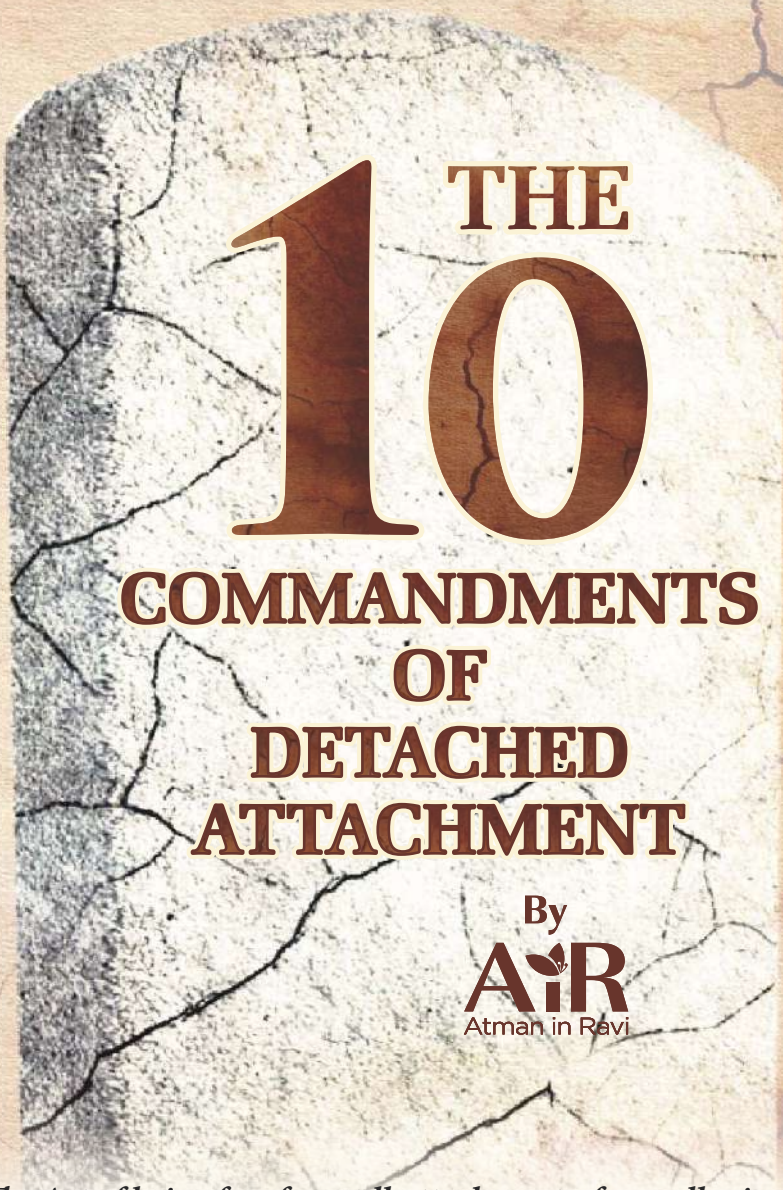


THE 10 COMMANDMENTS OF DETACHED ATTACHMENT

By
AiR
Atman in Ravi

The Art of being free from all attachments, from all misery and unhappiness, and living a life of Bliss, Love and Peace.



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PREFACE



*Why do we spend our years in tears?
We look at the sky, cry and ask, 'Why?'
Because we don't realize the truth of 'who am I',
We live with attachments right till we die.*



Why do we become Miserable?

Have you ever wondered why we human beings become so unhappy, so miserable? Although we seek to live a life of peace, bliss, happiness, we get entangled in fear, worry, stress and anxiety. Although we have a choice to be happy or unhappy, and we seek happiness, what lands us in a valley of gloom? Instead of living a life of contentment and fulfilment, we make life a race and we chase to try to be an ace! We believe that achievement is happiness. We want success, name, fame and we condition ourselves to believe that we will be happy one day when we go for that dream holiday or when we marry our beloved whom we love so deeply or when we will own those beautiful products that we yearn for. Whatever it may be, we never realize the simple truth that happiness is a state of being. We cannot *become* happy. We have to *be* happy. Because we continue to chase the shadows that we believe will make us happy, we continue to be miserable.

What causes Attachment?

The biggest factor of our misery is attachment. We cling to something and then, become unhappy. The fear of losing somebody dear makes us cry. We do not realize the simple truth that we come alone, and we go alone. Nobody is ours. Nothing belongs to us. Still, we are so possessive about our things that we live and we die believing that these things belong to us. What is the cause of this misery? It is our ignorance, but we do not realize it.

Types of Attachment

When I look around, I find people attached to people and attached to their possessions. I find people cling to their passions, just as they become a slave to their duties and responsibilities. Somehow, the ego fools us into believing that this is *my* car, *my* house, *my* beloved, *my* child. We live with the false identity that we are this body-mind complex and before we realize it, we lose everything at the moment of death, when we lose our breath. Throughout the journey called life, we live like a frog in the well, not going out on a quest to realize the truth. We live like a caveman who does not know the truth of the outside world. We never realize that we are not the body and mind, we are the Divine Soul. And so, we do not enjoy the true bliss and ecstasy of life. Will we take anything with us when we go? Will our dearest and nearest ones join us in that journey which is beyond death? Is it not true that we have to leave everything behind? Then why be attached? Why live a life believing in the illusion that these

things are ours or these relationships are our treasure? Throughout life, because we are attached, because we cling, we remain miserable. Is there a way to be free from this misery?

Can we Love without Attachment?

Many of us believe that love is life, that unless there is the ecstasy and the joy of love, life is meaningless. While this is true, we do not realize that love is not attachment. We do not realize that love does not cause misery, attachment does. Therefore, while we must love, we must learn the art of loving without attachment. We must love deeply, but not let that love hurt us. We can love, but not let the expectations from that love break our heart and make us miserable. How is this possible? When we human beings love, our love becomes so passionate that we become obsessed. The cause of this deep obsession is the lack of the realization of the truth. We do not realize the simple truth that we do not bring anything to this planet, just as we cannot take a pin when we go. Because we do not realize this truth of life, we become possessive about the ones we love and the things we treasure. Instead of enjoying the beautiful gifts that are given to us in this lifetime, we worry about losing them, and soon our life escapes us.

What is Life?

Life is a bundle of moments. It is not the many years that we think fill the pages of the book of life. However much you may try, life will unfold moment by moment. You cannot do anything about the past that is gone, nor can you do

anything about the future not yet born. Still, instead of enjoying the present moment of life, we live with regrets as our mind jumps to those precious things and the dear people that we have lost. Then, the monkey mind jumps to the future and lives with sadness caused by the fear of losing somebody dear. It makes us cling to something that we do not want to lose. Living with this clinging and attachment is our biggest tragedy. What we do not realize is that this attachment is stealing our most important treasure from us – life itself. Every moment that we are miserable in attachment is the loss of the treasure of the present moment of life. *We must make a vow to be happy in the now.* We must learn to live with detachment. Is there a way to love and not be attached? Is there a secret that may give us bliss, without being trapped with the one we want to kiss? How can we enjoy every gift that we are blessed with without holding on to it with our desires, as we crave, till we reach our grave?

The Secret of Detached Attachment

There is a way to live a life of bliss and peace, a way to live with Detached Attachment. This secret is discovered by those who realize the truth about life. They overcome the ignorance that they have grown up with, as they let go of the myth. Throughout life, we have been conditioned with so many lies that we have grown up believing in the fairy tales. Have we not been told that one day we will go to heaven after we die? Have we stopped to ponder who will go to heaven after the body is destroyed? Where is this illusory heaven and how is it mystically possible to go there? Instead of asking

questions and realizing the truth, we get carried away by the fairy tales that have been told generation after generation. Those who realize the truth, realize the simple fact that nothing is ours, nobody belongs to us. There is no sense to cling to anything. This clinging is going to make us cry. The attachments that we create with people whom we love, is not only going to break our heart for sure, but we will end up filling our years with tears. The secret of Detached Attachment is to love, to deeply and passionately love, but to do so with detachment. It may appear that somebody is the love of our life, but deep within, we live with the Realization of this truth that soon, one day, we have to let go. There is no other choice! We may want those things that we love so much, and we may enjoy several things in this journey called life, but the secret of Detached Attachment will make us laugh, when the fear of losing something comes up in our mind. Those who realize the truth about life, live without attachments and while it may seem that they are deeply attached, they have discovered the secret of Detached Attachment and they are free from the misery caused by it. How does this happen?

The Goal of Liberation

In this book, I will share the simple secret that will liberate anybody from misery and heartbreak that is caused by attachment. We will go through a simple analysis and come to the Realization that being attached is like trying to hug a rainbow. We can enjoy the rainbow as much as we want, but we must realize that it is an illusion. It appears to be, but soon it will be gone. So is life! The earth is a stage. We are

just actors. We come and we go, this is just a show! But because we are fooled into believing that 'I am I', and 'This is mine', we live life thinking that everything is permanent. Nothing is! Just like the curtains come down in every drama, the drama of life is such that we will have to pack up and move on. If we want to enjoy this show called life, we must be liberated, we must be free from all our attachments. We must live a life of Detached Attachment, realizing the simple truth of who we are and why we are here. When we realize that we are not this body that will die, that one day, people will say that we passed away, and we will leave this very body that we are so deeply attached to, then we will be liberated from all attachments.

This book can transform your life. It can change the way you think, and you live. It can free you from your desires and cravings and it can liberate you from your attachments. If you are blessed to realize the simple truth about life, you will learn the art of Detached Attachment, as you discover the 10 Commandments to live by. Are you ready to live a life of eternal bliss and everlasting happiness? Then, move forward to discover the 10 Commandments of Detached Attachment.

*When we cling to something,
because of the fear of the pain that its loss will bring,
we achieve nothing.*

INTRODUCTION

*Should I give up all attachment?
Should I live a life of detachment?
When we follow the 10 Commandments,
We can live with Detached Attachment.*

What is Detached Attachment?

In the pages that follow, we will review the 10 Commandments of Detached Attachment, the rules, the laws, the principles that we must obey to live a life of peace and happiness. We all want to be happy. But if we do not follow these Commandments of living without attachments, we will continue to chase shadows of pleasures and possessions and live with misery.

Are Attachments Good?

Do we not know that attachment leads to suffering? While we are sure that in reality nothing belongs to us, and we come and go from this life show alone, we do not realize this. Through these 10 Commandments, the way to live with freedom and joy, love and bliss, shall be revealed to us . What is the use of living with expectations and then being disappointed? What is the point of losing our peace of mind, as we crave till we reach our grave? The simple Commandments

will lead us to live a life of detachment and fill every moment with bliss and peace.

Are Relationships Good or Bad?

Relationships are beautiful, but when we get attached to the bone and skin, we forget the truth that we are all in reality, the Divine Power that lives within. The truth is known to us, that when we come, we have no relationships and that when we go, all relationships will end. Every relationship is temporary, and while this is the absolute truth, we do not want to accept it. We become possessive and overprotective and lose our state of mental composure to fear and worry that are born out of attachments. If only we learn to live with detachment, our relationships will be far more blissful. If only we learn the art of Detached Attachment, then our love will become Divine. The Commandments will teach us the art of acceptance and surrender. They will liberate us from attachments, while it may seem that we are deeply bonded in our relationships. The art of Detached Attachment is not to stop loving, but to love deeply without attachment. With the 10 Commandments, we will learn how to be detached.

What do Addictions do?

An addiction is sure to create misery and sorrow in our life. When we get addicted to something and it gets snatched away from us, we become miserable. Instead, if we learn to accept whatever happens in our life gracefully, and live with acceptance, then we will not lose our peace of mind. We

should not be addicted to anything, knowing that this world is not permanent. When we become addicted to anything, we create suffering for ourselves. How can we be free from addictions, not just addictions from drugs, drinks and cigarettes, but even addictions from pleasures, people and possessions? The laws of Detached Attachment will help us be free from any addiction and enjoy a world that is free from slavery and the imprisonment of living behind prison bars of attachment.

Ignorance causes Attachment

We all want pleasure, and it is natural for us to become attracted to the pleasures and objects of this material world. Is there anything wrong in this? Absolutely not! But when those pleasures and things become our masters, and make us cry till we die, then it is time to renounce them. Does it mean that we have to give up our pleasures and possessions completely? No! If we learn the art of Detached Attachment, we can still enjoy the pleasure or possession without its absence making us miserable. The problem is not in the desire. It is in being attached to the desire. But if we develop Detached Attachment, then although we may enjoy being with people, enjoy pleasures and possessions, we will be able to do without them. If they are snatched away from us, we will not become sad and gloomy. It is our ignorance that causes attachments. We must realize the truth that ultimately, nothing is ours. We must enjoy what comes our way, just as we enjoy staying in a hotel, where we check in and we check out, knowing that it is only temporary. But this is only possible if we follow the 10 Commandments of Detached Attachment.

The 10 Commandments of Detached Attachment

These Commandments are principles of living a happy life. Not only will they liberate us from the triple suffering of the body, mind and ego while we are alive, they will also liberate us from the cycle of death and rebirth. With these commandments, we shall attain the ultimate goal as we live as the Divine Soul. We will realize that just like a dream is a dream, life too is nothing but a dream. The only difference is that the dream ends when we wake up from our sleep, and life ends at death. We have only one life to live. Either we can live with attachment and be miserable or live with Detached Attachment and enjoy bliss and peace. It is a choice!

Attachment or Detachment – What should we Choose?

Many people are torn apart between the options of attachment and detachment. While they enjoy their attachments, they dread detachment that calls us to renounce all the pleasures of this world, to let go of everything and become a renunciate. This is the other extreme that is not going to make us happy. The solution is to live neither with attachment nor with detachment. It is to live with Detached Attachment. We cannot escape from this material world, but we can learn to live a spiritual life in the material world. We cannot change who we are, but we can change how we live. We cannot be alive leaving this body and mind, but we can transcend the mind and live with consciousness as the Divine Soul, controlling our 5 senses from passion that fill our life with poison. The 10 Commandments of Detached Attachment will lead us to our ultimate goal of life. However, just like we trust

the Commandments of our scriptures, we must trust these Commandments if we want peace and bliss. We must follow them without hesitation. We must make these a priority. If we do, we will not only achieve that state of eternal peace and everlasting joy that is free from all misery and suffering, but we will also be liberated from this cycle of constant death and rebirth and we will not return to earth. The 10 Commandments will unite us with the Divine.

*We have a choice – we can choose to be glad,
Or live with attachment and always be sad.*

*By living with the 10 Commandments of Detached Attachment,
We can make Peace, Love and Joy in our life, permanent.*

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1st

COMMANDMENT

**THOU SHALL
BE FREE**

*Thou shall be free,
Thou shall not be bound like a tree!
Thou shall not cling to anything!*

The 1st Commandment to live a life of eternal peace, Divine love and everlasting joy is to be Free. Freedom is a choice. We have to choose not to be a slave and take our attachments to our grave. We come alone and we go alone. When we come, we bring nothing and when we go, we will go empty-handed. This is the truth we all know. But we do not realize it! The moment we realize it, we shall follow the Commandment – Thou shall be Free!

Freedom is Precious

How many of us truly value freedom? We value the freedom of our country, and do not want to be slaves to any colonial power. We want our own government and laws that will work towards a better life for us. We even celebrate our Independence Day, year after year. But of what use is it to have freedom for our country, when we ourselves are prisoners, caged behind bars of the body, mind and ego? When we are enslaved by people and possessions, we lose our personal freedom and live with misery and sorrow. But this is a choice. Those who realize how precious it is to live with freedom, make the conscious choice to be free. They love, but do not let their love become an attachment. They enjoy the material world but do not sink in it. They choose not to crawl like a caterpillar. They transform their life and fly in the sky like a butterfly. Such people are few. They are the ones who treasure freedom and live with this Commandment – Thou shall be Free.

The others, who do not realize the value of personal

freedom, inadvertently become puppets. In their passion to enjoy their possessions, they do not realize that they get controlled by them. Their addictions enslave them and soon, before they realize it, they have travelled from their womb to their tomb! Their love for people becomes so possessive that it turns to attachment, and they are stuck. Such love often turns into hatred and ultimately makes people break loving relationships.

Why Cling to Anything?

How many of us ask this question – Why should I be stuck to anything or anybody? I can enjoy the pleasure of possessions and the bliss of relationships. But why should these possessions and people become the very cause of my misery? When we realize that our passion for things becomes such an obsession that their absence makes us miserable, it is time to realize the Commandment, Thou shall be Free. When our love for people becomes such a deep attachment that we become blind to our own suffering, to the world that surrounds us, it is time to realize that we must not cling to anybody.

Is it so difficult to understand that nothing is ours and nobody will be with us forever? When a child is born, it does not even come in an underwear and when it grows old and finally dies, all the things that it clings to, are ultimately left behind. Those things are just meant to be used and to be enjoyed and not to get stuck to. But if we become attached to our possessions, then their loss or even the fear of their loss,

THOU SHALL BE FREE

will create much stress and anxiety.

When will we overcome our ignorance that people are meant to be our companions and our relationships with them can only be enjoyed during this journey called life? Did they arrive with us when we came to earth? Will they die with us and join us in our rebirth? This is a fairy tale, and we must realize the truth. Then, what is the point in sticking to people so much, that the bond causes misery rather than bliss?

Loving relationships are meant to be a fountain of joy. But when we make a relationship a cage, and we become birds that are locked within, we lose the very gift of freedom that is the source of happiness. Therefore, we must live without any attachment. This makes one wonder if we should stop loving anything and anybody. No! We can love, but we must do so with Detached Attachment. When we follow the Commandment – Thou shall be Free, then we will love, but we will not cling to anybody or anything.

Nothing Belongs to Us

Have you ever asked yourself the question – What is it that actually belongs to you? It seems that this is *my* car, *my* house, *my* expensive signature pen, *my* laptop, *my* mobile phone. All this is mine, is it not? But what happens when it is time to depart from this earth? What will belong to us? We cannot even take a pin with us. It is said that when Alexander the Great, the world conqueror died, he asked that his hands be left out of his coffin for people to realize that we can take

nothing with us. We come empty-handed and when we go, everything will be left behind.

