

THE MIND IS A RASCAL

Kill your Mind, before your Mind kills you!

By
AiR
Atman in Ravi

nd
2
EDITION



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AiR
Atman in Ravi
Ravi V. Melwani

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ABOUT THE AUTHOR

AiR- Atman in Ravi



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

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

As a part of the Humanitarian initiative, 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 800 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 to 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 given name to AiR – *Atman* in Ravi. Post his metamorphosis, he 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 discover the way to Eternal Happiness through Enlightenment.'

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 65 books, composed and sung about 1400 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, corporates and universities. He conducts webinars every week and 'ASK AiR' sessions every day on Zoom and Facebook Live to help people realize the ultimate purpose of their life.

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

YOU CAN DIRECTLY

Ask AiR
at 8 pm every day



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PREFACE TO SECOND EDITION

**Kill your Mind,
Before your Mind kills you!**

Many years ago, when I realized the truth about life, I realized that our Mind is our biggest enemy. Our Mind appears to be King but in reality, it is nothing! It causes all our suffering and stops us from achieving the ultimate goal of our life.

I wrote a book, 'The Mind Is A Rascal' in which, I shared that you cannot find the Mind. You can find your nose, your ears and your eyes. You can even see the scan of your brain and an X-ray of your heart. But have you ever seen a picture of your Mind? No! Nobody has because the Mind has no physical existence. It is a subtle part of our life and can be considered as the software of the human computer.

Over the last five years, my understanding and Realization of the Mind has evolved. I have found an easy way to kill the Mind. For that, we must still the Mind. The Mind is just a bundle of thoughts. When there are no thoughts, there is no Mind. In a state of Thoughtlessness, we reach the state of Consciousness. In the state of Consciousness, the intellect is activated. The intellect is man's greatest treasure. The Mind is nothing but a rascal. Before it destroys us, we should destroy it. This evolved Realization has inspired me to write the second edition of the book, 'The Mind is a Rascal'.

The Mind is not just a rascal, it is also like a monkey that is constantly jumping from thought to thought. The Monkey Mind causes fear, worry, stress and anxiety. When we let the Monkey Mind jump from a past that is gone to a future, not yet born, it steals our present moment and along with it, our Peace and Happiness. Therefore, in the second edition of this book, I am sharing how we should tame the Monkey Mind and make this monkey, a Monk. All this is from my personal experience over the last five years because post my Realization of the truth, one of my Realizations was that it is our Mind that is the cause of all our suffering.

Our MonkEY Mind has a tail, the EY. The EY is 'Ever Yelling' and 'Ever Yearning'. When we stop this yelling and yearning, the monkey becomes a Monk because its tail, the EY is cut. In this state of Monkhood, the Mind does not exist. We have, in fact, killed the Mind because we were able to still the Mind. Many people wonder how this is possible but just like we can stop walking, talking and eating, if we take charge of our Monkey Mind, we can stop thinking too.

Will the monkey become a Monk so easily? Absolutely not! It is said that the one who has conquered the Mind has conquered the world. As long as we are alive, we cannot really kill the Mind but we can tame it. Once we tame the monkey into a Monk, the Mind is no more King. It is the intellect then, that occupies the throne and we live in that state of Consciousness or Thoughtlessness where we are the Master of the Mind.

PREFACE

I decided to write the second edition of this book because the book is very relevant and needs to be scaled up to understanding the Mind and then, transcending it. The book will help us understand how the Mind, along with the Ego becomes ME, and then, creates *Karma*. Our Mind not only makes us suffer on earth but also makes us return to earth in a rebirth, only to be reborn to make our suffering go on and on. We have no option but to kill the Mind. If we do not, we are finished. We will live in anxiety and depression, as fear and stress will control our life.

Unfortunately, the Mind fools us and makes us believe that it is our best friend. We also start thinking that we can mould it and make it work for us. But sadly, it does not work for us. Its purpose is to defeat us, kill us and destroy our state of Consciousness, which will activate our intellect.

This book will transform your life. When you try to find your Mind, where it is, you will not be able to find! In Consciousness, you will realize that you are not even your body. With that, you will transcend your Ego. And by doing so, you will be free from the Triple Suffering of the Body, Mind and the Ego. This is our ultimate goal. To realize that we are the Divine Soul and we cannot do it until we kill our Rascal Mind. This book will help you watch it, catch it, latch it and kill it!

*I thought my Mind was King!
I thought my Mind was Everything!
Until one day, I searched for my Mind,
Where it was, I could not Find!*



INTRODUCTION

What is the Mind? We keep on saying, 'My Mind is in a mess. It is full of stress. My Mind is worried. My Mind is depressed.' We all seem to have a problem with our Mind. But where is our Mind? We cannot find!

We can touch our nose, pull our ears and see with our eyes but we have never seen our Mind. It seems to exist but it is a product of our ignorance. The Mind is nothing but a bundle of thoughts. When there are no thoughts, there is no Mind. Therefore, when we reach a state of Thoughtlessness when we still the Mind and kill the Mind, that state of Thoughtlessness is known as Consciousness. In that state of Consciousness, where there are no thoughts, our intellect is activated. Like the Mind, the intellect is also a part of our subtle existence. It helps us to discriminate and choose.

In the state of Mind, thoughts bombard us. The Mind is like a Thought Factory. It produces up to 50 thoughts a minute and that can be up to 50,000 thoughts in a day. Can you imagine how aggressively our Mind works to create fear, stress, anxiety, worry and depression? It destroys our life! But when we reach a state of Consciousness, there is no bombarding of

thoughts because there is no Mind! Thoughts then, appear one-by-one, like cable cars or gondolas on a ropeway. Each thought is then, discriminated and we are able to live a life of Peace and Happiness.

