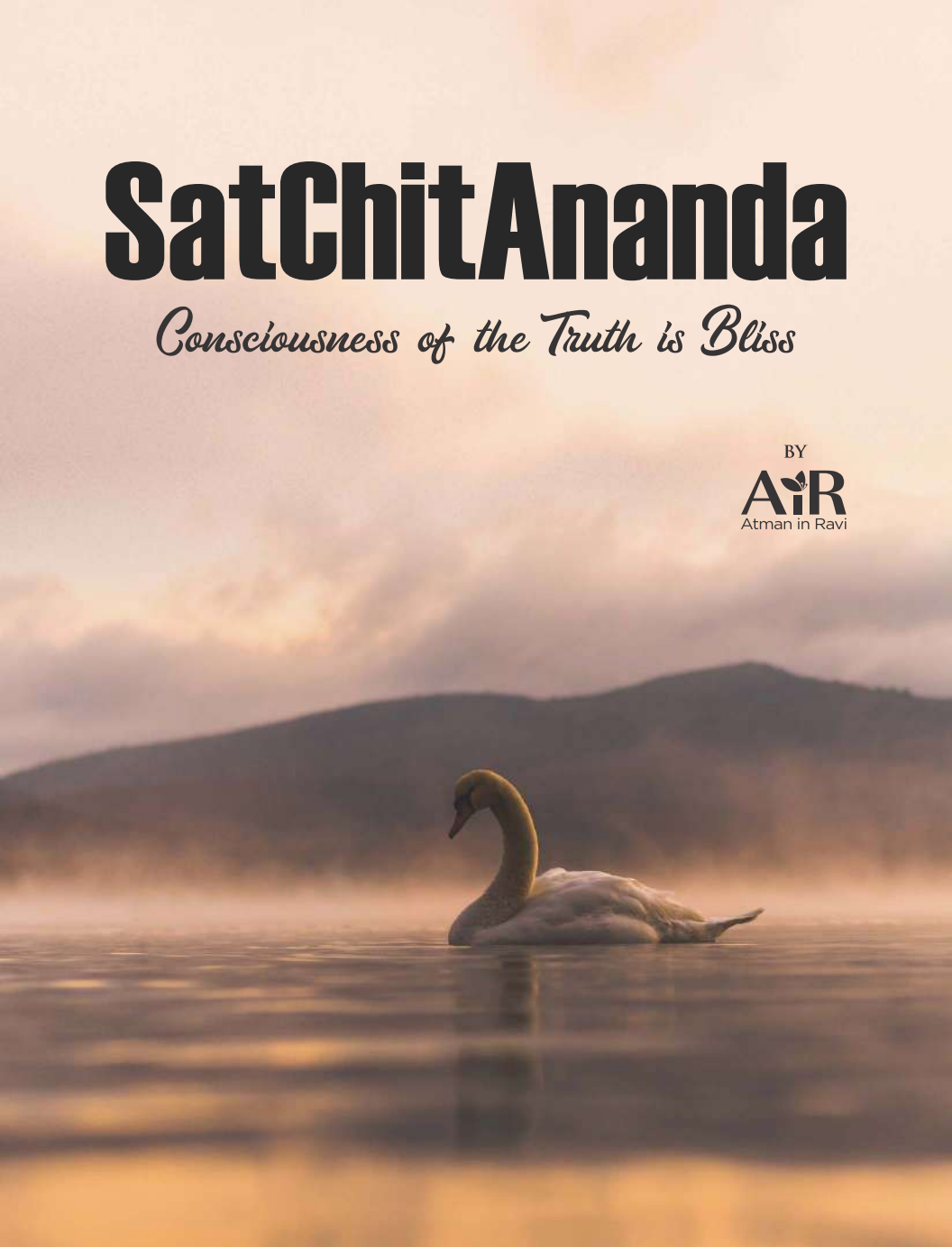
SatChitAnanda

Consciousness of the Truth is Bliss

BY
AiR
Atman in Ravi



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Preface

SatChitAnanda or Truth, Consciousness, Bliss means Consciousness of the Truth is Bliss. It is a state of Divine Bliss experienced when one becomes conscious of the Truth.

We human beings believe that life is like a merry-go-round. As we go round and round, we pass pleasure and pain, loss and gain, sun and rain and this is what life is all about.

Have you seen anybody who has not experienced pain? Every human being who is born must suffer before death. This seems to be the rule of life.

Every human being is seeking pleasure and happiness. We are all born such that we seek pleasure and shun pain. We keep seeking happiness and try to escape from every possible misery. We desire and we crave, and we believe each expectation, when fulfilled, will give us that much-desired Joy.

Very few people in this world discover the secret of eternal Peace and everlasting Joy. They go in search for the true meaning of life. They overcome the myth and realize the Truth and they enjoy *Ananda*, a Bliss unknown to the common

man. They experience Peace and Joy like they have never experienced before. They overcome all misery and suffering, as they become conscious of the Truth they have realized.

This book reveals the secret of *SatChitAnanda*. It will help us realize the Truth just as it will make us conscious of it and show us the way to *Ananda*, to live every moment of life with seamless Joy and Peace.

This book is divided into 4 parts. The first part is titled *Sat* or Truth. It helps us understand the several Truths of life as it will bust the myth that we have always lived with.

The second part of this book is called *Chit*. *Chit* is Consciousness. While we have heard of the word 'Consciousness', very few of us experience what true Consciousness is. It is awareness, being the observer or the witness. This is not easy. It needs both discipline and practice.

After we understand *Sat* and *Chit*, we will move on to the third part, *Ananda*, eternal Peace and everlasting Bliss. Most people enjoy pleasure, but they don't know the meaning of true Joy. This part of the book will open the door to *Ananda*, an ecstasy that is beyond any pleasure that we have experienced or imagined. Once we understand,

Sat, *Chit*, and *Ananda*, then we will put it all together and go on a journey to experience *SatChitAnanda*. We will learn to live in that state of eternal, seamless Bliss that knows no misery or sorrow, as a witness of the Truth.

This may look like a fantasy, but it ends with my personal experience, how I enjoy *Ananda*, with *Chit* of *Sat*. With the Consciousness of Truth, how I live a life of eternal Peace and everlasting Joy.

This book will create a paradigm shift as it will challenge your thought process, but you must be ready to change and transform if you want to learn the secret of *SatChitAnanda*. It was revealed by the sages who lived thousands of years ago. But because we human beings sink into the material world, we do not experience the Bliss of our Spiritual Consciousness.

To experience this Bliss, we don't have to go anywhere far away. We have to stop, pause our wandering mind to contemplate and realize the Truth. Then, if we discipline ourselves to be conscious of our realization, we will float like waves dancing with Bliss in the Divine Ocean.

Come, let's start our quest for the treasure of *SatChitAnanda*.

***SatChitAnanda* is a state of Happiness,**
That is beyond Peace, Joy, and Bliss.
It is living with the Consciousness of the Truth
Without Fear, Worry, Anxiety, and Stress!

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PART A

SAT – The Truth

Sat or *Satya* means the Truth. The ancient sages differentiated it from *Mithya* or illusion. *Satya* is the reality. It is the fact. It is eternal and it never changes. Unfortunately, we human beings do not realize the Truth. Thus we live a life of illusion.

What is *Mithya*? It is something that appears to be, but it is not. A gold ring appears to be a gold ring, but in reality, it is only gold. If you remove the gold, there is no ring. But we human beings don't see *Sat*, the Truth – the intrinsic gold. We only see the ring. We are enamoured by objects and forms. We don't see the real essence that lies beyond appearances.

How can we see the Truth? The Truth must be realized. It is only when we go within and open our 'real eyes' that the Truth will appear. Most of us do not realize the Truth about life and thus, do not experience Peace and Bliss.

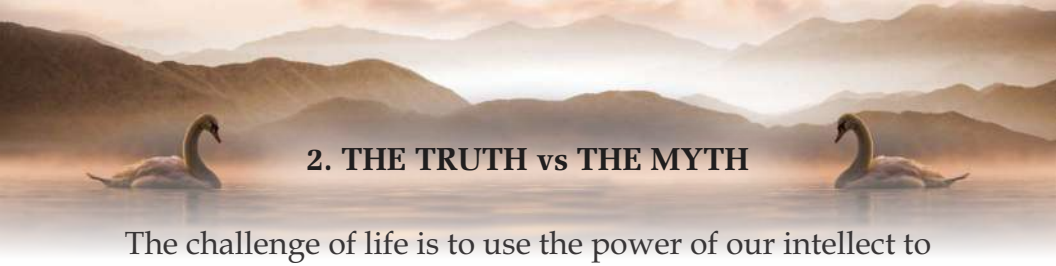
Our ultimate goal is to realize the Truth, to discriminate *Satya* from *Mithya*, because it is the Truth that will liberate us from all suffering and unite us with the Divine. Our own ignorance hides the Truth from us, ignorance that is caused by a cosmic illusion known as *Maya*. *Maya* has two powers – it conceals the Truth and projects the myth. What is the Truth? Let's begin the journey to discover it.

1. WHAT IS THE TRUTH?

This world is like a Cosmic Drama. Isn't it true that we are like actors, we come, and we go? The fact is that we will all die. Nobody can escape death. But isn't it true that only the body dies? At death, we see it lying in front of us. The one who was alive departs, goes somewhere! Life is like a drama and we come to earth, do our part and leave.

Who created the universe? Who controls it through universal laws? Isn't it true that a Power exists, a Power we call God - God, who is the creator of everything? But is God a statue or a saint? Isn't it true that God is a power beyond human comprehension? The Truth is that as per our Karma, we will be reborn in a new body. But just like the Law of Gravity, sometimes the Truth cannot be proved. It has to be inferred. Just because we cannot see air, it does not deny the Truth that air is everywhere.

Although there are several Truths, the ultimate Truth is that we are ignorant of the Truth. We live without realizing the Truth and without experiencing Bliss that knows no sorrow. Unless we discriminate the Truth from the Myth, we will never discover it. Who are we and why we are here, is a mystery that continues to baffle us because we don't find the answers, the Truth. We have an intellect. The intellect is different from the mind. Just as we can discriminate this, we must discriminate *Sat* from *Asat* – the Truth from the myth.

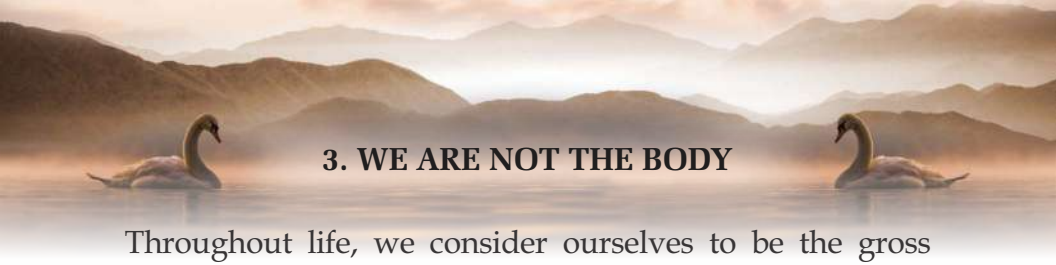


2. THE TRUTH vs THE MYTH

The challenge of life is to use the power of our intellect to realize the Truth. Because we are slaves of our own mind, we get carried away by our monkey mind, as it jumps from thought to thought. It does not let us introspect and contemplate and thus we live and die without realizing the Truth. The Truth is that we are the Divine Soul. We are not the body; we are not the mind. We are not even the ego. This is a myth, but we live with it.

What will we take with us when we die? Is it not true that we can't take anything? Nothing belongs to us. Still, as long as we live, we continue to say, '*This house is mine, this car is mine.*' We live as if all our relationships are permanent. But this is a myth. The Truth is that nothing belongs to us. Nobody is ours. We come alone and we go alone. We know it, but we don't realize it.

We pray to our God as a statue. We know God is not a statue. But we get carried away by the mythology of religion. We follow rituals, superstitions which are not true. But because we are prisoners of *Maya*, the cosmic illusion, we see the movie that is projected on the screen. The screen which is the reality, is forgotten behind the projections. The Truth disappears because the myth is projected. There are several Truths that we must realize if we want to experience Peace, Bliss, and Joy.



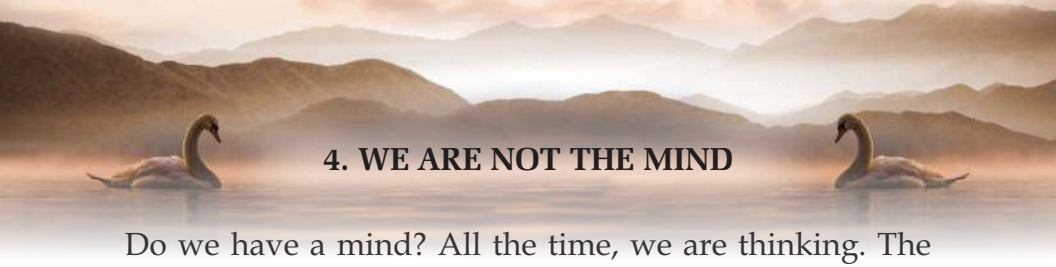
3. WE ARE NOT THE BODY

Throughout life, we consider ourselves to be the gross physical body. We have eyes, ears, a nose, a mouth, and a sense of touch. We have 5 organs of action. We exist through several functions – respiration, digestion, excretion, and reproduction. We also have critical organs like the heart, the lungs, the liver, the kidneys, and the brain. All this is true. Nobody can deny it. We can touch and feel our body. We can identify some organs through an X-ray or an MRI. Beneath the skin, there are tissues, flesh, nerves, blood, and bones. Inside the bone, there is bone marrow. But who are we?

The body starts its journey as a single cell, a zygote. It develops into an embryo and we are finally born. Then the body grows from a tiny baby into an adult, till one day, the body grows old and dies.

All this is true. But are we the body? The body is constantly changing. It starts as one cell and ends as a handful of ashes. We are not this body. When the body dies, people say, 'He departed,' 'He passed away,' 'He moved on.' What is the Truth about the one who died? If we are not the body but for sure we exist, then who is the 'me' that lives and dies?

What is the Truth about our existence if we are not the one who has a name, whom we identify with throughout our life?



4. WE ARE NOT THE MIND

Do we have a mind? All the time, we are thinking. The mind produces a thought practically every second. It can produce up to 50,000 thoughts a day. If we are not the body, then are we the mind?

The mind does not even sleep. Even when the body sleeps, it continues to dream and creates fantasies or nightmares. The mind seems to be in control of our life, and we say, '*I am happy, I am worried.*' Who is the one who is joyous or miserable? Is it the mind?

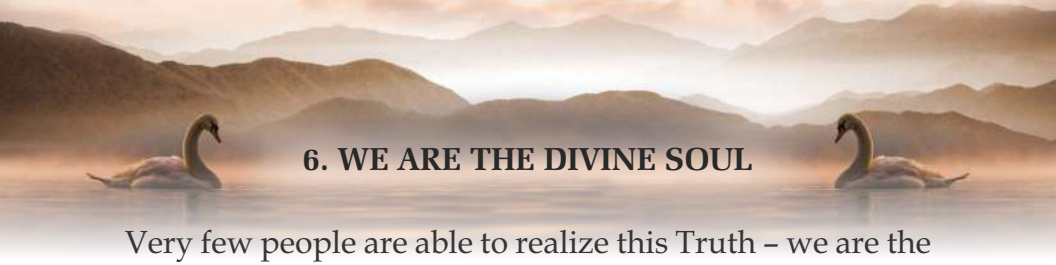
The mind is like a monkey. It is constantly jumping from thought to thought. It takes us to the past that is gone, and the very next moment to the future not yet born. Those who think we are the mind must go in quest to find it. We can find our nose, our ears, our hands, and our feet. But if we try to find the mind, we can't. Most people think that the mind is the brain, but even science considers the brain to be connected to the nervous system that has neurons in every part of the body. In that sense, the mind is everywhere. But unfortunately, nobody has seen the mind. We believe that we have a mind, or we are the mind. But this is a myth. The mind is just a bundle of thoughts. In reality, it does not exist. The Mind, along with the Ego, becomes the ME that takes rebirth. If we cannot find the mind, then what is the Truth? Are we the ego?

5. WE ARE NOT THE EGO

Throughout our life, we keep on saying 'I'. '*I am Peter. I am an American. I am a Christian. I am a doctor.*' We identify with our name, our religion, our occupation, and our nationality. Then we say, '*This is my mother, my father, my wife, and my children.*' We live with several relationships. We also claim, '*This car is mine. This house is mine. This business is mine and this wealth is mine.' Who is the one who is constantly saying 'I, me, my, and mine'?* It is the ego.

Aren't we the ego that is constantly alive and communicating? '*Get me a coffee. Bring me the file. Don't make me angry! Don't underestimate me!*' The ego seems to be very clear of who we are. But, if we are not the body, and we are not the mind, then who is this ego? Can the ego exist independent of the body and mind? Or is the ego part of the body-mind complex that defines our existence as a human being?

While there is no doubt that we have a body that lives and dies, and we have a mind that thinks all the time, and we have an ego, that is identified with not just our name, but our possessions, our relationships, we don't seem to be any of these. What is the Truth? Who are we in reality? If we are not the ego, the mind, and the body, but there is no doubt that we exist from birth to death, then what is the Truth of who we are in reality?



6. WE ARE THE DIVINE SOUL

Very few people are able to realize this Truth – we are the Soul. We think we *have* a Soul, but in reality, we *are* the Soul that gives us life from birth to death.

A human being is made up of over 30 trillion cells. Each cell is powered with life. This phenomenon is beyond human cognition. Science is unable to define the Soul. But the Truth is, the Soul exists and that is who we are.

We have already analysed that we are not the ego, the mind or the body. But can anybody deny our existence? We come alive not just on the day we were born on earth, but several months before. The moment the zygote is formed, we start our journey as the Soul and till our death, the Soul makes our heart beat, makes us walk and talk. Then suddenly, the Soul departs. This is death. There is no breath. People say that we passed away, we expired or departed. Who left the body? It is the Divine Soul. Because we don't realize this Truth, not only do we live with misery, but we are born again and again, only to suffer.

Those who realize the Truth, 'We are not the body, we are not the mind, we are not the ego but the Divine Soul,' those rare few are liberated at death and they unite with the Divine. This is *Sat*, the eternal Truth. It is our ultimate goal to realize that we are the Soul, the Spirit, the *Atman* or the life energy that throbs in us.

7. LIFE ON EARTH IS A COSMIC DRAMA

What do we see in a drama? The actors come onto the stage, do their part and they go. Nothing is real. It's just a show. There is a producer-director who has conceived the drama and produced it. He has written the storyboard. He controls what happens on stage. The actors are free to do their part their way. But everything is controlled by the producer.

Life on earth too is nothing more than a big cosmic drama. There is a humongous stage we call the earth. There are 8 billion actors. We come and we go. Every morning, the sun rises and the curtains are drawn. Each one of us has the power to choose our actions. But we cannot control what happens on the earth-stage. This unfolds as per the Divine law, as per our own Karma. However, we have the freedom to do as we would like to do. Our actions become the very seeds that we plant for our destiny that will unfold in the future. What happens in our life drama, in this life or in the next, depends on our own actions.

But finally, the drama will be over. There will be laughter and tears, loss and gain, sun and rain, pleasure and pain. It's all a part of the drama called, 'Life'. The unique thing about life is that there is a purpose unknown to man. The purpose is to realize the Truth about who we are and why we are here. If we don't realize the Truth, we will die only to be born again and again, and we will suffer on the earth-stage.

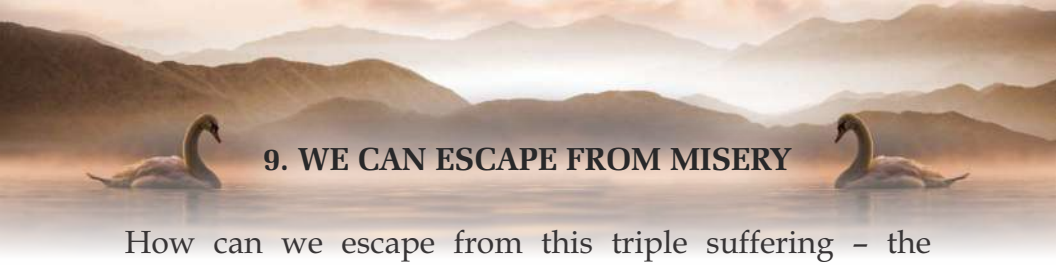
8. EVERYBODY WHO LIVES, SUFFERS

Have you seen anybody in this world who has not experienced pain, misery, and suffering? Whoever is born on the earth stage, has to experience this triple suffering. Ultimately, the body grows old. It decays and dies. But we don't realize this Truth. A wealthy young prince, Siddhartha Gautama who went in quest of the Truth, realized that this world is full of *dukha*, suffering. He attained enlightenment and became the Buddha, the 'Awakened One'.

We human beings have desires and cravings and to make our dreams come true, our body lives and experiences physical pain and we suffer. Then, the mind wanders. It lives with stress, worry, and anxiety and makes us miserable. To add to the misery, the ego is agonized with anger, hate, revenge, and jealousy. All this is caused because of our ignorance. We think we are the body, mind, and the ego. Thus we suffer.

Nobody can escape this suffering. The moment we are born on earth, we are sure to go through this pain. It is probably this knowledge that makes an infant wail and cry as it enters this world from its mother's womb.

Is there a way to escape from this suffering? Is there a way to transcend the ignorance that we live with? As long as we live and die without realizing *Sat* or the Truth, we will suffer. But if we transcend the ego and the mind, we can be enlightened and we can be free from suffering. How can we do this?

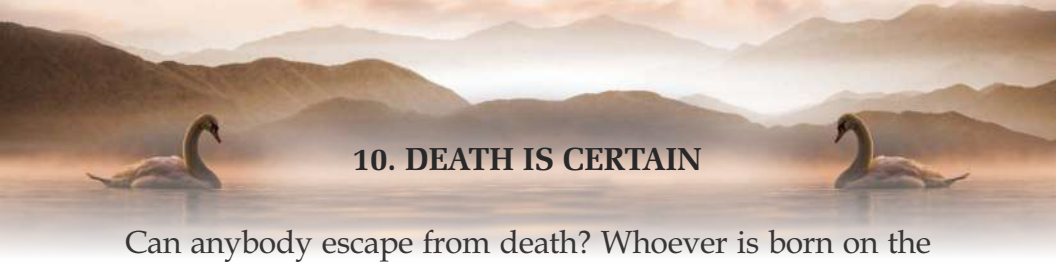


9. WE CAN ESCAPE FROM MISERY

How can we escape from this triple suffering – the suffering of body, mind, and ego? Is it possible? Yes, it is. Who suffers? First of all, it is the body. The body experiences pain of all kinds. It may be a simple hurt or a disease that makes us suffer beyond what we can bear. However, the world today has medicine and cure for all kinds of physical pain. But the one who thinks he is the body, suffers, rather than choosing to fight the pain. If not simple paracetamols, there are advanced treatments that use opioids and even anaesthesia so that one can be relieved from physical pain.