When nothing belongs to us, then, why do we get so attached to our possessions, our wealth, our properties, gold and diamonds? No doubt that these are amazing things to possess, but they do not belong to us. When we realize this simple truth, then we break free from the attachment of worldly things that belong to the world and not to us. The rich and the famous of this world continue to build their wealth. First it is millions, then billions. But are they satisfied? They consume this gift called life and while it seems like they are a king on the outside, they are in reality, slaves on the inside. They do not own the wealth. Their wealth owns them. They become puppets controlled by their possessions, by their social standing, by their listing in the Forbes rating of the wealthiest people of the world. They live and die, clinging to their possessions. Are they truly happy? They live in constant stress, worrying about the state of their expensive cars, exotic gems and jewellery, and the several villas and holiday homes that they may have built in destinations around the world. Then suddenly, one day when they hear the whistle blow, and it is time to go, what they earn, others will burn. Everything they thought was theirs is lost in a flash!

Those who live with the Commandment, Thou shall be Free, learn to give as they live. They spend before their end. Because they realize the simple truth - 'Nothing belongs to me', they are free from the clutches of their own possessions that would otherwise cause their own misery.

Don't let Relationships Bind

Aren't loving relationships beautiful? Don't they become a fountain of joy? But what happens when the relationship is glued together with attachment? Doesn't the joy turn sour and become sorrow? Haven't we seen people claim to be madly in love for several years and then soon after they marry, get divorced? What made their love turn to hate? As long as there was no contract, there was love. But when their marriage certificate changed expectations in their relationship, a new relationship was born that curtailed the freedom of the two, who were otherwise, so much in love. The moment they lost their freedom, because of a change in their perspective and paradigm, the love between them disappeared.

Beautiful relationships are meant to help us evolve in this journey called life. The fact is that a relationship is not going to be forever. One day, we have to depart, and every beautiful relationship will end. If we respect relationships and give our partners enough space to be free, such relationships grow with love, care, compassion, understanding and forgiveness, all of which strengthens the bond. However, if there is attachment and possessiveness, then love turns to doubt as we demand more. We begin to constrict freedom, we start interfering in each other's space, till the relationship disintegrates. When loved ones follow the dictate – Thou shall be Free, they value each other's freedom. They do not constrict the relationship and make their love so petty, that it makes their partner claustrophobic, in an otherwise loving

relationship. There are beautiful relationships that last for decades, where each gives the other the right to freedom, the right to choose, and the right to do what they like. Love is not about sacrificing our happiness for others, but rather, finding a way where both can be happy, without needing to sacrifice. When there is good understanding and partners make a choice to give each other space and freedom, then these relationships do not bind, but rather, let people unwind and be who they want to be.

Thou shall be Free – is the magic Commandment that creates Detached Attachment between partners whose loving relationship lasts until death does them apart. Those who are controlled by attachments, interfere with the freedom of their loved ones, falsely considering it to be their deep concern and care, which is actually attachment in disguise. Slowly, but surely, it will kill that relationship. It is unfortunate that they never learned the Commandment – Thou shall be Free.

Don't Create your own Prison

Why do we human beings become miserable as we create a cage with prison bars of our possessions and our relationships? Why do we get caught in contracts, vows, promises and commitments that trade our freedom with the hope of gaining happiness? It is because we do not realize that happiness does not depend on people and possessions. Happiness is a state of being and if we want to be in bliss, without misery, we must be free. We must have the option to choose to do what we like, to go where we want, to wear what

we prefer, to eat our favourite food. When we get constricted, and our attachment causes us to give up things that we love, then we suffocate in a prison of our own making.

It is not just relationships that create a prison. Sometimes, it is our attachment to our possessions that stops us from being free to live like a bird that can fly in the sky. We ourselves become puppets as we get attached to people and possessions by creating strings of attachment that steal our peace and joy. This is not how we are meant to live. We are meant to breathe fresh air, just as we are meant to be free to do what we like. When somebody stops us from this freedom, or something holds us down, we inadvertently become miserable. We do not realize that it is the loss of our freedom which we gave up through our attachments to people and things. These promise us happiness, but ultimately, become the source of our unhappiness.

What is the solution? Freedom. We must live with the Commandment – Thou shall be Free. Freedom is priceless. *Roger used to go to Switzerland and live at beautiful mountain resorts. He would then explore France, Austria, Italy and other places, and enjoy dozens of beautiful experiences. His friend Smith made a big mistake. He bought his own villa in a Swiss village and went there every time he wanted to retreat into the mountains. After a few visits, he became miserable. Roger had spent a fraction of his money in the hotels he stayed in comparison to Smith. He had no attachment to any property like Smith. But he was far more blissful. Smith became attached to 'my' villa that became his prison and his ultimate source of a boring holiday.*

Why do we human beings get attached? Why do we live with ignorance, that a villa belongs to us, that our relationships are permanent? The moment we realize that life is just a show, and we come, and we go, we shall be free from this prison of attachments.

Learn to Renounce

If you have chosen to live by the Commandment, Thou shall be Free, then, you will renounce all attachments. Although, you will have relationships and possessions, you will not be attached. You will live with Detached Attachment as you follow the Commandment of freedom. You will not only be free but will also respect others freedom as you live with the simple realization that this life is nothing more than a dream. Just like everything in a dream dissolves, when we wake up, everything in life, will also disappear at death.

Therefore, what must we do? We must learn to renounce. People often misunderstand what this means. It does not mean that we should renounce our relationships and our possessions. It means that we must renounce our craving for people and our attachment to our possessions. We must learn the art of Detached Attachment which makes it appear that we are deeply connected on the outside, but on the inside, there is renunciation that comes from living with the Commandment to be free. Nobody will even know that we are detached as we seem attached to the world. But we learn to renounce our attachments and live a life of peace and bliss, free from being a slave in a prison of our possessions and our people.

The Ultimate Goal is Freedom

What is the ultimate goal of life? Is it to accumulate wealth, properties, stocks, jewellery and finally die? Is it to live in constricted relationships that make us miserable in the guise of being in love with each other? This is not life. The truth about life is that we come and we go, and not only must we be free from our people and possessions, we must be liberated from life itself. Some people call this salvation, some *Nirvana*, *Moksha* or Enlightenment. Not everybody is fortunate to understand these terms. But they are all based upon what is known as *Mukti*, which means freedom. The moment we live with the Commandment, Thou shall be Free, not only are we free from misery on earth, but more importantly, we become free from rebirth. Once we start living with freedom, with the Realization about the truth of life, we realize that we are not this body that clings, we are not this mind that is attached, we are not the ego that is imprisoned with people and possessions. The truth is we are the Divine Soul. The Soul enjoys freedom. When we realize this, we achieve our ultimate goal, and we are free from the triple suffering of the body, mind and ego. We renounce all attachments as we live with Detached Attachment. We realize we are not the bodies that we wear, we are the ones that wear the body. So, we are free from the clutches of our possessions, and while we enjoy beautiful relationships, we go beyond the skin to love the Divine Soul within. This is Enlightenment. It is the Realization that we are all part of one Divine Power, the Supreme Immortal Power. We are all energy that appears as you and me. It is not easy to get this Realization. But those

who live with the Commandment of freedom, those who live with Detached Attachment, ultimately move up this path to achieve the ultimate goal and live as the Divine Soul.

Are you a Puppet on a String?

What is your life all about? Are you free to be who you want to be, or are you bound like a tree, unable to move, to go where you want to go, to fly in the sky to explore this beautiful gift called life? Have you created your life such that somebody else controls the strings of everything that you do, or do you choose to do what you like to do?

What is your freedom score? Have you created relationships that bind you so tightly that you cannot go where you want to go, you cannot wear what you want to wear, you cannot eat what you want to eat? Can you watch your favourite television program, or have you submitted your life to become such a slave that you are forced to watch something on television that you hate? Have you let your possessions own you, rather than you owning them? Where have you reached in life? Are you a puppet that is controlled every moment or do you live like a horse? *Somebody asked a man galloping on a horse, 'Where are you going?' The man helplessly replied, 'I don't know, ask my horse!'* Some of us do not live like the boss. We let the horse take charge of our life. Who is the horse? The body, mind and ego drive us to a destination which is not where we want to go.

Neither should we be a puppet to possessions and people,

nor should we be a horse. We must learn to live like the boss. We must learn to be free. We must learn to live with Detached Attachment and if we follow the First Commandment – Thou shall be Free, we shall become who we want to be.

Aruna used to go to Shanti's house. Shanti had a beautiful African parrot that lived in a cage. The pretty parrot was playful, but Aruna could sense a sadness as it was unable to open its wings and fly. Shanti protected her expensive parrot and did not let it out of the closed room even for a minute. Aruna realized that her life too was like this parrot. She was caged. She was unable to explore, to do the things she loved and to be who she wanted to be. She had been living in a failed marriage for many years, but she continued to groan through the marriage because she did not have the courage to break free. She was attached to her teenage daughter and this attachment continued to be the source of her misery. She believed that her duty was nothing beyond taking care of her child and she failed to follow the First Commandment.

Our biggest duty, our biggest responsibility, our ultimate goal and purpose is freedom.

Do you want to be who you want to be?

Then be free?

Or live like a puppet, or else a horse,

And make somebody else the boss.

2nd

COMMANDMENT

THOU SHALL BE HAPPY



*Thou shall not think that Happiness is just a Pleasure,
Nor waste your life chasing a Treasure.
Thou shall make a vow, to be happy in the now.*



The 2nd Commandment that can create detachment from all attachments is the vow of happiness. 'Thou shall be Happy', inspires us to live a life of bliss, of peace and of joy. It creates in us Divine love that reaches out to one and all. It blesses us with altruism that seeks to make others happy and by doing so, fills our life with bliss and happiness. When we make a vow that we shall be happy, we let go of possessions and people. *Hitherto, we would cling to everything and this for sure would misery bring.* Now, we choose to be glad and not to be sad, because we follow the 2nd Commandment – Thou shall be Happy.

Happiness and attachment do not go hand in hand. When we are attached, we become unhappy. Therefore, when we follow the path of Detached Attachment, we become happy. It seems we are deeply connected with people and passionate about our possessions. But inside, we are detached. This Commandment liberates us as we experience that state of bliss that comes from consciousness.

Be Happy Now

Can you be happy in the yesterday that is gone? Thinking of the past will not make our happiness last. We will end up with regrets which we will rehearse, as we nurse and curse them. We must reverse this and learn to live in the present moment. Can you be happy in a tomorrow not yet born? How can you? There is no guarantee about tomorrow. Still, we trade our biggest gift, the present, with the hope of being happy in a tomorrow that does not exist.

Those who make a vow to be happy in the now, tightly shut the door on yesterday and tomorrow. They live in day-tight compartments. They live life moment by moment, with happiness being the priority. Nothing else matters. Their happiness does not depend on people and possessions. They learn the art of *being* happy and not *becoming* happy because of relationships or the pleasures that come from their possessions. Therefore, they let go. They choose not to be sad, with disappointments and heartbreaks. They realize the simple truth that life is a big drama that is unfolding on planet earth, which is a humongous stage. That they are just actors who come and go. This is just a show! They are not mad to be sad, they choose to be glad! Whether the drama is a tragedy or comedy, it hardly matters. They enjoy the movie 'life' as it unfolds scene after scene. They enjoy the things that come their way. But if some things are snatched away, it does not make them sad, for they know that when they go, everything will be snatched away anyway. They enjoy their beautiful relationships just as they enjoy a beautiful sunset. They do not cry when the beautiful colours in the sky say 'goodbye'. So, when people bid 'adieu', they know it is true that nobody is ours forever. They are happy in the moments that they spend, before the relationships end. They do not cling to things and people and become unhappy. They are happy, moment by moment.

Make Happiness a Priority

How can we put happiness above everything else? When we realize that success is not happiness, happiness is

success, we stop chasing money, wealth and those trinkets of pleasures that we believe will make us happy. We realize that all rich people are not happy, but all happy people are truly rich. Can you be successful all the time? You cannot! Can you be happy all the time? You can! When you learn the art of happiness and choose to be happy, no matter what, then your happiness does not depend on external circumstances. Being happy becomes a priority. You do not let disappointments create discouragements and make you feel defeated. You accept whatever comes your way. You live with the philosophy – *If it is there, it is good. If it is not there, it is great!* Your happiness is not dependent on what you have, but rather how you feel, and you just choose to be happy. It's possible!

Most people in this world do not understand the meaning of happiness. They think happiness is achievement. Therefore, they never live with contentment and fulfilment. They let their need become their greed, and they are never happy indeed! Because they think happiness is pleasure, they enjoy moments of happiness that soon turn sour. They become unhappy when they lose their treasured possessions, just as they cry when the people they love, leave. Therefore, their happiness is not in their hands. Those who control their happiness, do not handover the strings of their happiness to things or to people, who will ultimately leave them one day. They take charge of their happiness. They make it a priority. Nothing else matters.

Happiness is in *Being*, not in *Becoming*

If we want to be happy, we must realize the simple

truth that happiness is a state of being. When your happiness is a state of becoming happy, you will live like a yoyo, going up and down, sometimes glad and sometimes sad. If you are one who becomes happy if you get your favourite thing, and if you are with your special people, then, you will become happy once in a way, but you will never be happy every day.

You can control your actions, but you cannot control other people's reactions. It is their reaction, and they are in command of it. When you put your happiness in their hands, you make a poor investment. Inadvertently, you are choosing to become unhappy. If you want that the ones you love should bring you beautiful flowers, you may sometimes experience bliss, but rather, if you choose to pick your own flowers, you will have eternal happiness.

Happiness is about *being* happy. It is not dependent on the conditions around you. The state of eternal bliss comes from living in the consciousness of the truth about life. When we count our blessings, we become instantly happy, just as we can become miserable when we count our troubles. It is a choice. If we want to be happy, we can easily be happy if we just go and make others happy. But if we wait for others to make us happy, we may remain unhappy forever. Therefore, we must choose to be happy. The ultimate happiness of life is thus going beyond pleasure that comes from achievement and peace that comes from fulfilment. It is the state of Enlightenment that leads us to living with eternal peace and everlasting happiness. We must learn to stop chasing shadows, the attainment of which we believe gives us bliss. *We must not*

live like the musk deer that is constantly seeking the fragrance of musk that is inside its own navel. Throughout life, it yearns to find the musk on dangerous cliffs, till ultimately one day, it falls off and dies. Hunters tear open its stomach to retrieve the valuable musk that was within it all the time. Happiness is within us. If we keep seeking for it outside, how can we ever be happy?

The Happiness Paradox

What is the Happiness Paradox? It is this – Happiness can create unhappiness. What does this mean? *When a gold medallist in the Olympics is screaming with joy, why is the silver medallist crying? It is because although the latter could celebrate being runners-up, he is disappointed not winning the gold. In that very moment, the one who gets the bronze medal is jumping with joy. He did not expect anything at all!* The Happiness Paradox teaches us the art of happiness. It helps us go beyond expectations which can make our very happiness become the source of our unhappiness. Somebody loves pizza and when you serve them pizza, they enjoy filling their stomach with it. Now, you give them another pizza but they do not enjoy it so much. Though it is their preferred meal, they begin to force it down their throat! Now, try giving them a third pizza. They will just hate it! How did something they love become something they hate? This is the Happiness Paradox. The happiness that we get from things and people, can end up making us unhappy. The very joy that comes from being attached, can become the cause of our misery. We must beware and not handover our happiness to be controlled by factors outside of us. We must live with the Commandment – Thou

shall be happy, just as we must be conscious of the Happiness Paradox and not become unhappy in trying to be happy.

When happiness becomes a priority, we learn to live with Detached Attachment. It seems that we are passionate about our favourite things and on the outside, we seem to love deeply, but on the inside, we are free and liberated from all attachments. Those who learn about the Happiness Paradox make the happiness Commandment a priority of their life.

Happiness doesn't Depend on Anything

What is the truth? Does real happiness depend on what you get? No doubt moments of pleasure and joy maybe in the hands of things and people around you, or even a place that you go to. But eventually, happiness does not depend on a place, on your possessions or the people that surround you. It depends on you! You can be happy no matter what, if only you realize that happiness is a choice. If you realize the truth that you can control your happiness, then you will never be unhappy. If you realize that everything that happens in our life, happens as per the Law of Karma, the Law of Action and Reaction, you will learn to surrender, to accept and to be happy.

There are people who cry over their birth – why they were born in this country, to their parents and in certain circumstances. Can we control birth? Nobody can! Then, why cry over your birth? Some people live with the fear of death. Does anybody know how they will die, and when they will depart? Our death is not in our hands. Just like we cannot

control our birth and our death, we cannot control everything that is happening around us. Then why let the circumstances of our life make us miserable? Why not just choose to be happy?

The lucky few who adopt the Second Commandment of happiness, learn to live with smiles and laughter. They learn to be detached from their attachments. They may not be able to cut off relationships, but they do not let their relationships steal their happiness. They learn to eliminate joy stealers from their life. Anything and anybody who steals their happiness is banned from entering their life. They replace joy stealers with happiness triggers. They choose to be with people that inspire them. When they replace toxic people with nourishing people, they live with the happiness commandment. Those who are attached to toxic people, just cry till they die. It is a choice! When we realize that being happy is up to us, and up to what we are attached to, we can make happiness fill our life.

Peace is the Foundation of Happiness

Those who want to live with the Commandment, Thou shall be Happy, learn the secret that we cannot be happy if we have no peace. Peace is the very foundation on which towers of happiness are built. When there is no peace of mind, our happiness will collapse. How can we attain that state of being happy and peaceful?

When we are attached to things, we lose our peace and inadvertently, our happiness. *A man bought a new BMW. After a celebration party, he woke up the next morning to see his little boy*

scratching his new car with a stone. He was so attached to his prized possession that he ran outside and seeing the scratches from a distance, started beating his child. His attachment was so deep, and his anger so intense that he smashed his child's hand on the door of the car! After the episode of anger, followed by remorse and regret, when he returned from the hospital with his child with a bandage on his child's little fingers, he looked closer at the scratches on the car. The little boy had scratched the words – 'I love you, dad'.

When we become attached to things that we are passionate about, we become so obsessed that we lose our peace of mind, and we can go to any extent to protect our possessions. What we do not realize is that those very possessions that are supposed to make us happy, are making us miserable. Blessed are those who replace their attachment for things with the choice to live with peace which comes from detachment from things. Ultimately, we are not going to take the car with us. Nothing is ultimately ours! We pick things in this world, and we leave them behind. Then, why be attached to things and lose our mind and ultimately, our happiness? When we make happiness a commandment and choose to live with peace, the very foundation of happiness, we learn the art of Detached Attachment. We enjoy our possessions, but we do not let our passion become such an obsession that it makes us crazy and takes us to the extent that we live a life of stress, worry and anxiety.

