am a ring,*' the Monk knows that there is gold in everything. So, having realized that he is nothing, and having become nothing, he becomes one with the Divine. He then becomes everything!

The Monk experiences Divinity all around. He doesn't differentiate between Monkeys and donkeys in the circus of life. He just enjoys the show, knowing that all the actors will come and go. Nothing makes him lose his Peace, his tranquillity, his bliss and joy. He achieves the ultimate goal of Unification, as he continues to live with Liberation post Realization. Many have Realized the Truth, but they have not achieved Liberation.

Every Monk has a war with the Monkey within. This constant war between the Monkey and the Monk

How do we reach our Ultimate Goal – Eternal Peace?

continues in every seeker who seeks Unification, and the ultimate goal of Divine Peace. Sometimes, the Monk wins, but often, the Monkey steals the show! Together, the ME – the Mind and the Ego, along with the craving senses, defeat the Monk, although there is Realization of the Truth. Alas, there is no Liberation, no Unification.

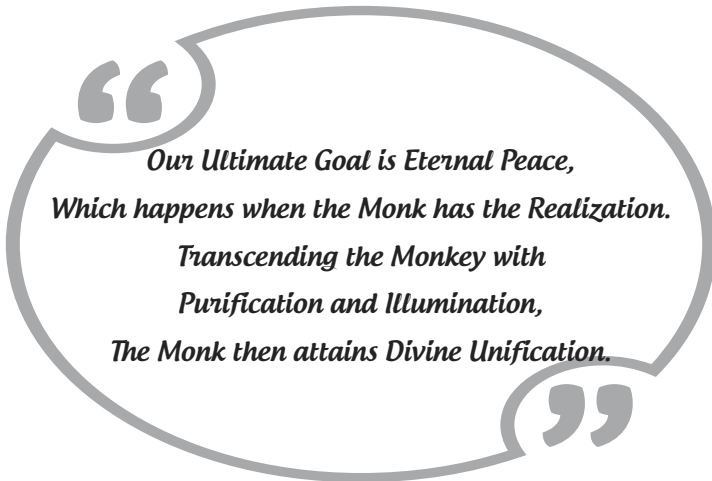
Our ultimate goal is Unification, and this happens only at that point when we experience the death of the physical body. Till then, the war between the Monk and Monkey continues. Every moment of life is a challenge for the Monk. A truly Realized Monk who has destroyed the Monkey completely, effortlessly wins the battle. He is the one who lives in a state of eternal Peace and everlasting joy until his body dies. The rest, Monks who have not transcended the Monkey, struggle through life with the goal of complete Liberation, which will ultimately help them attain Unification.

At death, one of the two things can happen: A true Monk who has Realized the truth and who lives as a Liberated Soul, unites with the Divine. However, the one who appears to be a Monk, but is a puppet of the Monkey within, continues to live as the ego, creating Karma. Such a Monkey does not unite with the Divine. The ME, the Mind and Ego, returns to earth in a new life journey to experience one more opportunity to attain the ultimate

How do we reach our Ultimate Goal – Eternal Peace?

goal that we must all seek – eternal Peace and becoming one with the Divine.

If you seek the true treasure of life – Peace that will give you all the joy, the bliss and the happiness of this world, it's time to discover your Monkey and make it into a Monk!



HOW DO WE REACH OUR ULTIMATE GOAL – ETERNAL PEACE?

Realization, Liberation, Unification



- ✦ Although we all want happiness, our ultimate goal is Peace.
- ✦ Eternal Peace is a gift to a true Monk who transcends the Monkey within.
- ✦ He passes the test of Purification and Illumination.
- ✦ However, Realization is not always Liberation.
- ✦ There is a constant war between the Monk and the Monkey.
- ✦ A truly realized Soul transcends the Monkey and is united with the Divine.
- ✦ This is our ultimate Goal - to live as the Divine Soul and to be free from this circus of Monkeys on earth.



AFTERWORD

The story of the Monkey and the Monk is not a fairy tale. It is my real-life experience. Today as I sit as a peaceful Monk, I recall the Monkey within that made me so miserable. It teamed up with my ego and together, the ME, the Mind and Ego made me feel that this misery was excitement. Jumping from one success to another, it made a Monkey of me, as it made me feel victorious in my turmoil, giving it the guise of achievement.

Even today, I see so many people living stressful lives. I see the Monkey in them, Ever Yearning, wanting more and more, and their greed leading them to do deeds that make them go round and round in circles. Ultimately, their life

will be over, and they will never get a taste of that pure Divine bliss that I now experience as a Monk.