But how can we escape from the misery of the mind? The mind jumps to a thought of the past and makes us regret. The very next moment, it jumps to the future and makes us fear and live with stress, worry, and anxiety. It doesn't seem to stop. Even when we sleep, the mind dreams and we jump out of our bed, after a disturbing nightmare.

To add to the misery of the mind is the agony of the ego. It continuously says, '*I*', '*me*', and '*mine*', and this ignorance makes us live with anger when our expectations are not met. We hate people and take revenge because we don't realize the Truth. We can escape from all this misery if we realize we are not the body, the mind, the ego that suffers. This realization can liberate us from all suffering.



10. DEATH IS CERTAIN

Can anybody escape from death? Whoever is born on the earth stage must die. There is no one on earth who can escape death. Not just human beings, but every living thing that is born must die. Human beings live for about 70 or 80 years, dogs for 13, cats for 20, and some trees are said to live for 5000 years. But whoever is born, must die.

Death is certain. We must learn to accept it. It seems to be a part of the scheme called life that unfolds as a drama on earth. But what is death and who dies? When we are born, it is the beginning of a journey where the end is certain. Every living organism grows, but ultimately, decays and dies. We are all made up of 5 elements – earth, water, air, fire, and space. When the life energy inside us departs at death, there is no breath. We return to the 5 elements we were made of.

Unfortunately, we live with ignorance and behave as if we will be here forever. Because we don't realize that we will die, we yearn for possessions and build relationships with people, and then ultimately, we cry as we fear death and we fear the loss of all that is ours. Those who realize the Truth about death, transcend the fear and live each day, knowing that it may be their last day. Not only do they understand death and accept it, they learn to celebrate life and accept the reality of death as they try to understand the meaning and purpose of their life as they live.

11. EVERYTHING IS LIKE A DREAM

We human beings think that what happens when we are awake is real, but what happens in a dream is only a dream. It is an illusion. If you borrow my car from me in my dream, when I wake up, I will not come to you and ask you to return my car. That would be silly of me! It happened in my dream. But if you borrowed my car when I was awake, then I would come to you and ask you to return it.

What we don't realize is that while a dream is just a dream, what happens in this world is also nothing more than a dream. It seems to be real as long as we are alive. But in the end, when it is time to go, everything seems to be transient just like a dream.

Somehow, we have been conditioned to believe that dreams are illusions, but our waking life is true. But this is not the Truth. Life is like a game of monopoly. We fight when we play as we try to take over hotels and properties, but in the end when the game is over, we put everything back into the box. It was only a game!

Life too is just a game. When will we realize this Truth? We come with nothing and go with nothing. But throughout life, we imagine our possessions to belong to us just as we consider our relationships to be real. We must realize the Truth that everything that happens in life is like a drama, a show. Nothing is real, we come and we go.

12. WE DON'T KNOW WHO, WHERE, WHAT GOD IS, BUT GOD IS

While there is no doubt that God exists, we don't know who, where, and what God is. You, me, and this beautiful world –are a proof of the existence of a Creator we call God as all this is created by the Creator. Unfortunately, we have been taught some mythological stories and we believe that God is an old man with a long beard, somewhere up in the clouds or sitting on a lotus, floating in the ocean, or a magician that lives in outer space on a distant planet who can perform miracles.

We don't realize the Truth that God is not a statue or a saint. God is a Power that none of us can paint, a Power beyond comprehension. God is not made of bone and skin. God is the life force that lives within. Because of our ignorance, we don't realize the omnipresence of God. Everything in this world is nothing but a manifestation of the Divine. God is omnipotent – all-powerful. Nothing is impossible for God. While God exists, we human beings have not been given the sense perception to perceive God. Just like I cannot see you with my ears, I need eyes to see you, so also we cannot see God. We need to realize God. For this, we must go in quest of the Divine, then we will 'Realize' God when we open our 'Real Eyes'.

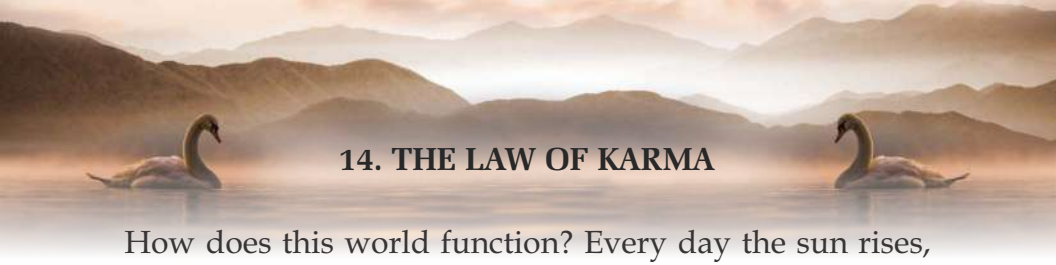
The journey of God-realization starts with the journey of self-realization. The moment we realize the Truth of who we are, we will realize God's presence in the temple of our heart.

13. WHERE ARE HEAVEN AND HELL?

Every child born on planet earth is taught this story that just like there is earth, there are heaven and hell. We are tutored not to sin because if we do, all our bad deeds will eventually take us to hell, and we will be made to suffer for our sins. Our religion motivates us to live a life of morality and virtues so that we can be rewarded by our Lord when we go to heaven.

Most of us believe that after our life is over on earth, for all that we do, good and bad, there will be a day of judgement. The good will be rewarded in heaven, just as the bad will be punished in hell. Unfortunately, we have misunderstood this concept and have literally believed heaven and hell to exist as two physical locations.

When will we human beings wake up to the Truth that heaven and hell don't exist somewhere far away from earth? There is no doubt that we will be rewarded and punished for our deeds, but everything that happens, unfolds only on earth. The moment we die, the body is cremated or buried, and it returns to dust when the Divine Soul departs. Then how can we go to heaven or hell? Who will be rewarded or punished if the body itself has disintegrated into dust? There is no doubt that we cannot escape from our actions. But to believe in the fairy tale of heaven and hell is to live and die with the illusion. What is the real Truth? How will we be rewarded or punished for our actions? Continue reading and you will realize *Sat*, the Truth.



14. THE LAW OF KARMA

How does this world function? Every day the sun rises, and the drama starts. People wake up and go to work and perform their actions. But who is the one operating this world? The earth rotates precisely once in 24 hours. It also revolves around the sun once in 364 ¼ days. Is there a God sitting somewhere up in heaven in charge of all these operations? God has created certain universal laws by which the universe is governed.

There is the Law of Gravity and while we cannot prove it, we infer that it exists because anything that is thrown up is pulled back towards earth. We infer that there is a force and we believe in the Law of Gravity.

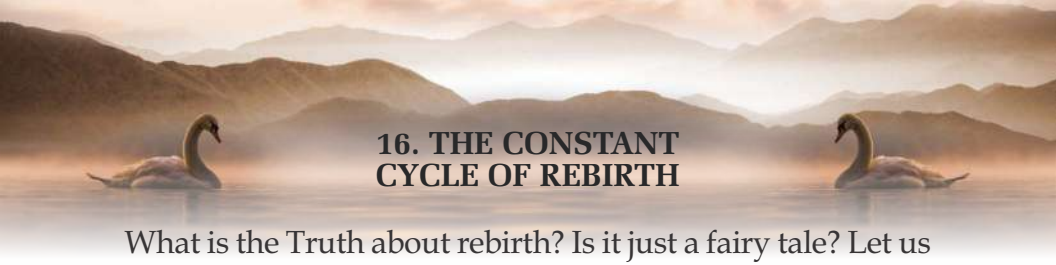
Just like there is the Law of Gravity, there are several other universal laws that ensure the smooth functioning of the world that we live in. There is the Law of Cycles that causes all the seasons that unfold on earth, just as there is the Law of Opposites that balances life on earth. There are many such laws, and one such law is known as the Law of Action and Reaction, popularly known as the Law of Karma. This universal law states, 'What you give is what you get.' 'What you do will come back to you.' It is the Law of the Boomerang and works exactly in such a way, that what goes around, comes around. This universal law is based on the principle, 'As you sow, so shall you reap'. What is this Law of Karma?

15. DO APPLES GROW ON MANGO TREES?

Have you ever seen apples growing on mango trees? 'Ridiculous!', you would say. 'This is impossible!' But why? Because the universal Law of Karma will not permit it. *'As we sow, so shall we reap.'* This is the law that exists throughout the world. No region can escape it. It is a universal law.

The Law of Karma is constituted so that things happen automatically. The good you do will come back to you, and if you sin, you will never win. We human beings have to pay back for every bad deed. Just as every seed will bear fruit, so will every deed unfold as a fruit, a reward of our own actions. The law needs no intervention but how it functions remains a mystery. While there is no doubt about the presence of this law, when we will be rewarded or punished is unknown to us.

This law contradicts the existence of a distant heaven and hell. Whether we will be rewarded for our good deeds or punished for our sins, it happens right here on earth. Therefore, whatever is unfolding in our life here today, is a result of our past actions. We can't run away from it. However, we can perform deeds today that will unfold as our destiny tomorrow. We human beings must realize the Truth about life and death, God, heaven and hell. We cannot deny the Law of Karma, but we must go further to realize that the body will die. Then who will experience Karma? Who will be reborn on earth?



16. THE CONSTANT CYCLE OF REBIRTH

What is the Truth about rebirth? Is it just a fairy tale? Let us realize the Truth. If people were born and people die, and it was game over, then life on earth will come to an end. It is the constant cycle of life, death, and rebirth that makes this drama of life happen every day, generation after generation.

The body dies. We see it disintegrate as it returns to dust. Then it is cremated or buried. But what happens to the one who was alive in the dead body that lies in front of us? We know that these are just the mortal remains. We pronounce, 'Peter died, Peter passed away, he moved on, expired or departed.' Although the body lies in front of us, we know beyond doubt that this is not the one who was alive. We don't really know the Truth, but we say, 'Let us pray for the departed Soul.' In reality, the Soul is the Power of the Divine that creates life. When it leaves, there is no breath.

Only the body dies. The one who was driving this body is the ME, the Mind and the Ego. It is subtle in nature just like air, and cannot be seen. It is this ME, along with its Karma, its past actions, is reborn in a new body to be rewarded or punished as per the universal law. The Truth is that we do not go to a distant heaven or hell. Both heaven and hell are experienced right here on earth, as we are reborn based on our Karma that is governed by the universal law of Karma. Everybody who comes to earth, enjoys pleasure but cannot escape from suffering. Such is life on earth.

17. WHAT IS THE PURPOSE OF LIFE ON EARTH?

Most of us do not realize that our life has a greater meaning than just having fun till life is done. Somehow, we have got into believing that life is about success, achievement, name, fame, pleasure, and happiness, and if we have evolved, then we think it is about being compassionate and kind and serving others. While all this is good, this is not our purpose on earth. Our ultimate goal is to escape from the cycle of death and rebirth and to become one with the Divine. This means we should be liberated from rebirth. To unite with God after death, one has to escape from the ignorance that we are the mind and the ego that is born again and again. One has to realize the Truth that we are the Divine Soul. This is our ultimate goal.

To realize we are the Soul, man must go on a quest in search of answers. Man must introspect on the question, 'Who am I and why am I here?' These questions need deep study and introspection before there can be any realization of the Truth. The Truth is the Truth. Nobody can change it. But it is camouflaged with the myth of this world. We have to use our intellect and discriminate to achieve meaning in life. Otherwise, we will be amongst those who come and go on the earth plane again and again, without realizing who we truly are and without achieving the ultimate purpose of being liberated from rebirth and being united with the Divine. Unfortunately, very few people are passionate to go on a quest for realizing life's true purpose.

18. WE CAN BE LIBERATED FROM REBIRTH

Not many people even know about rebirth. They may have some vague idea, but they don't realize that the ME, Mind and Ego is born, again and again in a new body, and it suffers. But the Truth is that we can be liberated from this cycle of *Samsara*, from the transmigration of the Soul.

For this, we must first realize who we truly are and we must understand our life purpose. When we go in quest of the Divine Truth and we realize we are not the body, the mind, the ego, but the Soul, then we cease to be the one who is doing the action. If we are not the ones doing the action, then the Karma is not ours. We do not have to be reborn to redeem our actions because of our realization of the Truth. The realization that we are the Soul, liberates us from all our past and present Karma, just as it liberates us from the suffering of the body, mind, and ego. We enjoy true Bliss of the Soul.

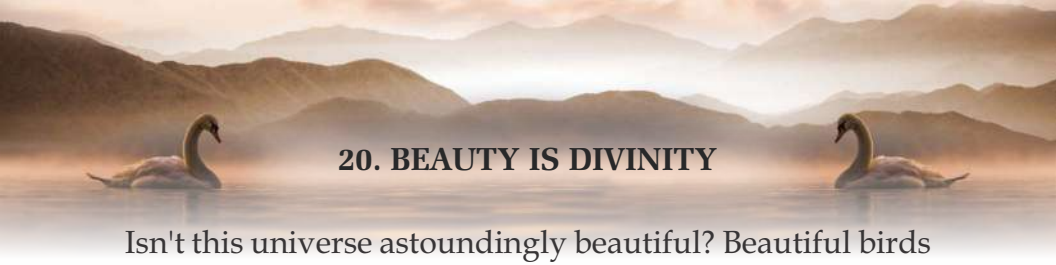
Unfortunately, because we are enveloped in *Maya*, the cosmic illusion, the myth supersedes the Truth and our ignorance makes us live and die as the body-mind complex, only to be reborn. Everybody who is born, suffers and our ultimate goal is to escape from the cycle of death and rebirth. The only way to liberation is the Realization of the Truth which comes from Enlightenment – overcoming the darkness of ignorance with which we live and die.

19. EVERYTHING IS A MANIFESTATION OF THE DIVINE

Instead of realizing the Truth, we human beings continue to live in ignorance seeking proof of creation. We believe in theories that lead us nowhere. Some people believe that this world came about with a 'big bang', that all this beauty and intelligence just happened out of a chemical explosion. Don't we have the intelligence to question who caused the big bang and how could this amazing universe with the majestic mountains, the amazing oceans, and beautiful creatures just happen without an intelligent design? We don't contemplate the Power that has created everything.

Others believe that man evolved out of apes. When will they go further to question, 'Where did apes come from? Dinosaurs? How did all this happen?' While nobody can prove this, one thing is sure – all creation, nature, and life included, did not 'just happen'. A creative Power has caused this. Those who go in quest of the Truth, realize something far more profound.

Everything around us is not a 'creation', but rather, a 'manifestation' of the Divine. What does this mean? Just like a spider creates a web out of itself, the Creator appears to be the mountain and the sea, the butterfly and the bee, the fruits on the tree, you and me - everything on earth is a manifestation of the Divine. God is the cause, we are just effects. This is the Truth.



20. BEAUTY IS DIVINITY

Isn't this universe astoundingly beautiful? Beautiful birds in the sky, amazing fish in the turquoise waters, tigers, lions, elephants in the jungles, majestic trees with intricate leaves and delicious fruits, and the plants that bear the most gorgeous flowers. Isn't everything around us so beautiful? What about the beauty in a human being? Don't we get taken aback by the stunning looks of a person? While we enjoy all the beauty around us, have we stopped to wonder, 'How did all this beauty come about?'

We see a bud bloom into a flower, then it withers away and dies. The beautiful life partner that we lived with, one day departs. Suddenly, the amazing beauty that was there all along, disappears. Do we human beings stop to investigate, 'Why did the beauty go away and where?'

Those who realize the Truth, realize that all the beauty around us appears from the Divine. The Truth is Divinity is the beauty that appears on earth. When Divinity leaves, the beauty disappears. That is why a beautiful butterfly that was so full of life, as it fluttered and flapped its wings in glory, suddenly drops and dies. This is because the Divinity departed. When will we realize this Truth that beauty is Divinity? We human beings are so enamoured by the beauty of creation that we get lost in it and do not discover the Divinity that lies within the beauty.

21. THE POWER THAT SURROUNDS US

What makes the clouds drift in the sky? What makes the birds fly? What gives us the energy to wake up, to walk, and to talk? We are very familiar with the power in our mobile phones and laptops. It either comes from a battery or a source of electricity connected by a wire. But where does the power in you and me come from?

It is said that every day our heart creates enough energy to drive a truck for about 32 kilometres. While we are not sure how accurate this is, from where did the power come for us to breathe, for blood to flow to the millions of nerves, arteries, veins, and capillaries? Have you ever stopped to wonder, 'Where did this power come from?'

Science just labels everything as energy. They define the source of power from wind energy, thermal energy, hydro energy, and even solar energy. We use fossil fuel that evolves from plants which are energized by the sun and we believe that it appeared millions of years ago. Man is not capable of defining all this, but for sure, man is capable of understanding that there is a Power that surrounds all of us, all the time, be it from the forces of nature like the wind, the water, or the sun. When will we discover the Truth that there is a Power, both inside and outside us, a Power beyond our comprehension? We live and die with this Power within, but we don't discover what is the Power beneath our skin.

22. THE MIND CAUSES OUR IGNORANCE

The biggest problem in life is not that we are ignorant, but that we are ignorant about our ignorance. We don't realize that we are living a life of illusion. Our own mind causes this ignorance and we are unaware of this fact. The mind bombards us with thoughts and makes us regret, worry, fear as we live in stress and anxiety. How does this happen?

We look at a gold ring, and the eyes and the mind see the ring. We don't see the gold that it is made of. We say it is a ring when in reality it is not. It is gold metal appearing as a ring. But the mind does not let us realize the Truth. If we realize the Truth, there is a big problem for the mind. It will cease to exist. It will become a slave of our intellect that discriminates the myth from the Truth. Thus, the mind continues to cause our ignorance as it projects the myth and conceals the Truth.

Spiritually, this is known as *Maya* or the cosmic illusion. It is the mind that falls prey to *Maya* and makes the myth appear like it is the Truth. We continue to live our life enveloped in the darkness of ignorance and we are not enlightened with the Truth. It is this ignorance that causes our suffering and stops us from reaching that state of eternal Peace and everlasting Joy. Instead of living a life of Bliss and Peace, our mind makes us chase pleasure, success, and achievement, and we remain ignorant about the true purpose of life.

23. SUCCESS IS NOT HAPPINESS

From the time we are born, we are taught to be successful. We are made to believe that success is not just the main thing, but the only thing that is important in life. Thus, right from our school, we are motivated and inspired to achieve the first rank, to be the school captain, to be the class monitor, the cricket team captain, the quiz champion. It doesn't stop in school. As we grow up, success and achievement are our top priority and we are made to believe that success is the destination.

But this is not true. We may have all the success, money, and wealth but why are we seeking success in the very first place? To be happy! But are all successful people happy? No! On the contrary, all happy people are successful because they have achieved the very objective of success – happiness. If happiness belonged to the rich and famous, they should be glad, but why is it that many of them are sad? It is because success is not happiness. Happiness is success.

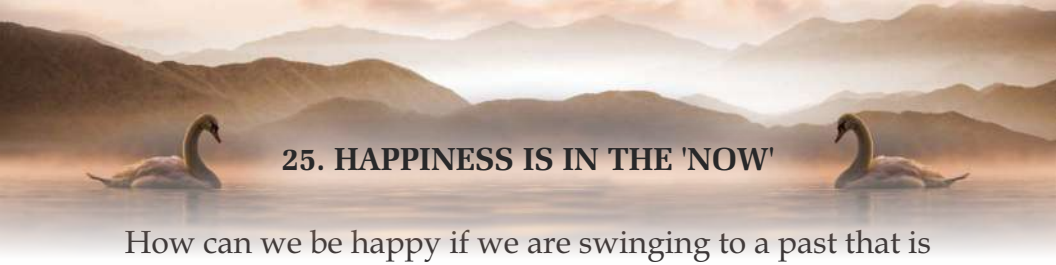
When will we stop chasing success, achievement, money, wealth, and pleasure and realize that true happiness doesn't come from achievement? It comes from contentment and fulfilment and ultimately from enlightenment. When will we realize that the 'success peak' that appears is just an illusion? Man is never satisfied with success and is overtaken by greed. Enough is never enough. Therefore, man doesn't take an exit from the roller coaster called success to the plateau of fulfilment.

24. YOU CAN'T ACHIEVE HAPPINESS

Most people are chasing happiness. They don't realize that happiness is like a shadow. The more you chase it, the further it goes away. It is our biggest foolishness to think we can achieve happiness. We can't! Happiness is a state of *being*. We have to *be* happy, not achieve it.

Isn't it common for us to think that an ice cream will make us happy? To others, it may be a burger or a pizza. Happiness is not a product. You may love a pizza, but if 4 pizzas are kept on the table, you may not feel like eating any more pizzas because you are full. Some people may think happiness is a place. They dream of going to the Maldives or Mauritius to enjoy the white sand beaches and the turquoise waters. Those who realize the Truth, know that a place can't make us truly happy.

Not just a product or a place, even a person cannot give us eternal joy. We think our beloved is a fountain of Joy, but the moment things fall apart, we separate and our happiness becomes misery in the presence of the same person who promised us Bliss. Why? Because happiness is not a product, a place or a person. Happiness is a state of *being*. We have to learn to be happy. It is an art. We can have everything and be unhappy and may have nothing and be happy. We have to develop the art of being happy. As long as we don't understand this Truth, we will continue to chase happiness and remain miserable.

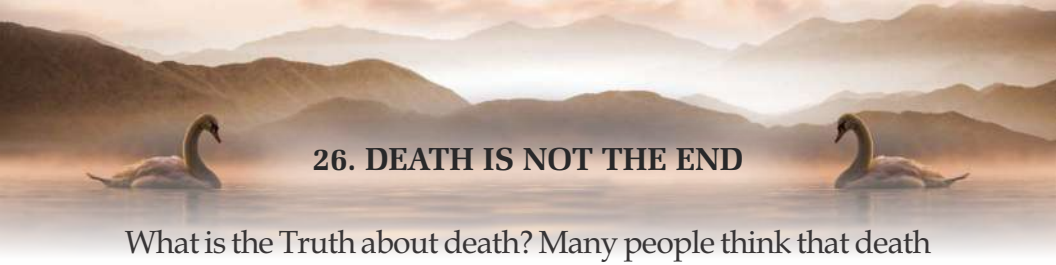


25. HAPPINESS IS IN THE 'NOW'

How can we be happy if we are swinging to a past that is gone, and a future not yet born? Happiness belongs to the present moment, it belongs to the 'now'. That is why this moment is called the present.