Sometimes, it is not a possession, but it is a person that is stealing our peace of mind. We love the person so dearly, that we do not realize that it is that very person that we love

who is stealing our peace of mind and our happiness. Life is a short journey and if we let somebody steal our peace and our happiness, alas, we let them steal our life itself. The wise prioritize and make peace their focus. They build happiness on it, without being attached to people and things. How is this possible? Happiness comes from things and from people. When we realize that we can have our possessions and our people, just as we can experience peace and happiness because we remain detached from these attachments, we learn the art of ultimate happiness. All this comes when we choose to live with the commandment – Thou shall be Happy.

Anand too wanted to be happy like you and me. He was a successful businessman and enjoyed life in many ways. He just finished celebrating his 60th birthday when he started a new business. Many of his friends told him to let go and to spend the rest of his years away from the stress and pressure of running a business. Anand fooled himself into believing that his business was making him happy, and he jumped into it. Today, Anand lives like a prisoner in his own business cage. Many of his friends are free and happy, but the problems and the challenges of his business continue to keep him tied down. His attachment to his success and his money, fooled him into believing that success was the most exciting happiness. He did not realize that success is not happiness. Happiness is success. The glass of Anand's life is getting empty by the day, just as his glass of money and wealth is getting full. In the end, he will have a lot of money, but no happiness. It is a choice.

*If we let our Happiness depend on our people and our things,
Then we will live with attachments and cry with our tied wings.*

3rd

COMMANDMENT

THOU SHALL LOVE ALL



*Thou shall live with the fountain of Love
Thou shall Love all like the one you love above*



The 3rd Commandment to be free from attachments and to love all with detachment is - Thou shall love not just your beloved, thou shall Love all. Because the meaning of love is misunderstood in the world today, we constrict our love and make it so narrow that we ourselves get stuck in the attachment of our love. This is not true love. Being possessive about whom we love and becoming overprotective, with all kinds of expectations, can even turn love to hate. And that unfortunately, has become the fate of most love stories in the world.

What is True Love?

True love is bliss. It is not just a kiss. True love is not just hearts, hugs, kisses and Valentine's. True love sprouts from the Divine Soul within. In fact, from the time we are born, till the time we die, the fragrance of true love spreads an aura of bliss in our life. But when we make love limited, and get attached to the one we love, we become miserable. We seem to own the person we love and do not give enough space for our beloved even to breathe. Every human being needs to have space to do what they like, when they like, with whom they like. Just because there is love in life, it should not make us a slave to our beloved. This is not true love.

True love is freedom. True love is trust. It is finding happiness in the happiness of our beloved, not just in fulfilling our expectations from the one we love and imprisoning them like a bird in a cage. Have you not heard the famous words - *'If you love someone, set him free. If he comes back to you, he is*

yours; if he doesn't, he never was.' True love is not from skin to skin. It is from the Soul that is deep within. When our love becomes that from one body to another, it is not love, it is attachment. If we want to live a life of peace and bliss, and fill our life with Divine love, we must learn to live with Detached Attachment. While it may appear that we are deeply attached to the one we love, in reality, we must be detached. Our love must flow, to one and all. This is true love that will give us bliss.

The Rainbow of Love

True love is a rainbow of 7 colours. Just like the rainbow has VIBGYOR, true love starts with Violet love that exists between children and parents. Does not a child truly love its mother? This is not the worldly attached love. It is Divine Soulful Violet love. When a parent becomes attached to one child, then, this Violet love can turn black. Violet love is meant to be between all children and parents, without anyone in the family becoming over-attached to others. A happy family is one where Violet love flows between all members. This is healthy Violet love.

The second colour of love is Indigo. It is the innocent love between friends. Is not friendship a great bond of Divine Love? But what happens when we become attached to one friend? The magic of that love creates complications. Healthy friendship is between all friends and does not constrict our love to one friend. Of course, we may have one best friend. But if we want to rejoice, we must find love with all our friends.

The third colour of love is Blue love which is innocent romance. We often get attracted to somebody in our teenage years and become passionate about the one we love. Is this healthy? Because it is our first love, we may become over-attached and possessive, but most of us grow out of it and move on as we mature. We develop Green love for ourselves, which is built on self-respect and self-esteem. Then, there is Yellow intellectual love, where we love those people who are on the same intellectual frequency as we are. There is Orange love, which is emotional, not physical. The world, however, knows more of Red erotic love that makes one a slave to the sensual passions that sprout from red love.

True love is not just Red erotic love. It is a rainbow of all 7 colours. When love becomes corrupt, and remains in one colour, it creates complications in life. Have we not seen a mother become so attached to her son, that she becomes jealous of his wife and spoils their life? This is due to attachment, which can kill! True love liberates and shares happiness. It is detached love to one and all, not possessive love that creates poison in relationships that ultimately leads to misery and suffering.

Love comes from the Soul

Why do we become deeply attached to people? It is because we do not realize that love does not come from the heart as we have been taught. The heart is just an organ to pump blood. Because the emotion of love creates an excess flow of blood to the heart, there seems to be a sensation of love coming from the heart. This is attachment. It will only make

us miserable. When love comes from the Soul, it is Divine. It is pure white Divine Love that appears as the 7 colours of the rainbow of love. Just like white light from the sun splits through droplets of water, and appears as the glorious rainbow, true love is beautiful and fills our life from birth to death, to love one and all. It is a fountain of love that flows to not just the people we love, but even our dearest pets, our cats, dogs, birds. This love is Divine. It is white love. It is not attachment to a single person. It is Divine love that flows to all. Such love flows from the Soul and creates joy and peace.

Love that appears to come from the heart and becomes attached and possessive of the beloved, ultimately creates hate, jealousy, anger, revenge, and these poisonous emotions fill our life with misery. We must discover true love and live with detachment. Our attachments must not make us miserable. When we learn the art of Detached Attachment, we enjoy both the love for our beloved, and our friends, our family, just as we are free from the bondage of attachment that creates toxic emotions that will fill our life. Why should there be jealousy and hate? Why should we live with anger and revenge? It is because there is no Soulful love. When love is shallow and remains the love of the body and mind, we will only find misery. Soulful love is beautiful. It flows like a river that touches many rocks and dances creating a music of divinity. So, when we love one and all, our love creates the magic of joy with all those who are a part of our life. It manifests not just as love, but as kindness and care, compassion and forgiveness, as we share our life, our blessings and our gifts with all those whom we love. Those who discover white love,

THOU SHALL LOVE ALL

the true love that comes from the Soul, live with Detached Attachment, peace and joy.

Don't just Love the Skin

If we want peace and bliss in our life, we must not let our love be skin deep. We must not just love the skin but love the Divine that is within. When we become attached to a living form, this love is an illusion. It appears but is momentary. Soon, the love will disappear because forms are constantly changing. Have we not heard of broken relationships as age makes the beauty disappear in one's beloved? Then, one falls in love with another, and these become one of the many millions of stories of heartbreaks around the world. Separation and suicides, divorce and even murder, become the conclusion of several love affairs. If they were truly love affairs, then why would they end in such a tragedy? This is because it was not love at all. It was a crush, an infatuation, an attraction! The world flows with such love and unfortunately, never discovers the meaning of true love. True love comes from deep within the Soul. As long as love is skin deep, we may appear to have a deep attachment with our beloved, but this is a myth. Soon, our love dissolves and disappears.

Love of the Soul is eternal, not temporary like love of the skin. Love of the Soul is detachment, and not attachment between two lovers. When we learn to let our love flow to one and all, we have discovered true love. Thus, the commandment, Thou shall Love all, is the secret of discovering the Divine in one and all. Unfortunately, most of us do not discover this

Divine Soulful love. Because we are attached to the skin, we do not experience the Divine that is within.

Divine Love

True love is Divine. It belongs to the Soul, that is the very power of life that exists from birth to death. Can a dead body love? It is incapable of this emotion because love exists in the Divine Spirit, the *Atman*, the Soul that departs at death. It is this very Soul that showers love to parents, siblings, friends and loved ones, throughout the journey of life.

Unfortunately, we do not realize that love is Divine. It is not just a physical relationship, a worldly attachment. It is much beyond. Very few people realize that love is not between the body, mind and ego. These are temporary and transitory. We are in reality, the Divine Soul which carries Divine love with it throughout its journey in the body. Because we do not discover this Divine love, we become attached to the one we love, and we think it is love. It is not. It is just an attachment, an attraction. Soon, the relationship will burst because the love and attraction are an attachment to a body that will disintegrate and so does the love. Divine love never disintegrates. It is not an attachment to one that we love. It is love without expectations that flows to the Soul in one and all.

Ishq-e-Haqiqi and Agape

Divine love is not new. Thousands of years ago, it was

advocated by the Greeks and the Sufis. The ancient Greek civilization classified love into different types. They had a God of erotic love, Eros, just as they had a Goddess of Divine love, Agape. While Eros referred to physical love, sexual attraction, Agape referred to Divine, selfless, altruistic love. The transcendent Agape was considered to be the highest and purest form of love. Eros was associated with self-interest, with the desire to acquire and possess the object of our affection. Agape, by contrast, was self-sacrificial and self-giving, without expectations, based on God's unconditional love for all beings.

The Sufis referred to this Divine love that was universal love as *Ishq-e-Haqiqi*. They differentiated it from the worldly love which created an attachment between the lover and the beloved, as *Ishq-e-Majazi*. The Sufis advocated that worldly love or *Isha-e-Majazi* made one believe that love was only about loving their beloved. This worldly love fooled us into believing that the intoxication of love only existed when it was from the lover to the beloved. Those who evolved spiritually realized the simple truth that we come alone, and we go alone. How much ever we love our beloved, the love will ultimately end. Therefore, *Isha-e-Haqiqi* was about Divine love for one and all. It was love that was detached from all attachments, giving enduring peace and happiness. The spiritual ones were liberated from being bonded to only one beloved as they evolved to love the Divine that manifests in one and all. This spiritual love liberated the followers of Divine love from all misery and suffering, filling their life with joy and bliss that came from the fountain of true love.

Unfortunately, human beings become attached to people and attracted to the passion of erotic love. This does not give us eternal happiness. We get imprisoned by our own attachments and do not discover the bliss of Divine love that loves with Detached Attachment.

Choose to be Happy, Moment by Moment

What would you choose? To be attached to your beloved and be miserable or to live with Detached Attachment and live your life moment by moment, with love, joy and peace? We can choose constricted, attached love which will seem to give us a lot of happiness, but ultimately, make us suffer or we can choose to be enlightened and let our love flow, not just to our beloved, but to the Divine that is in one and all. This does not mean that we must not love, nor does it undermine the strong emotion of love between lovers. It is evolving to the next level of Divine love, where we love our beloved truly, but that love does not become an attachment.

Our Enlightenment lets us live and love with Detached Attachment and permits our love to flow beyond boundaries of our beloved, to touch the Divine in one and all, and spread the magic of love that creates so much bliss. It is a choice. If we choose to only love the beloved, we will not discover Divine love. But if we learn to live with detached attachment, as we love our beloved, our love will reach the world and will not let the love for our beloved become corrupt and ultimately disintegrate. This love comes from the realization that our love is not for the beloved that is made of bone and skin, but

THOU SHALL LOVE ALL

for the Divine that is within.

Susan was in love. She was married to one, but her heart belonged to another. Like any lover who is crazy about their beloved, her clinging to her loved one stopped her from discovering true love. True love does not come from the heart that beats faster because the mind creates chemicals and hormones that increases the pace of our heartbeat. True love is Divine Soulful love. When Susan discovered love that was beyond a kiss, true love that was bliss, she let go of her possessiveness and clinging. She discovered the fountain of love that flowed to everybody she met. Her illicit love story had been causing so much chaos in life that it had pushed her into living a life inspired by the movies and the love stories of the world. Susan realized that as long as she was enamoured by the beauty of the skin, she would never be able to discover the true love that was deep within. Eventually, her head won over her heart and she was free to experience the Divine true love that flowed to the world.

***When love becomes an attachment,
It creates emotions that are toxic.
But Divine Soulful love is detachment,
That fills our life with magic.***

4th

COMMANDMENT

THOU SHALL NOT HAVE EXPECTATIONS

“

*Expectations create Unhappiness, thou shall realize this!
And then live without Expectations, a life full of Bliss.*

”

THOU SHALL NOT HAVE EXPECTATIONS

If we want to live a life that takes us towards the ultimate goal of Enlightenment, then we have to learn the art of Detached Attachment. There is no way we can live as a realized Soul with bliss, love and peace, if we live as the body, mind and ego. If we let our senses crave, our mind desire and our ego develop attachments and expectations, we shall live like an ordinary mortal. Our life will be like a merry-go-round that will pass pleasure and pain, again and again. We have to renounce all expectations. Expectations guarantee misery. Expectations tie us down to our attachments and we fill our head with sorrow till we are dead.

Why be Disappointed?

What is the point of expecting something from somebody and then becoming disappointed, unhappy, miserable, when the truth is that nothing belongs to us? Nobody is ours. Then why let people hold the driving wheel of our life car and drive us to destination unhappiness? It is great to love, but when we have expectations from the one we love, then we are sure to become miserable. When there are attachments and then expectations, it is only natural for the next sequence to unfold as misery and unhappiness. What is the solution?

Give others Space

If we want to follow the Commandments of Detached Attachment, and not have expectations from others, we must not be overbearing and not make others feel overwhelmed by

our attachment. We must give people their freedom, their space to make a choice. This may not be possible in a scenario of a working relationship, where we have KPIs – Key Performing Indicators and KRAs – Key Result Areas, but this is definitely possible in personal relationships. We must let our loved ones understand our expectations and thereafter, have no expectations. Is this a dichotomy? No, it is not! Communicating our expectation is fine but becoming a slave to our expectations will make us take our misery to our grave. We will live and die, wanting the 'I' to have its wishes fulfilled. Why? The people we love have their own priorities, their own mind and this need not always match our thought process.

Therefore, we must not become puppets of our own expectations that hold us by the string and make us dance to a sad song. Let go of others and let them do what they want to. If they fulfil an expectation, appreciate it, for it is but natural for one to repeat what they are appreciated for. But having expectations is a recipe for disaster. Every individual enjoys their space, and we must respect it.

Whatever will be, will be...

Have you not heard the famous song – *Que será, será*, whatever will be, will be. What does this song teach us? It teaches us that we cannot control other people's actions, but we can control our reactions because they are our reactions. Therefore, when we live with an attitude of acceptance, rather than expectation, then we can live with peace. This song also makes us realize the truth that everything that is happening in

this world is unfolding as per the Law of Karma, the Law of Action and Reaction. Nothing happens by chance. If there are apples growing on our tree in our garden, we cannot look up at the sky and cry and ask, 'Why?' How can we have mangoes, when we planted apple seeds! There is no way mangoes will appear on the tree. So, in life, things unfold as per our past actions and not as per our expectations. If we plant seeds today through the deeds that we do, chances are they will bear fruit. But even that is beyond our control. There is a factor beyond man's actions that controls the fruits thereof.

Therefore, the only way to live a life of bliss and peace is not to have expectations. This may not go well with people who live in the material world, because their life is all about expectations, just as it is about disappointments that follow. Those seeking Enlightenment must take an exit from this path.

Expectations create Attachment

Those who are on the journey of Realization and want to be liberated from the suffering of this world, know for sure that expectation is the key that creates attachments. Do we have expectations from everybody? We do not! We only expect from those whom we get attached to, our very near and dear ones. Then, we are caught in our own trap. If the expectations are not met, we become disappointed and miserable. Therefore, an easy way of avoiding attachments, is avoiding expectations. What creates the attachment is having more and more expectations. This is the reason we see people experiencing

heartbreaks because their heart yearns and ultimately burns. There is no other way for expectations and attachments to unfold.

Therefore, we must live by the Commandment - Thou shall not have Expectations. People get so confused by this. They retort to questioning- 'Do you mean we should not love our near and dear ones?' Loving is different from expecting. Loving can be all about giving and not seeking anything in return. The moment we start to seek, we start to climb the misery peak. Our sorrow only becomes more and more as our expectations increase.

What is the magical way of detachment? Have no expectations! There will be no attachment. This will lead to freedom, which is the ultimate goal of life, to Realization, Enlightenment and Liberation.

Expectations create Misery

Why should I not have expectations from those I love so much, from those I am so bonded with? It is great to love and have strong bonds and connections. The problem is in expectations. Expectations are a sure way to break the bond and connection and to make the love disappear. True love is unconditional and one which has no expectations. When love is based on fulfilling expectations, it is not love. It is just another transaction. Most people in the world, do not understand the meaning of true love. They are only living with contracts with their loved ones. It is like we are doing some mundane job. I

THOU SHALL NOT HAVE EXPECTATIONS

define JOB as Just Ordinary Barter. '*I do my damn work and I get my money for it!*' Is our love too meant to be this, just ordinary barter? Of course not! Love is love, you will say. But when love is built on a series of expectations, then these transactions destroy the very essence of love.

Why is there so much misery in the world today? Because there are too many expectations. Each expectation carries with it a seed of an opportunity of misery. Any moment it will sprout and create unhappiness. But remove expectations and you remove the possibility of unhappiness. Is this very complicated? No! Why then are people so caught in the cycle of attachments and expectations? Because they do not learn the art of letting go.

Learning to Let Go

Do you want BLP? Then let go of the BME. BLP means living a life of Bliss, Love and Peace. If we want such a life i.e., of BLP, we must follow a simple formula – let go of the BME - Body, Mind and Ego. The BME is the very cause of our unhappiness. The senses of the body crave, the mind desires, and the ego gets attached and this robs our BLP – our Bliss, Love and Peace. If we let go of expectations, if we tame the monkey mind, if we realize the truth of who we are, that we are not different from each other, then, we will be able to control our senses from having expectations.

How does one learn the art of letting go? By realizing that we are not this body that we wear. We are the ones that

wear the body. We are the Divine Soul. When we realize that neither do we bring anything to this world nor can we take anything with us; neither do we come with anybody to this world nor can we depart with anyone from this world, then we can let go of all expectations as we realize that this world is just a show. We are just actors. We come on the earth stage to do our part, and when the whistle blows, everybody goes. Death is certain. Nobody can escape it. But very few people learn to live before they die. Most people die every day that they live. The reason? Expectations!

Are you willing to live by the Commandment – Thou shall not have Expectations? Are you willing to adopt the 10 Commandments of Detached Attachment? If yes, then you will be free. You will be happy. You will love one and all. You will accept, rather than expect! You will experience eternal bliss and peace and overcome the suffering of this mortal world.