It is only in hindsight, after discovering the Monk within, that I even realize how one should evolve from a Monkey to a Monk to experience Peace and then, enjoy true bliss. As long as my Mind was a Monkey, sitting in silence was a complete waste of time. How could I be doing nothing? It was only much later that I realized that in doing nothing, I learnt everything. Every contemplation of mine was just a session of creative brainstorming. Don't we all do it? But we don't realize what we do. We are creating a storm in our brain and our Mind gets caged as a Monkey in stress. We fail to attain the ultimate goal of tranquillity and bliss.

The Mind is an expert. As it produces those 50000 thoughts a day, it keeps us ticking from birth to death. It doesn't give us a chance to enjoy *Ananda*, that heavenly Peace. It thinks, then dreams and schemes, and as it yearns for more and more, it is never satisfied. The ME doesn't know the meaning of enough, because enough is never enough! I caged myself in a prison of desires. My passion and my obsession made me so aggressive that I could see, not just the Monkey, but the entire jungle coming alive in me. At first, it was the Mind that made me a Monkey. Then, I was riding like a horse, galloping day after day, to reach my destination. I became passionate like a tiger. I achieved my

goals. I was more agile than an eagle that wants to catch its prey, as I would swoop down to grab every opportunity. There were times where I would be a crocodile, ruthless in my quest to achieve my passions.

While I was proud to be the lion amidst the sheep that I conquered, 5 decades of my life did not see the dawn of Peace. I knew what pleasure was and my obsessions created success, wealth, name, fame and 'happiness' as I understood it to be. Only now I realize that the jungle was not the place to be happy. There was no Peace.

Today, as I have withdrawn into the monastery within my heart, I live as a peaceful Monk, far happier and more blissful, than those 50 years when I was running like a mad man! Sometimes we don't even realize how much stress and anxiety we live with until we are attacked by some affliction and find ourselves in the ICU at a hospital, fighting for life. I was blessed to discover the Monk within, as I let go of the Monkey, thanks to the grace of my Spiritual Master – Dada J. P. Vaswani. My Guru was a true Monk, an epitome of Peace and humility. The reflection of tranquillity was always shining in his eyes and it radiated to one and all through his smile.

It was he, who touched, triggered, and transformed my life. He led me from living like a Monkey to being a Monk

and made me choose a life of Peace. He helped me put the pieces together, as he made me realize the true picture of who I was and why I was here. He liberated me from my quest of achievement, as he led me to contentment and fulfilment. Finally, he guided me to Enlightenment, showing me the way to Liberation. Sometimes, it becomes impossible to cut the Monkey's tail without the help of a Spiritual Master and I am grateful that 25 years of my life were spent holding the hand of my Spiritual Guide – my Guru, Dada. Whenever I went to visit him in his ashram in Pune, I would see millionaires and billionaires, ministers and governors, the rich and famous bowing down to him and I wondered why. These people had everything. They were famous, they were rich, and they appeared to be the happiest people. But deep within, they were miserable, they were anxious and had no Peace.

I too was successful and rich in terms of money and achievement. But where Peace and tranquillity were concerned, I was bankrupt. I was stressed out, not because I had a unique gorilla inside me, but because the animal in us doesn't leave us in Peace. The Monkey Mind goes from need to greed, as it makes us crave till we reach our grave. I saw this in my own life, just as I saw it amongst my peers as they struggled through their rubies and diamonds, trying to find pearls of Peace. I did not realize that pleasure was not happiness and wealth was not Peace, till I

experienced Peace as a Monk after I realized the truth. Till I was 40, all I wanted was success. Then my Master helped me shut down my business. Even then, as I did Humanitarian, Inspirational, and Spiritual work, the Monkey in me kept swinging and did not let go of stress and anxiety.

It was only when I realized the ultimate goal of life, and when I went on a quest to find out who I really was and what the true purpose of my life was, that I discovered Peace. At first, I transformed my life and let go of the animal in me as I shut down my business. But it was only after my quest, my Realization that I enjoyed the metamorphosis that gave me true Peace. For decades, I too was crawling like a caterpillar – first as Ravi Melwani, then as RVM, till I realized the truth that I was AiR – The *Atman* in Ravi. It was this metamorphosis that transformed the Monkey into a Monk. Not only did it cut the tail of the Monkey Mind, it made me change my entire paradigm of life. I renounced many things, including those desires, cravings, passions and obsessions that made me a prisoner. I was caged with all the pleasures of the world, but inside a prison of chaos.

Haven't you heard that story – what is the difference between heaven and hell?