Those who learn the art of happiness, learn the art of being conscious in this moment. They don't let the monkey mind swing to yesterday creating regret and worry, just as they stop the monkey from jumping into the future with fear stress, and anxiety. They cut the monkey's tail and make the monkey mind into a monk, still, Peaceful and Blissful. Unfortunately, we are unable to live like a Peaceful monk in Nirvana. We live like a monkey going from here to there, from thought to thought, and we lose the Bliss of the present moment.

Very few people realize the secret, that happiness is in the 'now'. They live life moment by moment, in Peace and Bliss, enjoying what life has to offer. There is so much beauty around us, so much Divinity, if only we learn to count our blessings and enjoy what life has to offer, if only we surrender and accept life as it unfolds moment by moment, we can be happy for the rest of our life. Remember! You must be happy in the 'now'. Don't trade your happiness with yesterday and tomorrow.



26. DEATH IS NOT THE END

What is the Truth about death? Many people think that death is the end. Game over! They don't realize that it is not true. Death is not the end. Only the physical body dies. The body, its name and identity, its relationships and possessions cease to exist at death. Unfortunately, we are unable to accept this. Instead of doing so, we continue to live with ignorance, without understanding the true meaning of death.

While death is the end for the body, it is only a bend for the one who was alive inside. The Mind and the Ego, ME, that directed the body to act, leaves the body at death when the Soul departs. Most people don't realize this Truth. A few who do, understand the Law of Karma and believe that they will be reborn in a new body, with the same ME, Mind and Ego, depending on their Karma, their past actions. To them, death is not the end. It is just another chapter as the ME, takes a new birth.

A very few people are blessed to contemplate the cycle of death and rebirth and realize that there is a way out of this cycle of continuos death and rebirth. They realize that they are not the body and, they are not even the Mind and Ego, ME that performs actions and is reborn as per its Karma, they are the Divine Soul. At death, they are liberated and they unite with the Divine.

27. *MAYA* CREATES REBIRTH

Maya, the cosmic illusion is a reality. There is no doubt that *Maya* exists and causes magic in the world. What is this illusion? It is something that appears to be but in reality it is not. A simple example is the rainbow. We see the 7 colours when the white light of the sun splits through the droplets of rain. But the phenomenon is momentary. It is a projection of *Maya*. Those who realize the Truth of *Maya,* start their journey as a liberated Soul.

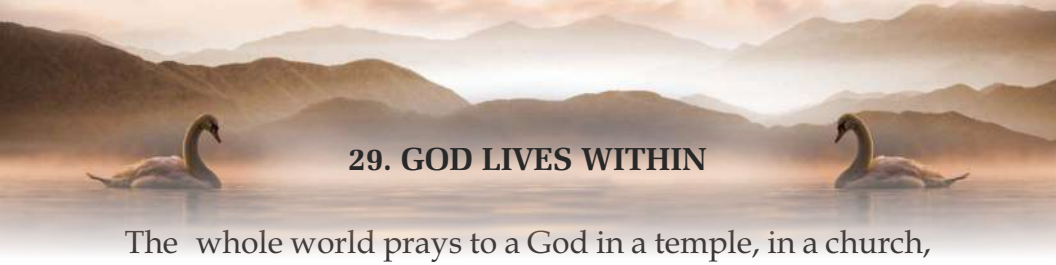
While death is certain and there is no doubt that the universal law of Karma prevails, it is our ignorance that keeps us coming back to earth, ignorance caused by *Maya*. We view unfolding of *Maya* as real, when in reality, it conceals the Truth as it projects the cosmic illusion on earth. Thus, we believe, we are the ME, the Mind and the Ego. We become the doer of the action and we create a destiny for which we must be reborn. As long as we are under the spell of *Maya*, we cannot transcend the ego and achieve our ultimate goal. The ME is an illusion, it is *Maya*. It is a myth. If we overcome it, we can be free from returning to earth on another Karmic journey.

What happens to those who realize the Truth and transcend *Maya*? Although they live in the body-mind complex, they live as a *Jivanmukta*, a liberated Soul. They live as a *Sthitpragya*, one who has a steady intellect and enjoys that state of eternal Bliss. At death, such a person is not reborn but is liberated and united with the Divine.

28. WE ARE EFFECTS... THE CAUSE IS THE DIVINE

What is the Ultimate Truth? If we are not the body, we are not the mind, then who are we? If the Soul is energy, how do we define ourselves? Several thousand years ago, spirituality explained that we human beings are the effects and the Divine is the cause. But this was very difficult for man to accept and understand. Spirituality stated that we are the Soul, the Divine Spirit, a manifestation of God. But the world would not accept it.

Over the centuries, the world started to ask questions and as science advanced, theology led to Enlightenment and the Truth was revealed. Even science discovered that energy cannot be created or destroyed. It can only be transformed from one form to another. Further, scientists in an experiment discovered the phenomenon of the 'Wave Particle Duality'. They found that a tiny particle of our skin, which was matter, became a wave of energy under a microscope. They were baffled as they saw it reappear from the energy back to mass, a particle of matter. This was the same underlying principle of spirituality, that we are energy. Energy that is Divine. The Divine energy is omnipresent. While we may appear to be a mass of over 30 trillion cells, each cell is nothing but energy. This energy is an effect. The cause is the Divine. Just as a wave appears from the ocean and goes back into it, we appear from the Divine. We are effects, the Divine is the cause.



29. GOD LIVES WITHIN

The whole world prays to a God in a temple, in a church, in a monastery, a synagogue, or a Gurudwara, going from pilgrimage to pilgrimage in search of God. But God can never be found. God has to be realized. God is everywhere, just like air. God is a Power, not a statue, not a saint. Because we cannot comprehend God, we try to paint a picture from our imagination. If we want God, we have to realize God within. We have to experience God as our heartbeat and as our Consciousness.

God is in you and God is in me. God is in a butterfly and God is in a tree. But because we are spiritually blind, this Truth we cannot see. Thus, we keep on searching for God, from birth until death, following the dictate of our religion.

Religion is only a kindergarten to spirituality. It can only teach us the ABC of God. To realize God within, we must graduate in the university of spirituality. We don't have to change our religion, but we have to ask questions and investigate, till we realize the Truth that God is within.

God arrives at birth and departs at death as the Divine Soul within us, energizing each of our trillions of cells as we walk, talk, move and live. This ultimate Truth, when realized, will transform our life and liberate us from all suffering. To realize the Truth, we have to stop seeking God outside. We must go within.

30. OUR ULTIMATE GOAL IS LIBERATION

While most of us consider our ultimate goal to be success, achievement, pleasure, and happiness, this is a paradox, because although we are successful, we are not happy. We are never satisfied and because we compare our success with others, we become miserable. What is the reason?

Because we have not realized *Sat*, the Truth, we live in this *Leela* of the Lord, the cosmic drama, enveloped in *Maya*, the cosmic illusion and we think that everything that is projected in this movie on earth is real. We think a dream is only a dream but our life is real and thus we suffer. We try to scale the peak of achievement when in reality, it is a myth. We try to find God. Then, one day, we die and due to our ignorance, we are reborn.

Our ultimate goal is to overcome this ignorance, to realize we are the Divine Soul. That everything unfolding on this earth is *Maya*, an illusion. We cannot achieve happiness, but we can be happy all the time if we realize the Truth. We can live moment by moment as the Divine Soul in Bliss.

What then is our ultimate goal? It is to realize all this Truth and to go from *Asat* to *Sat*, from myth to Truth, from darkness to light and to be liberated from being reborn. Our ultimate goal is to realize we are the Soul and to unite with God, not to be the ego, which creates Karma and is reborn again and again only to suffer.

SAT – The Truth
PUTTING IT ALL TOGETHER

- We human beings live and die in ignorance without realizing the Truth and thus we suffer.
- We think we are the gross physical body, the subtle mind, when in reality we are the Divine Soul.
- Because we live as the Ego, we become the ME along with the Mind and create Karma only to be reborn again and again.
- This world is full of suffering and our ultimate goal is to be liberated from the cycle of rebirth and suffering.
- As long as we live without realizing the Truth, we are enveloped by *Maya*, the cosmic illusion.
- We think everything in this world is real and we are prisoners of our desires and greed.
- Our ignorance makes us think God is somewhere up in the skies and we spend our life searching for God.
- We don't realize the Truth that God lives within and our very Soul is a manifestation of the Divine.
- Death is certain, but only the body dies. It is not the end, but a bend for the one who was alive.
- At death, one of two things happens - if we are ignorant and live as the Mind and Ego, ME, we will be reborn as per our Karma.
- If we are enlightened with the Truth that we are the Divine Soul, then we transcend Karma and we are liberated.
- Our ultimate goal is to realize we are the Soul and to be united with the Divine at death.

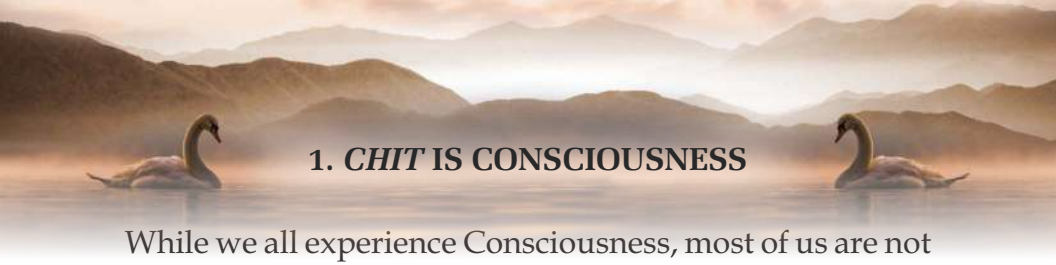
PART B

CHIT – Consciousness

What is real Consciousness? We human beings are aware of the conscious mind and the subconscious mind. We know how we become unconscious when we fall asleep. We have heard of and spoken about the term 'Consciousness' throughout life but we have not understood the true meaning of it. Real Consciousness is entirely different. It is becoming aware, awakened to *Sat* or Truth, and living a life of *Ananda* or Bliss.

Chit or Consciousness is a rare gift experienced by those who go in quest for the true meaning of life. They overcome the myth and realize the Truth. They become enlightened. They overcome the dark ignorance that envelops them throughout life. They transcend the mind and ego and attain a state of eternal Peace and everlasting Joy.

Let's start our journey of *Chit*, of becoming conscious of who we are and why we are here. Let's become conscious of our true identity, that we are the Divine Soul. Then, let's live as the witness, the observer, as we enjoy this cosmic drama unfold on planet earth day after day. Let's discover a way to overcome all misery and suffering, as we live as the Divine Soul and achieve our ultimate goal to be liberated and to be united with the Divine. Let's become conscious of *Chit*, our very own Consciousness.

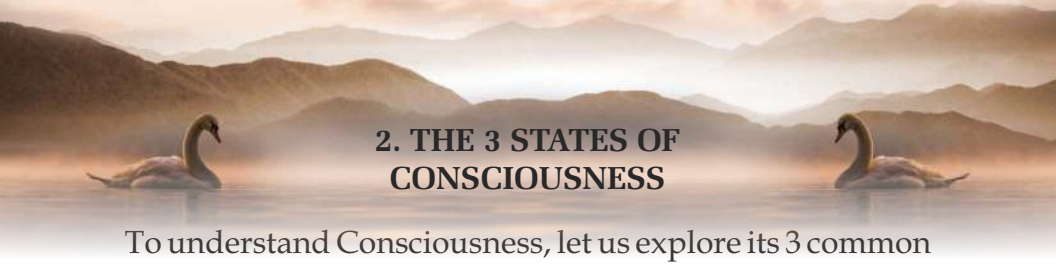


1. *CHIT* IS CONSCIOUSNESS

While we all experience Consciousness, most of us are not aware of it. Consciousness will remain a mystery as long as we do not become conscious that there is something like Consciousness. It is not the conscious mind or the conscious body. Consciousness belongs to the one who is alive. Consciousness is life itself.

Isn't it strange that science has not been able to define life? Some people define it as the opposite of death. This is because true Consciousness is being alive, being awake and being aware. The term *Chit*, which was coined thousands of years ago, spoke of the Consciousness that is the very life energy that we are gifted with. It is the power of the Soul, the Spirit that makes us witness, not only what is happening around us, but more importantly, what is happening within.

Chit is becoming the observer of the mind as it wanders from thought to thought and the senses of the body as they crave. *Chit* is that state of Consciousness that makes us realize the Truth of who we are. Unless we become aware of our Consciousness, we will remain in ignorance and suffer until we die. Consciousness is beyond the gross physical body and the subtle invisible mind. Its presence signifies life, just as all Consciousness ceases to exist at the moment of death. In fact, we are that very Consciousness, *Chit*. It is the nature of our true existence.



2. THE 3 STATES OF CONSCIOUSNESS

To understand Consciousness, let us explore its 3 common states. The first state is a state of 'Wakefulness'. In this state, both the body and the mind are conscious, and we experience a state of apprehension. We apprehend the world around us as we walk, talk, move, and live. Very often, when we go to sleep or more so, at times when a person loses consciousness, we say that the person has become unconscious.

The second state of Consciousness is the 'Dream state'. The physical body is unconscious, but the mind is wide awake. It dreams and makes us experience a new life as a new person, as it exports us into a domain of misapprehension. We misunderstand who we are in our dreams until we regain Consciousness of the waker.

The third state of Consciousness is a state of 'Non Apprehension'. We experience nothing. Haven't you woken up from deep sound sleep after experiencing Peace and said – 'I slept like a log'? You are conscious of your unconsciousness. Otherwise, how do you know that you slept like a log? We human beings experience these 3 states of Consciousness again and again, but we do not discover the state that experiences the 3 states of Consciousness. Who is the one who passes through these 3 states day in and day out? Is there another state of Consciousness?

3. *CHATURYAM*, THE 4TH STATE

Chaturyam, popularly known as *Turiyam* or even *Turiya*, is the fourth state of Consciousness that we are unaware about. Most of us live and die without having a clue about this state of Consciousness because the scientific world hasn't been able to define it. While we accept the fact that being awake is different from dreaming and sleeping, science hasn't been able to give a concrete definition of the 4th state of Consciousness.

In the state of *Turiyam*, we become the witness or the observer. We are constantly observing life as it unfolds. We detach ourselves from our body and virtually separate ourselves from the mind, as we watch the body and mind, live moment by moment.

Those who are blessed to realize the 4th state of Consciousness - *Turiyam*, experience Divine Peace as they realize their true self. They realize that they are not the Waker, the Dreamer or the Sleeper, but rather the one who observes and experiences these 3 states. They are the fourth – the *Chaturyam* or *Turiyam*. A rare minority is blessed to realize this Truth. This state of self-realization needs discrimination, dispassion, and discipline. Unless there is a longing and yearning to realize the Truth, this state will elude us. It is this state of Consciousness and awareness of our true self that experiences true Bliss.

4. THE STORY OF THE STATION MASTER

There was once a station master who worked at the railway station. Every morning he would flag off the Intercity Express as it passed by at dawn and then start his day. He always had a long day. His favourite train was the Shatabdi Express, a super-fast train, after which he would go for his lunch. At night, before he logged off, he would efficiently take care of the passage of the Night Mail train, as it was named.

The station master was a spiritual seeker but he could not understand the meaning of *Chit* or Consciousness. There was a wise saint who often met the station master and so the station-master asked him. 'What is *Chit*?' The wise man asked the station master, 'Who are you? Are you the Intercity Express, the Shatabdi or the Night Mail?' 'What do you mean?' quizzed the station master, 'I am none of these 3 trains that pass through the railway station. I am the station master.'

The Saint explained to him. 'Just like you observe these trains come and go every day, you do not observe the 3 states of Consciousness that constantly pass through your life. Instead, you think you are the waker – the one who is awake, the dreamer – the one who dreams, and the one who experiences deep sleep when you wake up. You are none of these. You are the observer of the 3 states of Consciousness. You are that Divine Energy that is aware and conscious of life as it unfolds, just like the trains that pass through your station.'

5. WE ARE SLAVES OF OUR SENSES

We human beings are blessed with 5 sense organs. We have eyes to see, ears to hear, a nose to smell, the tongue to taste, and the skin to touch, feel, and experience. While each of these seems to be an invaluable gift, we don't realize that we become slaves to our own senses.

Our senses take charge of our life and we lose Consciousness or *Chit*, of the true self that we are. Not only do we live as the body and mind, we start believing that we are the body. The 5 senses keep us imprisoned throughout our life as they yearn, desire and crave for material objects that gratify the sense perceptions. All the 5 senses are like tentacles that are going out into the material world, desiring something to eat, to wear, to possess, and feel good about. While we are awake and aware of our existence, we do not reach the true state of Consciousness because we sink into the material world. Our very existence as the Divine Consciousness gets imprisoned behind these 5 bars, which make us a slave to the world of pleasures. Before we realize it, we not only grow up, but grow old, and then it's time to depart.

Unless we become conscious of our senses and alienate ourselves from them, we will never become conscious of who we truly are nor will we experience the ultimate state of Bliss. To reach the state of *Chit*, we must transcend the senses of our body and become aware of who we truly are.

6.WE ARE PUPPETS OF THE MONKEY MIND

Not only are we slaves to our senses, but we also become puppets of the monkey mind that jumps from thought to thought, as it steals our state of Consciousness. Why are we human beings unaware of our true self - the witness, the observer of the body, of the mind and the life all around us?

It is because of the mind. It bombards us with thoughts, one thought practically every second. It jumps like a monkey without remaining still. It doesn't allow us to introspect, to contemplate, and to realize the Truth. It doesn't give us a chance to become aware and to awaken to the Truth. It is the monkey mind that jumps to the past that is gone, and a future not yet born. By doing so, what is it doing? It is denying us the opportunity of discovering our true self, *Chit* or Consciousness that we are. It fools us into believing that we are the mind, as it makes us say, 'I am worried, I am tired, I am bored.' It destroys that state of Consciousness of the present moment which in reality is our true existence.

Because of our ignorance, we live and die as puppets of the monkey mind, as it jumps from thought to thought. It makes us live and suffer in ignorance, and continues to keep us ignorant till we die, without realizing the Consciousness that we truly are. Until we transcend the monkey mind and become conscious of our true existence, we will never experience *Ananda*.

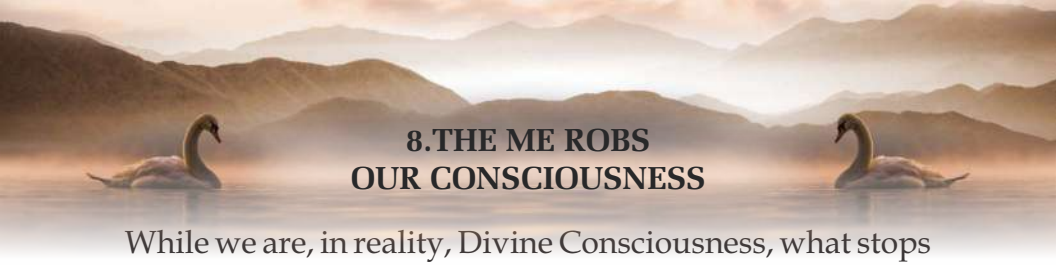
7. WE ARE PRISONERS OF THE EGO

Why is it that we do not realize *Chit* or Consciousness? Why is it that we do not experience the state of the true self that we are? It is because of the ego. From the time we are born, we are given a name, an identity so that we can be identified. Unfortunately, instead of using it as an identity, we become the ego. We say, 'I am Steven', as we look at a class photograph of our school, and we say, 'That is me,' as we identify ourselves with the body.

The ego makes us live a life of mistaken identity. As it imprisons us behind bars of ignorance, it stops us from being conscious of who we truly are. It stops us from that awareness of the true Consciousness, our true existence.

Our goal is to transcend the ego. Unless we let go of the ego, we can never realize the Truth of *Chit*, the Consciousness that we are. Along with the body and the mind, the ego works to enslave us in ignorance, and we don't experience the Bliss, that comes from *Chit*, or Consciousness of *Sat*, the Truth.

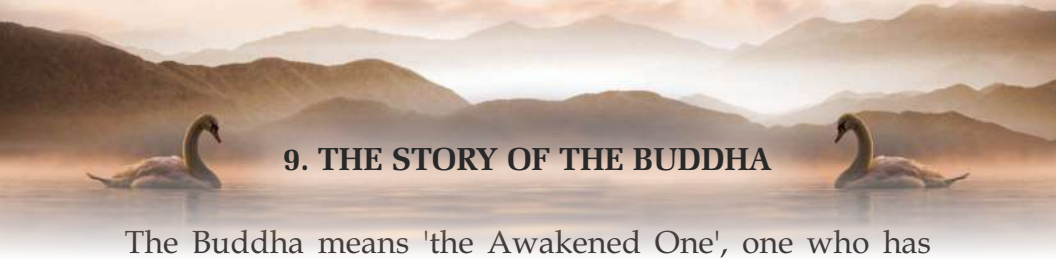
Don't we know the Truth? Of course, we do. But despite knowing the Truth, we are not conscious of it because we are prisoners of the ego, the mind, and the senses of the body. Unless we become free from the ego, unless we realize the Truth of 'Who am I?', we will continue to live as the ego, without being conscious of our true existence and thus suffer. Our challenge is to realize the Divine Consciousness that we are.



8.THE ME ROBS OUR CONSCIOUSNESS

While we are, in reality, Divine Consciousness, what stops us from experiencing this state of *Chit*? Who is the one who holds us back from being conscious of reality? Who steals our state of *Chit*, of Consciousness of the Truth?

It is the ME, the Mind and Ego - this is the thief. It robs us of our Consciousness and with it, the realization of the true self that we are. The Mind and the Ego, the ME, make us live and die, as a human being that has a body and mind. It doesn't let us realize that we are the Divine Energy that manifests as the body-mind complex. It stops us from *Sat*, or the Truth. With the gift of our intelligence, we can discover that we are not the body, not the mind, not the ego, but the Divine Soul. We may understand that life on earth is like a drama and nothing belongs to us. While we have this knowledge, we are not able to be conscious of it, because of the ME. The ME, Mind and Ego, literally robs our state of *Chit*, the Consciousness of the Truth, as it makes us suffer on earth. Not only do we suffer as the Mind and Ego, as we live, we create Karma with this false identity of ME and we are reborn in a new body, only to suffer again and again. This is because the ME has stolen the Consciousness of the Truth. We must go beyond the Mind and Ego, ME to realize the Truth and live in *Ananda*. Most of us may know the reality but are not conscious of it. We are not conscious of the very Consciousness that we are, and it is this ignorance that makes us suffer.