Raj loved his daughter beyond words. She was more precious to him than all his possessions. Little did he realize that his attachment to his daughter was the cause of his misery. One day, his teenage daughter did not return from university and her mobile was switched off. She would return home every day at 4 pm. At 5 pm he rushed to the university to look for her. By 6 pm, he had made dozens of calls to everybody he thought could possibly know about her whereabouts. Raj had created an expectation that his daughter, whom he loved so much, would message him at every step of her life – where she went, what she was doing and with whom she was. His attachment had made him paranoid. By 6 pm, he was so worried because there was no call or message from her that he started calling

THOU SHALL NOT HAVE EXPECTATIONS

the nearby hospitals to check if anybody with that description had been admitted in the last two hours because of an accident or emergency. Raj completely lost his peace and was agitated and disturbed. At 7 pm, he started contacting friends who knew the police so that he could register a complaint and start a search for his daughter. Suddenly, at 7.30 pm, a car stopped, and his daughter walked into the house. He was both shattered and relieved. 'Where did you go?' he shouted. His grown-up daughter replied, 'I had told you last week that a new Buddhist friend would be taking me to chanting classes today.' Raj recalled, but his expectation was that she should have informed him today. She should have updated him before going. It was his own expectation that caused him so much misery and pain. Raj realized that he should stop having expectations to start enjoying peace of mind.

***If you keep on having expectations in life,
You will remain attached to misery and strife!***

5th

COMMANDMENT

THOU SHALL NOT LOSE PEACE OF MIND

*Thou shall live every moment in Peace,
Thou shall make all miseries cease.
Thou shall not cling to anything!*

Do you want to live a life that is full of bliss, or do you want unhappiness? Surely, if you do not want to cry till you die, then live your life with the 5th Commandment – Thou shall not lose Peace of Mind. Why do we lose our peace of mind? Because we let our mind come and steal it. Our life is like a peaceful, still lake. The mind disturbs it with ripples of thoughts, and we become stressed, worried, fearful. Nobody wants this, but it just happens. More often than not, it is something that makes us lose our tranquillity. It could be somebody we cling to, somebody who ties our wings and stops us from flying in this glorious world. We are not supposed to crawl like a worm and struggle through life. But only because of the mind, we lose our serenity. If we resolve not to lose our peace for anything, then we will learn not to cling and live each moment in peace, the very foundation of happiness.

Who Steals our Peace?

Reflect on your life. Have you not enjoyed moments of peace? Then, in those blissful moments, a thief enters your life and drops negative thoughts, one by one. These thoughts germinate into feelings. They steal your happiness. This is not a rare phenomenon. It happens every day.

Sometimes we wake up very peacefully, but thoughts disturb our peace and steal our tranquillity. The thief is the mind. Where it is, you cannot find. But it makes our life come to a grind. Although this life is a short journey from birth to death, and we must live it with peace and tranquillity, the burglar

silently enters and fools us into believing in several myths we have grown up with, such as, this world is permanent, it is real. That 'these' things are mine and relationships will last forever. It is based on these thoughts of attachment that we ultimately, permit the mind to steal our bliss and joy.

The truth is simple. There is no need to worry, there is no need to fear. But the mind, with its toxic thoughts forces us to create negative feelings and lose our biggest treasure. We may keep all our money in a locker, our gold and diamonds in a bank, secure our properties through legal documentation, but if we lose our peace to the joy stealer, the mind, then we have lost life itself. Where there is no peace, there can be no happiness. Recall those moments where you were blissful and suddenly, the mind came and stole away your tranquillity. What happened to your happiness?

Silence Controls Thoughts

People often wonder: how can I protect myself from my mind? How can I stop the rascal from stealing my peace? The answer is simple. It is silence. If only we make it a habit to be still, to watch our thoughts, we will come to the realization that the mind is an illusion. It does not exist. Hitherto, the mind was like a monkey, jumping from thought to thought. But the moment we are in silence, we still the monkey mind and make it into a monk. The monkey has a tail, the EY that is Ever-Yelling, Ever-Yearning. When we use silence to cut the tail, the monkey becomes a monk. Not everybody is lucky to reach that state of consciousness which some people refer to

as mindfulness. It is a state where we empty our mind. We are thoughtless. We become like a still lake with no ripples. The rascal monkey automatically becomes a tamed monk and peace is restored, when we watch it, catch it and latch it.

What does silence do? It reduces the MTR. The MTR or Mental Thought Rate can go up to 50 thoughts a minute. This becomes 50,000 thoughts a day and we are devastated. Not only do we lose our peace, but we become so stressed, that we become depressed and even think of ending our life by suicide. The culprit is the mind which we cannot find. But through silence, we can tame it.

Unfortunately, we do not practice silence. We think it is a waste of time just to be still. Those who are enlightened with the truth, realize that it is in silence that we experience the highest ecstasy of bliss. It is in consciousness of the truth, that we experience true happiness. If you want to be happy, then build your life on the foundation of peace. Learn to live with silence. Let being in silence be an important part of your day plan. Then, you will be free from misery.

Activate the Intellect

If you consider peace to be a treasure, which is greater than any pleasure, then, you can go one step further and ensure that your life is tranquil. If you activate your intellect, you can ensure that you do not lose your peace of mind. Most people do not know the difference between mind and intellect. They think it is one and the same thing. We consider

the brain to be the mind, when in reality, one is the hardware, and the other is the software. So also, the intellect is the controller of our life. The mind is just a thought factory. Its job is to produce thoughts that inadvertently steal our peace and joy.

The function of the intellect is to discriminate. It can tell us the difference between black and white, wrong and right. When we activate the intellect, we stop the mind from attacking us with negative thoughts that steal our happiness. We live by the head, not the heart. What does this mean? The mind produces irrelevant thoughts, that if left uncontrolled, germinate into feelings and then toxic roots, that create shoots and fruits of misery and unhappiness. The intellect stops the germination at the stage of the seeds. It kills a negative thought before it can develop toxic roots and fruits.

It is the sharp sword of the intellect that is the treasure, the biggest gift given to a human being. No other animal perhaps has a fully developed intellect. Unfortunately, when we do not activate our intellect, we regress from a state of being a human to that of a beast. It is only a human being who is blessed to live with peace, who can contemplate and who can choose. Only we have this gift of the intellect and through our willpower, we can go on a quest, overcome our ignorance, realize the truth and be enlightened.

Peace or stress, joy or sorrow – it is up to us! If we live by the intellect, we can control our peace. But if we let the mind take charge, our happiness will cease. The human body has a hardware that consists of not just bone and skin, but the blood,

the flesh and the organs within. We also have a software, which is the operating system of our life. The mind fools us into believing that the primary constituent of the operating system is only the mind. But in reality, it is mind, intellect, memory and ego. Together, these subtle, invisible aspects of our life-software, control our peace and bliss. Only when we activate our intellect, we get to realize this truth.

The mind does not want us to live by the intellect because the moment we do, the mind is killed. It is destroyed. Therefore, the mind makes us cling to everything and we become miserable. In that state of emotional torture, we are unable to activate our intellect. The mind remains a king as it forces us to cling to our attachments. Not only do we lose our peace, our joy, our tranquillity, we lose the biggest treasure of life itself.

Attachment Steals Peace

What is the real reason for us to lose our peace of mind? What actually steals our happiness? When we are experiencing a deep, dreamless state of sleep, do we not experience Divine bliss and peace? Why? Because there is no thought. On the contrary, when we dream in our sleep, we sometimes wake up from our nightmare that makes us feel we have not slept throughout the night. The actual dream may have lasted for barely a few minutes. But the rascal mind is so powerful that it can steal our peace and bliss!

What does the mind do? It fools us into believing that

this world is real, when in reality, it is just a show. It makes us believe that we will be here forever, when in reality, we all have to go. It makes us cling to many a thing and makes us attached to those we love. It is this attachment that steals our peace. If only we use the intellect to realize the truth and we tame the monkey mind from its aggressive negative thoughts, we will live in the consciousness of the truth and experience bliss.

What is the truth that we must be conscious about? The truth is that nothing belongs to us. All our prized possessions will ultimately be left behind. Our money and wealth, gold and diamonds, stocks and shares, our home and property, anything and everything that we own, is in reality, not ours. When we come, we bring nothing and when we go, we will take nothing. Don't we all know this? Any man with average intelligence knows that all these are ours to use but ultimately, we will lose them. The mind stops us from being conscious of this truth. It bombards us with thoughts that make us believe that we are the owners of these treasures, when in reality, we are only the custodians. Nothing belongs to us. Just as we got it during our life, if we do not give it away, it will be snatched away from us at that moment of death. We cannot take a penny with us when we go. This is no secret. However, it is the mind that makes us attached to things. This attachment makes us miserable. The fear of the loss of these possessions steals our peace and our joy.

The peace that we lose when we cling to a thing is nothing compared to the attachment we have with people.

We become so glued to the people we love, that our love which is supposed to be a fountain of joy, becomes a tsunami of unhappiness. It swarms our life with poison and destroys our peace and joy. We become so possessive, so attached to people, that we are unable to live peacefully. We fear the wellbeing of our loved ones just as we fear the loss of love. We worry how we will be able to live without those we are attached to. What is the reality? No relationship is permanent. We came into this world alone and we will go alone. This is the reality. But our mind does not permit us to live in the consciousness of this truth. It creates thoughts of attachment, and this steals our peace.

Every individual has their own mind. We cannot control others, but we can only control ourselves. If we get carried away, and live a life of attachment with people, we will end up being miserable. We will lose that state of serenity, which is much needed to contemplate, to realize the truth and to attain the ultimate goal of Enlightenment. What happens to our attachment when the person we are attached to suddenly dies? Do we continue to be attached to the dead body? In that moment of death, or soon thereafter, our attachment ceases to exist. The truth comes to light. The body is nothing. One day, every 'body' will die. Then, why be attached to a body that is mortal? While our intellect understands this very clearly, the mind refuses to ponder, to contemplate this thought as it continues to steal our peace, making us live with attachments. Those who resolve to live with the Fifth Commandment, do not lose their peace of mind to their possessions and the people that they are attached to.

Addictions can Destroy

What is one of the biggest problems in the world today? It is addiction. We become so addicted to something that we lose sight of life. Those who are addicted to cigarettes, know that it causes cancer. On the pack of cigarettes, they can even see an image that depicts the cancerous growth and the disastrous pain. Despite the warning, they remain slaves of their addiction. They know it is destroying their life, but their mind makes them helpless. For others, it may not be cigarettes, it may be alcohol.

When an addiction steals our health, our wellbeing, our time, our life, it is a warning that it is time to overcome the addiction, that we should not be enslaved by the mind and its desires and cravings. It all starts with a thought. Thought becomes feeling that becomes an action. Actions become habits that can become addictions. If we kill the mind, then, we can protect it from killing us. Addictions reveal the power of the mind. In a normal life, it may just steal peace and plant unhappiness in our life garden, but in extreme cases, it can create addictions that will destroy our life completely.

Is it not time to choose peace of mind? Is it not time to be silent, to be thoughtless, to activate our consciousness and to choose peace and bliss, rather than misery and unhappiness? It is a choice.

Victor was a cheerful man, but his happiness was always short lived. The moment he would hear about anything startling, his

THOU SHALL NOT LOSE PEACE OF MIND

rascal mind would steal his peace. He was on a holiday at a popular beach resort when one day, his secretary called him and told him there was a letter from the Supreme Court. Victor was shocked. 'Why has the court sent me a letter?' He called his office and asked them to open the letter and read its contents. But his secretary had not accepted the letter since he was absent. From Friday to Monday morning, Victor could not sleep. He could not eat, nor could he enjoy the beach and his holiday. His mind constantly worried – 'What was in the letter from the Supreme Court?'

On Monday morning, when the post office delivered the letter to him, he opened it only to realize it was a request for an advertisement for their brochure. Victor was relieved, but he realized that he was letting his mind steal his peace as he was constantly worrying about losing his possessions. This made Victor resolve not to panic and lose his peace of mind ever again.

***We can either live by the Commandment,
And not lose our peace of mind,
Or spend our life craving for people and things,
Which we will ultimately leave behind.***

6th

COMMANDMENT

THOU SHALL ACCEPT AND SURRENDER



*Thou shall Accept. Thou shall not wonder.
Thou shall not hope. Thou shall just Surrender.
Thou shall not cling to something and achieve nothing!*



The 6th Commandment that can lead to eternal bliss, Divine love and everlasting peace on our journey of Enlightenment is – Thou shall Accept and Surrender. Our life is unfolding moment by moment. Can we control this? We cannot! It is like a movie, a drama that is happening on a stage. There is a producer, a director who has created the story and actors on the stage come and go and perform the show. We have to enjoy it. We are just the audience. We must learn to appreciate whatever is happening. So it is with life! We have to joyously accept the Divine will that unfolds. If we do not, we will become miserable. We must not wonder why it is happening. We must accept and surrender.

Can we control what is going to be the next scene in the drama called life? We cannot! All we can do is to control our actions. We too are part of the drama and while we cannot control others' actions, we can control our reactions. Our Karma or action will become the seeds that will decide our destiny in the drama called life as it unfolds bit by bit. If in this drama, we get attached to other actors, and we cling to the story which is nothing more than a theatre, we are sure to cry as actors will leave the earth stage one by one. Our attachment to people in the life drama only creates misery. Just like we check into a hotel, and we check out, knowing that nothing in the room belongs to us, we must be detached from all our earthly possessions, knowing that we have to ultimately leave them all behind. Do we have a choice? We do not. The drama of life is such that we have to accept the fact that nothing belongs to us, just as we have to surrender to relationships that will be formed and then, dissolved. No relationship will

last forever. We have to accept and surrender.

We Cannot Control Others

Can we control what people do? We cannot! Every individual has their own mind, their priorities, their preferences, their likes and dislikes. It is not possible for them to fulfil each of our expectations. While we cannot control their actions, we can control our reactions because they are ours. We can choose to respond and not react. However, if we do not accept this truth that everybody may do something strange and weird as per our perspective, we will always wonder at their behaviour and become unhappy. We must learn to accept. Each human being is unique and has the free will to choose to do what they want. We must surrender to whatever is unfolding around us and not lose our peace of mind. The worst of all, is to become so attached to people that we want them to do what we want them to do, and our expectations become so fixed that everything they do, which is not as per our preference, makes us miserable. Of what use is it to live with such an attitude?

We must learn to let go, respect people's freedom and give them the space to be human. This way, in return, we will get love and understanding. We must not make the people in our life, puppets and control their life.

Respond. Don't React

Every time somebody does something and we react, we lose our priceless peace and joy. Although we know we

can do nothing about their actions, we wonder why they do what they do, and we hope and wish that they will do what we want them to do. We do not realize they are 'them', not 'us'. Just like I want to do what I want to do, so do you and everybody else on earth. Each may have their own reason and logic which may be wise or foolish as per us. This hardly matters. It's their life and they can choose to do what they want with their life. But we can choose to react impulsively or respond wisely. Obviously, we must choose the latter, for every time we react, we only complicate the situation more.

Therefore, we must develop the art of Detached Attachment and we must live without any expectations. We must accept whatever is happening and not lose our peace of mind, just as we must surrender to whatever will unfold in the future. We must try not to control everything that everybody around us will do. We must learn to let go and therefore, the Sixth Commandment – Accept and Surrender, is the way to our peace and bliss.

Realize the Truth

The fact is that every human being is wired differently. We are all unique and none of us is exactly the same as anybody else on earth. Such is human birth. If we do not realize this truth, and we become bitter and miserable, because we are attached to people and their behaviour, their actions and every word they utter, our life will be hell. We must realize this simple truth that every individual wants their own freedom, their own 'space' and we must not only

respect their choice, but if we truly love them, we should happily encourage them to live their dream. Whether it is right or wrong, it hardly matters. We can guide our loved ones but cannot control them. We must realize the truth that we cannot change whatever has happened, nor can we control whatever is happening. We can do our best, but the rest, we must surrender. Those who do not realize this truth, try to control the world around them and when things do not happen the way they want them to happen, they lose their peace.

Those who live with the Sixth Commandment, realize that life is just a show. We are just one of the actors who come and go. Every actor has their own story to perform. We must focus on our role. But if we behave like we are not just actors, but we are also the producers and the directors of the life show, then we are going to get frustrated, because the show is not unfolding as per our storyboard. The truth is — it is not our show. We have come and one day, we will go. Let us learn to enjoy the show.

Everything Unfolds as per Karma

Why is something happening on the earth stage that affects our life? Is it luck, chance or serendipity? No! Everything in this world unfolds as per Karma. Karma is action and there is a universal law that states that every action of every human being will be returned and redeemed by a reaction. Just like the seed we plant will decide the fruit on the

tree, the deeds we do will decide our destiny.

There are billions of us actors on this humongous stage called the earth. Each of us has done Karma before and life is unfolding for all of us as per the Divine law of Karma. Nothing is happening by chance. Karma makes no mistake. If I am facing some suffering in my life today, it is the result of my bad Karma of the past, just as somebody who has done good Karma previously is rewarded on the earth stage with what seems to be good luck or good fortune. There is nothing like luck. Everything that is happening is what we will pluck based on what we have planted. Have you not heard the principle, '*As you sow, so shall you reap*'? Then, why look up at the sky and cry and ask 'why?' when we know that there is a universal law that is unfolding all around us. Why can we not accept and surrender? It is our ignorance that stops us from realizing this simple truth.

An ancient prayer is recited by the wise ones. *God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.*

While we may pray to a God somewhere in the heavens, we must realize that God is a Power within, the Supreme Immortal Power, or SIP. God is not a person with a long white beard, sitting somewhere in a distant heaven. God is SIP and SIP has created universal laws. Like the Law of Gravity or the Law of Cycles, we must learn to accept the Divine Law of Karma. We must surrender to the tenets of the universal laws if we want to be blissful and peaceful.

Use your Free Will

Some people wonder if everything is happening as per Karma, then, are we not mere puppets that are dancing on the earth stage and we have nothing to do in this show called life? This is a myth! We must not believe in it. We are not puppets. The human race is the only species that is blessed with an intellect. The intellect gives us the power to discriminate and to choose. The human being is perhaps the only living creature who has been blessed with free will. We have the power to decide our actions.

Just like a man driving a car can go fast or slow, turn left or right, we too have the free will to drive our life car to a destination of our choice. Can we change the road? No, we cannot. The road is already paved. The road of life is paved by our past Karma, actions we have already done, and which cannot be changed. These are just like the road that we cannot alter. But we can definitely change our present actions, just as we can choose to drive the car.

Many of us do not realize or appreciate the gift of free will. Even if we accept and surrender, we do it grumpily without joyously accepting the Divine law as it unfolds. After all, we must realize that our past actions were also a result of our free will then. At that time, we had chosen our actions and so today, we must accept those reactions that are unfolding in our life. If we do not accept the result of our own past actions, then we will live like cynics and criticize and complain about everything in this universe.