If one peeped inside heaven, they would find all exotic food on the

Afterword

table. Every cuisine of every culture and country - pizzas, tacos, kebabs, biryani, noodles...you name it, and it would be there - all the amazing fruits, desserts, chocolates. People in heaven would be having the time of their life. But what about people in hell? One would be surprised to see that they too would have all the food that was available in heaven. However, despite every possible food being available, people in hell would be roaring with hunger. Both in heaven and hell, everybody's hands would not have the usual fingers but instead would have grown into long spoons. In heaven, there would be bliss and Peace, but in hell there would be fights as people would be screaming and shouting at each other. In hell, as people picked the food of their choice, it would only splash against their face as they would unsuccessfully try to feed themselves. But in heaven, people would peacefully and blissfully enjoy the food as one would feed the other with whatever they liked.

Isn't this analogy what we see on earth? The Monkey Mind is greedy and wants to fulfil its wishes. Only those who have evolved to being a Monk, who live with compassion, wanting to serve others are the ones who find Peace.

After many years of making money and living with turmoil and anxiety, I chose to let go of making money and I started making a difference. It gave me far more Peace, as I moved from achievement to fulfilment. However, it was only when I realized the truth that I was able to experience

true eternal Peace and tranquility. It was then that the Monkey within transformed into a Monk.

What are the differences that I experienced as I transformed my life? I realized that we human beings live and die in ignorance. We don't realize that life is just a journey on earth. The destination is death. Nothing belongs to us, but the Mind makes us a fool as we accumulate things and, in the bargain, we lose our Peace. I saw myself living with so much Peace and tranquillity as a Monk, whereas the Monkey Mind used to live in anxiety. The Monkey wanted achievement, but the Monk wants contentment. The Monkey lived in ignorance, but the Monk realized the truth. The Monkey fed on pleasures, but the Monk is happy with Peace. The Monkey wanted excitement, but the Monk wants fulfilment. The Monkey wanted success, the Monk wants meaning and purpose. The Monkey enjoyed noise, the Monk enjoys silence. I experienced both, the Monkey and the Monk and I realize how much more peaceful and blissful I am as a Monk.

To most of us, life is all about success and happiness. We never learnt the truth that none of these can be built without a strong foundation of Peace and tranquillity. We forget to live. We exist and we die without discovering the biggest treasure – PEACE. Each one of us has Peace within. *Ananda* is a blessing for us all, but to experience that state

of *Satchitananda*, we must make the Monkey into a Monk.

Today, as I live as AiR – the *Atman* in Ravi, I must admit that I have been able to cut off the tail of my Monkey Mind. It has become the Mind of a Monk. How did I do it? The 'EY' in the Monkey is the Ever Yearning. If we remove the 'EY' – Ever Yearning from the Monkey, what is left? A Monk, a silent Monk! The 'EY' is also Ever Yelling. I silenced the noise in my mind to make it a Monk. This is what I did as I started living as AiR. I renounced all desires and cravings and enjoyed in exchange, Peace and tranquillity, joy and bliss.

This does not mean I have given up all the pleasures of life. It is only a mastery over the Monkey that is yearning and yelling. This passionate seeking and obsessive wanting, has stopped. Now the Monk enjoys every moment of life, accepting whatever comes as a gift from the Divine. For instance, the Monkey in me used to crave for *Dosa* - a South Indian delicacy. I was crazy about eating *Dosas*. On transforming as AiR, I renounced the desire. I stopped desiring it. I did not stop eating it. Whenever a *Dosa* appeared in my plate, I enjoyed it as ever before. But in the past, the craving for a *Dosa* used to rob my Peace. Now I enjoy both, Eternal Peace and a *Dosa* whenever it appears.

I learnt the art of Peace. It is not about not enjoying this beautiful world, but about not yearning and craving.

When we yearn and crave, the Monk in us becomes a Monkey and it steals our Peace, the very foundation of Happiness. I was blessed with this art and today, I share it with you. I have learnt to live as a peaceful Monk. I have tamed the Monkey Mind within. It thinks when I want it to think and it obediently follows the intellect as I discriminate thoughts and choose my actions as a peaceful Monk.

Every day the Divine Peace in me grows, as the Monkey that was within continues to reform itself as a Monk, living in tranquillity. This tranquillity and Peace is priceless. I would not exchange it for anything in the world. Today, I have shared the secret of eternal Peace and everlasting Joy with you.

“

My Mind too was a Monkey for 50 years,

Jumping from thought to thought...

I lived with stress, anxiety, and fears

Peace and Joy, I forgot!