9. THE STORY OF THE BUDDHA

The Buddha means 'the Awakened One', one who has been enlightened with the Truth. The Hindu prince, Siddhartha Gautama went in quest of the Truth and attained a state of *Nirvana*. The followers of the Buddha then started following the doctrine of Buddhism. The Buddha realized several important Truths – that the world was full of suffering. Suffering was caused by desires and if one renounces desires, one could overcome suffering. More significant than this, was the Buddha's method of silence, of going within. The Buddhists call this Mindfulness or Consciousness. It is the art of becoming aware. It is being awakened to the Truth. The Buddhists don't believe in anything that is based on assumptions. The Buddha advocated living a life following the *Four Noble Truths* and the *Eightfold Path* of right living.

Writing a book on Consciousness without the story of the Buddha would be incomplete. The world considers him to be an icon for silence and meditation and for living consciously. His sitting under the Bodhi tree, a fig tree in a meditative pose around 500 BC, has become an aspiration for those who want to attain the state of Consciousness. To the Buddha, life was all about going within, lighting the lamp of Enlightenment so that the darkness of ignorance would vanish. Then one could live with Enlightenment. We too can become a Buddha if we live as the Consciousness that we are.

10. BECOMING CONSCIOUS OF OUR CONSCIOUSNESS

How can we live with Consciousness? What is the way of becoming conscious? The simplest method is silence, to shut off all our senses and our mind and become aware of the presence of life energy within us.

We must be still to experience Consciousness. We must enjoy the Peace that it brings. Then, slowly, when Consciousness becomes a part of our life, we can become conscious of our Consciousness. What does this mean? We will become aware every time our Consciousness loses the war to thoughts and actions. We have lost the state of being conscious and we must regain that state of awareness.

Very few people are blessed to become conscious of their Consciousness. They realize that we cannot become aware of our Consciousness, because in Consciousness we become aware of everything else. When we become conscious of our Consciousness – we become Consciousness. Therefore, Consciousness itself is a state of being. We experience a state of Consciousness and this is called *Chit*. We don't need a way to be aware of our Consciousness. It is just like asking, 'Which torch is needed to see the Sun?' Do we need any light or torch to see the Sun? No. Sun itself is the light. So is our Consciousness.

11. WITNESSING THE COSMIC DRAMA

What does Consciousness do? It makes us the witness, the observer of this life show that is unfolding on earth, moment by moment. To most of the world, life is real. How can we call it a show, a humongous drama unfolding on the stage called Earth? It is only for somebody who is conscious that the realization dawns that everything that happens is nothing more than what happens in a theatre. Here on earth, there are 8 billion actors, who come and go on the earth stage. To the entire human race, everything happening is real, but to the one who is conscious of the Truth, nothing is real.

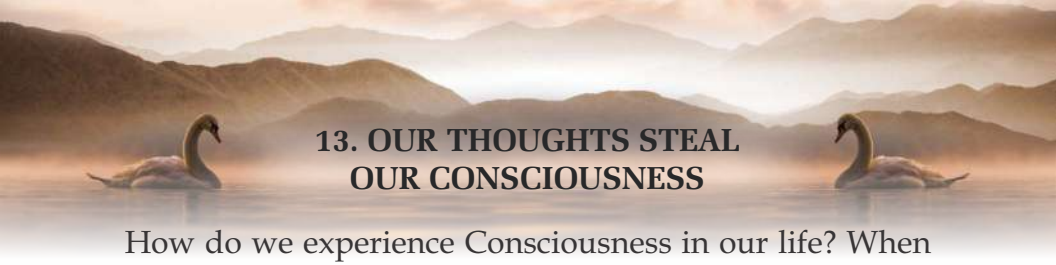
Like in every drama, finally the curtains will be drawn. In the life drama, with the passage of each 'Act', days, weeks, and months pass. Ultimately, at death, the drama is over for the actor but the show goes on. One who is conscious of reality, not only witnesses the show but enjoys everything that unfolds, be it comedy or tragedy. Consciousness does not let the realized one sink in the drama of life. Nothing matters to one who is in *Chit*. The rest of the world is busy waking up and working, fighting and cheating, succeeding, and earning, not realizing that all this that is happening is no more than a game of monopoly that we played when we were kids. In the end, we will put everything back into the box when our game is over. One who is witnessing the Cosmic Drama knows that the episode of love in their life is nothing more than a romantic scene in the drama called life. There is no way that hearts won't break. Such is the drama!

12. EVERYTHING IS *MAYA*, AN ILLUSION

If somebody hears that everything in this world is an illusion, is *Maya*, they will laugh. 'How can you call this an illusion?' they will say. 'It is real. Don't you see it happening? You can touch it and feel it. It is not like a dream that ceases to unfold once we wake up.'

What is an illusion? It is something that appears to be but is not. A rainbow appears in the sky, but when we go to touch it, it doesn't exist. We human beings live and die without realizing the Truth that life itself is an illusion. Everything is a projection. *Maya*, the cosmic illusion conceals the Truth and projects the myth, and thus everything appears to be real. It may appear that everything belongs to us and we say, 'This house is mine,' this car is mine and these relationships are mine,' but don't we know that in the end, nothing is ours? When the drama of life is over, everything that appeared as 'ours', wasn't really ours. The one who lives in *Chit* or Consciousness realizes the Truth of *Maya*. He doesn't think that anything belongs to him. He becomes conscious that life is no more than a dream.

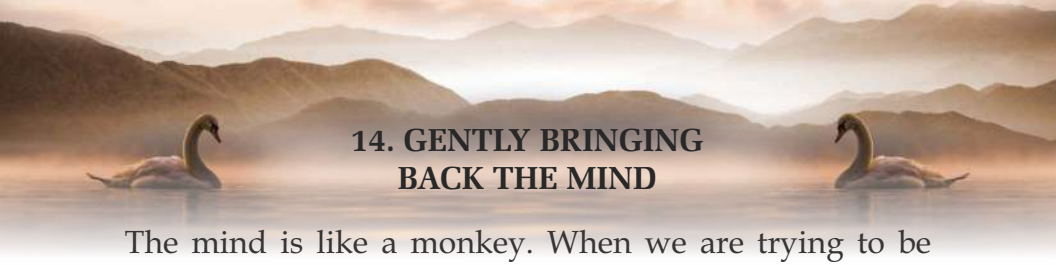
We human beings are quite familiar with dreams. While we are aware of our dreams being unreal, we are not conscious that life itself which is nothing more than a long dream, will end at death. We must become conscious of this Truth. Unless we live in Consciousness, we will believe the 'waking dream' to be real, when in reality it is not.



13. OUR THOUGHTS STEAL OUR CONSCIOUSNESS

How do we experience Consciousness in our life? When we become thoughtless, in that moment, we can experience nothingness. The senses of our body are still, and our mind is switched off. It is then that we experience Consciousness. We can become aware of the reality around us. We become conscious of the cosmic drama and realize that life itself is nothing more than a dream that is unfolding. We become conscious of our mind, our senses, and our life. We become conscious of our thoughtless state.

Just as we become conscious, somebody steals our Consciousness. Who is the thief? It is our own mind. As we try to remain conscious of the Truth, the mind, like a monkey, jumps from thought to thought. It is this monkey mind that destroys the state of Divine Consciousness. It does not let us introspect and contemplate on *Sat* or the Truth, because it does not want us to be conscious. Together, the Mind and the Ego, along with the body, rob our state of Consciousness and bring us back into the world of objects, making it seem real. Our thoughts destroy our *Chit*, or our Consciousness and along with it, rob us of *Sat*, the Truth that is. This constant war, between our thoughts and our Consciousness, is only experienced by those who are aware of Consciousness. To the rest of the world, this is the way normal life unfolds. We live with thoughts, feelings, and actions. Then we sleep, only to wake up to another day. We are Blissfully ignorant about Consciousness.



14. GENTLY BRINGING BACK THE MIND

The mind is like a monkey. When we are trying to be conscious, it will jump to a thought and then to another. If we want to be conscious of the Truth, we must learn the art of gently bringing the mind back. We should not be surprised when the monkey mind jumps. It will always do so, as it steals our Consciousness. It will take us into a world of illusion, of dreams, of thoughts. It will take us away from reality, as it will make us sink into this world and we will suffer, as the body, mind, and ego. It will jump to a past that is gone and stop us from being conscious. Then it will jump to a future not yet born and make us fear and be anxious. The job of the mind is to make us live with the myth so that we remain oblivious of the Consciousness that we are capable of realizing.

Unless we live with *Chit* or Consciousness, we will remain as puppets of the mind and it will make us dance through the drama called life, without being aware of the Truth and thus depriving us of Peace, Joy, and Bliss.

The mind doesn't stop its monkey business, not only when we are awake. Even when we sleep, it dreams and stops us from enjoying a deep, sound sleep. Unless we realize that our mind is our biggest enemy, it will destroy our Consciousness. Our biggest challenge is to become conscious of our monkey mind and gently bring it back every time it jumps.

15. SWITCHING FROM THOUGHT TO CONSCIOUSNESS

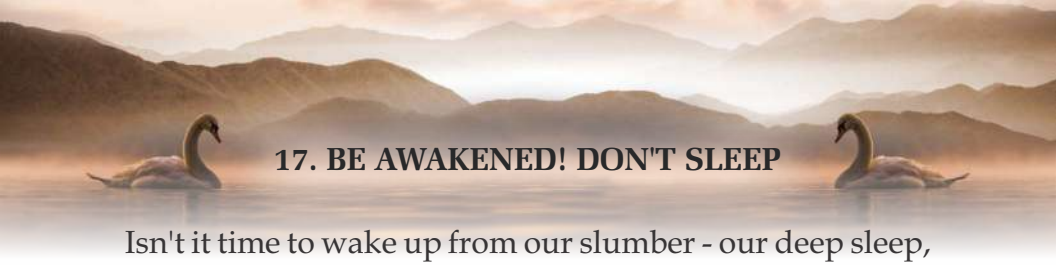
What is the secret of Consciousness? To remain conscious and not to let the mind take over. Somehow, there seems to be a constant wrestling bout between the mind and Consciousness. Just like in an arm-wrestling match, where one tries to put the other's arm down, the mind is constantly pushing the Consciousness down and out of our life. It is our challenge to push the mind down and remain conscious, instead of the other way round.

Unfortunately, it is very difficult to remain conscious all the time. So long as we are awake, the eyes see and trigger a thought. The ears hear something and make the mind wander. The nose may smell our favourite food and we immediately become the body. The tongue will taste and make us desire. The skin is constantly touching and feeling and agitates the mind which is already jumping like a monkey all the time. How does one stop the mind? The wise men of the past thus advocated that we switch off the senses and still the mind, if we want to move from a state of thought to a state of Consciousness. If we don't, we will be constantly bombarded with thoughts. One who wants to remain conscious of the Truth, learns to switch from thought to Consciousness. Every time one is pulled away by thought, one stops and switches back into the Consciousness of the reality. If only we learn to switch off thoughts and to be conscious, and do it every time our thoughts take charge, we will grow in our Consciousness.

16. STOP! BECOME AWARE

Do you want to start your journey of Consciousness? Then stop! Become aware of your true identity. You are not the body but you exist in every cell of the body. You have a monkey mind that jumps, but you are not the mind! Even your name which the ego is proud of is nothing more than an identity. Stop! Become aware of your true reality. Become conscious that you are the life force that is causing breath. You are the Divine Soul, without which there would be death. Become aware that everything happening around you is nothing more than a drama, in which you are one of the actors. Nothing matters. It is useless to lose your Peace of mind in this drama called life. Become aware that everything is like a dream. Even though it looks real when we are awake, all this is just *Maya*, an illusion. Become aware of your mind, as it jumps from thought to thought. Watch your senses as they make you desire and crave. This is becoming conscious. This is mindfulness. This is living with awareness.

Our challenge is to live as the witness, as the observer. As long as we live in ignorance, we cannot live with the realization of the Truth. But even after knowing the Truth, unless we are conscious of it, we will fail in our Consciousness journey. Our challenge is to stop sinking in the world of thoughts, feelings, and actions and to live in awareness, in Consciousness of the Divine Truth. Many people don't even start the journey of Consciousness. They never spend even a moment to experience Consciousness.



17. BE AWAKENED! DON'T SLEEP

Isn't it time to wake up from our slumber - our deep sleep, not the sleep that we experience when we lose our physical Consciousness? This sleep is a deep sleep that we experience throughout our life. While we wake up every morning to regain Consciousness, we never become conscious about life and continue sleeping throughout the journey. It's time to wake up. It's time to get out of the dream and to live the Truth. It's time to live with Consciousness.

Of what use is it to exist, to be trapped in the merry-go-round of life, just going round in circles, till we die, only to be born again? We must wake up to the realization of the Truth. Unfortunately, we don't even realize that we are sleeping through life.

Most people are not even conscious of Consciousness. They don't even know that there is a state of 'being', living as the witness or observer. There is a state beyond the state of thinking. Very few people become conscious of this state of realization of the Truth. Those who don't, are enveloped by dark ignorance. They never wake up to the reality of life. Isn't it time for us to become conscious of the Truth and to transcend all misery and suffering? Shouldn't we become aware that we can live a life of eternal Peace and everlasting Joy? It's time to wake up from that deep sleep of ignorance to the dawn of reality.

18. BECOME THE WITNESS, THE OBSERVER

If one wants to be in a state of Consciousness, one has to live as the observer of the life drama and not sink into it. One has to become a witness. How do we do this? Most of the time, we get pulled into the world, the circumstances, the excitement, and tragedy that unfolds moment after moment. Instead of being conscious of our true identity, *Sat*, we get carried away by the myth. The projection of *Maya*, the illusion continues its magic and instead of us being conscious of the reality, we become a part of it. Being in *Chit* or Consciousness is becoming the observer and the witness.

As we try to be in a state of *Chit*, our mind will take us into a journey of thoughts, from one to another and then still, another. We lose Consciousness. That awareness of who we truly are dissolves into our thoughts. Every time this happens, we deprive ourselves of being conscious and we have to once again regain that state. In the beginning, it is very difficult to be in that state of Consciousness, but once we realize the Truth and become aware of *Chit*, we can steadily increase our level of Consciousness and be in the fourth state. The ultimate goal is to be in this state all the time. This is practically impossible because the body and mind which is alive will not permit it. Every time we become the witness, the mind will wrestle with the observer and we become the thinker, feeler or experiencer, and the doer of the action losing our Consciousness. How can we remain the witness and the observer all the time?

19. DISCIPLINE, DISCIPLINE, DISCIPLINE

The only way to remain in the state of Consciousness is discipline. We human beings are often compared to a chariot with 5 horses – the 5 senses. They are galloping, into the material and sensual world. We need reins to control the senses, which is the mind. However, the reins need a charioteer, otherwise, the horses will run loose and we lose control of our life. Discipline is being the charioteer and controlling the mind that has a command over the senses so that our life chariot doesn't go astray.

Although we discipline ourselves, the senses will crave, and the mind will wander. Imagine you are riding a chariot with 5 horses; would it be easy to control them? Thus, we need more discipline and a stronger mind. We need the help of the intellect, and we need Consciousness. Unless our life is controlled by our discipline, we will never experience *Chit* or Consciousness. Although we know the Truth, just like we fall asleep and start dreaming, we lose sight of the Truth and go into a trance of thoughts. The Truth disappears and we become a slave of our thoughts. We lose the present moment of Bliss, as our thoughts take us to the past, and then, push us into the future. We need discipline to remain in the now, to live life, moment by moment and to be conscious of our true self. We need discipline to remain aware of the entire Truth about life – *Sat*, which we know and which we are aware of. Without Discipline, *Sat* dissolves and disappears.

20. BECOME AWARE OF YOUR CONSCIOUSNESS

Our challenge to attain *Chit* is to become aware of our Consciousness. We should become conscious as we switch between thoughts and Consciousness. In one moment, we are living with Consciousness. But in a matter of seconds, we are transported into a world of thoughts. We should become aware that we have lost our *Chit.* We must discipline ourselves to regain that state of Consciousness.

The Mind is a monkey that is constantly jumping. We must cut its tail and make it a monk. This is not easy, and the only way is awareness. Every time the monkey mind drifts, we bring it back and remain conscious of the Truth. This will happen again and again. As we become more and more aware of this tug of war between our thoughts and our Consciousness, we will tame the monkey mind into a monk. We will spend more and more time in *Chit*, than wandering in this illusory world.

Our challenge is awareness. It starts by awakening to the Truth. However, although we have gained knowledge of the Truth, if we are not aware of the need to be conscious of it, the Truth drowns in this world, this cosmic illusion. Once we become aware of Consciousness, that becomes our state of being. We are no more the waker and the dreamer. We become Consciousness and we remain in that state. This is our ultimate goal.

21. THE CONSTANT WAR WITHIN

It is not easy to be in *Sat Chit* – in a state of Consciousness of the Truth. In fact, it is very rare to find somebody who has arrived at a point in life where he is ever conscious of the Truth. Even if we can be conscious in broken spells, it is an achievement. Slowly and steadily, we grow in our awareness, as the journey of life unfolds on the spiritual path. Why is it such a big challenge to live with Consciousness of the Truth – to be in *Sat Chit*?

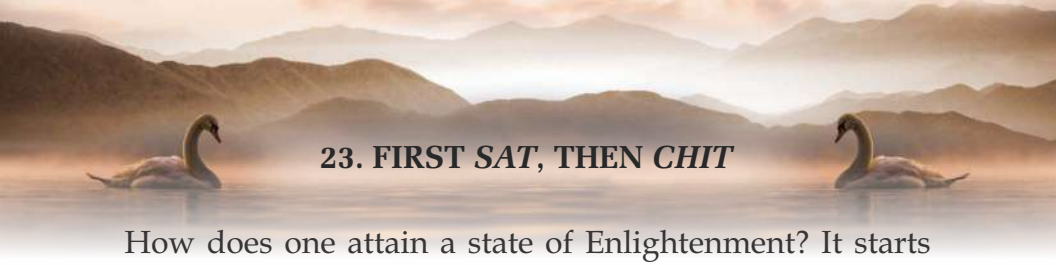
There is a constant war within. Every time we become conscious of the Divinity within, the battle inside us starts. Arrows zoom in the form of thoughts and most often, we are defeated. Until we grow our *Chit* into a strong force, we keep losing the war that battles within us. The more we become aware and awakened to the Truth, the more we win the war against the mind. Those on the journey often express their helplessness, as they lose to the mind. But we mustn't lose hope. We must continue our persistence to remain conscious and to defeat the mind. As long as we don't win this war, we will not attain the goal of eternal Bliss.

This war doesn't stop until we die. Even realized Souls experience the battle, although as we progress in the Consciousness of Truth, we become stronger and the war within weakens. It all depends upon how deep our realization is and how strong our Consciousness of the Truth is. One who truly seeks the Truth, ultimately wins the war.

22. THE REWARD OF ENLIGHTENMENT

What is the reward of winning the war within? Why should one struggle so much against the mind to be conscious? The reward is Enlightenment. What is Enlightenment? It is switching on the light of Truth. Before we experienced *Chit* - our Consciousness, *Sat* - the Truth, remained in darkness. Although we knew of the Truth, we did not realize it. Knowledge is not realization. Consciousness of the Truth makes the Truth real in our life. It becomes a part of our life. That is realization. It happens when *Sat* shines in *Chit.* Then we start living with the Consciousness of the Truth, and we reach this state of Enlightenment. The war is over. The mind is subdued. Although it is alive, it doesn't battle with the enlightened one. That is the reward of winning the war.

Because the world is ignorant about Consciousness, the subject remains a mystery. Since science cannot prove it in a laboratory, it is a rare gift experienced by the seekers of Enlightenment. It is strange that though the Truth stares at us in our face, we are not conscious of it and unless we become conscious of it, we will live and die in darkness of ignorance. The whole journey of *Sat* and *Chit,* Truth and the Consciousness of it, seems so easy. However, Enlightenment that comes from it, is so rare. If only we realize that *Sat Chit*, Consciousness of the Truth can lead us to being enlightened, we would work towards it. But sadly, we remain ignorant of this and live and die as puppets of the mind as we suffer through life.



23. FIRST *SAT*, THEN *CHIT*

How does one attain a state of Enlightenment? It starts with *Sat*, the Truth and then needs the light of *Chit*, Consciousness. Most of us know the Truth. Don't we know that death is certain, that nothing belongs to us, that dreams are not real, that the body will die, that apples don't grow on mango trees, that a power called God exists, that the universe runs through universal laws and that there is Divinity in beauty?

Although we know the Truth, we continue to live in ignorance. Why? We know of the Truth, but we are not Enlightened. This is only because our knowledge has not evolved into Consciousness. When knowledge shines under the light of Consciousness, the Truth is realized. This means the Truth becomes real in our eyes. Then we see the Truth with Enlightened eyes. We become conscious of it. It is not just *Sat,* the Truth. It is *Sat Chit*, the conscious Truth. We live with the awareness of this Truth. We become awakened to it. We become conscious of it. Earlier, we had the knowledge, but we had not realized it. *Chit* is magical. How Consciousness can make the Truth shine in our lives is a wonder beyond human comprehension! We pray to God as a statue, when we know the Truth that God is not a statue. Still we pray! Why? It is because the light of Consciousness did not create the Enlightenment of the Truth. Once enlightened, we pray to God *through* the statue and not *to* the statue. When we realize the Truth, we are transported into a life of *Ananda*. But first, *Sat*, the Truth, then *Chit,* Consciousness.

24. LIVING IN *SAMADHI*

What happens when one reaches the state of *Sat Chit*? One has realized the Truth. One has become Enlightened. It only means that one has overcome their ignorance. Does it mean that all of us our ignorant? Does it mean we do not know the Truth? Of course, we do. But we are not conscious of it. We have knowledge of the Truth, but we have not realized the Truth yet. The moment we realize the Truth, we are Enlightened. Then, we can live in *Samadhi*.

What is *Samadhi*? It is a state of *Sat Chit*, a state of being ever conscious of the Truth. When the light of Consciousness shines and the entire Truth is revealed, we are liberated from all misery and suffering. Although we are alive in the body-mind complex, we are liberated from it. The body becomes a habitat, as we become Enlightened that we are that very Consciousness that is the life within. Becoming ever conscious of this, we reach that state of living as an enlightened being.

Most of us fail to reach this state of *Samadhi*. It is either because we have not made an effort to realize the Truth, or despite knowing the Truth, we have not attained the Consciousness of it. A true Yogi, who lives united with the Divine, lives with the Consciousness that he is nothing, but a manifestation of the Divine. He effortlessly lives in Consciousness, in a state of *Samadhi* transcending all ignorance and living as a liberated Soul, his true self.

25. THE MAGIC OF SILENCE

What is the way to experience *Chit*? How does one trigger the Bliss of Consciousness? The magic is silence. Silence, not just at the doorway of the ears, but also stillness of the other senses. More importantly, perfect silence in the mind and the ego.