Those who understand the Law of Karma celebrate life. They rejoice no matter what happens, knowing that they cannot control it, as it is unfolding as per their own actions. Their wisdom about the Karmic law makes them choose the right action today. So, they plant deeds that will decide their destiny. A very few amongst us, the blessed ones, transcend Karma, and go beyond the law. How do they do this? They realize that we are not the body that does the actions. We are not even the mind and ego, ME that is the director of all actions. We are the Divine Soul that in reality, has no Karma. It is the Power of life from birth to death. Such a realized Soul lives as an instrument of the Divine, in Divine acceptance and total surrender.

Such enlightened Souls are rare to find. They live a life of Detached Attachment, accepting the reality that life is no more than a dream. We wake up from a dream every morning, but the long dream called life awakens us at death. Just like in a dream everything is an illusion, nothing belongs to us, so is it with life. If nothing and nobody is ours, then why cling to people and possessions? Why not accept the truth that we come alone and go alone? Why not surrender to the fact that everything that belongs to us will be left behind. Those who realize the truth about life, use their free will to accept and surrender.

Overcome Fears, let go of Tears

Do you want to live a life that is full of fears and tears, all the years that you spend on earth? If not, then learn to let

go! Live with Detached Attachment. What does this mean? It is exactly what the 6th Commandment is all about. Thou shall accept – accept life as it unfolds. Do not resist whatever is happening. You can do nothing about it, then why cry! Enjoy this show called life by not just accepting what is happening, but by doing your best. Surrender the rest. Do not try to stop things from happening. You cannot. Learn the art of acceptance.

The 6th Commandment also says – Thou shall surrender. If we do not, our life will be filled with fears. We will live with constant worry, stress and anxiety and not enjoy this beautiful gift called life. Most of us fear death. Why? Because we fear the loss of all that is known, what we own, just as we fear the unknown that lies beyond death. What is the way to overcome the fear of death? Surrender. Death is certain. Every 'body' will die. It is only a matter of time. If we learn to surrender, then there will be no fear. What is the reason that we do not surrender? It is because we cling to our relationships and our possessions. If we learn the art of detachment, we will overcome this clinging and will be able to live with surrender. We will not only overcome our fears, but we will be free from all tears, as we enjoy our years unfold moment by moment. It is our choice! Either we can follow the Commandment, accept and surrender, or we can cling to many a thing and cry till we die!

Mohan always wondered why things were happening the way they were. 'Why me?' he would cry as he looked up at the sky. 'Why do bad things happen to good people?' Mohan never learned about the Law of Karma. He did not know the meaning of acceptance.

THOU SHALL ACCEPT AND SURRENDER

Therefore, his life was miserable as he wondered why evil people got away. He did not realize that everything unfolds as per the law of action and reaction. One day he met a Spiritual Master who explained to him that apples don't grow on mango trees. 'It depends on the seeds. So does your destiny depend on your deeds.' Mohan learned to live a life of surrender. He realized he would do his best and to the Divine, he would surrender the rest.

*If we don't Accept and Surrender,
And continue to crave...
We will live with ignorance,
And take misery to our grave!*

7th

COMMANDMENT

THOU SHALL NOT BE MISERABLE



Thou shall resolve to be glad, not sad.

Thou shall not cry, till thou die.

Thou shall not be a slave and take misery to thy grave!



The 7th Commandment that will detach us from our attachments is the resolution of not being miserable. Nobody likes to be unhappy, but unfortunately, when we cling to anything, when we are attached to anybody, we eventually become miserable. The law of life is such that nothing belongs to us. When we cling to something, we are going to finally lose it and this clinging will make us miserable. If we live by the Commandment of not being miserable, then we will not cling to anything. We will not get attached to our near and dear ones because these attachments are bound to make us miserable. But the Commandment directs us to be glad, not sad. Therefore, what choice do we have? Those who accept the Seventh Commandment, learn the art of Detached Attachment.

Why do we Become Unhappy?

From the time we are little kids, we have been taught the mantra, *Success is Happiness*. We have been taught that success is not the main thing, it is the *only* thing. It is our life's priority. Every child is challenged to come first in class, to be a star in sports, to be a gold medallist in every possible field. This creates tremendous stress as we try to be the best. The philosophy taught to us in our life itself is wrong that winning is everything! When we lose, we have tears with our disappointments. No doubt every human being wants to be happy. But success is not happiness. Happiness is success. You cannot be successful all the time. But you can be happy all the time. Then why make achievement our life goal? Every world champion and Oscar award winner, eventually, has to

bow down gracefully. Nobody can be a champion forever. Nor can everybody in this world be a champion. If we continue to yearn for success, then, we must learn that a few of us will be successful and therefore happy, and the rest unsuccessful and miserable. It is this very principle that makes us cry when the 'I' wants this and that. We cannot get whatever we want.

When we resolve not to be miserable, we learn to live with contentment and fulfilment, transcending the miseries of an ordinary life. But only those who live by the 7th Commandment become champions of happiness.

Overcoming Desires

Every individual is trained and coached to set goals, to have passionate obsessions which are backed by burning desires. Each one of us has gone through that phase where the world cheers us when we achieve our goals. We want our name on the front page of magazines and newspapers and we want to be covered on television. We constantly desire because we believe that it is our desires that will make our dreams come true. We believe in the law of attraction, and we spend our time in manifesting our desires, making our thoughts so powerful that they haunt us, even in our dreams. Of what use is this?

Desires will never quench our thirst. They will only make us burst. We must fulfil our need, but desires make us live with greed. We want more and more. But soon, we have

to get out of the door and the door of life is so small that we can take nothing with us. Even this body we will leave behind.

Those who resolve not to be miserable, drop their desires. The only thing they desire is 'desirelessness'. They renounce the craving of people and possessions, as they realize that this passion only promises misery. They learn to count their blessings and live by the diktat – 'Let me do my best, life will take care of the rest!' Desires are sure to make us miserable. First, passion creates stress, worry and anxiety and then there is disappointment that comes from defeat. It is an illusion to believe that desires open the door to eternal bliss and happiness. Desires can only give us misery.

Not Being Possessive

If you follow the Commandment – 'Thou shall not be Miserable,' then you will read it as – 'Thou shall not be possessive.' The moment you are possessive, you become miserable. Possessiveness is the ignorance that makes us believe that people and things belong to us. Nothing does! Life is a show. We come and we go. Nothing is ours. Everything that we get are like rain showers. They pour upon us. We can enjoy the rain but cannot collect all of it. The water soon goes down the drain. If we cry because we cannot catch the rainbow, we will be miserable forever. We must enjoy the rainbow and the rain, not let possessiveness create pain. These are not ours. They are part of the Divine show, and we must learn to enjoy it before we go.

We must enjoy our possessions and our people, but becoming possessive opens the door to misery. We must learn to let go, before we go. If we do not, will everything that belongs to us, join us on our journey of our afterlife? At death, everything will be snatched away. Do we have a doubt about this? Why can we not realize that being possessive will make us miserable throughout our life and make us cry till we lose our breath at death!

Possessiveness creates fear and the thought of losing our prized possessions creates so much pain in vain. Why fear when we know nothing is ours! We brought nothing and we can take nothing. Everything is a trust and this myth we must bust that these things and people belong to me. Then we will transcend misery. When we let go of our possessiveness, we live a life of peace and tranquillity. We overcome the fear of the loss of our obsessions. Unfortunately, most of us live with ignorance. Our heart breaks if the love of a dear one reaches out to love another. We become jealous and the poison of hate creates toxic thoughts and makes us miserable. If only we live by the Commandment of not being miserable, we will let go of our possessiveness. We will learn to give as we live, and even forgive because anger and revenge will only make us agonized and miserable.

Enjoy the Show

This world is a drama, this earth just a stage. We are just actors who come and go. We must learn to enjoy the show. When we do not learn this Divine truth, we cry when

we see somebody die. Everybody has to go. Such is the show! Do you remain in a theatre after the screen displays 'The End'? It is time to vacate the seats for the audience who is waiting outside the theatre. It is their time to enjoy the show. Instead of realizing that everything is a game, we live with misery and shame. We think that the tragedy that is happening on the screen is real. It is okay if little kids think that the blood that oozes out of an actor is actually blood. But for adults to cry when they see somebody die on the screen is a pity! When life is just a show, why do we become miserable? It is because we think life is real. 'This is my spouse, my child, my house, my car'. Nothing is mine! When we learn this truth, then we will not pine and become miserable.

The key is the Realization that life is a show. Although we know that it's a show and we have to go, we do not realize it. It is because we enjoy the waves of pleasure and pain, again and again. We think of life as a bouquet of roses and thorns, a movie of comedy and tragedy. We enjoy laughter, just we enjoy tears and so go our years. Life is over and we have our share of miseries. We did not resolve to live by the Commandment that we shall not be miserable. If we had, we would have busted the myth and realized the truth that nothing is real. It is all a show. We would not have been attached to other actors on the earth stage knowing it is just a drama. If we had been the king in the theatre, we would not have taken the crown and the treasures home, after finishing our role. While we know all this very well, why do we become miserable when some people, some things are snatched away from us? Nothing is ours. This is the ultimate truth. We must

not be miserable. We must enjoy every moment of life, every scene of the show before we go!

Everything is an Illusion

Suppose you woke up from a dream in which you were with your sweetheart, the most gorgeous looking person you had ever seen, and yearned for. You were both in love and had an amazing marriage. The dream continued in its fantasy, and you had two beautiful children. You were all enjoying a beautiful cruise in the Bahamas, when suddenly, the ship began to sink and your loved ones, one by one, started drowning in the water. You were about to die too, but suddenly, you woke up from the dream. Would you cry? The moment you realized that it was just a dream, you would just thank God, wash your face and move on.

A dream is a dream. It is not real. It is just an illusion and while we all know this very well, we do not realize that life too is an illusion. It is nothing more than a dream. The only difference is that the dream is over when we wake up in the morning. The illusion of life is over at the moment of death. Because we do not realize that life is a mega illusion, part of the Divine cosmic drama, we become miserable in our day-to-day life. If only we realize that everything is no more than a dream, we would not worry and scream.

Those who live by the Commandment that they shall not be miserable, go on a quest and realize the truth about life. They realize that life is an illusion. They realize the truth

about birth and death. They even realize who they truly are, not the body that will die, but the one that will depart when we pass away. Therefore, they do not cry being attached to people and things. The illusion of attachment makes them detached as they realize the dream of life will soon be over. Those who think life is real, continue to be attached and be miserable. They fail to follow the Commandment.

Everybody has to Go

Is it not true that nobody is going to be here forever? While we may live up to 70 or 80 years, we cannot live for 200 years! Our life span is limited. Nobody will remain on earth forever. If this is the ultimate truth, then, why be attached to earthly things and become miserable when we lose them? Why spend our entire life on earth, from the time of our birth being miserable? The Commandment directs us that we shall not be miserable, but attachments are sure to make us unhappy. Those who do not learn to live by this Commandment of not being miserable, know that they have to go, but do not accept this reality. They live miserably and although they have a choice to be glad, they remain sad. Are they not mad?

We have a choice. We can be happy or unhappy. We can live with misery or peace. It is up to us. But when we live with attachments, we are choosing fears and tears and our years of joy, love and peace are lost. We must resolve not to be miserable, and this will liberate us from earthly attachments which are not eternal. We will learn to connect with the

Divine Power that is immortal. We will realize we are the Divine Soul, just as everybody is, and we will make this our ultimate goal. What about those who live a life of gloom and sorrow? What about those who cry today, with the hope that they will be happy tomorrow? There is no tomorrow! Life is about this moment. We must sweep away all misery that comes in the now as we make a vow not to be miserable. If we let go of attachments, we automatically let go of misery.

Overcoming Anger, Hate, Revenge and Jealousy

We human beings suffer the triple suffering of the body, mind and ego. While we cannot stop the body from experiencing pain, we can choose not to suffer. The bigger challenge is to stop the suffering of ME – the mind and ego. We can give up toxic thoughts that steal our peace of mind. We can overcome the agony and the anguish that is created by the ego. In reality, the mind and ego, ME does not exist. It is an illusion. But it is not easy to realize this. The mind makes us feel it is there. Although, if you try to find the mind, where it is, you cannot find. Along with the ego, we are filled with the poison of anger, hate, revenge and jealousy. How can we overcome this?

When we resolve that we shall not be miserable and we live by this Commandment, we question the cause of our anger. Most often, it is because of our attachments to people and things. Why do we become jealous? It is again because of our clinging. We resolve to take revenge and fill our life with

hate, only because we are attached. If we were detached, none of these toxic poisonous emotions would gain entry into our life.

What if we adopt the Commandment that we shall not be miserable? Then, we would let go of these poisonous emotions and we would transform hate to love, revenge to forgiveness and let anger become peace, and eliminate jealousy, as this Commandment becomes a part of our joyous and peaceful life. We must learn the art of Detached Attachment and this Commandment will lead us there.

Sam was so miserable. He was in love with the woman he had married, but thereafter, all he had left was tears. He loved his wife so much that he always tried to please her. But nothing would make her happy. She was possessive and irrational, and she would create misery every day. On the one hand, he loved his wife, but on the other, she was the source of his misery. He dragged through this miserable relationship for five years, crying day and night, as he pleaded with her to be reasonable, trying to save his love and marriage. One day, he had a realization. 'Enough!' he said. 'No more of this misery. I will not sit on a nail, groan and moan, till I am completely torn.' He got up and walked out of the marriage to a life of peace, of love and of bliss.

***What is the use of living our life,
With misery and tears?
Why be attached to people and things,
And lose our precious years?***

8th

COMMANDMENT

THOU SHALL OVERCOME IGNORANCE



*Thou shall not believe in what thou have been taught!
Thou shall use thy Intellect and not in the myth be caught.
Thou shall overcome ignorance and realize the truth.*



The 8th Commandment directs us not to be ignorant about our ignorance. We should realize that in this world, people just follow the herd. Most of us live by the heart and not by the head. We let the thoughts of the mind control our life, rather than making the intellect discriminate each thought. We blindly believe what we are told, what our parents teach, and what the scriptures tell us. And so, we make our world a hell from a heaven. 'Thou shall Overcome Ignorance', is a Commandment we should adopt to question everything that we do. We should not believe anything as true, just because others are doing it. We should ask questions, investigate and realize the truth. When we see people attached to possessions and to people, we must not let our ignorance believe that these attachments will create joy. We must realize the truth that nothing is ours, nobody is ours and when we overcome this ignorance, not only will we be free from the attachments, but we will also be free from the misery these create.

What is the Truth?

It is unfortunate that very few people in this world realize the truth. We just live and we die, and we do not ask the question, 'Who am I?'. We don't realize why we came here. We are enveloped by the darkness of ignorance, and we cannot see the light of truth. We must ask questions. Only when we ask questions, will we realize the difference between the myth and the truth. Therefore, the importance of this Commandment.

Most of us believe that we will die. But the truth is only

the body will die. People will say that we passed away. What is the truth about death? We celebrate our birthday, but were we actually born on that day or were we conceived 9 months before? What is the truth? We pray to a God in heaven, but is it true that God is a man or woman like you and me, living somewhere in the stars? We believe in all this because people believe in it. But is it the truth? Because we are ignorant, and we do not realize, we suffer. But if we follow the Commandment to overcome ignorance, and we go on a quest to find the truth, then, we will be liberated from all suffering.

We are so attached to our possessions, our money, our wealth, our cars, our home, but do these actually belong to us? We brought nothing and we will take nothing with us. Then, why do we say it is mine? What is the truth? We fall in love with our beloved and become so attached, not just with our lover, but our children, our family, our friends. Then, we become unhappy when our heart breaks, when our expectations are not fulfilled. What is the cause of our unhappiness? Ignorance! When we go in quest of the truth, we can overcome our ignorance.

Overcoming the Myth

We often pray to different Gods calling them mythological and believe in mythological stories without realizing the simple truth that mythological itself means that all this is a myth. It is not the truth. Then, why do we believe in all the mythology? The Commandment to overcome ignorance leads us to overcoming the myth in our life. Whenever we are

THOU SHALL OVERCOME IGNORANCE

told to do something, we must question why. We must not follow any superstition, dogma, ritual just because others tell us to, or our family follows it.

A myth is a myth. It is not the truth and as long as we are caught in a myth, we will be imprisoned behind bars of ignorance, and we will suffer. We must resolve not to believe in a myth from today. There are so many fairy tales, so many stories that make us get carried away. A lot of it comes from the movies and shows that we watch. Love stories and success stories that fill the silver screen and the internet, the books we read, lead us into becoming attached to our achievements and success and to the people we are so possessive about. Will any of this give us everlasting happiness? All this is transitory.

When will we realize that the movie on the screen is just a movie, the drama on the stage is just a show? When will we overcome our ignorance about who we are and why we are here? Our life too is nothing more than a drama that is unfolding. We are just actors. We have come and we have to go. Then, why become attached to people and possessions? When we overcome the myth that we have grown up with, we will overcome ignorance and be enlightened with the truth. We will enjoy peace, love and bliss.

It is Time to Unlearn

The Eighth Commandment to overcome ignorance inspires us to clean the bowl of our life. Just like we must clean

our coffee mug to enjoy a clean glass of water, we must empty out the myth and the fairy tales we have learned which are not true. Unless we unlearn what we have believed in for so long, how will we learn the truth? Therefore, to overcome ignorance, the process of unlearning is very important.

Maybe we have learned that success is happiness. We must unlearn it. Maybe we believe that we will go to heaven after we die. We must eliminate the belief. There are many things like this that have filled our life with so much junk, that we cannot enjoy the peace of a monk. The junk has created so much ignorance in us that we blindly follow the herd. We have to open our wings and fly like a bird.

A folklore shares an interesting story of a little lion cub getting lost and landing up along with a herd of sheep in a farm. The lion grows up and eats and plays like the sheep. He thinks he is another sheep. One day, the king lion happens to see this, and he tries to explain to the young lion that he is not a sheep, he is a lion, like the king lion! The baby lion does not understand. He then shows the baby his reflection in the water of a lake and the baby lion starts to roar. We too are lions, not sheep. But when we grow up with a herd of sheep, we live with ignorance, we believe in the myth, and we suffer. Stop and find out who you are and why you are here. Not only will you overcome ignorance, but you will become free from attachments.