”



POEM
PEACE...WHEN THE
MONKEY BECOMES
A MONK

*We are all seeking Happiness
When all we want is Peace
When we turn within, we will find it
And our stress and worry will cease*

*Peace is an inner thing
It is a state of Mind
If we can only be quiet
This treasure we will find*

*There is a Monkey within
That jumps from thought to thought
Our very own Mind is the thief
That must in our quest be caught*

*And so, we lose our Peace of Mind
As we fill our Mind with junk
If we want to restore Peace within
We must make the Monkey a Monk*

*Until we stop this 'Ever Yearning'
And we stop our constant crave
We will take stress and anxiety
With us into our grave*

*Peace is the foundation of Happiness
Without Peace there can be no bliss
If we want to be really Happy
In our Mind we must plant this*

Poem

*It starts with making the Mind still
Stopping it from a burst of thoughts
Tying the Mind with a virtual rope
Tightly with many knots*

*We live with worry, anxiety, and stress
Right through our life
The cause may be a failing business
Or a nagging husband or wife*

*But the pity is life will soon be gone
And we will lose the treasure of Peace
Only worries we will carry with us
When this gift of life will cease*

*In ignorance we search for worldly things
Rubies, diamonds and gold
Turmoil and worry will create wrinkles
And soon we will be old*

*We run through life like mad men
Seeking this and that
We get lost in a world of desires
We become as blind as a bat*

*As long as our Mind is not still
We can never enjoy Peace
The Monkey Mind jumps here and there
From New York to Rome, and Greece*

*But we don't need to go anywhere
Peace if we want to find
All we have got to do is this
Just still the Monkey Mind*

*The Mind fills us with negative thoughts
Of anger, revenge and hate
It creates so much worry and stress
That we exist in a joyless state*

*First we must flip from NEP to PEP
From negative to positive
We must give a shampoo to the Mind
Then with Bliss and Joy we will live*

*We must discover the Monk within
And live like a Peaceful Soul
The challenge is to discover this
It's our life's ultimate goal*

Poem

*We must be Conscious, Aware, Awake
To Realize the Truth of Life
Then we will be free from all stress
Worry, Anxiety and Strife*

*We are not the body or the Mind
We are the Divine Soul
But the Monkey Mind and Ego together
Makes the ME pay the toll*

*We lose this gift of Peace of Mind
The source of joy and bliss
Because of the Monkey Mind within
This treasure of life we miss*

*There is a way to find this Peace
We must cut the Monkey's tail
The 'Ever Yearning' of life must stop
Otherwise, we will fail*

*We come with nothing, we go with nothing
Life is just a show
The Mind makes us just run and run
And then it's time to go*

*Instead of being in the moment with Peace
Living with bliss in the 'now'
We swing to the past and jump to the future
Like a wandering cow*

*We never learnt to sit still
And go within to find
The treasure of Peace that is inside
Is stolen by our Mind*

*And so, the secret of Peace is this
We must make the Monkey a Monk
Our Mind flooded with rotten thoughts
Must be cleared of the junk*

*The Mind seems intoxicated
With all that it has drunk
How will we ever find Peace
Until we make it a Monk*

*So, let us start a new journey
To discover the treasure of Peace
Then worry, stress, and anxiety
In life will completely cease*

Poem

*We will reach that state of bliss
Of Peace and tranquillity
If we stop the Monkey Mind
Jumping from tree to tree*

*Our ultimate goal is Eternal Peace
Purification that leads to Illumination
And then, Realization of the Truth
That will lead to Divine Unification*

*The treasure of Peace belongs to us
But it is stolen by the Mind
Until we control the Monkey within
This treasure we will never find*

*Peace of Mind will bloom in us
When the Monkey becomes a Monk
When we escape from worry and stress
And anxiety in which we are sunk*

*And so, if you want to be happy, my friend
First, Peace you must find
You cannot enjoy joy and bliss
Until you still your Mind*

*You can experience Peace of Mind
But for this you must be a Monk
If you want pure tranquillity
Get rid of your Mind's junk*

*And when you cut the Monkey's tail
Stop it Yearning this and that
You will discover the Monk within
And Peace within your hat*

*Peace is a gift to all of us
If a Monk we learn to be
But we live with stress and anxiety
Because of the Mind Monkey*

*If we resolve to live like a Monk
Controlling the Monkey Mind
Peace and tranquillity, bliss and joy
Every moment we will find*

By
AiR
Atman in Ravi



ABOUT THE AUTHOR

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.

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 would also welcome and give 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.

***Started with nothing
Became something...
Achieved everything
Only to realize we are nothing!***

If you have any questions about Life you can Ask AiR

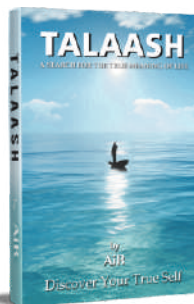
Email: air@air.ind.in |  +91 98451 55555

and you will get answers to your questions

OTHER BOOKS BY AIR

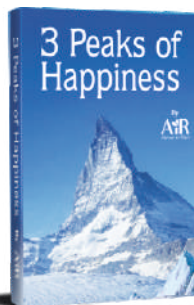
1. Talaash

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.