What does such silence practically mean? What is it that causes us as a human being to respond? All our senses do. Even if we touch something, it can disturb our silence. But when all our 5 sense preceptors are shut off, the body is silenced. However, the mind and ego still create so much noise through thoughts and desires, that the mind creates a turbulence and turmoil within. The ego constantly raises its head saying, 'I, me, mine,' and thus destroys our tranquillity. Even if our senses are shut and it may appear that we are sitting like a monk, meditating in silence, we may actually be experiencing a tsunami within. We need stillness, a complete quiet!

The moment we are able to achieve complete silence in body and mind, we are ready to enter the state of Consciousness. When there are no thoughts to attack us, we can become aware of our true self, the Soul, the Spirit, the *Atman*. More importantly, the stillness facilitates us to introspect and to contemplate without any disturbance. We can remain in *Chit*, the state of Consciousness, experience *Sat*, the Truth, provided there are no distractions from body and mind. And for this, we need the magic of silence.

26. *CHIT* CAN BUST THE MYTH

What does being in the Consciousness of *Sat* do? As it shines on the Truth, we bust the myth. The myth is constantly projected by the mind as it is experienced as a reality by the senses of the body. But Consciousness will bust the myth and the Truth will reign supreme in our life.

As long as we are not in the state of *Chit*, the Truth and the myth play hide and seek with us. Although we know nothing belongs to us, the myth makes the ego believe otherwise. It may be clear that God is not in the statue, but we still observe rituals and superstitions. Consciousness can change all this. When we become conscious of our intelligence and interpretation of what is, the illusion that is projected in our life disappears like mist in the morning sun. But this happens only after the sun shines. We know the Truth, but *Maya*, the cosmic illusion, keeps on projecting the myth. Unless we use the power of our Consciousness, the light of Truth remains dormant in our life and this causes us to suffer.

Is it not that we human beings don't know the Truth? Are we fools? No! We are intelligent beings who get fooled by the cosmic illusion till the Consciousness in us awakens and we become enlightened. As long as we live in darkness, we remain unaware and ignorant. Consciousness can bust the myth and make us live with the Truth, in Peace and Bliss. Without it, though we have the knowledge of the Truth, we continue to believe in the myth throughout our life.

27. THE POWER OF DISCRIMINATION

Every human being is given an invaluable gift, the gift of the intellect. It is a tool that makes us discriminate black from white, wrong from right. But this tool remains within us, like a brandishing sword remains in its scabbard. The sharp edge of the intellect that can cut through the myth of our life gets covered by the illusions projected by the mind. Consciousness takes out the sword of the intellect and cuts through the illusion. Consciousness empowers Discrimination for us, so that we can choose what is right, and we can discern the Truth.

Why is it that human beings don't live with discrimination, although we have the gift of the intellect? It is because we are not conscious – both of the intellect and the Truth. We know the Truth but are not conscious of it. We have an intellect that remains dormant in us.

Consciousness exposes both, the Truth, and the intellect. It is the tool that can wipe out the myth that covers the Truth from a distance. As we live with the power of discrimination, the Truth becomes real in our life. The intellect guards the Truth in the presence of Consciousness. The knowledge of the Truth is realized, just as the myth and the illusion disappear in our life. Without Consciousness, we are unable to live with discrimination and remain prisoners behind the bars of the myth we grow up with. Consciousness awakens our power of discrimination.

28. FROM 'HUMAN DOINGS' TO 'HUMAN BEINGS'

We are human beings who have become 'human doings'. What does this mean? We have lost our state of 'being' because we are constantly 'doing' things. We have become prisoners of the ME, the Mind and the Ego that drives us to constant action and we lose the Consciousness of 'being' in the bargain.

If we want to live a life of Peace and Joy, we have to stop this constant 'doing' and gain the state of 'being' conscious of who we are and why we are here. We have lost Consciousness of the Truth and we have become mere machines that operate from birth to death. The Truth known to us through our intellect doesn't dominate our life because we so busy 'doing' things. We must learn to live as 'human beings' and not as 'human doings'. We must become conscious of the Consciousness that we are. We must not live as slaves of the ego and mind that make us 'human doings'.

It is not enough for us to know the Truth. The Truth must bear witness in our deeds of endeavour, as we march forward each day of our life. Without the blessing of Consciousness, the gift of being human, the most intelligent species will turn out to be a complete waste as we take our God-given intellect and our God-inspired Consciousness to our grave. Let us stop living as 'human doings' and start 'being human'.

29. BEING CONSCIOUS IN THE 'NOW'

After knowing so much about Consciousness, how can we practically become conscious and live? The answer is simple. By being conscious in the 'now' and of the 'now'. Consciousness is about the present moment. We cannot be conscious in yesterday or in tomorrow. Yes, we can be conscious of the past or the future, but only *in* the now. Unfortunately, this Consciousness, inadvertently, slips into thoughts and we become lost in regrets of the past or fears of the future. We must firmly remain conscious in the 'now'. We must eliminate all thoughts of what is over and what is yet to come as we live moment by moment, conscious in the 'now'.

We must become aware that life is nothing but this moment. We must become conscious that the treasure of being alive is just this breath. If we live life moment by moment, conscious, awake, and aware as a witness, as an observer of the drama of life that unfolds, we can experience a Blissful ecstasy. But if we let the monkey mind jump to the past and the future, we can never be conscious and the Truth will swing from one myth to another, as we become overpowered by thought. To be conscious, we must be in the present moment. That's all there is. We must live life in the 'now', just as we do while watching a movie in the theatre. We observe the scenes changing in front of us and we become conscious of the fact that in the end, we will see 'The End' being projected on the screen.

30. LET THE DIVINE MAGIC OF CONSCIOUSNESS UNFOLD

What are you seeking in life – Joy, Peace, and Bliss? These are our Divine birthrights, but we lose them as we lose Consciousness of the Truth. If we want to be Blissful and Peaceful, we must let the Divine magic of Consciousness unfold. We must be conscious of the Truth or we will live with the myth and suffer.

Many of us know *Sat*, the Truth, but we are unaware of *Chit*, Consciousness. We are taught about the conscious mind and the subconscious, and we don't even understand the meaning of Consciousness as the mind confuses us. Consciousness is everything. Without Consciousness, there would be no mind, just as the body ceases to live when Consciousness departs at death. Consciousness is everything, but we are not conscious of this.

To truly live, we must be conscious all the time. It is not something that can happen in a flash, but moment by moment, we can become more conscious as we embrace the Truth and witness the myth unfold. Consciousness has the Divine magic of eternal Peace and everlasting Joy. Without it, we will continue to be miserable as the body, mind, and ego, which we are not. We may read this Truth a hundred times, but without the light of Consciousness, we will not realize it. If we grow in our Consciousness, we will experience Divinity within and Divinity all around us as we live in *Ananda*, a Joy unknown to common man.

CHIT – CONSCIOUSNESS
PUTTING IT ALL TOGETHER

- If there is no *Sat*, then there can be no *Chit*.
- The Truth must be known before it can be realized.
- Consciousness is that Divine state that makes us an observer of the Cosmic drama unfolding on earth.
- *Chit* is that state of awareness that we are the Divine Soul. It awakens us to experience the Divine all around us just as it transcends the mind and the ego.
- Thoughts constantly attack us, and we remain slaves to the ME, the Mind and the Ego. When we evolve to that state of Consciousness, we transcend the mind.
- We tame the monkey mind into a monk and we live in Divine Peace.
- When the ego pops its head up, we are conscious that it is an illusion born out of ignorance.
- Consciousness helps us to bust the myth, just as it makes us live with the Truth.
- *Maya*, the Cosmic illusion will continue to project the myth and unless we have achieved that state of Consciousness, we will be fooled by *Maya*.
- We will continue to see the bangle, the chain, and the ring when in reality, they don't exist. There is gold in everything. Consciousness will make us see beyond and help us realize the Truth.
- To be in *Chit*, Consciousness all the time needs discipline.
- A rare minority is blessed to live in *Chit*, conscious of their true Divine self. They are the ones who overcome all misery and are enlightened and live in *Ananda*.

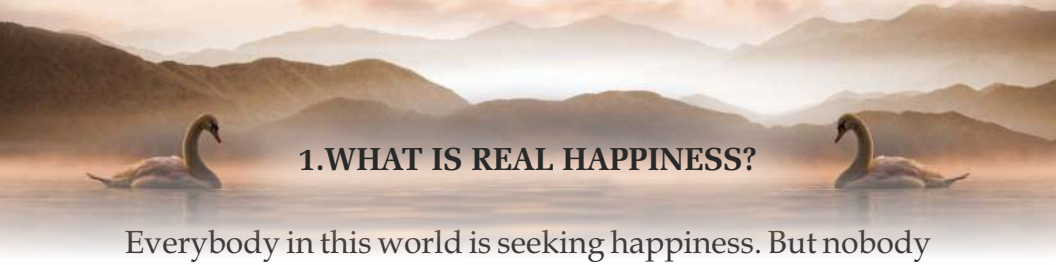
PART C

ANANDA – Bliss

Who doesn't want to be happy? But is everybody in this world truly happy? Throughout life, we pass through the merry-go-round of Joy and sorrow. There is no one who is born on earth and who doesn't suffer. It seems like a little child knows very well that this life is full of *dukha* or suffering as the Buddha said. That is why every newborn comes into this world crying instead of giggling and laughing.

Is there a way to escape suffering, misery, and sorrow? Is there a way to eternal Peace and everlasting Joy? The good news is there is. It is called *Ananda*, a Bliss that knows no pain, no suffering. *Ananda* is that Joy one experiences when they become conscious of the Truth. When they experience *Chit* of *Sat*, then they reach that state of *SatChitAnanda*. But how can one attain this state of *Ananda*? It is the dream of every living individual to be happy.

Let us understand what happiness truly is, and why people chase success for happiness, and despite that, do not find fulfilment. What is the art of being happy all the time? How can one attain this state of Bliss, eternal Peace, and everlasting Joy? Let's begin our journey to *Ananda*. Let's understand how we can transcend all misery and sorrow and live with love, Joy, Peace, and Bliss. Remember, that we cannot attain this *Ananda* without *Sat Chit* – Consciousness of the Truth.



1.WHAT IS REAL HAPPINESS?

Everybody in this world is seeking happiness. But nobody knows the true meaning of it. That is why the whole world is chasing happiness. They don't realize that happiness is like a shadow. The more you chase it, the further it goes away. But what happens when you stand still? The shadow remains with you. So does happiness.

Happiness is a state of being. It is not something to be achieved; it is not available in a supermarket, nor on any online portal. If we want to be happy, we have to be happy. We don't realize that happiness is within us, but we are seeking it outside. How will we ever find it?

Most people confuse happiness with pleasure. There are some who believe it comes from Peace. Many people attribute happiness to the person they love. And there are still others who want to go to destination Happiness. We don't realize that Happiness is not a product, a person or a place. Happiness is not even a destination. It is the journey itself. Most of us are chasing success, thinking that success will give us Happiness. In the end, we may have a lot of wealth, but no smile on our face.

What is true happiness? It is evolving from pleasure to Peace and then finding the ultimate purpose in life. It is overcoming all sorrow. It is Bliss, a state of being in the Consciousness of the Truth. Let's discover what true happiness is.

2. PLEASURE – MOMENTARY HAPPINESS

Haven't you seen people go crazy after a Louis Vuitton bag, a Rolex watch or a Ferrari? These are pleasures that the whole world craves for. Unfortunately, they don't realize that these pleasures give them happiness, but it is only momentary. The Joy from things soon fades away and though we think that our dream has been fulfilled, we burst with another desire as this one didn't quench our thirst.

No doubt man is happy with little pleasures. As children, it is toys that make us happy. But as we grow up, the difference between the men and the boys is nothing more than the cost of their toys. We human beings think that when our need is fulfilled, we will be happy. But we go from need to need, and it becomes greed. Every pleasure is a peak, but soon we descend into a valley of gloom. We become bored with our possessions or are jealous of others. Though we were happy, the moment of happiness dissolves. For us human beings, enough is never enough. We want more and more. Every want, every desire, when fulfilled, gives us Joy, but the pleasure is momentary.

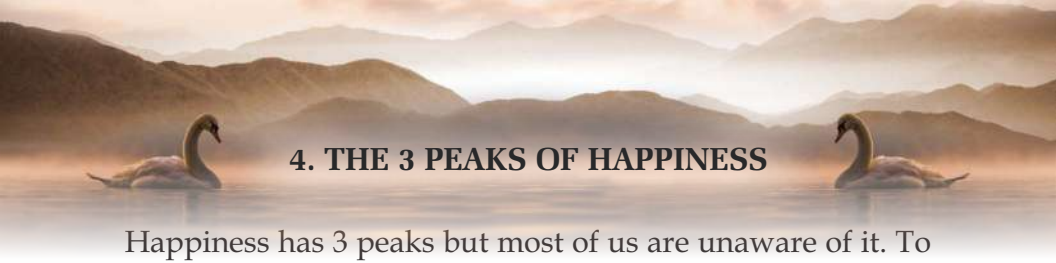
Look back at your life and you will recall all the pleasures that came but soon passed by, leaving you seeking and craving for more. Pleasure is not happiness. It can be purchased with money and success, but it cannot create *Ananda*, that state of everlasting Joy. Isn't it a paradox that though we know it, we are still seeking pleasure?

3. SUCCESS AND HAPPINESS

Why is the whole world running after success? Somebody wants to be a millionaire, while somebody else wants to be the president of their country. What is the reason we chase success? It is because we believe that success is happiness. We were taught this myth when we were young kids in school. We were told winning is not the main thing, it is the *only* thing. We were motivated to come first in class and rewarded with gifts if we were selected in the school cricket team. It was a dream to become the school captain!

As we grow up, the chase for success never stops. We keep dreaming of success till we die. Have you ever thought why? The reason is because we believe that Success is Happiness. But is this true?

If Success = Happiness, then all the successful people in the world should be glad. But turn around and see, you will find many of them are sad. Some of the most successful people in this world have ended their life with suicide. Although they had all the success, name and fame, money, and pleasure that comes with success, they were not happy. They had no Peace of mind. They did not realize that success is not Happiness. Unfortunately, they believed the myth, and lived and died with it. Some of them regret the way they lived, as they come closer to the end of their life and wish they had pursued different things. But now it is too late! Their glass of life is empty, although it is full of success, and they continue to remain thirsty for happiness.

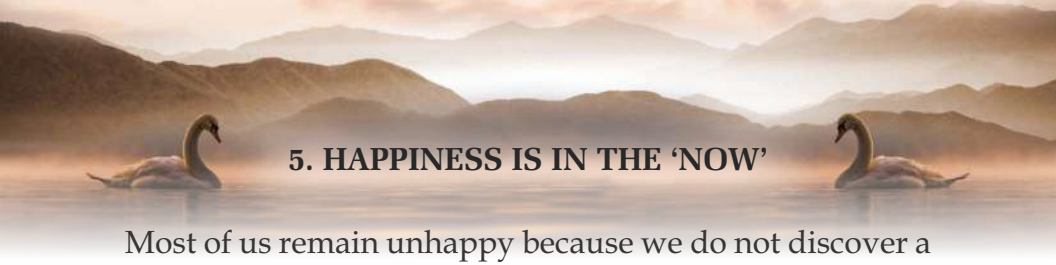


4. THE 3 PEAKS OF HAPPINESS

Happiness has 3 peaks but most of us are unaware of it. To the world, there is only one peak. It is called achievement. The more the achievement, the more the happiness - this is what people believe. They keep climbing the peak, but they never reach the top because the peak doesn't exist. It was an illusion. As they trek towards destination happiness, they finally reach the cliff and they fall off. The cliff is death. Less than one-fifth of the world is lucky to get out of this maze, to be an ace and they stop running in this rat race. They take an exit on the highway of success and go towards the second peak of happiness.

The second peak of happiness is Fulfilment. In fact, it is not a peak, it is a plateau. People who arrive at the second level of happiness, evolve from pleasure to Peace. They live a life of contentment and fulfilment. They are satisfied fulfilling their need and don't live with greed. Their life is full of Peace and tranquillity, as they live with positive emotions and with a universal connection. Instead of just making money, they try to make a difference. Their life is full of fun and laughter, faith, hope and enthusiasm. However, they do experience the suffering of the body and mind.

A rare minority of human beings climb the third peak of Happiness – Enlightenment. They go in quest of the Truth, and find the true purpose and meaning of life, just as they attain *Ananda*. This is the ultimate peak of happiness.



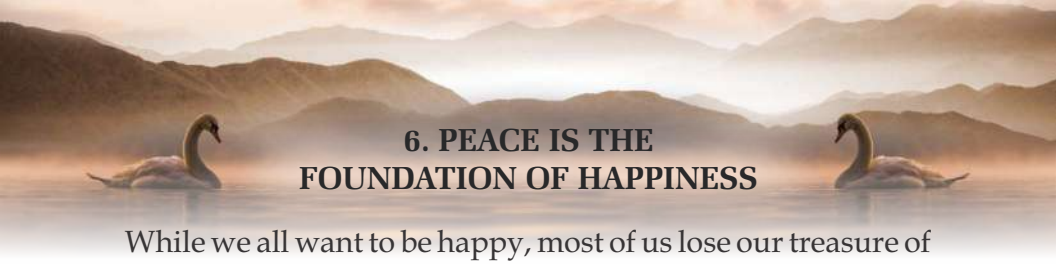
5. HAPPINESS IS IN THE 'NOW'

Most of us remain unhappy because we do not discover a simple secret of Happiness – Happiness is in the 'now'. Happiness is not in yesterday, yesterday is gone! Our mind keeps taking us to the past. We reflect and we regret and lose the present moment of Bliss. Then, like a monkey, the mind jumps to the future. It creates fear, worry, stress, and anxiety. Again, it robs the present moment and with it, the gift of Joy. This constant shuttling between yesterday and tomorrow steals our happiness.

While the mind keeps swinging, we think it is absolutely natural for this to happen. No! This is a disaster! Happiness belongs to 'now', to 'today', to this 'moment'. Every time the mind takes us into the past and the future, it takes away our *Ananda*. What is our mind doing? It is destroying our Consciousness of the present moment and with it, projecting the myth over the Truth.

What is the Truth? There is no yesterday, it is gone! There is no tomorrow, it is not yet born! Tomorrow can come only as 'today', and we cannot go back to yesterday. But we can surely destroy our Peace and Joy by shuttling here and there.

To be truly happy, we must live life moment by moment. We must shut the door on the past and on the future and live Consciously in the 'now', moment by moment, with the realization of the Truth. There is no other way to be happy.

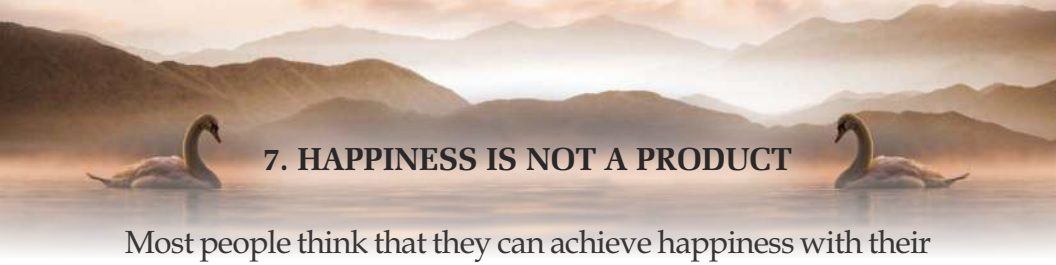


6. PEACE IS THE FOUNDATION OF HAPPINESS

While we all want to be happy, most of us lose our treasure of Joy and Bliss because we lose our Peace of mind. We don't realize that Peace is the foundation of happiness. Where there is no Peace, there can be no Joy. How do we lose our Peace? Peace comes from stillness, from silence, from being conscious of the moment. When the mind produces thoughts aggressively, it leads to stress and we become anxious and our Peace turns into pieces. Then, how can we be happy?

To be happy, we need to tame the monkey mind. We need to first build a foundation of tranquillity. Only then, can we build a tower of Bliss that will eternally be predominant in our life. Otherwise, moments of Joy are disrupted with worry and fear and we lose both, our Peace and our Bliss.

To be truly happy, we must first learn to make our life Peaceful. We must spend moments in silence, as we introspect life, count our blessings, pray and surrender to the Divine. Once we do this and we become conscious of the Truth, we will be automatically transported into a state of *Ananda*. We will live like waves dancing in the ocean, carefree, and Blissful. We will remain without stress, worry, and anxiety. But first, we must build a foundation of Peace. Then, our life will be full of *Ananda*. Haven't you realized that whenever you lost your Peace of mind, you instantly lost all your happiness?

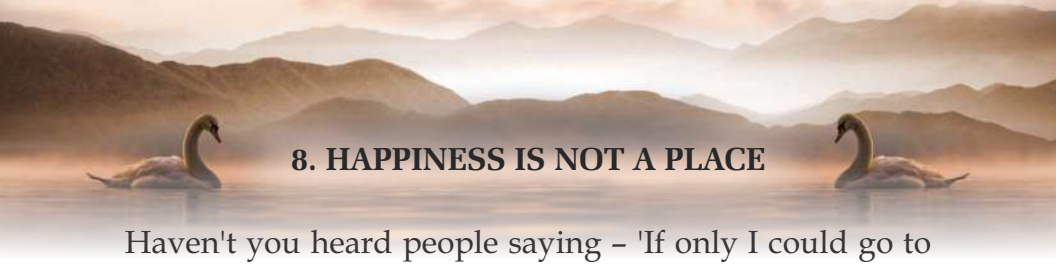


7. HAPPINESS IS NOT A PRODUCT

Most people think that they can achieve happiness with their favourite toy or by satisfying a sensual desire. Therefore, people believe that a bucket of fried chicken, an ice cream or a pizza will give them happiness. A woman may be joyous with a branded handbag, just as a man will be with his Rolex watch. There are still others whose happiness has a bigger price tag – a Ferrari, a BMW, or even a dream villa on the beach. What we don't realize is that these products may trigger Joy, but they don't create lasting happiness.

The Joy from things wears out very soon. Isn't it a paradox that though we were so excited and joyous with our BMW, the moment our neighbour got his new Mercedes *Benz* our Joy disappeared?

It's time to bust the myth. Happiness doesn't lie in external things or products. Happiness is in the inner state of being. We may have everything in our outside world, but if our inner world has turbulence, none of the things can keep us Peaceful and Blissful. Those who realize the Truth, that nothing truly belongs to us, live with this Consciousness in *Ananda*. They live without being attached to their possessions because they are conscious of the Truth that they came to this world with nothing and when they go, nothing will go with them. Realization of this Truth gives them Bliss that doesn't depend on their possessions.