Nothing, Nobody is Ours

Do we all not believe that all our possessions belong to

us? Do we all not treasure our relationships with those we love? Throughout life, we believe that 'this is my property'. We have legal documents to prove it. We even have a marriage certificate and other documents that legally give us ownership of things and contracts with people. Sometimes, it is not a contract, but we know that 'my friend is my friend'. But how often does it happen that my friend is no more my friend? Either the friendship turns sour, or he moves away or just dies.

Everybody has to go. Life is just a show. One day it will be our turn. Then, what happens to everything that was ours, when we ourselves will not exist? Therefore, the ultimate truth is far from the ignorance that we believe in. Due to our ignorance, we get attached to our favourite things and when we lose them, we become so unhappy and miserable. Then, our loved ones give us so much joy, but when they are separated from us, then we are filled with sadness. Why do we become remorseful? Is it true that our people and possessions will be ours forever? We know the fact, but it is our ignorance that makes us miserable. Although the truth is known to the world, ignorance stops us from realizing this truth. We have the knowledge, but our ignorance casts a shadow on it.

The truth is that nothing is ours. Nobody is ours! Even this body that we have, we will have to let go one day. Because of ignorance, we do not even know who we are. Therefore, the 8th Commandment wants us to move from ignorance to realization. When we overcome ignorance, we sweep away

the triple suffering of the body, mind and ego. As long as we do not, we will still be attached. There are people who are in their eighties or nineties who do not realize that they can depart any day. Everything that they think belongs to them, will be lost in a flash of a moment. When will we realize that nothing is ours? Nobody is ours. We come alone and we go alone. This is the truth. When we overcome ignorance and realize this, we will enjoy our possessions and the beautiful relationships we have with the people we love, but we will live with Detached Attachment. When we overcome ignorance, although it seems that we deeply love on the outside, deep within will be the realization that nothing is mine. And so, the loss of possessions and people will not cause us misery.

Importance of a Guru

To overcome ignorance, one needs a Guru. Who is a Guru? The word *GU* means darkness, and the word *RU* means light. Guru is the one who takes us from darkness to light. He is a spiritual mentor, a life coach and guide. Without a Guru, we would be driving our life car without a GPS. The GPS, as the world understands it, is a Global Positioning System. But our Life GPS is the Guru's Powerful Signal. The Guru guides us in what we must do and what we must not. The Guru leads us forward in the journey of truth. He helps us overcome ignorance just as he coaches us to live a life of Detached Attachment. *Just like you need a light to sweep away the darkness in a room, so that you can see; we need a Guru to sweep away our ignorance, so that we can be who we are meant to be.*

Those who do not have a Guru, may use their intellect to overcome ignorance, but may find themselves caught in their thought. The mind is a rascal. It projects the myth as the truth and without a Guru, we may find ourselves zooming down the wrong highway of our life. The Guru is an enlightened Soul. He not only loves us as a manifestation of the Divine but watches our spiritual journey and leads us forward to achieve the ultimate goal of *Mukti* or freedom from the triple suffering on earth, and *Moksha*, unification with the Divine, after Liberation from rebirth.

Enlightenment

What is Enlightenment? It is to bring in the light of truth and overcome the darkness of ignorance. Those who attain the state of Enlightenment move from having knowledge to Realization. There are many Realizations about the self, life and God that will together lead one to a state of being an enlightened Soul.

Enlightenment is that state where one has overcome ignorance completely. One realizes that I am not the body, mind and ego. I am the Divine Soul. The Soul is SIP – a particle of the Supreme Immortal Power. An enlightened one has only one goal – to be liberated and united with the Divine. Thus, he is detached from people and possessions. He does not renounce the world but lives a spiritual life in a material world and while it may seem that he is attached to people and possessions, within he is completely detached. This is not possible without Enlightenment. Till we reach that state of

Realization of the truth, it is only natural to be attached to our favourite things and our loving relationships.

The Prince who Fell in Love with Himself

There is an old and interesting story of a prince who was so busy in conquering kingdoms that he had lost interest in getting married. The king and queen were very concerned at his lack of interest in getting married. He was getting older. But one day, they were joyous to learn that the prince had found his princess. The prince had been searching for some treasure in the palace warehouse, when his eyes had fallen upon a painting of a very beautiful young girl, in her early teens and he had instantly fallen in love with the princess in the painting. As he dusted it, he was overjoyed to see the date on the picture. She would be his age! The ministers in the palace started looking for the princess. Who was she? Where did she live? But they could not find the princess. Soon the story reached the queen and she decided to help find the princess. But she was aghast when she saw the painting. This princess was none other than the prince himself! The queen had commissioned this painting to be made when the prince had to be dressed up as a princess, because the queen could not find a suitable princess for a role in the play that was being staged in the palace to celebrate an important occasion. The prince had looked so beautiful dressed up as a princess, that the queen had a painting made of him. Now the prince had fallen in love with the 'princess', who was none other than he, himself. The queen was worried because the prince had made up his mind that he would only marry her. Now, he would be heartbroken because this princess did not exist.

The queen did not have the courage to break this news to the prince. She asked a wise man to fulfil this challenge of talking to the prince. The wise man also happened to be a friend of the prince. He broke the news to the prince. 'This beautiful princess that you want to marry is none other than you, my Lord' and he explained what had happened. The prince had a hearty laugh as he realized the truth, overcoming the ignorance caused by the painting.

How many of us continue to live our life, falling in love with people and possessions, who are no better than the princess in the painting? They are an illusion. They do not exist in reality. They are ours in the passing. Ultimately, we have to move on. Will we live with the 8th Commandment and laugh at our ignorance, or will we continue to cry, believing in the myth that our people and possessions belong to us?

Living with Detachment

What is the sign of living the 8th Commandment? How can one know that they have overcome ignorance? If one is living a life of detachment and one is not attached to possessions and people, then, one has mastered the 8th Commandment. But if one is still attached, then one needs to work on overcoming ignorance. As long as there is attachment, not only will there be misery, but there will be no Liberation and no Realization of the truth. Not only will one not enjoy peace, love and bliss, but one will live as the body, mind and ego, and suffer. What is the solution?

A truly wise person learns the art of Detached

Attachment. While it may seem that he is deeply attached to some people or his possessions, in reality, he only appears to be. On the outside, his behaviour is of deep attachment, but on the inside, he is completely detached. The loss of his favourite possessions, or the departure of the people he loves from his life, does not impact him and his peace and tranquillity. He lives a peaceful and blissful life, immaterial of his possessions and his relationships. Through this art of Detached Attachment, he enjoys his possessions, and loves his dear ones, as long as they are meant to be. But when they are gone, he gracefully accepts it and is not saddened by it. He realizes the Divine truth – 'Nothing is mine. Nobody is mine! This world is a show. We come, and we go.'

If only we develop this art of Detached Attachment, we will be blessed with peace and bliss. But for this, we must resolve to live by the commandment that we shall overcome all ignorance and realize the truth.

David was a successful businessman. He was very rich and continued to amass huge amounts of money, property, gold and diamonds. He was so blind that he did not realize that nothing belonged to him. One day a saint visited him and when he left, gave him an expensive pen, which somebody had gifted him. He could not find a refill. He requested David to help him get a refill. After the saint left that night, David's wife reminded him – 'What if the Saint dies? How will you return the pen? You better go back and give it to him and tell him that you will give him the refill later.' As David returned the pen to the saint, he got a profound realization. We come with nothing, and we will go with nothing. Even this body we will

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leave behind. All our relationships will end at death, which is certain. In that flash, he was liberated from his attachment to his wealth. He realized nothing belonged to him, just as nobody would go with him when he departs.

*As long as we are attached,
To possessions and things,
We will live with misery,
As we are tied to these strings.*

9th

COMMANDMENT

THOU SHALL LIVE WITH PURPOSE

“

*Thou shall not waste thy human birth!
Thou shall discover why thou came to earth!
Thou shall be free from the Mind and Ego, ME,
And be who thou are meant to be.*

”

The 9th Commandment that leads us to a life of eternal bliss, Divine love and everlasting peace is the Commandment to live with purpose, and not just zoom from our womb to our tomb. We shall not drift like a sailboat and take us where the winds will blow. We shall go where we are meant to go, by going on a quest and discovering our true purpose. We shall take charge of our life and not let the rudder of our lifeboat be in somebody else's hand. We shall not be a puppet that is caught by strings. We shall open our wings and fly in the sky and discover who am I and why I am here.

Why Am I Here?

Are we meant to live, just to die? What is the reason that we came to this planet? Most people think our purpose is happiness. But how many people in this world are truly happy? How many of us live a life of eternal bliss and peace? We want to be happy, but we do not know the meaning of happiness. We try to chase happiness, but happiness is like a shadow. The more we chase it, the further it goes away. We don't discover how to be still and how to be happy. We do not evolve from the peak of achievement that gives pleasure and climb the peak of fulfilment that gives peace.

Most importantly, we do not discover that we can achieve our true purpose when we scale the ultimate peak of Enlightenment. That is the real purpose of our life. The purpose of life is to find the purpose of life. We did not come to earth just to smile and laugh, nor were we blessed with this special human birth, to let more than half of it be spent in

signing autographs. We want money and wealth, name and fame, people and possessions. But none of this will belong to us. We do not even realize that we will have to leave this body, when we depart at death.

Who Am I?

How many of us stop and ask this most important question of life? We think we are the name that we have been christened with. But were we born with that name? The name was just given to us and one day, that name will die and people will say that we passed away!

Are we the body that dies? We know for sure that we are not. In fact, the body came later. We were conceived 9 months before as a single-celled zygote. How many of us realize that we are that spark of energy that arrives at conception and departs at death? We are a part of SIP – the Supreme Immortal Power, but we think we are the mind. Have you even seen the mind? Some of us confuse the brain to be the mind, but it is not. The brain is the hardware, the mind is the software. But where is the mind, you cannot find. Then, the ego says, 'I am 'I''. Who is this I? We start as a zygote and the embryo grows around us. Then we are delivered, and we grow.

One day, the body will die. But who is this 'I'? When the body sleeps, I dream. And when the mind sleeps, I experience blissful deep sleep. Who is this 'I'? We must find this out before we die. Those who live without the 9th Commandment, do not think that all this is necessary. They think that life is meant to

have fun till it is done. They are the ones who suffer the triple suffering, the pain of the body, misery of the mind and agony of the ego. Not just that, we return to earth, in a rebirth, only to suffer again and again. Is this the goal of our life?

The Goal is Liberation

The purpose of a human being is the Realization of the truth. Our goal is to realize we are the Divine Soul, not the body, mind and ego that suffers. When we are enlightened with the truth, not only are we free from the triple suffering, but we are free from all Karma and from the cycle of death and rebirth. This is Liberation and this is our ultimate goal. Unless, we go on a quest to discover answers about who am I and why am I here, we will never reach that state of Enlightenment and be liberated from the prison of the body-mind complex. We are not the body that we wear. We are the ones who wear the body.

Our goal is to realize this and to be free. Our goal is to realize we are not the mind and ego, ME. Our goal is Liberation from misery and at death, Unification with the Divine. Not everybody is fortunate to reach this state of Realization, Liberation and Unification. To achieve this, we have to pass through the cycle of purification and illumination. Unless we eliminate all the myth, we cannot realize the truth. Unless we let go of the ego, we cannot discover our true self. This is the purpose of life. If we live like dead fish, floating down the river of life, how can we discover this purpose? We will soon be dead, and because we did not get the truth in our head, we will return to suffer again and again. Those who

want to find their life purpose, realize the truth about the self, about life, and about God.

Letting Go of People and Things

If we want to be free from misery, and from repeated rebirth, our first challenge is to live with detachment, not let our people and possessions make us cling and lose everything. When we are attached, we lose our peace and our bliss. When we discover the purpose of life, we start to live with Detached Attachment. We realize that we cannot let go of this world, but rather, we learn how to live a Spiritual Life in this material world. We enjoy our possessions but realize that we do not own them. One day, we will have to leave them. So, we love the beautiful and special people in our lives. But we do not become possessive and so attached that we get caught and our life purpose forgot. People and possessions are not our purpose. Our purpose is Liberation. If we live with attachment, we will never be free. Even though it may appear that we cling, deep within, we must let go. When we follow the 9th Commandment, we will go beyond craving possessions and the passion for people. We will be focused to achieve our life purpose.

Addictions are Dangerous

Why do we believe that addictions are bad? It is because we become slaves to our addictions. The addiction destroys our purpose and we are enslaved by our obsessions. It maybe an addiction of smoking, drinking or drugs. These are serious addictions, and they destroy everything. But even

if we are addicted to something very simple, it draws us and imprisons us and stops us from moving forward on the journey of our life. Sometimes, it may be a person who we are so madly in love with. We become so addicted that we forget our very purpose. This is dangerous. Realized beings who evolve in life, realize the simple truth that no person or possession is permanent. This life is just a show. We have to leave everything and go. Nothing, nobody is ours. They focus on their purpose, and they are conscious not to become a slave to any addiction. They live with detachment although it appears they are attached. But they are a master, not a slave. This is the way to live.

Becoming One with the Divine

Our purpose of life is to realize the truth that we are not the body, the mind, the ego. We are the Divine Soul. While we can, and we must enjoy this beautiful world, we must not sink in it. Anybody who comes to this earth plane, suffers physical pain, lives with misery and is agonized by anger and hate, revenge and jealousy. Nobody can escape this triple suffering. Is this the reason that a little child takes its first breath of fresh air screaming and crying, rather than giggling and laughing?

The purpose of our life is to realize we are the Divine Soul, not the body, mind and ego that suffers. While alive, our goal is to be free from misery and at death, our goal is not to return to earth in a rebirth. We must be free and unite with the Divine. Unless we follow the 9th commandment and live with a purpose, we will just live and we will die, and we will cry. Because we do not discover the truth of who am I, therefore,

we never become one with the supreme in the sky. We just live on this earth, and we crawl through life. We do not transform. We do not experience a metamorphosis.

Is it not time to follow these 10 Commandments and be enlightened with the truth? Is it not time to let go of our attachments and live with Detached Attachment? Is it not time to kill the mind before the mind kills us? Is it not time to discover our true purpose? Is it not time to live, not as the body that will die, not as the mind and ego, ME? Is it not time to live as the Divine Soul in bliss and peace?

Ashok was a fine gentleman. But he was so attached to his family that his life was all about pleasing his wife, taking care of his children, and playing with his grandchildren. He prayed to God and he lived a life of ethics and values. But he realized that something was missing from his life. He often wondered whether this was all he was meant to do, fulfil duties and responsibilities, make people happy. His life was drifting along, till one day he met Rajesh who was walking on the spiritual path. Rajesh asked Ashok, 'What is the purpose of your life?' Ashok replied, 'To be happy and make others happy!' Rajesh asked him if he was truly happy. Ashok paused to think and said, 'Sometimes, I am.' Rajesh revealed that while everybody wants to be happy, the way to eternal happiness is to realize the purpose of life, not just to live with pleasure and peace. Ashok realized that his life was escaping him. He had wasted 20 years, just living in the material world. Now he decided to pursue a spiritual path and to realize the true purpose of life.

***If we live without Purpose, we will just blink and we will sink!
'Why did we come to this planet?' we must stop and think.***

10th

COMMANDMENT

THOU SHALL LIVE AS THE DIVINE SOUL



*Thou shall make it thy Ultimate Goal...
To let go of Body, Mind and Ego, and live as the Soul.
And thus, of all Attachments, thou shall have control!*



The last Commandment, the 10th and the final one, directs us to transcend the senses of the body, the wandering of the mind, and the supremacy of the ego, to go beyond all these that cause misery and to live as the Divine Soul. As long as we do not realize that we are the Soul within and not what we appear to be, bone and skin, we will suffer. Therefore, we must adopt the Commandment of living as the Divine Soul and adapt to this truth, if we truly want to live a life of bliss, love and peace. Those who do not live by this Commandment, will live very ordinary lives, although they are extraordinary Souls.

Are we this Body that will Die?

If we want to live as the Divine Soul, we must be absolutely clear about who we are. And for this, we must have no doubt about who we are not. Most of us believe that we are this body, that has a name. That is why we say, 'I am John', but is it not true that one day John will be gone? We must be sure of this. In fact, we see that our near and dear ones destroy the body and say that we passed away. We are not the one who is dead and who is lying on the bed. We are the Power that departs.

Unless we know beyond doubt that this body is nothing more than a garment, a costume that we adorn during this lifetime, we will never realize we are the Divine Soul. The fact is that this body came later. We were conceived when the Soul, the Spirit, the *Atman*, started as a single-celled zygote. Where was the body? Did our parents create our body? No! The body was formed around that first cell. The

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heart, the brain, the lungs, the kidneys were formed around this Soul that was a spark of energy in the conception of our journey in our mother's womb. This body gets delivered 9 months later. Then it grows, ages, decays, and finally dies. But we are the eternal Soul, not this body that is constantly changing.

Can you Find the Mind?

Those who believe that we are the mind that directs all actions get caught in the myth and they die with it. If you believe you are the mind, then try to find where the mind is. You can find your nose and your toes, you can see with your eyes and touch your thighs, but where is the mind, you cannot find.

Some of us think the brain is the mind. The brain is just a physical organ. By itself, it cannot live, cannot exist independently. Therefore, we are not the mind or the brain. We are that Power of life that arrives at conception, nine months before our birth on earth. We are the Divine Spirit that leaves at death, and we cease to have breath. Unless we realize this, that we are not the mind, we are the Divine Soul, we will continue to be fooled by the mind, and live as the body, mind and ego.

Who is this Ego that says, 'I'?

Throughout life, we keep saying 'I' – 'I am John. I am a Christian, an American, a lawyer'. It is the ego that is caused by ignorance that says so. When we realize the truth, we say –

'My name is John' and not 'I am John'. Who is American and who is Christian? It is the body which we are not. We must realize this. We keep saying 'mine', when in reality, we come with nothing, and we go with nothing. As long as we are ignorant, we will continue living as the ego and say, 'this is my house, my car, my mother, my son'.

Unless we let go of the ego, we will not realize the truth that we are the Divine Soul. It is the ego that makes us live as the body and mind and robs us of the Enlightenment that we are the Divine Soul. A rare few realize the truth and live by the Commandment to live as the Divine Soul.

Not this, Not this. Thou Art That

The ancient scriptures reveal the Divine truth that we are not the body, the mind and ego. We are the Divine Soul. When we live as the body, mind and ego, we suffer. This is because of our ignorance. The moment we are enlightened that we are not this, the one made of bone and skin, we are that, the Divine Soul within, we will be liberated from the triple suffering of the body, mind and ego. This leads us to a greater Liberation. When we realize that we are the Power of the Supreme that is immortal, not the mortal body that we have lived as, we let go of all attachments of people and possessions. We realize that these are temporary and transitory. They come and they go in this show called life. It is this Realization – I am not this body, I am not the mind, I am the Divine Soul, that liberates us and enlightens us to live as the Divine Soul.