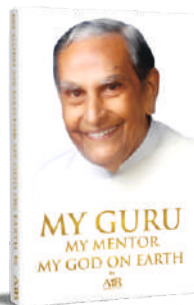
2. 3 Peaks of Happiness

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.



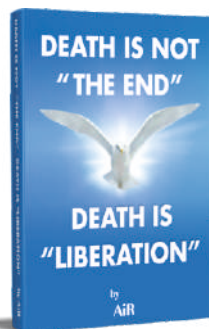
4. I will Never Die, Death is Not “The End”

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.



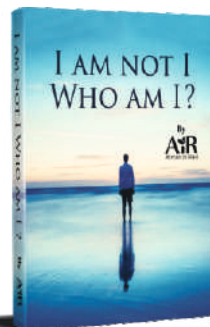
5. Death is Not “The End.” Death is “Liberation”

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.



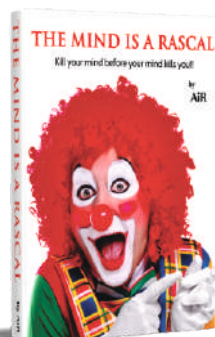
6. I Am Not I. Who Am I?

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.



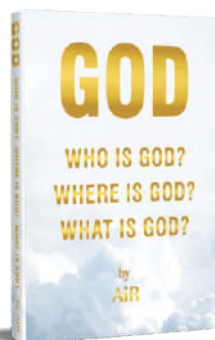
8. A Cosmic Drama

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.



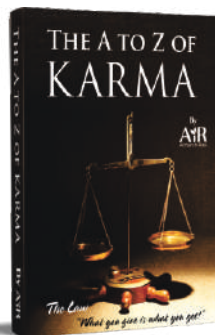
9. Who is God? Where is God? What is God?

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.



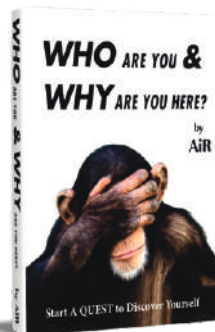
10. The A to Z Karma

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.



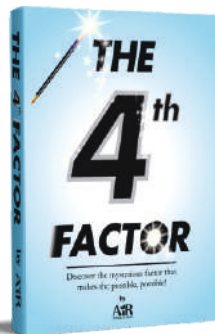
11. Who Are You and Why Are You Here?

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!



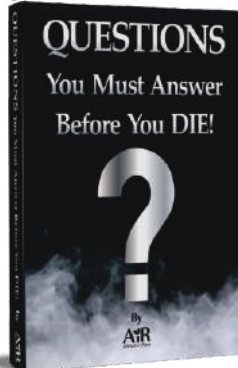
13. Be Happy in the NOW!

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.



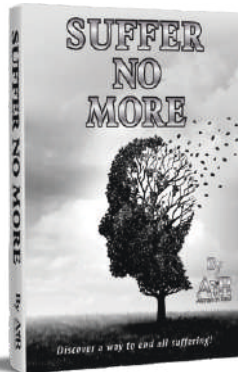
14. Questions You Must Answer before you Die!

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.



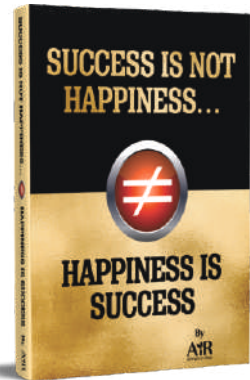
15. Suffer No More

'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.



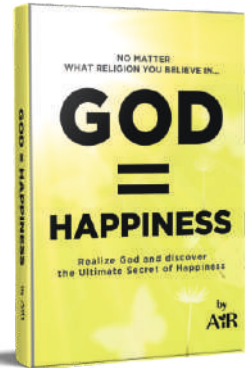
16. Success is not Happiness, Happiness is Success

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.



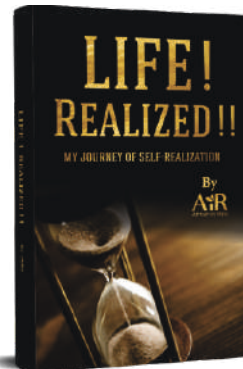
17. God = Happiness

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.



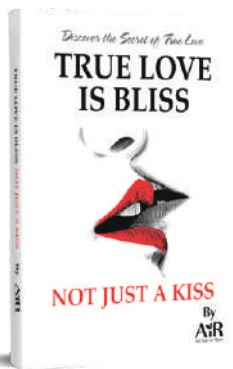
18. Life! Realized!!