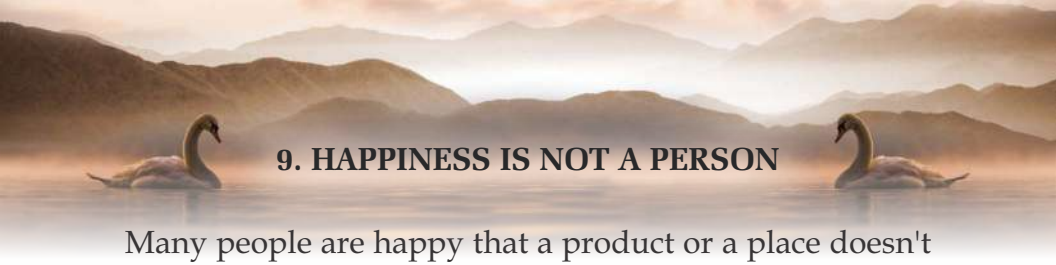


8. HAPPINESS IS NOT A PLACE

Haven't you heard people saying – 'If only I could go to Switzerland, I would be the happiest person in the world'? Once they visit Switzerland, then the destination shifts to Finland or New Zealand. It is an illusion to believe that Happiness belongs to a place. While somebody may be Blissful in the white sand beaches and the turquoise waters in the Maldives, another would be bored to death. To them, Happiness would come from a bustling city like New York or Singapore.

A place does not decide the state of our Happiness. It is our inner Consciousness that does so. There are people who may be enjoying a fabulous retreat on a cruise ship. But, a simple news of a heart attack of their dear one can rob all their Peace and Joy. Although they are in the middle of the ocean, in a 7-star luxury ship, they become miserable because their mind is unable to accept the bad news. They have not realized the Truth of the impermanence of life and thus, their happiness is controlled by what happens in their external world.

If we want to be truly happy, we must be conscious of the Truth wherever we are. We must not fix our Happiness upon a place and relate our Bliss to being there. There is absolutely no harm in enjoying rainforests, or the beaches, but to believe that these places create happiness is foolish. Happiness depends on our state of Consciousness and the realization of the Truth.



9. HAPPINESS IS NOT A PERSON

Many people are happy that a product or a place doesn't control their happiness. They think that they can be happy wherever they are and with whatever they have, provided they are living with the one that they love. Unfortunately, this is also a myth. While most would not agree to this, those who realize the Truth will.

There was a woman who was madly in love with her beloved. To her, life was all about being with him. But over a period of time, their relationship fell apart and they got separated. We have heard of many love stories that end in a divorce. What happened to the Bliss that was in that relationship? If it was true happiness, then it should not have disappeared. The world has learnt that being attached to a person is not *Ananda* – eternal happiness. Somebody may make us joyous today, but the presence of the same person may make us miserable tomorrow. The Truth is that a person doesn't control our happiness for long. Life changes and the people in our life come and go. Nobody will be with us forever.

While it is good to have people whom we love around us and enjoy the Bliss of their company, the wise men of the past have advocated that we must live with detachment and dispassion. We must be conscious of the Truth that people don't create eternal happiness. We must enjoy our relationships without being attached to the people we love. This is true happiness.

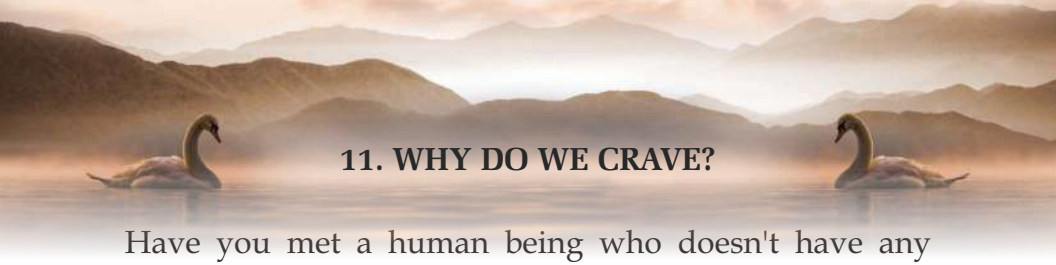
10. WHAT CAUSES UNHAPPINESS?

Every human being in this world lives with what is known as the pleasure-pain principle. We all want to be happy just as we hate to be unhappy. Then, why do we become unhappy? We become unhappy because of the physical pain of the body, the misery of the mind, and the agony of the ego. It is this triple suffering that is the cause of our unhappiness.

Who doesn't experience pain of the body? Nobody can escape from physical pain, but do we need to suffer? Today there are many medications to take care of all types of physical ailments. But still, we suffer. Why? This is because we are not conscious of the Truth, that we are not the body that suffers.

Then, we experience misery of the wandering mind. It creates Fear – a False Expectation Appearing Real and makes us live with worry, stress, and anxiety. Again, this is because we are not conscious of the Truth that we are not the mind.

The third suffering is that of the ego. The ego becomes agonized as it lives with anger, hate, revenge because we are prisoners of 'I', 'me' and 'mine'. When we realize the Truth and become conscious that we are neither the body, the mind nor the ego, then this triple suffering comes to an end. Unfortunately, because of our ignorance, and by not living in Consciousness, we continue to suffer pain of the body, misery of the mind, and agony of the ego.



11. WHY DO WE CRAVE?

Have you met a human being who doesn't have any desires? It is very rare to meet such a person. We all crave till we go to our grave. This is because of our ignorance. Either we have not realized the Truth of who we are, or we are not conscious of reality.

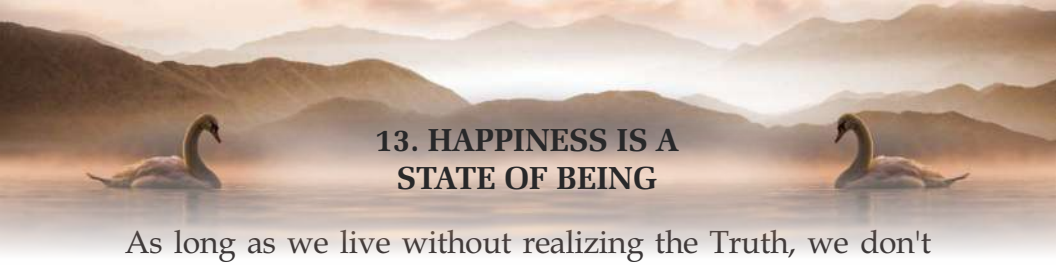
Desires, cravings, and expectations may give us momentary happiness, but they will almost always end with disappointment and suffering. Does it mean we should have no desires?

People are confused. They think that they should not enjoy anything in this world. Unfortunately, this is a misunderstanding. We can most certainly enjoy this beautiful world. We can enjoy food and drink, traveling to exotic places, being with our loved ones, and shopping in malls and supermarkets. But we must not crave! The problem is not in enjoying life, but rather being slaves of our desires. We should not become so passionate that we lose Consciousness of reality. Every human being has to live, and we cannot kill our desires and cravings. But we must transcend them. We must master our desires and then continue to enjoy the world and everything in it. However, we must be conscious of the Truth that all this is transitory. Nothing is ours. All this is only to be enjoyed as long as we exist. Thus, we must renounce our desires, but be Happy as we enjoy whatever comes our way.

12. CAN WE BE HAPPY ALL THE TIME?

Most people think that everlasting Happiness is a fairy tale. In reality, it does not exist. Happiness has an expiry date and soon Joy turns sour. Sorrow rules over the body, mind, and ego, although intermittently. But the one who becomes conscious of the Truth, he experiences a state of eternal Peace and everlasting Joy. He remains in Blissful ecstasy all the time. Yes, this is possible.

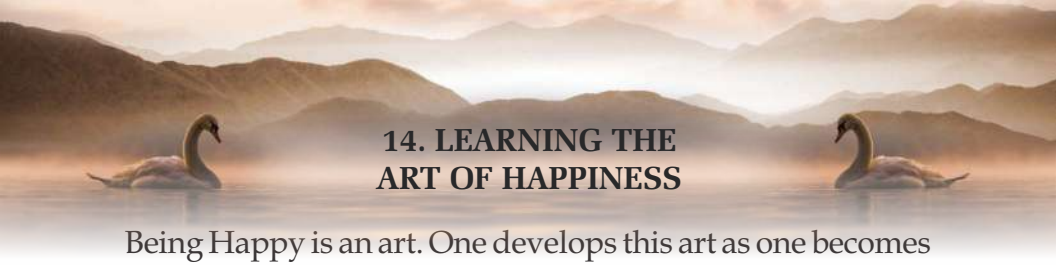
Ananda is that Divine state of seamless Bliss. One who has attained that state of Consciousness and is ever conscious of the Truth, overcomes the myth that leads to misery and steals our Happiness. We experience Joy, but we also experience sorrow. This is because we shuttle from yesterday to tomorrow. The one who becomes conscious lives life moment by moment, conscious of the Divine presence, in Joy. *Ananda* is experiencing everything as a manifestation of the Divine. It is observing the Cosmic drama, enjoying every moment of the show as it unfolds. Even a tragedy does not create tears for the one who has realized the Truth and who is conscious of it. Death is not the end, but just a bend and so, one's happiness remains undeterred even at such a sad moment. The Truth liberates us from misery. Otherwise, we cannot be happy all the time. When we become truly conscious of our Divine self, then life becomes a journey that unfolds moment by moment, with Peace, Joy, Bliss, love, compassion, courage, confidence, faith, and enthusiasm. This is *Ananda*.



13. HAPPINESS IS A STATE OF BEING

As long as we live without realizing the Truth, we don't understand the true meaning of life and we keep on seeking happiness and remain unhappy. One who becomes conscious of the Truth, attains that state of *Ananda*. He does not possess exotic diamonds or expensive cars. He may not be amongst the world's richest people or be covered on television by BBC and CNN. Still, he is the richest man in the world, because he is the happiest man in the world! He has attained that state of being that knows no sorrow. He has reached a level of realization that creates a euphoria of Joy, an ecstasy of Bliss, an ocean of Peace and tranquillity.

Happiness is a state of being. You don't need something to become happy. You need to learn to be happy. Happiness is an attitude. Despite the circumstances, one who is conscious of the Truth, lives with a positive attitude, responding joyously to whatever happens. He learns to live in acceptance and surrender, realizing that everything is unfolding as per Karma. Thus, he celebrates even so-called 'bad luck' as he realizes it is the redemption of his own past actions and good times will soon return. Further, because he knows that everything is like a dream, and in the end, nothing will matter, he remains in a state of Peace and Joy. Have you seen such people who always have a smile on their face? They seem to be living with Divine grace. They have left the race to be an ace. They live a life of Bliss and Joy, conscious of the Divine Truth.

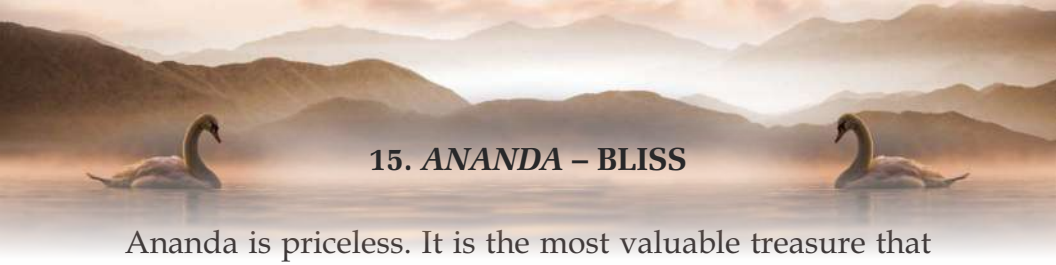


14. LEARNING THE ART OF HAPPINESS

Being Happy is an art. One develops this art as one becomes conscious of the Truth. Most of us use our creative skills and imagination in painting or sculpture, or even music. But those who develop the art of happiness, sail through life Peacefully and Blissfully, despite the storms. We must learn this art.

It starts with learning the Truth about life. Not just reading or listening to the Truth, but introspecting and contemplating till there is an intuitive realization that leads to Enlightenment. Once we are Enlightened, we have only developed half of the art. The other part is to transcend the mind and the ego. This is the difficult aspect in learning the art of happiness. Every time the mind wanders, or the ego raises its head, one who develops the art, puts them back to sleep. He doesn't let anything interfere with his state of *Ananda*. This is because he has so deeply enshrined the Truth into his Consciousness, that the mind becomes a weak power, just as the ego fails to steal his Bliss.

This art is not easy to develop. It becomes stronger by the day for one who lives ever conscious of the Truth. Until we develop a strong Consciousness, we will never reach that state of *Ananda* or eternal Joy. Once we do, we will never lose that state of Bliss Consciousness. The truly happy man seeks nothing, wants nothing. Whether people come or go, he still enjoys the show. Such is the art of *Ananda*.



15. *ANANDA* – BLISS

Ananda is priceless. It is the most valuable treasure that one can acquire. Still, it doesn't belong to the kings, the Presidents or the wealthiest of men and women. The glow of Peace and Joy appears in the face and the eyes of an enlightened one. The aura of *Ananda* cannot be defined in words, but its energy vibrates to people. As compared to pleasure, *Ananda* is a million-fold greater. Even the Peace of contentment and fulfilment, fades into insignificance when compared to the Joy and Bliss of *Ananda*.

Nothing can steal the Joy of one who reaches the peak of Enlightenment. Sun or rain, loss or gain, pleasure or pain, the one who is in that state of *Ananda*, ever conscious of the Divine Truth, moves from moment to moment in Peace and Bliss. Products and people no more become the trigger to his Happiness. Wherever he is and whatever be the circumstances, his *Ananda* shines like the bright sun, whether the skies are blue or covered by clouds of grey. He is Happy every day. His happiness is unconditional as he enjoys the blowing of the breeze and the swaying of the trees, feeling the Divine presence within him and all around him.

Ananda is the biggest gift of happiness one can achieve and when it comes after Consciousness of the Truth, this state of Bliss and Peace remains with us forever. Such is the magic caused by being conscious of the Divine Truth – eternal Joy and everlasting Peace that is experienced in a state of *SatChitAnanda*.

ANANDA – BLISS
PUTTING IT ALL TOGETHER

- While the whole world is seeking happiness, it eludes us. Even the wealthiest and most successful people don't attain the state of everlasting Joy and eternal Peace.
- However, one who attains *Ananda*, learns the art of being happy all the time. He transcends the triple suffering – pain of the body, misery of the mind and agony of the ego, as he lives with the realization of the Truth.
- He understands that true happiness comes not from his possessions or from his people, but from Consciousness of the Truth. Therefore, wherever he is, and despite all circumstances, he remains in a state of Bliss and Joy.
- The ecstasy of *Ananda* is far greater than the pleasure that comes from achievement and success.
- Far more tranquil and Peaceful than living in a state of contentment and fulfilment, is *Ananda* that comes from Enlightenment.
- Only a rare few are blessed to evolve to that state of Enlightenment, of liberation from misery and sorrow, free from the prison of desire and craving.
- But we all experience disappointment, discouragement and defeat as we pass pleasure and pain in circles. Until we let go of this material life and evolve on a spiritual path, we will never discover the Bliss of *Ananda*.
- The ones who live in *Ananda*, live in Joy till they are ultimately liberated from the cycle of death and rebirth and they unite with the Divine.

PART D

SATCHITANANDA –

Consciousness of the Truth is Bliss

Most people don't understand the meaning of *SatChitAnanda*. It is the most Divine feeling that we can experience in our life. Everything that we must do in life, everything that we aspire for, everything in life appears in this word of 3 words – *Sat, Chit, Ananda*.

SatChitAnanda has a very deep meaning. It means that if we realize the Truth in life, and we remain conscious about it all the time, we will live a life of eternal Peace and everlasting Joy, transcending all suffering and misery of the ego, mind, and body. To one who is living a material life, even the explanation of the term *SatChitAnanda* will make no sense. 'What is there to know about the Truth of life?' a normal man will ask. He will talk about the conscious mind and the subconscious mind, which he is quite aware about. He will list pleasures as all the Happiness of the body and mind. Man does not even understand that he is ignorant, and he is ignorant of his ignorance and he continues to remain ignorant all his life.

If we truly want to live a life of Peace, Joy, and Bliss, there is a way. There is a way to transcend all suffering. There is a way to be liberated and to be free from all misery. But for this, we must first arrive at that state of *SatChitAnanda*, a state where we become conscious of the Truth, living Blissfully and Peacefully, every moment of our life.

1. HOW CAN WE EXPERIENCE *SATCHITANANDA*?

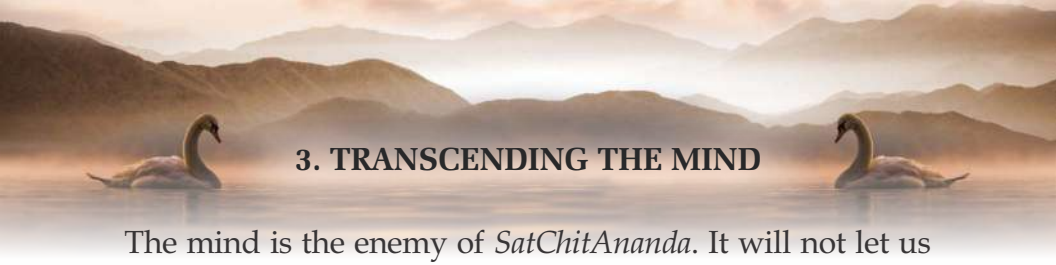
While it is easy to read about the Truth, Consciousness and Bliss, how can we come to this state of being? It is not something momentary like pleasure. It is being transported to a land of ecstasy and Joy. However, we cannot arrive at destination *SatChitAnanda* without realizing the Truth. Realization is an esoteric subject and very few people are blessed to live with realization. We may have all the knowledge of the Truth, but we may not realize it. Unless we open our 'real' eyes, the Truth may be staring at us in our face, but we will not be able to see it.

Even though some people may be blessed to realize the Truth, they may not be conscious of it. They may live and die as slaves of their ME, the Mind and Ego. The mind is constantly jumping like a monkey and stealing our Consciousness. To be in *SatChitAnanda* is the second challenge. We must not only realize the Truth, but be conscious of it. If we realize the Truth, and we are conscious of it, then we will experience this state of *SatChitAnanda*. *SatChitAnanda* is the experience of a Bliss that is beyond human comprehension. It is that *Ananda*, ecstatic Bliss that is rewarded to a *Jivanmukta*, a liberated Soul. It cannot be explained in words, it must be experienced. But we can understand what it is and how we can achieve it. If one is inspired to reach destination *SatChitAnanda*, then one must start the journey by going on a quest for the Truth, renouncing the ordinary pleasures of the world.

2. OVERCOMING THE MYTH

Why is it that we human beings live and die with the myth? Why is it that we cannot overcome the cosmic illusion of *Maya*? Because we live as the ego that thinks it is 'me', and consider ourselves to be the mind that wanders, we live and die as the human body that suffers. The way to overcome all suffering is *SatChitAnanda*.

Realization of the Truth is a tricky subject. First, we must acquire the knowledge, then we must be Enlightened. But that is not the end of the game. It is only the beginning. Unless we become conscious of the myth, we will let the Truth be overshadowed by it. Even after realizing the Truth, the realized Soul must be conscious of *Maya*. It doesn't stop projecting the illusion. If one wants to reach the state of *SatChitAnanda*, one has to be in that state of *Chit*, or Consciousness. Otherwise, they too will suffer due to *Maya*. We see people as people, but we don't see *Sat*, the Truth with our 'real' eyes. The Truth is that these are Divine beings that are embodied in different bodies. They may be embodied as humans, animals, birds, insects, fish, or even plants and trees. What a normal person sees is the myth, the cosmic illusion, what 'appears' to be. The Truth is that all these are the Divine that manifest as effects. The cause is the Divine, the very cause of our *Ananda*. Unless we are conscious of the Divine within us, and in everybody around us, we cannot experience *SatChitAnanda*. For this, we must overcome the myth, the cosmic illusion of *Maya*.

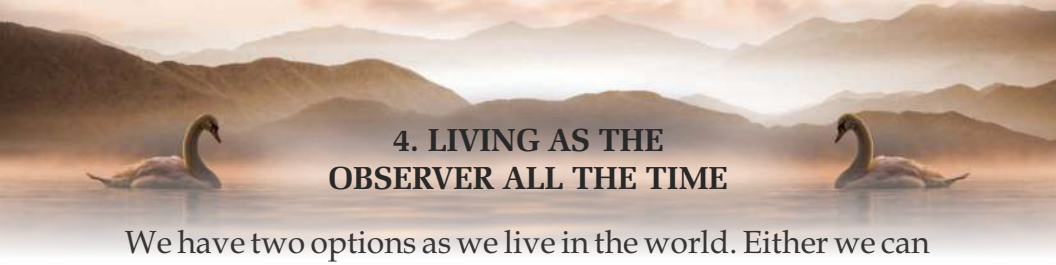


3. TRANSCENDING THE MIND

The mind is the enemy of *SatChitAnanda*. It will not let us realize the Truth. It will jump from thought to thought, creating fear, worry, stress and anxiety. Even if we contemplate and realize the Truth, the monkey mind will not stay still. It will not let us remain in that state of *Chit* or Consciousness. Every time we are conscious of the Truth, it will drag us into the past or the future and rob our present moment of Consciousness.

What is the mind? In reality, there is no mind. It is only a bundle of thoughts. These thoughts become feelings that become actions. These actions become Karma and we are rewarded for our good deeds, just as we are punished for our sins. Everything that is happening in our life is because of Karma and while we understand that Karma is the universal law by which we must live and die, we also think there is no way out of it. The mind fools us into believing this. It prevents us from realizing the Truth, that it is possible to escape from the cycle of death and birth and continues to steal our Joy, Peace, and Bliss.

Unless we transcend the mind, unless we slow down its pace, it will constantly bombard us with thoughts, and destroy our Consciousness. Our Consciousness has to swallow the mind and make the monkey mind into a monk. Our Consciousness has to be stronger than our thoughts. The mind will continue to exist till we die, but we have to transcend it. Then we can experience *SatChitAnanda*.



4. LIVING AS THE OBSERVER ALL THE TIME

We have two options as we live in the world. Either we can live as actors who come on the earth stage, or we can live as observers of this theatre called, 'Life'. In both the cases, we human beings are actors with a name and body. Though we appear to be this, the Truth is different. The Truth is different. The reality is that we are manifestations of the Divine, and we are undergoing a human experience on this stage called the earth. Unfortunately, we forget the Truth and we start living as the actors we are born as.