Living as the Divine Soul

How can we live as the Divine Soul? When we realize that this body is just a garment, it keeps changing, when we realize that we are not the mind and ego that says, 'it is me', then we realize we are the Power of life, the Divine Soul, the Spirit or the *Atman*. The 10th Commandment leads us to this Realization and to the ultimate Enlightenment of who we are.

When we live as the Soul, not as body, mind and ego, we realize that every individual is nothing but the Soul. We appear to have different bodies, but the Power within us is the same. You may have a yellow light in your living room, a white light in your kitchen, and a blue light in your bedroom, but the power, the energy to all the 3 lights in your house is the same. So also, the energy in you and in me, and in everybody in this world comes from the same source – the Supreme Immortal Power.

This Realization that we are all effects of the one cause, not only blesses us to live a life of eternal bliss, Divine love and everlasting peace, it also liberates us from attachments. When we are one, there is no duality, there is no you and me. Duality is caused by the body, mind and ego, which we are not. When we follow the 10th Commandment and live as the Soul, we do not get possessive about Attachments. We let go.

Is it easy to live as the Divine Soul? No, it is not! But if you follow all the 10 Commandments, there are good chances that you will be enlightened that you are the Divine Soul.

Love without Attachment

The Soul has no attachment. It is part of the Divine, just like a wave is part of the ocean. Although it is encapsulated in a body-mind complex, it is not the skin, but the Power within. Therefore, true love flows from Soul to Soul. The Soul is not attached to the body. Most people live as a human being and love other human beings. Therefore, they become attached. They have expectations and disappointments. But one who lives as the Divine Soul, has no expectation, no attachment. Such a person loves one and all. He realizes that he is part of SIP, the Supreme Immortal Power and he loves the SIP, not the body. When the love is from SIP to SIP, there is no question of any attachment. Such a person may seem to be attached on the outside, but deep within, he is detached. This is to live with Detached Attachment. One can only arrive at this destination if one lives as the Soul. Unless we follow the 10 Commandments, we will be trapped in attachments. We shall not be free. We shall be miserable, lose our peace and continue to live with ignorance. But the moment we live with the 10 Commandments, we will be fearless, blissful and peaceful.

Consciousness of the Truth is Bliss

How can we live with bliss, love and peace? If only we become conscious that we are the Divine Soul, we will be free from all sorrow and become joyous as waves that are dancing on the sea. For this, we need Consciousness of the Truth, knowing that we are the Soul is not enough. We must become conscious of it. As long as we are not conscious of being the

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Divine Soul, we will suffer in our life and become miserable in our attachment for our people and our possession. We will live with fear and worry, with anger and hate, with revenge and jealousy. The moment there is Consciousness of the truth, that we are the Divine Soul, we are free from all these toxic poisons and enjoy happiness that is unknown to the world. Are we ready to live with the 10th Commandment as the Divine Soul and achieve this ultimate goal of being enlightened?

Nisha was a social butterfly. She loved clothes and shoes, just as she loved decorating her nails. Her social connections occupied most of her time. One day, she met Usha who had transformed her life. Usha had turned to spirituality. She had realized that she was not the body, and she had let go of the preoccupation with appearances. She had even realized that she was not the mind. Usha had dropped her ego and with it, the poisons of anger, hate, revenge and jealousy. When Nisha met Usha, she was surprised to see the peace and tranquillity that flowed from Usha. Nisha was stressed and troubled though she appeared happy. She suffered physical pain, misery of the mind, just as she was agonized by her ego. 'How did you manage to get rid of all suffering?' she asked Usha. Usha revealed her spiritual realization. 'I don't live as the body, mind and ego. I live as the Divine Soul. I am free from all misery.' Nisha made this her life goal.

***Those who live as the body, mind and ego,
Fail to achieve the ultimate goal.
But Eternal Bliss, Divine Love and Everlasting Peace,
Are a blessing for those who live as the Divine Soul.***

PUTTING THE 10 COMMANDMENTS TOGETHER

*If you want to get rid of all Attachments,
It is time to put together the 10 Commandments.*

The art of Detached Attachment lies in following the 10 Commandments. These simple Commandments direct us how to live life. They will lead us to eternal happiness, Divine love and everlasting peace. But if we do not follow the Commandments, we can be sure that our life will be tied up with strings, and we will have no wings to fly in the sky and enjoy freedom.

1. Thou shall be Free – It starts with a resolve to be free, free from clinging to things and to people, free to be who you want to be. When we do not follow this Commandment, we become a slave and we take misery to our grave. We must break free from the prison of *fences, farces, faces and forces*.

Nothing should bind us. A tree should inspire us not to be bound to the ground and a bird should inspire us to fly in the sky. There is nothing more precious than freedom and we must not give up our freedom for anybody or anything.

2. Thou shall be Happy – Happiness is a choice. You can be glad or sad. If you choose to be sad, you are mad! The 2nd Commandment makes us resolve that we shall be happy. We shall not lose our happiness to any attachment, or any person or possession. We shall live in the moment, blissfully. Happiness does not depend on anything, not on a person, not on a possession - it is a state of being. When we do not follow the 2nd Commandment, we lose the treasure of happiness because of our attachments.

3. Thou shall Love all – When we are attached to somebody, we fail to follow the 3rd Commandment that we should love all. Every creature is a manifestation of the Divine. If we want to live a life of bliss and peace, we should not restrict our love. It should flow to the Divine that manifests in all creatures and beings that live. Attachments constrict our love. They choke the emotion of Divine love. But the Commandment directs us to love all.

4. Thou shall not have Expectations – When we have expectations, then our life will have no celebrations! The 4th Commandment urges us to be free from expectations which are born out of our attachments. We can love, but our love should not have any expectations. Expectations lead to disappointments. When we do not follow the 4th Commandment, not only do we have expectations, but we also get stuck to our

attachments, and our life becomes miserable.

5. Thou shall not lose Peace of Mind – Who does not want peace of mind? We all do. But when we have attachments, we lose our peace. What is the way to peace? It is to live with Detached Attachment. We must let go of our attachments, without letting go of them. This means, it may seem that we are attached, but actually, we have Detached Attachment. If we do not follow the 5th Commandment, we will never learn the art of Detached Attachment.

6. Thou shall Accept and Surrender – When you live with the 6th Commandment, you accept, you do not wonder. You replace hope with surrender. When you don't live with this Commandment and you live with attachments, you lose this gift of acceptance and surrender. Expectations replace acceptance and causes unhappiness. The Commandment urges us to realize – whatever will be, will be. We must not get stuck. Life is a journey, and we must move on to our destination.

7. Thou shall not be Miserable – Does anybody like to be miserable? No! Then, why do we choose to be miserable? When we do not follow the 7th Commandment, we become attached to people and to possessions and become miserable. However, if we learn to live with Detached Attachment, then, we are free from misery.

8. Thou shall Overcome Ignorance - If we want to overcome ignorance, we have to overcome the myth and realize the truth. We have to unlearn many things before we

fill our glass of life with new learnings, new Realizations. When we do not follow Commandment 8, we continue to be ignorant and remain ignorant about our ignorance and we continue to suffer.

9. Thou shall Live with Purpose – Life has a purpose. Either we can just drift or we can lift. We can either float like a dead fish downstream the river of life, or we can swim against the currents of our attachments, that stop us from realizing the truth. Our purpose is not to be attached to people and possessions. But those who do not follow the 9th Commandment, forget their life purpose as they sink in their attachments.

10. Thou shall Live as the Divine Soul – We are not ordinary beings. We human beings are special. We are gifted with an intellect. We can choose to live by the 10th Commandment, or we can just ignore the Commandment and live as the body, mind and ego and suffer. If we live by the 10th Commandment and live as the Divine Soul, we shall be free from all attachments and live a life of bliss. The choice is ours.

The Reward is Detached Attachment – Those who choose to live by these 10 Commandments are rewarded with the gift of Detached Attachment. They continue to live a normal life, without renouncing anything, except their attachment. Although they have learned the art of detachment, they seem to be attached when in reality, they are free. It is because they live by the 10 Commandments of Detached Attachment. They do not give up their freedom. They remain blissful and peaceful. They love one and all, without expectations. They accept and surrender. They live

with purpose, overcoming ignorance, living as the Divine Soul. They are free from all misery that is inadvertently caused by attachments.

You have a choice. Do you want to be attached and miserable or do you want to be detached and peaceful? Those who are wise, choose to live with Detached Attachment and fill their life with love, bliss and peace.

*If you live with these Commandments, One to Ten,
Then you are sure to be happier than all men.
And though it may appear that you too are Attached,
Deep within, you will be Detached.*

DEATH MEDITATION



*When you think,
That you cannot do without someone you truly love,
Just imagine that they are Dead!
And you will have, on your shoulders, your head.*



Before we end the 10 Commandments of Detached Attachment, let us realize that there is a way to Detached Attachment, a method which may seem to be quite lethal. Not everybody can digest the poisonous thought of meditating on the death of a dear one as it may seem strange. However, unlike any other poison that can kill you, the poison of Death Meditation can save you from death and disaster.

What is Death Meditation? Sometimes we are so attached to somebody we love that we feel helpless, hopeless and depressed due to the depth of our attachment. Inadvertently, we become slaves. We live with expectations and disappointments and there seems to be no end to our misery and suffering. For those who are in such a state of attachment, which is suicidal or so destructive that it robs their peace, they must try Death Meditation.

Meditate on the death of the one you are attached to. Imagine their body laid in front of you, dead and lifeless. Their journey is over and they have departed from this world. What are you going to do? You watch the corpse and contemplate that they are no more the person you loved. The one you love has left to an unknown destination. The one you were attached to will never return. They are dead! Reflect, contemplate, meditate on what you are going to do now. Is it going to be the end of your life, or are you going to move on? It looked like that they were indispensable in your life. But now they are gone forever. What will you do?

First of all, Death Meditation will liberate us from our obsessive attachment. It will dilute the passion we have for the one we love, and it will show us a way to move on. Death is certain. Everybody has to die and when we reflect, after people have died, their loved ones find a way to move on in life.

Life is a journey. We come alone and we go alone. It is like travelling on a train. Somebody enters our compartment, spends some time with us and then exits. Such is life! Contemplate the train journey of your life. Life is like checking into a hotel. You are not going to stay there forever and when you check out, nothing in that hotel room belongs to you. You can enjoy the experience in the hotel as long as you are there. So it is with life.

If we live with attachment, we are sure to suffer. This meditation is a difficult method and not such an enjoyable experience, especially when the one we love and the one we are attached to is alive. But for sure, Death Meditation will

tear our attachment into pieces. It will make us realize the truth that our misery, due to our attachments, is needless. Today or tomorrow, death will strike. Then why let somebody we love, somebody we are attached to make us miserable? Contemplation and reflection on death of the one we are attached to will liberate us and lead us to a life of Detached Attachment. It will prepare us in the eventuality of losing a loved one. After all, we can't stop that from happening.

Death Meditation is also good for one who does not value and appreciate somebody who loves them. We take for granted somebody's love for us, not realizing how invaluable the love is. Love is precious. It is priceless and we must learn to treasure it. If we don't, we will lose our greatest treasure. Death Meditation will shake up the one who takes the love of their beloved for granted. Imagine, the beloved who loves you beyond words is no more. Death Meditation will make us grateful, it will make us count our blessings, make us value the love of our beloved and we will reciprocate it with equal love, care, understanding and compassion. Before the beloved is dead, we must put it into our head that our beloved's love is a treasure beyond any pleasure.

Use Death Meditation if you want to be liberated from attachments. Nobody has died. It is just a practice; it is a way of meditation that will give you the Realization and Liberation from the pain of the passion of love and attachment. Use Death Meditation to feel Divine Peace and live with Detached Attachment.

AFTERWORD

*I too lived with attachments,
With stress, worry and in a mess,
Till I realized Detached Attachment,
That gave me happiness.*

For 40 years, I too lived a life of attachment. I was very passionate about my possessions and obsessed about some people who were dear to me in life. What did this lead to? No doubt it had a positive impact as it created a power in me that was created by my burning desire. My life moved from one peak of success to another, and I thought this was what life was all about. But was it?

Then, I looked back at my life and realized that I was living like a machine. One day, this machine would collapse, and my journey would be over. There was no peace in my life. I was so caught up in pursuing pleasure that I was lost in my world of people and possessions. My attachment to the material world stopped me from discovering the true purpose of life. When I realized that I was living like a puppet, with the strings of my life in the hands of other people and my possessions, I resolved to break free from these attachments, and I started to live.

AFTERWORD

Every year, people write their vision and mission statements. I used to write obsession statements. I would not only be driven by my goals, but I would be so obsessed that an obsession statement poster would be pasted everywhere, not only in my board room, but also in my bedroom, and bathroom. I had one on my desk, on my laptop, on my mobile phone, in my car. Wherever I turned, my obsession statement would be staring at me. It was a great way to achieve my goal. But as I look at it in hindsight, I was losing my Soul. If I had continued to be controlled by my obsession statements, after four decades, I would have achieved my goals, but would have remained a slave, and could not have taken my wealth and accolades beyond my grave.

'What is the purpose of life?' My mentor questioned me when I was 46. 'Are you just tiptoeing to the graveyard?'. I stopped. I went on a quest, and I transformed my life.

Most of us just zoom from our womb to our tomb. We live and we die. Death is certain, but we do not find the answer to the question, 'Who am I?' We do not probe to understand why we were given this human birth and sent to earth. I did not want to be one of those human computers who would live like a machine and die. I wanted to discover the purpose of life. I wanted to be free from these attachments that made me a prisoner in a cage where I created the prison bars, with my own people and possessions. I wanted freedom. I wanted to breathe, to live.

I discovered what the scriptures called *Mukti*, *Moksha*,

Nirvana or Liberation. This, in fact, has been prescribed as the ultimate goal of life by many religions. This is nothing new. It existed in the ancient prehistoric civilizations, but it got lost in the world. As the world evolved, and there were more material pleasures, people became even more attached to their alluring possessions. The glitter of gold and diamonds, the euphoria of name and fame, the joy of success and achievement, trapped people and stopped them from achieving their ultimate goal. People were so attached to their beloved, their family that they could not leave and walk the path that would lead them to their destination. Death is certain. Before we realize it, the body will die and then, because we have not realized the truth, we will not be liberated, and we will return to earth in a rebirth.

I realized all these truths when I went on a quest. I spent 2 years in isolation, renouncing the world, and experiencing all these Realizations. It then took me several months to put all these Realizations together, till I was enlightened with the truth. The truth is the truth. Nobody can change it. But if we do not realize the truth, we continue to suffer as the body, mind and ego.

Do we control our birth? We do not! Everything depends on Karma. Do we bring anything to earth? We come empty-handed. Can we take anything when we go? We have to leave everything behind. Nothing belongs to us. This is no secret. This is a universal and eternal truth. But do we realize it? We live as if everything is mine, when in reality, nothing is. We are so attached to the people we love but are these

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relationships going to last forever? Every time a relationship breaks, our heart breaks! Why? Because of our ignorance. We are attached to people and possessions, when in reality, nothing is ours. We do not get attached to that soft pillow and comfortable mattress in a luxury hotel when we go for a holiday. We know that it belongs to the hotel. We are just tourists. We have checked in and we have to check out. Unfortunately, we do not realize that we are all travellers, and our life is nothing more than a journey, a voyage which will soon end. Nothing is ours. Nobody belongs to us. If we are attached, we are going to be miserable. Being detached is the only way to live with peace, love and joy.

Attachments create stress. We become protective and possessive, and this is a sure recipe for misery and sorrow. We are so attached to people, that we forget to love. Love is a Divine gift, a fountain that must flow everywhere we go. Attachments suffocate us and create a claustrophobia. Instead of love making us laugh and joke, we let our attachments choke and create smoke. A life that was meant to be full of bliss and happiness, soon becomes filled with unhappiness. Why?

All this became part of my Realization about life. I became an author and wrote over 50 books on life and happiness, on the Soul and God, on death and beyond. I covered the topics of Nirvana and Enlightenment, just as I wrote on love, peace and purpose. I realized that many people told me that they were suffering because of attachments. They wanted to be enlightened, they wanted to be liberated, but they

were caught in relationships that appeared to be loving and nourishing, but were in reality, poisonous and toxic. Many people admitted that our attachments caused by ignorance, make us hold on to things, making us prisoners. We want freedom. How should we let go? How can we be liberated and live a life of bliss?

I realized that if people resolved to be free, to be happy and peaceful, to love without any expectation, if they learned the art of acceptance and surrender, they would not be miserable. If only they went in quest to overcome their ignorance, they would realize the true purpose of life and live as the Divine Soul. They would let go of their body, mind and ego and with it, all the suffering that was caused in their life.

So, I wrote this book – The 10 Commandments of Detached Attachment. It is a very simple book, but it can be life-transforming for those who choose to live by these 10 Commandments. One can evolve from loving the physical body which will die, to loving the Soul, which is eternal. One can continue to love people and appear attached. But deep within, Realization can make them detached. If people follow the 10 commandments of Detached Attachment, they are sure to be free from the misery of attachment.

Detachment is a myth. We are all attached. It is natural for a human being to be attached, just as it is natural for us to suffer. It takes courage and resolve and ultimately wisdom to renounce and let go of attachments. The best way to do it is to learn the way of Detached Attachment and the only way to

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learn the art is through these Commandments. We do not have to renounce the world, we cannot! We do not have to deny ourselves the pleasure of people and possessions, but neither should we let them become a source of our misery. What is the secret then? To be attached and still be detached. When we master the Commandments, and resolve to live by them, we will develop detachment in our attachment. We will no more be slaves because the Commandments will lead us out of the prison of misery created by the attachments. Are you ready to live with the 10 Commandments of Detached Attachment? Then, you will be free from attachments, but still enjoy a life of eternal bliss, Divine love and everlasting peace.