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.



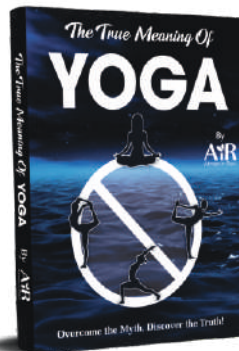
19. True Love is Bliss... Not Just a Kiss

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.



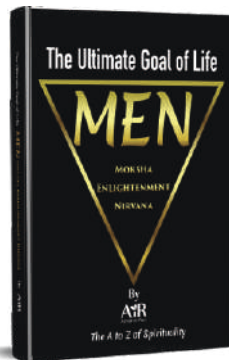
20. True Meaning of Yoga

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.



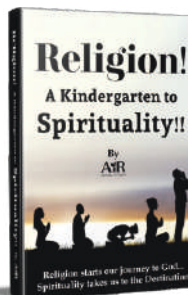
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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.



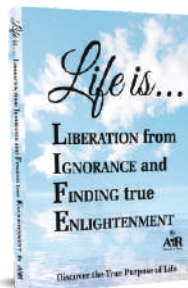
23. Why Bad Things Can't Happen to Good People!

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.



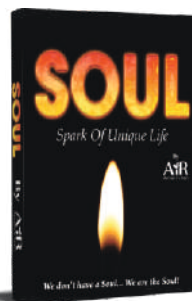
26. FEAR- False Expectations Appearing Real

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.



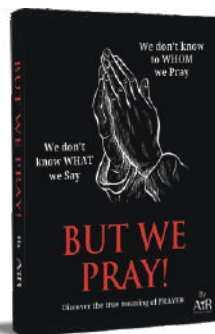
27. SOUL - Spark of Unique Life

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!



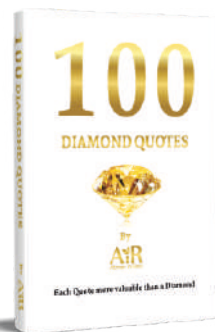
28. But We Pray!

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.



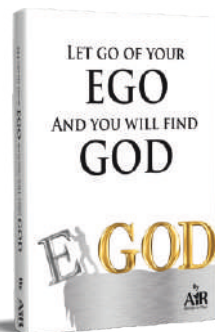
29. 100 Diamond Quotes

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.



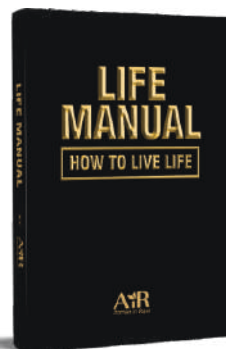
30. Let go of your Ego and you will find God

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.



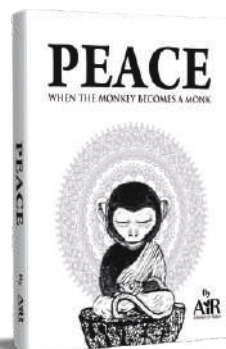
31. Life Manual - How to live life?

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.



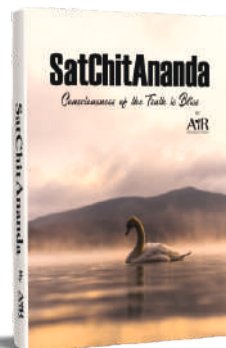
32. PEACE... When the Monkey becomes a Monk!

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.



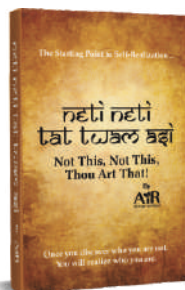
33. SatChitAnanda - Consciousness of the Truth is Bliss

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.



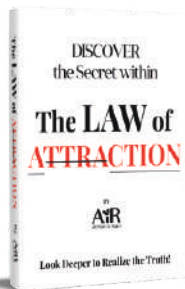
34. *Neti Neti, Tat Twam Asi* - Not This, Not This, Thou Art That

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'.



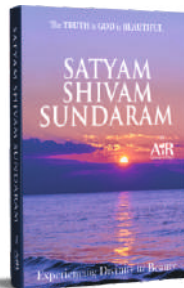
35. Discover the SECRET within The LAW of AttraCTION

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.



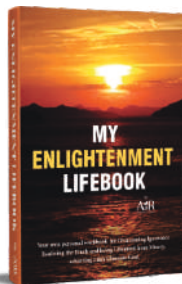
36. *Satyam Shivam Sundaram* - Experiencing Divinity in Beauty

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.