Each episode of life is like one act in a drama. We are born as per our Karma, and we live, and we die, creating Karma that will be responsible for our next act, our next life. Unless we realize the Truth and become conscious that we are not the body that we seem to wear, we cannot live as the observer that we truly are.

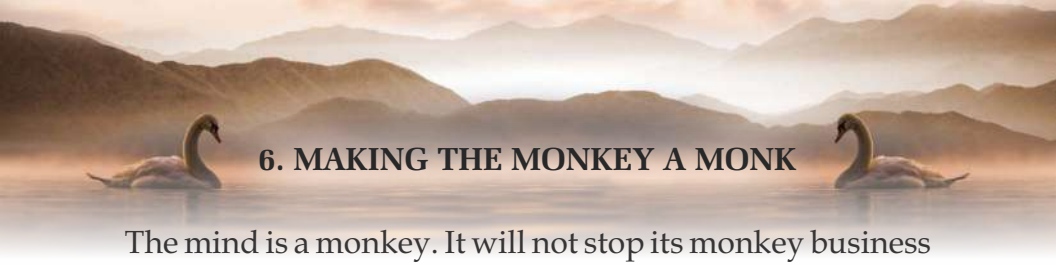
When we detach ourselves from all that is happening on the earth stage, and go beyond being mere actors, then we become the witness of the show, and we enjoy it in *SatChitAnanda*. Whatever happens in the drama of life, doesn't affect us. We enjoy both comedy and tragedy with equanimity. We live as the Divine Soul, conscious that everything is a projection, everything is like a dream. We become conscious of our Divine self, the one reality in all, as we observe everything alive as manifestation of the Divine and enjoy that state of *Ananda*.

5. WINNING THE WAR AGAINST ME

Life is a constant war, a war with ME – the Mind and Ego along with the army of the 5 senses on one side and Consciousness on the other side, backed by the intellect. This is a virtual war that is constantly raging within us. Every moment of life, the wrestling between thoughts and Consciousness continues. *SatChitAnanda* is the reward if we win the war against ME. If we lose, we become prisoners and the ME takes over. If the ME wins, then the cycle of death and rebirth unfolds life after life, and we will never attain the state of *SatChitAnanda*. As long as we remain prisoners of ME, we will experience the triple suffering of the ego, mind, and body.

Our challenge is to win the war. We have to defeat the ego. Unless we let go of the ego, we will not realize the Truth and be conscious of it. The ego is empowered by the mind. But it becomes so inflated that throughout life, it drives the mind to fight the war against our Consciousness of the Truth.

One who wants to attain *SatChitAnanda*, prepares for the battle with the 'ME'. Every time the ego says 'I', Consciousness shoots it down as myth, as an illusion, and puts the ego to rest, but the bigger challenge is to transcend the mind. How do we win the war with the mind?

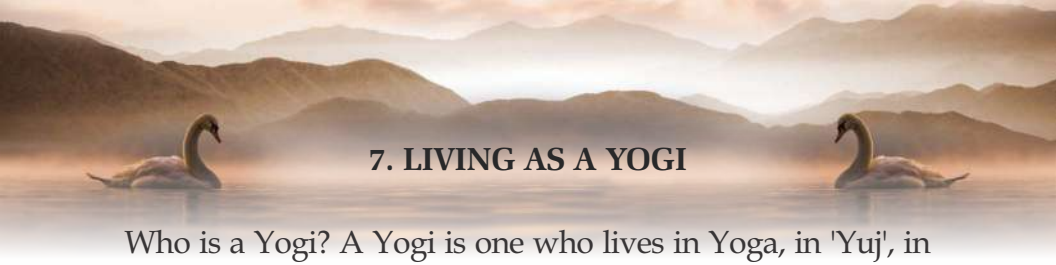


6. MAKING THE MONKEY A MONK

The mind is a monkey. It will not stop its monkey business of jumping from thought to thought. But as it jumps, it disturbs our *Chit*, Consciousness of *Sat*, the Truth and robs our *Ananda*, Bliss. It makes us live with stress, worry, and anxiety, although we may have realized the Truth. What is the way out of this?

We must make the 'MONKEY' into a 'MONK' by removing its tail, the 'EY' from the 'MONK'. The mind is EY, Ever Yearning. It has desires and expectations and it makes us crave till we reach our grave. When we become conscious of the Truth, we cut the monkey mind's tail. We stop its ever-yearning and ever-yelling and make it a silent monk, making Consciousness prevail. Once the monkey becomes a monk, the realization of the Truth shines in our Consciousness, creating an aura of Peace, Bliss, and Joy.

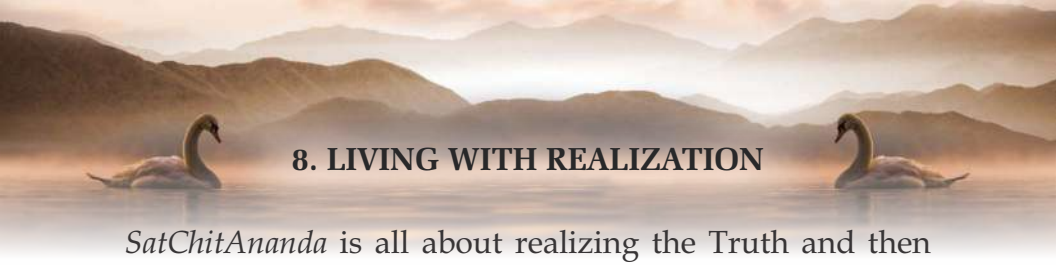
As long as we do not make the monkey into a monk, we will never experience *SatChitAnanda*. The mind will project the myth and hide the Truth. It will envelop our Consciousness with thoughts. It will let the senses of the body sink into worldly desires and it will crave. The biggest challenge to remain in *SatChitAnanda* is to tame the monkey mind. Once the mind is tamed, we can remain conscious of who we are and why we are here, as we enjoy true Bliss and Peace every moment that we live. Otherwise, we will live and die as a hungry monkey.



7. LIVING AS A YOGI

Who is a Yogi? A Yogi is one who lives in Yoga, in 'Yuj', in Divine union. What is Yoga all about? When we realize the Truth that we are nothing but a manifestation of the Divine, then we have to continue living life, till we are liberated from this body at death. Until we are liberated, we have to continue living. There can be no freedom from action.

However, we can live in the world and either be consumed by it, as we are attached to our possessions and the people that form a part of our life or we can be detached from all these worldly connections and be connected with the Divine. If we live in Yoga, or in Divine union, we can live as a Yogi. Even though we perform actions, we live as an instrument of the Divine, transcending the ego, and surrendering all our actions to the Divine. Nothing is ours. We act on behalf of the Divine, as per Divine instruction as life unfolds. Such Yoga is possible, only if we are in a state of *Chit*, or Consciousness. Then only we will enjoy *SatChitAnanda*. Therefore, only a true Yogi can enjoy being in *SatChitAnanda*. The rest of us live and die as *Bhogis*, prisoners of worldly desires and passions, enjoying momentary pleasures but never getting a glimpse of the nectar of true Happiness, *Ananda*, that is born from a state of *SatChitAnanda*. A true Yogi has a glow on his face. Although he does not possess all the material riches, he is the wealthiest man in the world as he possesses the treasure of *SatChitAnanda*, living in Bliss, being ever-conscious of the Truth.



8. LIVING WITH REALIZATION

SatChitAnanda is all about realizing the Truth and then living with the Consciousness of such a realization. Many people in this world may boast of the knowledge of the Truth. Knowledge has no meaning. It is as weak as a little twig that breaks into pieces under the force of the mind and the ego. Unless the knowledge is strengthened with realization, one cannot attain *SatChitAnanda*.

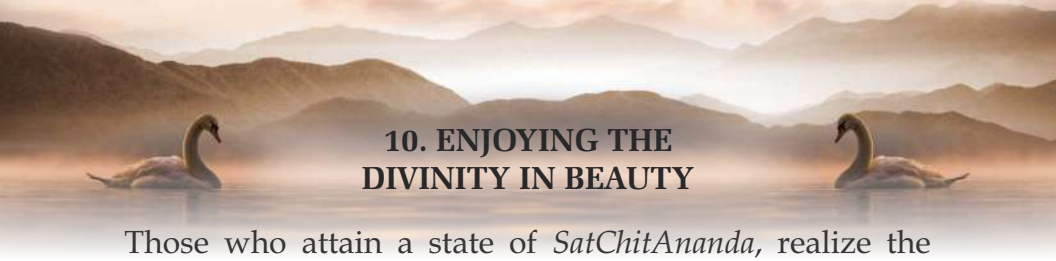
When we are Enlightened with the Truth, our journey starts. We need to become conscious of it, every moment that we live. Unless we live life moment by moment, in Consciousness of the Truth, we will be like a yoyo, swinging up and down, in Joy and sorrow. *SatChitAnanda* is becoming ever conscious of the Truth, every moment of life. It is becoming conscious that we are a manifestation of the Divine, that everything is a cosmic illusion. Then, our Consciousness is effortless. Once our life is filled with *Sat* and *Chit* – Consciousness of the Truth, then we are liberated while alive and we win every onslaught of the mind.

Our challenge is to live with the realization every moment that we are alive. We must be conscious of the Truth. The Truth must shine in our Consciousness. When *Sat* appears in *Chit*, in every breath, we automatically experience *Ananda*. That is the secret of *SatChitAnanda* experienced by those who live life conscious of the Truth all the time.

9. TRANSCENDING KARMA

SatChitAnanda is not just Bliss that overcomes all misery. It is eternal happiness that liberates us from the cycle of death and rebirth. How does *SatChitAnanda* create freedom from transmigration, coming back to this world again and again? When we realize the Truth that we are not this body, it's only an instrument of action, then we believe that we are the ME, the Mind and Ego, that drives this body to act. Most of us, rightfully so, believe in the Law of Karma and live with values, ethics, and morals. We fear sin because we fear Karma. It is Karma that decides the fate of our next birth, just as it controls the unfolding of events and circumstances in our present life.

SatChitAnanda makes us conscious that we are not even the Mind and Ego, ME, that comes alive in a new body based on our Karma. We are the Divine Soul. Consciousness of the Truth liberates us from all Karma of the past and present. Our actions are not our actions. We surrender all our actions to the Divine, as we transcend not just the Karma of today and the past, but also all the Karma of the several lives that we may have accumulated. Therefore, *SatChitAnanda* is transcending Karma, going beyond the law as realization liberates us, making us conscious of who we truly are. *SatChitAnanda* is not just Consciousness of the Truth that creates Bliss and Peace, it also gives us freedom from fear of death, liberation from this world and causes our unification with the Divine. Not only does it free us from the triple suffering on earth, it also frees us from taking rebirth.



10. ENJOYING THE DIVINITY IN BEAUTY

Those who attain a state of *SatChitAnanda*, realize the Truth in the mantra *Satyam Shivam Sundaram*. Translated, it means 'The Truth is God is Beautiful'. What is so great about this mantra? It is not just a statement of beauty, it is experiencing God in everything beautiful. A gorgeous butterfly or a buzzing bee, a beautiful flower or a fruit on a tree, *SatChitAnanda* realizes the Divine presence in you and me. Not only do we realize that all this beauty is a manifestation of the Divine, that all of us are effects and the Divine is the cause, we also remain ever conscious of the Truth and we enjoy the Bliss of Divinity in all the beauty, that surrounds us.

Practically, what does this mean? One who is in a state of *Sat Chit*, enjoys *Ananda*, Bliss experiencing Divinity in everything beautiful around him. The blowing of the breeze, and the swaying of the trees, creates an ecstasy as he experiences the Divine in every flower that blooms. Everything beautiful is not just beautiful as seen by the eyes, but the intrinsic beauty vibrates with the presence of the Divine, creating *Ananda*, Divine Joy. He lives in the presence of the Divine all the time, knowing that if it were not for the Divine, this beauty would not have existed. He sees a flower wither, a leaf fall, just as he sees a bird or animal die when the Divine departs. All the beauty disappears when a loved one leaves the earth because the Divinity in them leaves. Then there is death because there is no breath. Divinity has left.

11. LIVING WITH THE DIVINE PRESENCE

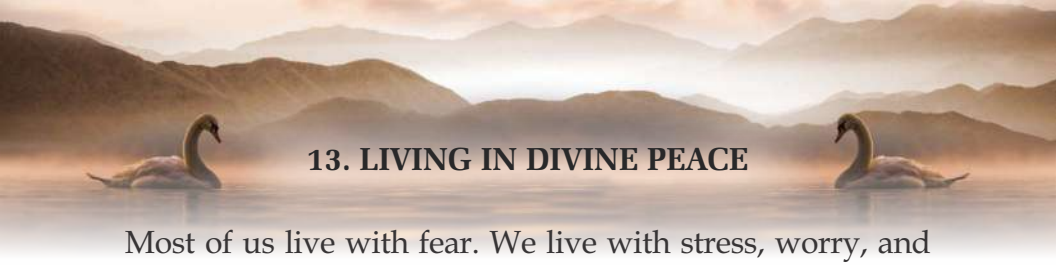
God is not on a distant planet somewhere far away. Consciousness of the Truth makes one experience the Divine presence all the time, everywhere they go. *SatChitAnanda* makes one look beyond the bone and the skin, to experience the Divine that lives within. It stops one in their search of God in a temple, monastery or a church. It is about living joyously and Blissfully, moment by moment, with the Divine presence.

Ananda is experienced because we becomes conscious of the Divine within. Every heartbeat is a whisper from God. Every breath makes us conscious of the Lord as we live with the Consciousness that God not only lives in the temple of our heart but is present in every human being, every bird, every animal, every flower, and every leaf that is alive. This creates a euphoria of Joy, an ecstasy of Bliss, and a Divine Peace and tranquillity, unknown to man. Living in the Divine presence all the time is *SatChitAnanda*, Consciousness in every moment that unfolds, of the Divine Truth that everything around is God. There is nothing else. Everything that we see, touch or feel is God manifesting as His creation. When one lives in the Divine presence all the time, one is transported to a life of Bliss unknown to man. Those who don't experience such a Divine Consciousness look up into the skies and pray, without understanding the Truth of who is the God they pray to and what is the meaning of what they say. They miss the Divine experience of *SatChitAnanda* as they live and die in ignorance.

12. EXPERIENCING BLISS ALL THE TIME

Humanity believes that happiness is a temporary thing. It comes and it goes. Life is a cycle of Joy and sorrow. We experience pleasure and pain, loss and gain, sun and rain and this happens again and again as we wake up each day to live our life. But the one who attains the state of *SatChitAnanda* experiences Bliss all the time. After the realization of the Truth and the Consciousness of who they truly are, they attain the state of Ananda, which is eternal Peace and everlasting happiness.

SatChitAnanda is not the pleasure that a child gets from eating an ice cream or getting its favourite toy. It is not a thrill that comes from success and achievement. It is not the result of wealth and money and all the things that money can buy. It is beyond happiness that comes from getting a Ferrari, a diamond ring or a branded handbag. It is beyond going to the Maldives or New York or even Antarctica. The Joy of *SatChitAnanda* is greater than what somebody experiences in the world's most luxurious cruise ship. The tranquillity is greater than all the Peace that comes from living in contentment and fulfilment. It is a Joy that transcends all sorrow, transcends all misery, pain of the body, suffering of the mind, and agony of the ego. What is this *Ananda*, one wonders! This *Ananda* is a Bliss beyond all this, a Bliss that exists in every moment, in every action, in every step and in every breath that we live.



13. LIVING IN DIVINE PEACE

Most of us live with fear. We live with stress, worry, and anxiety. We fight, and then, wait for the opportunity to take revenge. We love, break our hearts and then we hate. We lose our Peace of mind, moment by moment, day after day, as life unfolds. Don't we get angry at little things that happen in this world? Don't we get upset at what our loved ones do and say? Don't we get disappointed that despite our best efforts, things don't turn out as they should? We do not experience Divine Peace because our Consciousness is filled with ignorance that fills our life with stress, worry, and anxiety. But one who lives in *SatChitAnanda* lives in eternal Peace and everlasting Joy. What causes this Divine Peace unknown to the common man?

When one becomes Enlightened with the Truth, when one overcomes all ignorance and one becomes conscious of the reality, then one is relieved from the trials and tribulations of life. Nothing excites the realized Soul. Nothing is good or bad, everything is perfect. He surrenders his life to the Divine and accepts whatever happens as the Divine Will, as he enjoys a state of calm and Peace, no matter what. His attitude, his response, and his behaviour, to whatever happens in life, is a smile, is love, compassion, and forgiveness that creates a sense of deep Peace within. This Divine Peace is a manifestation of *SatChitAnanda*. Unless one reaches that state of Bliss that comes from being conscious of the Truth, one cannot experience such a Divine Peace.

14. LIVING AS A BLISSFUL SOUL

What is it like to live as a Divine Soul in *Ananda*? It is like living as a joyous wave, dancing on the surface of the ocean as it splashes on the shore with *Ananda*. A Divine Soul doesn't look at the past, which is gone, nor at the future not yet born. The Divine Soul lives moment by moment, conscious of the Truth in an ecstasy of Bliss. He laughs at everything that happens, as he witnesses this drama called life, realizing that he is the Divine Soul, not the body, the mind, and the ego. He lives with the Consciousness of non-duality, feeling oneness with all living beings, and a realization that the Soul in them is the same Soul that keeps him alive. It is the Power of the Divine in one and all.

Living as a Divine Soul in *SatChitAnanda* is a rare experience and is therefore beyond human comprehension. It can't be defined in words or described to one who is ignorant of the Truth. It can only be experienced by a realized Soul who becomes conscious of the Divine and is then blessed to be transported to a life of eternal Joy and everlasting Peace.

The Blissful Soul is unaffected by a pandemic or a disaster, a depression or a tsunami. He even transcends physical pain and suffering of the body, as he is conscious of his realization every moment that he lives. He doesn't fear death and the beyond, for he is conscious of the Divine all the time – in every moment that unfolds. He surrenders his life joyously in Divine acceptance.

15. *SATCHITANANDA* – TRUTH, CONSCIOUSNESS, BLISS

We all have heard of what people call the Truth. We even use the term 'Consciousness' as we face life and we yearn for Bliss and Joy. Little do we know the magic that happens when we put these 3 together! The Joy one experiences when they become conscious of the Truth is an ecstasy unknown to man. When the light of Consciousness falls upon the Truth, we experience a Bliss called *SatChitAnanda*. Why can't the world live with this Divine Bliss?

As long as we human beings live in ignorance, and don't realize the Truth of who we are and why we are here, we will not experience *Sat*, or the Truth. As long as we human beings give over control of our life to our mind, we will never experience Consciousness, that state of being the observer or the witness. As long as we don't experience *Chit* of *Sat*, the Consciousness of Truth, we will never experience *SatChitAnanda*. Consciousness of the Truth is not just Bliss, it is *Ananda*, a Joy beyond words. It is our ultimate goal, not just to live as the Soul, conscious of the Truth, but also to be liberated and be united with God. Therefore, *SatChitAnanda* is the ultimate goal of our life.

We human beings are not blessed to see what lies beyond, but we are gifted with the possibility of *SatChitAnanda*. Let us spend every moment, with the light of Consciousness shining on the Truth we have realized, so that we experience this Joy, this Peace, this Bliss of *SatChitAnanda.*

SATCHITANANDA – TRUTH, CONSCIOUSNESS, BLISS PUTTING IT ALL TOGETHER

- When we experience Consciousness of the Truth, we experience Divine Bliss.
- It all starts with the realization of the Truth and overcoming our ignorance.
- This leads to eternal Joy and everlasting Peace.
- This is our ultimate goal, to live as the Divine Soul.
- The only way to *SatChitAnanda* is to transcend the body, the mind and the ego.
- It is all about living like a Yogi, in Yoga or in union with the Divine.
- It is joyously accepting what happens in life, knowing it is just a drama.
- It is living without fear, worry, stress or anxiety, with the Divine presence within.
- It is a state of seamless and uninterrupted Happiness that knows no sorrow.
- It is a state that transcends triple suffering, the pain of the body, misery of the mind, and agony of the ego.
- It is a state of Bliss that goes beyond pleasure from achievement and Peace from fulfilment.
- It is ultimate Bliss that comes from the Enlightenment of the Truth.
- One who reaches the state of *SatChitAnanda*, tames the monkey mind into a monk.
- He experiences Divine Peace, Joy, and Bliss, living as the Divine and experiences the Divine all around.

AFTERWORD

When I see people struggling with their mind, I feel sorry for them. I too struggled for 50 years before I could make my monkey mind into a monk. My ego didn't trouble me any less and it created havoc and agonized me for decades. Together, the mind and the ego did not let me realize the Truth. I lived with *Mithya*, the cosmic illusion overpowering my life, and *Satya,* the light of Truth never dawned in my life. Like everybody else, I too was a seeker of Happiness. For 25 years, from the time I was 16, till I was 40 years old, I went from success to success, trying to be Happy, as my life was checkered with peaks of achievement and valleys of failure. I shut down my business at the age of 40 and evolved from the journey of achievement to a state of contentment and fulfilment. But still, I suffered. When my Spiritual Master, my Guru, Dada J. P. Vaswani, provoked me to go on a *Talaash*, a search for the Truth, I started my journey of truly living.

I went into the mountains and for two years, I lived in retreat and silence and ultimately I was blessed to realize certain Truths. I realized that I was not the body, not the mind but the Divine Soul. I also realized that God was not a statue or a saint who lived in faraway heaven and that birth and death were only of the body, not of ME, the Mind and Ego. The ME is reborn again and again till there is Realization that would lead to Liberation and Unification with the Divine. I was enlightened to the truth that one could actually be free from the cycle of death and rebirth by transcending Karma after attaining Liberation at death.

Even after the Realization of the Truth, I suffered because of a war within. The mind and the ego refused to let me live in Consciousness of the Truth. But I did not give up. I used the treasure of my intellect, the guidance of my Guru, and the grace of God to help me overcome the thoughts that bombarded me. I established *Chit*, the state of Consciousness and started living as the witness, the observer of the Life Drama on earth.

My journey evolved from a journey of pleasure to a journey of Peace. Even then, I was no different from others. I too experienced fear, worry, stress and anxiety. I would lose my temper and burst into anger with disappointments and defeats. But I was committed to reach that state of Enlightenment. If it were not for my Guru, I would have been going around in circles, ignorant about *SatChitAnanda*.

Then, one day, I realized the Truth. I was blessed with *Sat*, the Truth as *Mithya*, the illusion dissolved. I realized that this world itself was a *Leela*, a humongous drama, and we were all actors doing our part. Nothing was real, it was all a projection, *Maya*. This was no more knowledge, I realized it as a direct intuitive experience and this transformed my life. In fact, there was a metamorphosis. I changed my name from Ravi Melwani to AiR - *Atman* in Ravi. Not only did I change my name, I also changed my philosophy of life and started living in Bliss, realizing the Truth, transcending all misery, fear, and worry that used to dominate my life and create sorrow.