*Today I live with Detachment...
Although it appears there is Attachment.
Because I follow each and every Commandment,
My Bliss and Joy is Permanent.*

POEM

THE 10 COMMANDMENTS OF DETACHED ATTACHMENT

*'How I wish I was free from attachments'
So often we hear people cry
To possessions and people, they cling to everything
And are miserable till they die*

*Nothing is ours, this truth don't we know?
We come with nothing and with nothing we go
Still out of ignorance we get attached
We foolishly think it is real, not a show*

*If we want to be happy, we must learn to let go
Not caw like a miserable crow
We must cut the strings and open our wings
And surrender to life and flow*

*To be free from attachments, there is a way
We don't have to give up our love
We can give our heart to our beloved
But be detached and rise above*

POEM

*What is the way to Detached Attachment?
This secret do you want to know?
It is living by each of the 10 Commandments
Every day in this life show*

*The First Commandment – Thou shall be Free
Not bound to the ground like a tree
Tells us to open our wings and fly in the sky
And not be attached right till we die*

*The Second Commandment – Thou shall be Happy
Tells us to live with bliss
Not crave for him or her
And lose our happiness*

*The Third Commandment – Thou shall Love all
Teaches us true love is bliss
Not to be caught in the love of our beloved
Thinking it is hugs, roses and a kiss*

*The Fourth Commandment – Thou shall not have Expectations
Teaches us to be free from desire
Then we can make life a celebration
And not be burnt by this fire*

*The Fifth Commandment – Don't lose Peace of Mind
Teaches that we must be still
Not be caught by the rascal monkey mind
Live with our intellect and free will*

*The Sixth Commandment – Accept and Surrender
Reveals whatever will be, will be
If we joyously accept what comes to our hand
We will let go of all misery*

*The Seventh Commandment – Thou shall not be Miserable
Makes us resolve to be glad
Not handover our life to something or somebody
That always makes us sad*

*The Eight Commandment – Thou shall Overcome Ignorance
Makes us realize it is all a dream
We must overcome the myth and realize the truth
And learn not to cry and scream*

*The Ninth Commandment – Live with Purpose
Makes us discover our purpose on earth
It frees us from all attachments
And truly live this human birth*

*The Tenth Commandment – Live as the Divine Soul
Frees us from the body, ego and mind
We are not this, in fact, we are That
The Divine Soul we must find*

*When we live with these Commandments Ten
We can make our life a heaven
Just resolve to live from One to Ten
You don't have to find number eleven*

POEM

*Why live with these Commandments Ten?
This secret, you must know
You will be free, not cling to anything
And through this show, you will grow*

*Our mind is our biggest enemy
Beware it can make our heaven, a hell
By getting us attached to what doesn't belong to us
We will just drop into the misery well*

*Our goal is simple, we must be free
We must not cling at all
Life is a journey, live it bit by bit
And make your happiness grow tall*

*So be enlightened with the truth
And be detached in your attachments
Live with love, bliss and peace
By following the 10 Commandments*

ABOUT THE AUTHOR

AiR- Atman in Ravi

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



As a part of the Humanitarian initiative, 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 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 about Life and be Enlightened.’

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 48 books, composed and sung about 1250 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, ASK AiR sessions every day and Facebook Live to help people realize the ultimate purpose of their life.

“

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

If you have any questions on happiness, suffering, life, death, rebirth, karma, liberation, enlightenment or anything related to spirituality, **you can ask your questions directly every day on Zoom at 8 p.m.!**

Ask AiR

at **8 pm** every day
on  **zoom**

Zoom Meeting ID: 85021104431

BOOKS BY THE AUTHOR

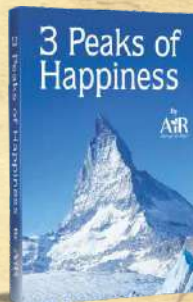
1. Talaash

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



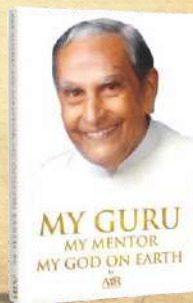
2. 3 Peaks of Happiness

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



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

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



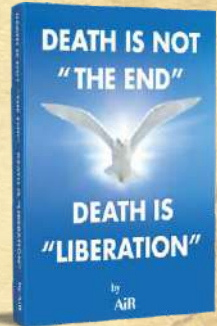
4. I will Never Die, Death is Not “The End”

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



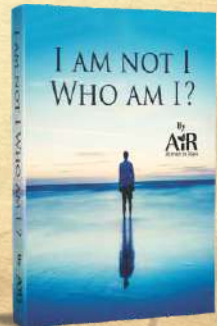
5. Death is Not “The End.” Death is “Liberation”

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



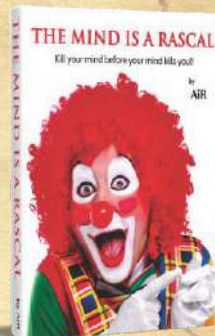
6. I Am Not I. Who Am I?

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



7. The Mind is a Rascal

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



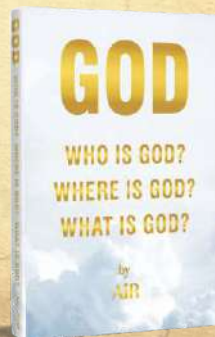
8. A Cosmic Drama

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



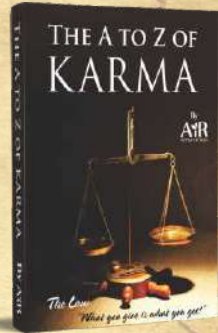
9. Who is God? Where is God? What is God?

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



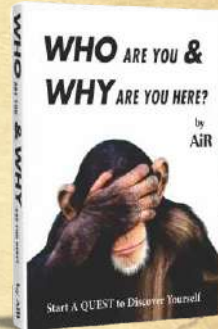
10. The A to Z Karma

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



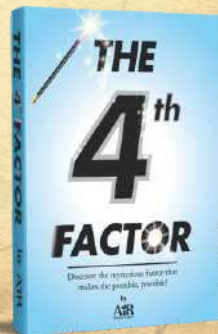
11. Who Are You and Why Are You Here?

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



12. The 4th Factor

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



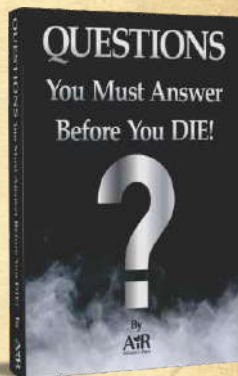
13. Be Happy in the NOW!

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



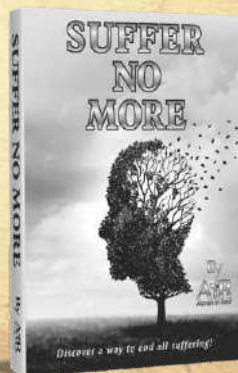
14. Questions You Must Answer before you Die!

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



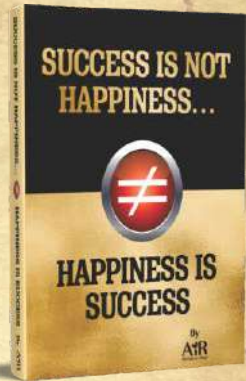
15. Suffer No More

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



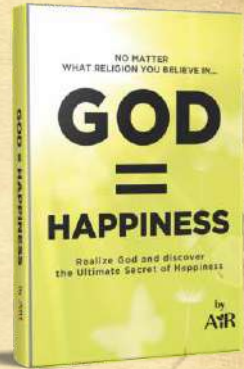
16. Success is not Happiness, Happiness is Success

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



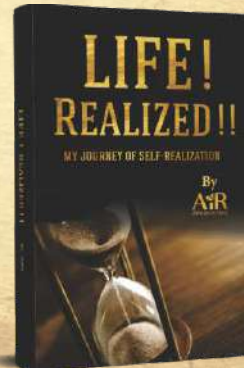
17. God = Happiness

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



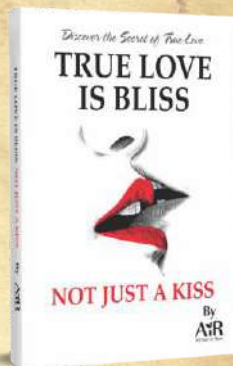
18. Life! Realized!!

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



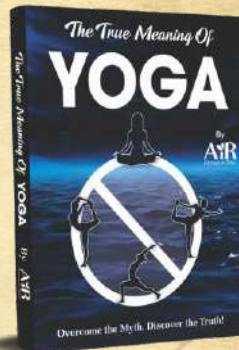
19. True Love is Bliss...Not Just a Kiss

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



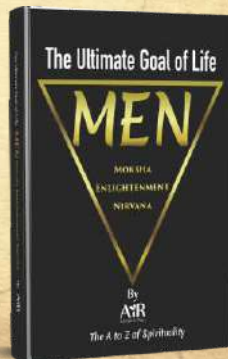
20. True Meaning of Yoga

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



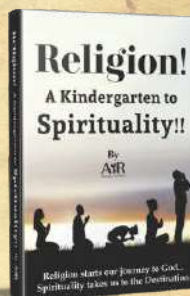
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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



22. Religion! A Kindergarten to Spirituality!!

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



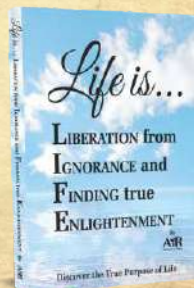
23. Why Bad Things Can't Happen to Good People!

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



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

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



25. The Ladder to Heaven

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



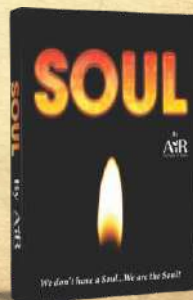
26. FEAR- False Expectations Appearing Real

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



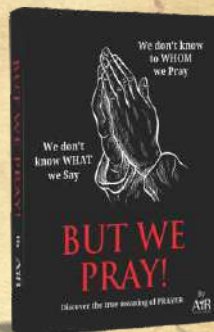
27. Soul – We don't have a Soul... we are the Soul!

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



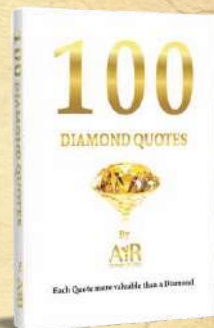
28. But We Pray!

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



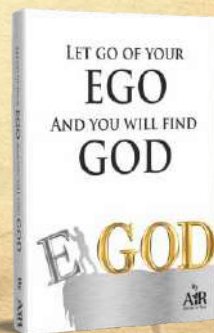
29. 100 Diamond Quotes

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



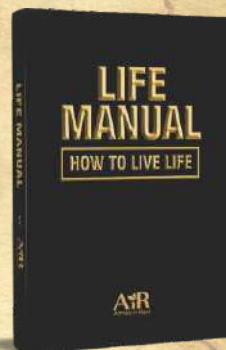
30. Let go of your Ego and you will find God

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



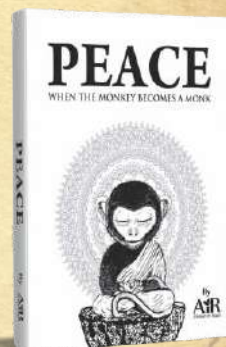
31. Life Manual - How to live life?

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



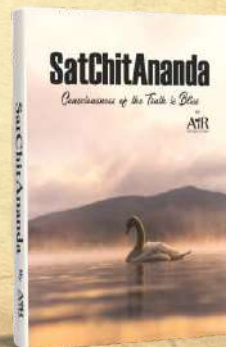
32. PEACE... When the Monkey becomes a Monk!

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



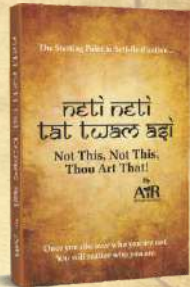
33. SatChitAnanda - Consciousness of the Truth is Bliss

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



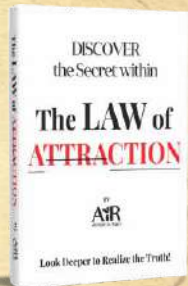
34. *Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That*

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



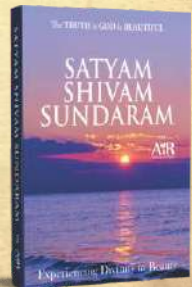
35. Discover the SECRET within The LAW of Attraction

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



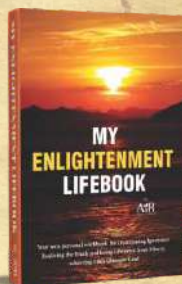
36. Satyam Shivam Sundaram - Experiencing Divinity in Beauty

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



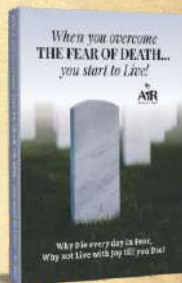
37. My Enlightenment Lifebook

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



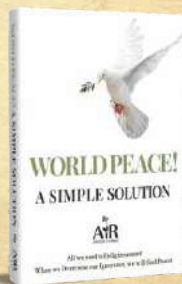
38. When you overcome the FEAR of DEATH, You start to LIVE

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



39. World Peace! A Simple Solution

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



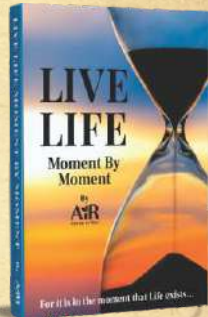
40. Many Problems, One Solution

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



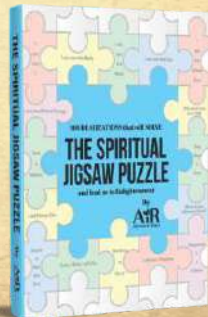
41. LIVE LIFE... Moment by Moment

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



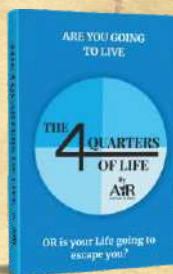
42. The Spiritual Jigsaw Puzzle

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



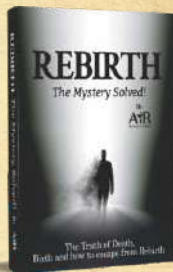
43. The 4 Quarters of Life

To discover the purpose of life, we must divide our life into 4 Quarters. The First Quarter is about Learning, while the Second is about Earning. The Third and the Fourth Quarter are meant for us to attain the ultimate goal of life, Enlightenment, which few people do. This book will inspire you to live a complete life, Quarter by Quarter, so that you can live with bliss and everlasting happiness.



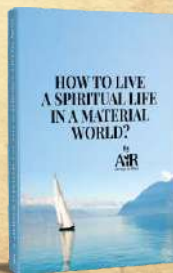
44. REBIRTH ... The Mystery Solved!

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



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

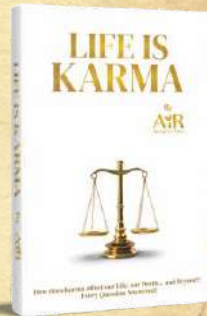
Most of us are lost in the material world and only turn to Spirituality when suffering comes our way. We don't realize that a Spiritual life



can liberate us from all misery and suffering. Some people do take the road less travelled, the Spiritual path, and go on a quest to Realize the Truth. But is it even possible to live a Spiritual life in this material world, surrounded by worldly pleasures? Of course, it is! Spirituality is not really about renunciation, but Realization. This book shows the way to that inner voyage of eternal happiness.

46. Life is Karma

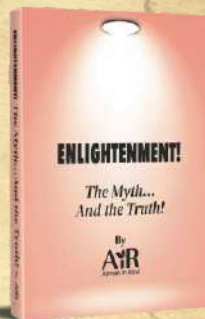
Every time something happens in life, we say, 'Karma!' Most of us know that nothing in this world happens by chance, but as per the Law of Karma. Yet, we still don't understand many things that happen in life and how Karma really works. This book has all the questions along with the answers that will make you Realize the Truth about Karma and Life — how Karma is actually Life. Further, it will help you Realize how you can transcend Karma and be free from the Karmic cycle of death and rebirth.



47. Enlightenment - The Myth and The Truth

Are you seeking Enlightenment? Can you be Enlightened? Is Enlightenment a gift for a select few - for intellectual saints and sages? No, we have been gifted with a human birth so that we can attain Enlightenment. Unfortunately, we are not able to be enlightened because we are living with the myth,

and we do not Realize the Truth. To Realize the Truth, to be Enlightened, we have to unlearn many lies that we have grown up with. This book will help you be enlightened as it discriminates the Truth from the Myth associated with Life, Religion, God and Spirituality.



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

Never have you read a book of Poems like this,

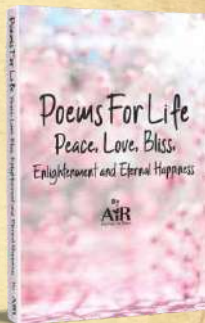
Poems that will give you Peace, Love and Happiness.

Poems that will tell you the Truth about Life,

How to Overcome Misery and how to Overcome Strife!

So, if you ever want to read a book, choose this,

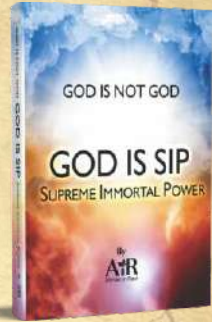
These Poems have Meaning, and they are full of Bliss.



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

God is not God. When you read these words, you will be shocked, and you may wonder what this is all about. But this is the Truth. God is not God. When we say God, what do we think of? We think of the God we pray to every day. Some think of Jesus, some think of Shiva, some Krishna or Ganesha.

But is this truly God? When you go in quest of God, when you go in search of God, when you love God and want God, then you realize that God is not made of bone and skin. God is the power that beats in our heart within. You realize that God is Supreme, God is Immortal. God has no birth and death. God is beginningless and endless. There is no God beyond God. That's why we don't call God, God. We say, God is SIP, the Supreme Immortal Power. We have to change our belief about God. Remember, God never dies, God is never born. The truth is that God is a Power, the Supreme Power, an Immortal Power. God is SIP. This book will help you realize that God is SIP, the Supreme Immortal Power.



50. Happiness is Success

AND NOW

51. The 10 Commandments of Detached Attachment

COMING SOON

52. The Yoga of Divine Love - Prema Yoga

THE 10

COMMANDMENTS OF DETACHED ATTACHMENT



What are these 10 Commandments? These are simple rules that will make our life a life of eternal bliss, Divine love and everlasting peace. What will these Commandments do? They will free us from all attachments that make our life miserable.

We are ignorant. Although nothing belongs to us, nobody will be ours forever, we are still attached to our possessions and the people we love. The result is stress and misery. We are bound to the ground. We live like a tree, we are not free! We are unable to open our wings and fly in the sky. In the prison of attachments, we are caught. We must be free and live in bliss, this truth we forgot!

These 10 commandments are a way to be free from attachments. They show us how we can live with Detached Attachment. We can still love our beloved and enjoy our possessions, but not be attached and become a slave taking our misery to our grave. If we live by the 10 Commandments, we can be free from suffering!

A.i.R.

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By
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Atman in Ravi