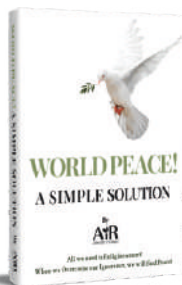
38. When you overcome the FEAR of DEATH, You start to LIVE

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.



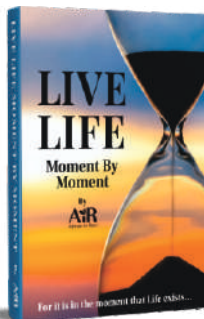
40. Many Problems, One Solution

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!



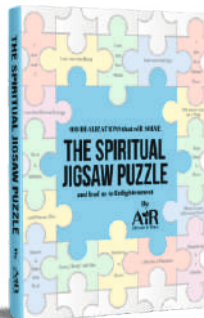
41. LIVE LIFE... Moment by Moment

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!



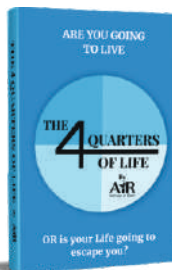
42. The Spiritual Jigsaw Puzzle

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.



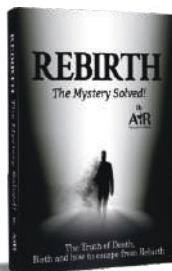
43. The 4 Quarters of Life

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.



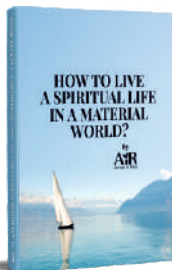
44. REBIRTH... The Mystery Solved!

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.



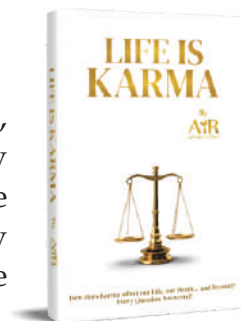
45. How to Live a Spiritual Life in a Material World?

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.



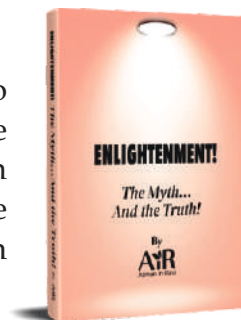
46. Life is Karma

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.

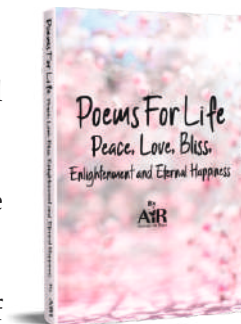


48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness

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

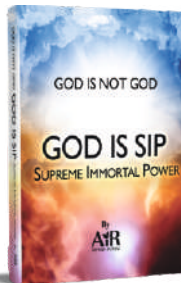
Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife!

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



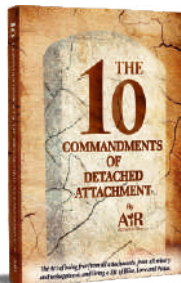
49. God is not God. God is SIP – Supreme Immortal Power

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.



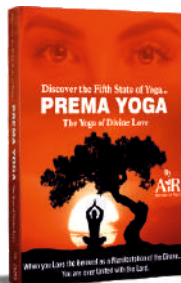
50. The 10 Commandments of Detached Attachment

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.



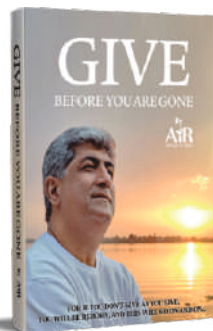
51. The Yoga of Divine Love - Prema Yoga

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.



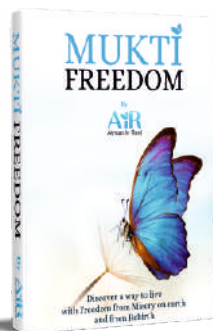
52. Give before you are Gone!

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.



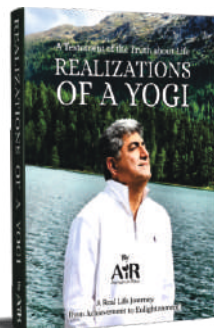
55. Don't cut a Cake ! Awake! Your Birthday is Fake!!!

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.



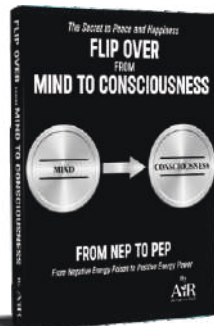
56. Realizations of a Yogi

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.



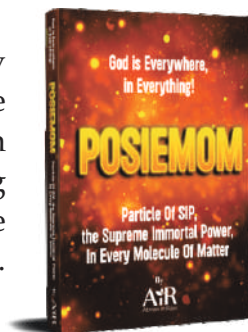
57. Flip Over! From Mind to Consciousness, from NEP to PEP

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!