For years, I knew of the Truth, but I did not realize it. My Guru would mention the same things to me again and again, but I had no *Ananda* or Joy, because there was no *Chit*, no Consciousness, until the day when I was Enlightened with the Truth. Still, there was no Bliss. It took me quite some time to become the witness, the observer, to become conscious of the Truth. The moment I became conscious, I was blessed with *SatChitAnanda*. I not only knew the Truth, I not only realized the Truth, but I became ever-conscious of it. It was this Consciousness of the Truth that eliminated all fear. There were no more worries. All my stress disappeared. I enjoyed Divine peace, living in a state of *Ananda*, like I had never experienced before. This Happiness was seamless as it revolved and traversed from one moment of my life to the next.

Today, I live a life of eternal Peace and everlasting Joy. I live a life of *SatChitAnanda*. I live with Consciousness of the Truth and enjoy a state of Divine Bliss. After I realized the Truth about life, my 'real' eyes were opened. I could see the difference between cause and effect, and I realized that what appears as creation, is actually a manifestation of the Divine. From experiencing God in his creation, I started realizing the Divine in all the beauty around me. Every beat of my heart reminded me of God's presence within. I started living a life of *Ananda*, pure Bliss as I remained conscious of the Truth. I must admit though, that the mind and the ego, trouble us a lot and they must be transcended to enjoy the state of *SatChitAnanda!*

Once I attained the state of *SatChitAnanda*, I transcended the senses of my body that would normally crave and make me a slave. Although I inhabited this body, I was not the body. Nor was I the mind that kept on wandering, causing regret and worry. My realization transcended my ego that used to experience anguish and agony, as it would dominate my life. *SatChitAnanda* liberated me from the trio - ego, body, and mind after a long battle. Though there was a realization, the ME, Mind and Ego, continued to be fueled by the senses of the body, as they tried to make me sink once again in the illusion of the world. But the state of *SatChitAnanda* made me strong, as I became ever conscious of who I was. I became the witness, the observer of not just the drama of life unfolding in front of me, but my role as one of the actors. My Consciousness liberated me from the tragedies of the show, as I enjoyed every moment as each scene of life unfolded day after day.

Today, I experience Consciousness of the Truth. Earlier, I knew it. Today, I realize it. I experience it and I am conscious of it. And this gives me Peace and Bliss. Whenever something happens that would normally cause me pain, I smile and I laugh and do it again and again. Such is the Consciousness of the Truth. But can I explain it further in words? How much ever I try, I will fail. I can only urge you to go in search of *Sat* and to experience *Chit*. Then, you will reach that state of *SatChitAnanda*.

POEM
SATCHITANANDA

Who doesn't want to be Happy?
We all seek Happiness
We search for it from birth to death
But the true treasure of Bliss we miss

Success is Happiness, we were taught
And in this myth, we were caught
We won and we lost, we succeeded, and we failed
But Happiness we forgot

Happiness is like a Shadow, you see
The more you chase it, the further is goes away
But if you stay still to enjoy it
You will see that with you, it will stay

Happiness is not a product or a place
Nor a person that can give you Bliss
Happiness is a state of being, my friend
When will you realize this?

From the time we are born, we seek Happiness
Just as we run away from pain
We start seeking pleasure and then we seek Peace
We seek Happiness again and again

Poem

Ananda is that state of Joy
It is true Bliss without a tear
We transcend the suffering of ego, body, and mind
And we live without worry and fear

But this state of Ananda, this state of Joy
Doesn't come to us for free
Until we become conscious of the Truth
In this state we cannot be

It starts with the Realization of the Truth
Overcoming the myth in life
Renouncing all superstitions and rituals
That create misery and strife

When we go in quest, 'What is the Truth?'
It is then that we get to find
All that we were taught when we were a child
Was a lie, but we were just blind

When we are Enlightened with the Truth
It is then we get to know
We are not this body, we are not this mind
This world is just a show

We realize that we are the Divine Soul
That causes us to live until death
The day we leave this physical body
There is death, there is no breath

But we are that, the Divine Soul
To realize this is our goal
Then, we will experience true Ananda,
In Peace and Joy, we will roll

Why is it we don't realize the Truth?
Why the Truth we don't find?
Because we live as prisoners
Of the ego, body and mind

Our quest leads us to the Law of Karma
Our actions make our desires prevail
Then we realize there is no heaven and hell
It is all but a fairy tale

Today science agrees we are not the body that appears
Before this there was no synergy
It had warred with spirituality on almost all counts
But today both agree we are energy

Poem

When we become conscious of this Truth
Then the myth we leave behind
It is then that we open our spiritual eyes
We can see, we are no more blind

But soon the mind that's a monkey
Will jump from thought to thought
The Truth that we had realized
Will soon be forgot

The challenge is to stay conscious
And to observe as a witness
Only then the Truth that we have realized
Will give us Happiness

The Truth is the Truth, no one can deny
But we must be conscious of it
Otherwise though we have the knowledge
We will lose sight of it

Consciousness is not an easy thing
It's unknown to the world
Only a few are blessed to experience
What the wise sages had told

SatChitAnanda, they used to say
Consciousness, Truth, Bliss
But what this state actually was
Nobody could understand this

Consciousness of the Truth is Bliss
But how this Joy, can one find?
Unless one realizes the Truth
They remain prisoners of the mind

Ananda is that state of Bliss
It is a state of Joy that's rare
It is eternal Peace and everlasting Bliss
But you must pay the fare

You must be conscious of the Truth
If you want everlasting Peace
Then the triple suffering that makes you cry
Will, once and for all, cease

Nothing will affect you in this world
As you surrender and you accept
The Divine Leela of the Lord
You will realize you passed the test

Poem

Nothing is real, it is just like a dream
In the end, we all must go
But if we live conscious of the Truth
We will truly enjoy the show

Those who don't know, they fret and fume
They look at the sky and they cry
They try to make sense from what happens
They pray and ask God, 'Why?'

But those who live conscious of the Truth
They live a life of Bliss
They have learnt to live in the moment
Forever in Happiness

SatChitAnanda is a seamless Joy
Being conscious living in Peace
Nothing that happens in the world
Can make our Bliss cease

For deep within we enjoy Peace
And conscious of the Truth we live
We know it's a dream, it's not real
We love, we laugh and we give

But is it easy to achieve this state...
This state of eternal Bliss?
Oh, no! As long as we have the mind
It's difficult to achieve this

As long as the monkey mind in us
Creates all the junk
There can be no Ananda
Till the Monkey becomes a Monk

Then, we can live with Consciousness
With Peace, with Joy, with Bliss
Nothing that happens in this mortal world
Will steal our Happiness

SatChitAnanda is eternal Bliss
It is our ultimate goal
It comes when we transcend ego, body, mind
And we live as the Divine Soul

By

AiR
Atman in Ravi

ABOUT THE AUTHOR

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

As a part of the Humanitarian initiative 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 600 suffering homeless people who are picked up from the streets are served and cared for in 3 destitute homes and provided with free shelter, food, clothing, and medical care. AiR built a Shiva Temple in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. AiR now believes that religion is just a kindergarten of Spirituality, and people should go beyond religion to truly realize God.

One day, his Guru inspired him to introspect and find answers to the following questions: Who am I? What is the purpose of my life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will I be reborn? Who is God? Where is God? What is God? What is the Soul? Where are heaven and hell? What is Enlightenment? Several questions like these took him on a quest, a search for the Truth. He gave up his life of Achievement and Fulfilment in search of the final peak of life: Enlightenment.

After a few years of intense search in retreat, deep in the mountains, he realized that we are not this body. We are the Soul, the *Atman*. He changed his name to AiR – *Atman* in Ravi. He metamorphosed to AiR and gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. This led to several Realizations that formed his new mission of life – to Help People Realize the Truth.

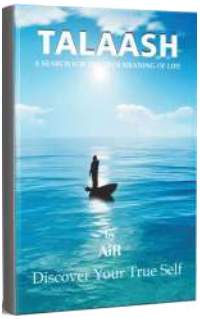
Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 32 books, composed and sung about 1130 *bhajans*, written several blogs, quotes, and poems. He has taken up various

other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve on their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts webinars every week on Zoom and Facebook Live to help people realize the ultimate purpose of their life.

AiR has realized the Truth that we are not the body, the mind, or the ego; we are the Divine Soul. And to realize this is our ultimate goal. He lives his life with just one mission – to help people Ask, Investigate, and Realize the Truth. Being blessed with everything, he seeks nothing except to fulfil this mission of life.

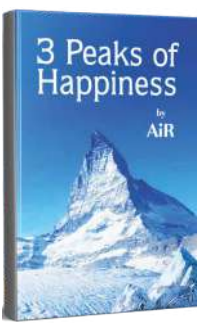
Started with nothing
Became something…
Achieved everything
Only to realize we are nothing!

BOOKS BY THE AUTHOR



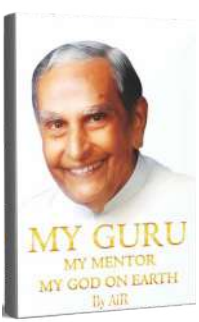
1. Talaash

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



2. 3 Peaks of Happiness

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



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

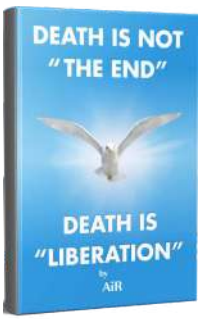
This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy

and teachings were instrumental in guiding him to begin his spiritual quest and bringing about the transformation in him.

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

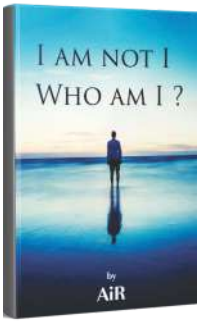
In the journey of his life, AiR realized many truths. One of the truths is a revelation—we never die; Death is not the end but a bend to transcend. The body will die, but the one who lives in the body never dies.

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 house but we are not the house. 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

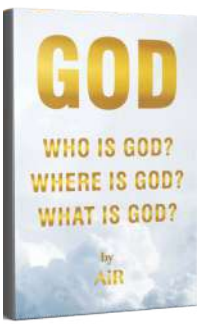
Can you believe that the mind is a rascal? You always thought that the mind is king—it is everything. But just try this. Sit quietly for an hour, and try to find the mind. Where is it? You will realize that the mind doesn't exist. This amazing book by AiR will teach us that the mind is our enemy. It is the one that makes us suffer. It is time to find the rascal and kill it. How do we do this—is revealed in the book.

8. A Cosmic Drama

This book challenges the reader to explore the illusory nature of this world—whatever

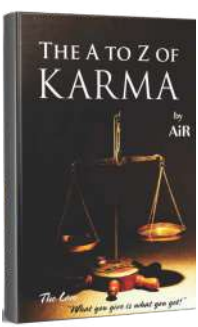
is happening in life is not real; it is nothing but a Cosmic Drama. If we understand this simple truth, we can enjoy the show called life.

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



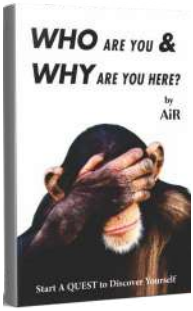
Well, this might seem to be a simple set of questions but nobody really knows the answers. We all know that God exists. We pray to a God as per our Religion but what is the Truth about God? Has anybody seen God? Where is God? This simple book will change your perception and belief about God and bring you closer to the Power called God. It will help you realize God.

10. The A to Z of 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 it and achieve 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?

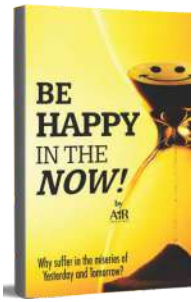


This is a simple book that prompts us to ask the right questions to discover the secret of our life—who we are in reality and what the purpose of our life is. The answers to these questions hold the key to a purposeful, meaningful and blissful life.

12. The 4th Factor

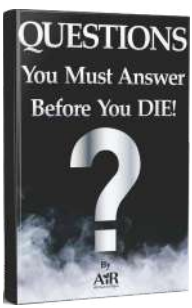
Man thinks that his Karma controls everything and he can achieve anything through his efforts, equipment, and the method of his actions. But he is ignorant about something which is more powerful than Karma—the 4th factor. This is an informative book that makes the readers understand why things happen the way they happen and even if ten people use the same equipment and perform the same action, still, they never produce the same results, because apart from their own action, each person seems to be graced with another factor—the 4th factor that is beyond human comprehension and without its consent even the possible becomes impossible.

13. Be Happy in the NOW!



Every human being on earth wants to be happy. There is nobody who enjoys pain. People want to achieve Happiness but they fail to realize that Happiness is the journey itself, not the destination. Then, 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

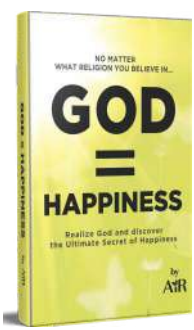
'Suffer No More' is a personal experience of overcoming anguish, anxiety, distress, and grief. It is an analysis of suffering, what

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

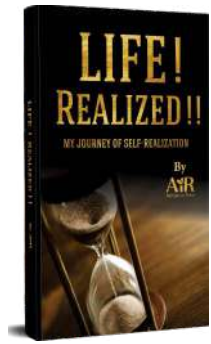


In his quest to discover Truth and the purpose of life, the author realized that people didn't know where exactly to search for Happiness. This is a book that takes us far beyond religion to Realize the Truth about God and how God is Happiness.

18. Life! Realized!!

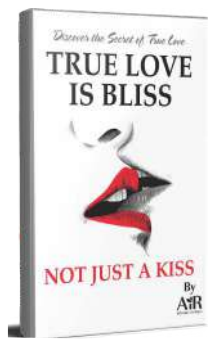
This book is a personal reflection of the author on his

several realizations about everything that matters in the journey of life—the realizations that he attained while on his quest for the Truth.



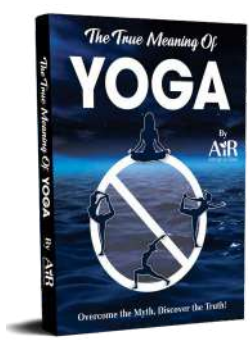
19. True Love is Bliss…Not Just a Kiss

It is sad that love which is the source of joy and happiness is not understood by the world. This book is an attempt to explore True Love that is beyond passion, romance, and kisses. 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.

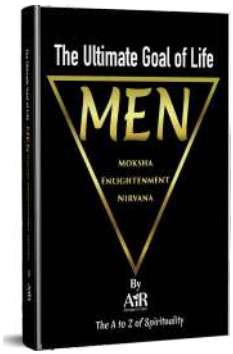


20. True Meaning of Yoga

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 Union with the Divine. This book attempts to explain everything about Yoga, its meaning and significance, how it must be practised and how through Yoga, one can be liberated and experience Ultimate Divine Peace and Bliss.

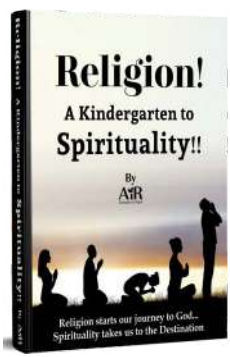


21. The Ultimate Goal of Life, MEN — Moksha, Enlightenment, Nirvana



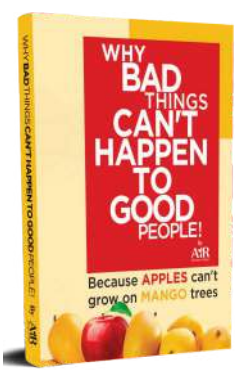
The three most tenable concepts — Moksha, Enlightenment, Nirvana are discussed in this book that can help us reach our Ultimate Goal of Liberation and then Unification with the Divine.

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.

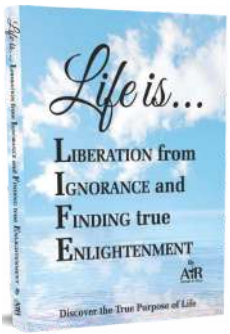
23. Why Bad Things Can't Happen to Good People!



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



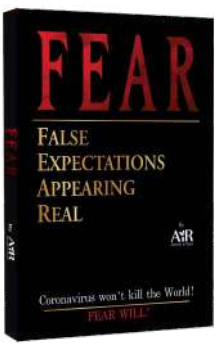
What is Life all about? Most people exist but they don't truly live. They just zoom from womb to tomb, and then life is over. They don't stop to think about their life's true purpose. In the pursuit of happiness, success, and achievement, people don't realize that though they may gain a lot of these, they lose their most precious gift—life itself.

25. The Ladder to Heaven

While we pray to God calling God by different names, the vast majority of humanity believes in God and aspires 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 belief, prayer, faith, hope, trust and so on. This book is an effort to help genuine seekers of God to

climb the Ladder to Heaven. It shows a step by step way to God-realization as we pass through self-realization, overcoming the ignorance that we live in.

26. FEAR- False Expectations Appearing Real

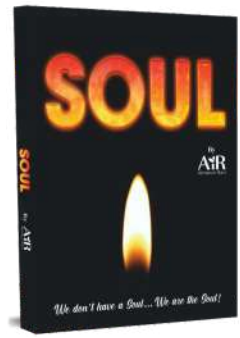


Through this book, the author wishes to help people change their paradigm and live with courage—that they should take appropriate precautions and not panic. The world has changed because of Coronavirus! But it's up to us to live with FEAR or to live with FAITH. There is a difference between Fear and Danger but most of humanity lives with the constant fear of disease and death. For the first time ever, all the countries of the world have closed their borders and shut down their economies. Facts confirm that when compared to the Spanish flu, it is not as fatal a pandemic as the world thinks it to be. This book F E A R, will help readers overcome these tough times of the global pandemic.

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

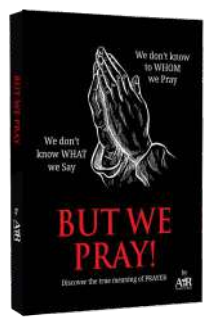
The Soul is mysterious. We are alive because of our Soul. But what exactly is the Soul? Where does it come from and

where does it go? We cannot see the Soul, but we all believe that we have one. People talk about 'good' or 'bad' Souls, ghosts—spirits of the dead, heaven—hell, and the reincarnation of the 'Souls'. This book will help the genuine seekers of the truth to do some Soul searching and discover the ultimate truth about our most important aspect—our very own Soul. We will realize that we don't have a Soul…we are the Soul!

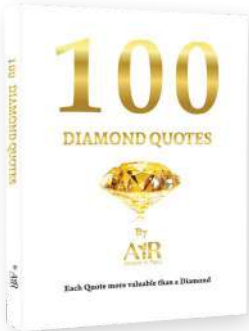


28. But We Pray!

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 make us conscious of what we say when we pray. It will help us know the God we pray to and build a Divine connection through prayer.

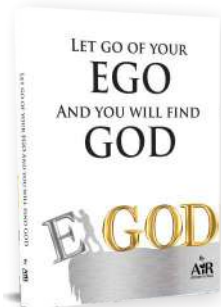


29. 100 Diamond Quotes



Our life needs a spark and a simple quote can make this difference. This book, *100 Diamond Quotes* does just that. It is a selection of AiR's quotes on Happiness, Realization, Liberation, Spirituality, and Enlightenment. These inspiring, thought-provoking quotes can trigger a metamorphosis and can transform our life as they lead us forward in our quest for the true meaning of life, giving us more Peace and Happiness than all the Diamonds of this world.

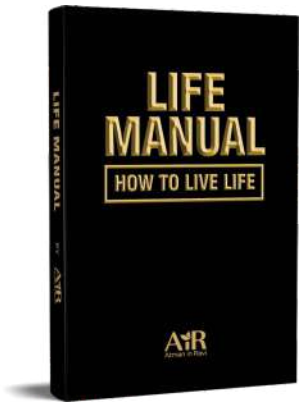
30. Let go of your Ego and you will find God



Are you seeking God? There is a way to find God. All you have to do is to let go of your Ego. Our biggest enemy, ME, the Mind and Ego, envelops us in ignorance and we go round and 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. It will open the door to eternal peace and everlasting joy. If only you let go of your Ego, you will

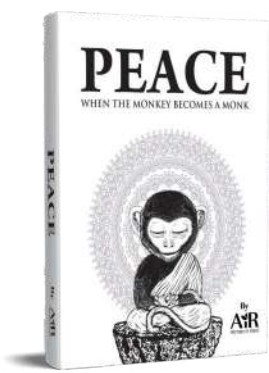
move from Self-realization to God-realization and will realize God within.

31. Life Manual - How to live life?



Whenever we get a new gadget, we read the operating manual before we actually start using it. We learn how to operate our mobile phones and our laptops. But have we ever read a manual on life? Is there such a manual? There is no simple document that tells us what life is and how we should live. The 'Life Manual' is just the book we have all been waiting for. We continue to get baffled by problems and sometimes give up. From this moment onwards, as you read the Life Manual, you can discover the true meaning of life and live a life of bliss and peace!

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



We human beings are enveloped in deep darkness of ignorance. We seek Peace of mind but we don't realize that Peace is not an external thing. It is our original state. It is our own mind that steals our Peace by

constantly jumping from thought to thought. It craves and desires and we lose our Peace. Unless we tame the Monkey Mind and make it into a Monk, we will never be able to experience true Bliss. This book will show us the way.

And Now..

33. SatChitAnanda - Consciousness of the Truth is Bliss

Coming soon…

34. Neti Neti Tat Twam Asi – Not this, Not this, Thou Art That

SatChitAnanda

Consciousness of the Truth is Bliss

What is the way to *Ananda*, a state of Eternal Bliss and Peace that knows no misery or sorrow? This book reveals the secret, a 5000-year-old formula of living with seamless Peace and Joy.

What is *SatChitAnanda*?
Sat is the Truth. When we experience *Chit* or Consciousness of the Truth, then we experience *Ananda*, Peace, Joy, and Bliss unknown to the common man. What is the Truth? The Truth is that we are the Divine Soul, not the ego, body or mind that suffers. The Truth is life is a *Leela*, a Drama and everything is *Maya*, an illusion. Unfortunately, we do not realize this Truth and thus, we are not aware of it. The moment we realize the Truth and become conscious of it, we experience a state of *SatChitAnanda*, a state of *Nirvana*, of Joy, Bliss, Happiness.

This book is a treasure. If one becomes conscious of the Truth, lives in *Chit* of *Sat* after the Truth is revealed, one will experience *Ananda* as they live Blissfully as an observer of the Eternal Truth.

Start your journey to *Sat*, the Truth. If you become conscious, if there is *Chit*, then you will have *Ananda*, Joy, every moment that you live.

By

AiR
Atman in Ravi

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