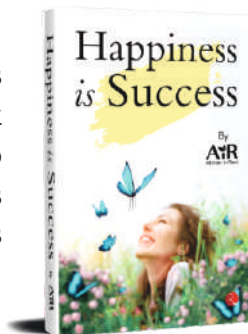
58. POSIEMOM - Particle Of SIP, the Supreme Immortal Power, In Every Molecule Of Matter

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.



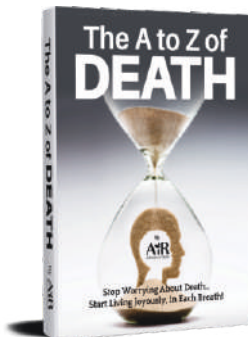
59. Happiness is Success

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.



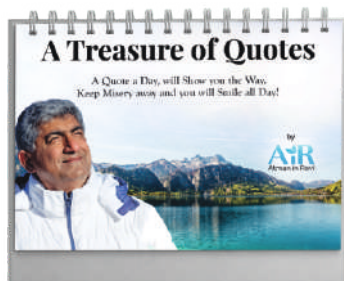
60. The A to Z of Death

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.



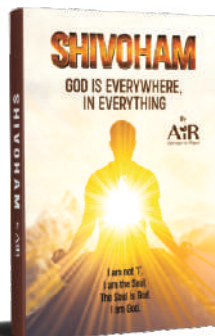
61. A Treasure of Quotes – Perpetual Calendar

‘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.



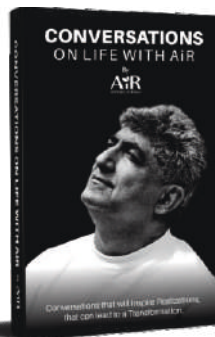
62. Shivoham

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.



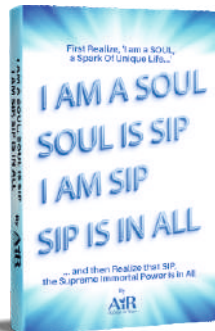
64. What Are You Going To Do With TODAY?

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.



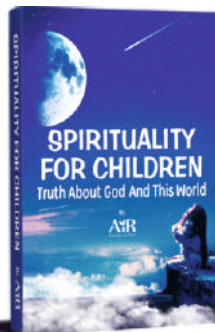
65. I am SOUL. SOUL is SIP. I am SIP. SIP is in All.

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*.



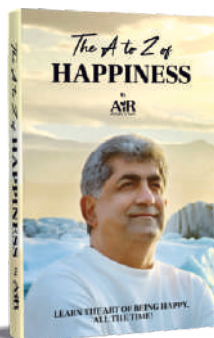
66. Spirituality for Children

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.



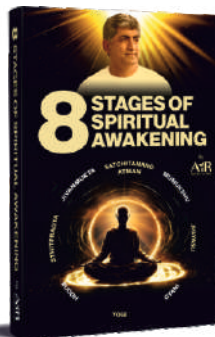
67. The A to Z of Happiness

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 meant to 'awaken' us and lead us to the ultimate goal of life. It is about Self-Realization and God-Realization. There are 8 Stages of Spiritual Awakening, but unless we start a Quest, we will not even begin the journey of Self-Realization. Awakening is only the first step, the goal being *Moksha*. This book is the author's personal experience of his voyage to the ultimate truth and anybody who follows these steps, can evolve, be enlightened with the truth and attain *Moksha*. This book is a map that shows the path, milestones and our destination. Start your journey today. Be awakened.



Coming Soon...

69. Our Greatest Sin

70. Start A QUEST to Discover the Purpose of LIFE

PEACE

WHEN THE MONKEY BECOMES A MONK

Peace is our greatest treasure. But we lose our Peace of Mind so easily. It is the foundation of our Happiness but in a matter of moments, we lose our Peace and with it our Bliss, our Joy.

What we don't realize is that the one who steals our Peace and our Bliss, is our very own Mind. It is like a naughty Monkey that is constantly producing thoughts and these thoughts cause us stress and anxiety. If we want the Treasure of Peace, we must make the Monkey Mind into a Monk. When we cut the tail of the Monkey that makes it jump all the time, we will discover the Peaceful Monk.

This book will practically show us the way to do that and lead us into a state of Peace and Tranquillity. It will build a foundation of Bliss and Joy as we live our life with Contentment and Fulfilment.



A.i.R.

AiR Institute of Realization
Ask Investigate Realize

Kemp Fort Mall,

#97, Old Airport Road, Bangalore - 560017



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

by

AiR
Atman in Ravi

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