What is new in this second edition of 'The Mind is a Rascal'? In the first edition, we have already covered the point, 'Kill the Mind before the Mind kills you!' Our Mind appears to be King but in reality, it is our biggest enemy. It steals our Peace and Joy. It not only causes our suffering but also makes us return in a rebirth. What else must we know about the Mind?

The Mind is like the Phoenix bird. It will never die until we are dead. Therefore, to kill the Mind, we must still the Mind. We must tame the Monkey Mind and make it into a Monk. This is easier said than done. When we have no control of the Mind, it produces negative toxic thoughts. Thoughts of fear, worry, stress, anxiety, depression, anger, hate, revenge, jealousy and pessimism. This is **NEP** or **Negative Energy Poison**. The moment our Thought Factory produces NEP, we are doomed and headed for disaster. We have to flip over from NEP to **PEP** or **Positive Energy Power**, which will produce thoughts of Faith, Hope, Trust, Enthusiasm, Love, Compassion, Kindness, Courage, Forgiveness and Optimism. In this second edition, we will learn first, to flip from NEP to PEP and then, to flip from a state of Mind to Consciousness. By this, we will still the Mind and kill the Mind.

The fact is that there is no Mind. There are just thoughts. We have to learn to control our thoughts because thoughts become

feelings that ultimately, direct our actions. Actions are *Karma* that make us suffer on earth and return in a rebirth. Therefore, we have to transcend both Mind and Ego. We have to learn to live with our intellect, not with our Mind. If we let our Mind take charge of our life, it will become our boss.

One day, a man was riding on a horse. Somebody asked him, 'Where are you going?' He replied, 'Ask the horse!' When our Mind becomes the boss, this would be our condition. We do not know where we are going and thus, we do not reach our destination. However, when we still our Mind, either through silence or meditation, or by the Realization of the Truth, we take charge of our thoughts and ultimately, our life. This is our biggest goal. To realize that we are not the Body, Mind and Ego. To realize that we are a Divine Soul. Our Mind fights very hard to stop us from this Realization because the moment we realize this Truth, it is the end-of-the-story for the Mind.

The Mind is a rascal. Our Mind is our enemy. The Mind is a monkey. However much we explain, it is still not enough to define how dangerous our Mind is. Our Mind is so powerful that it fools us into believing that it is our best friend. Stop! Beware! Kill the Mind! If you do not, then the Mind will kill you. Even though you read and understand this, your Mind will stop you from reaching to that state of Consciousness, where you will realize the truth about life. But if you can kill your Mind, you will achieve the ultimate purpose of your life.

*Make it a habit to live as the Intellect and not as the Mind.
Otherwise, Thoughts will Steal your Peace, and Bliss, you will never Find!*



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1

CHAPTER

WHAT IS THE MIND?

We all talk of the Mind. What is the Mind, in reality? The Mind is just a bundle of thoughts. When there are no thoughts, there is no Mind but somehow, the Mind appears to be. We think that we have a Mind. In fact, our Mind makes us believe that we are the Mind.

To understand our Mind, it is good to think of the human being as a human computer. Just as a computer has hardware and software. So also, a human being has hardware and software. Our body is the hardware. We have bone, skin, eyes, nose, ears and a tongue. We also have several critical organs like the brain, heart, lungs and kidneys. But where is our Mind? Our Mind has no physical existence but still, it seems to exist. It is like the software of a computer. It cannot be touched and felt but without it, the computer cannot work. Similarly, without the Mind, a human being is incomplete.

Our Mind is a Thought Factory that is constantly producing thoughts. It has a subtle existence. These thoughts form the Mind. Our Mind produces a thought practically, every second. This can be up to 50 thoughts a minute and can amount up to 50,000 thoughts in a day. Can you imagine how powerful our Mind becomes as it bombards us with these

thousands of thoughts? It is these thoughts that cumulatively become the Mind.

What else is the Mind? While the Mind in reality, is just a Thought Factory, it appears to be the Inner Instrument of our existence. The Inner Instrument consists of the Mind, Memory, Intellect and the Ego. These are in fact, different from the Mind. But most people consider all four of them to be the Mind because all the four are subtle in nature. There is no physical existence of our memory, like a hard disc in a computer. The intellect is also not a physical organ like the heart but it exists and it discriminates. While the Mind creates the Ego, each has its own functions. The Ego makes us believe that we are the false identity, 'I', but the Mind has only one function – to produce thoughts.

Our Mind produces both kinds of thoughts, positive and negative. Just like in a factory, the product manufactured depends on the raw material, similarly, if we feed the Mind with positive raw material, we will have positive thoughts. On the contrary, if we feed the Mind with negative raw material, we will have negative thoughts. What most of us do not realize is that the moment there is no thought, the Mind produces negative thoughts and destroys our Peace and Happiness.

Therefore, our Mind is our biggest enemy. It is because of the Mind that we live in fear, worry, stress and anxiety. Thoughts that create the Mind are the cause of our depression. One powerful negative thought can make a person commit suicide

too. Thoughts create feelings that become actions. Therefore, our Mind that produces thoughts, actually, controls our life.

It is the Mind that creates the Ego too. Without the Mind, there would be no Ego. Therefore, we do not realize that it is the Mind that is responsible for our anger, hate, revenge and jealousy. Together, the Mind and Ego, ME, create *Karma*, which not only makes us suffer on earth but is also responsible for our rebirth.

The biggest problem with the Mind is, where it is, we cannot find! In reality, the Mind has no existence. Then, what makes the Mind appear to be? It is our ignorance. Who causes ignorance? It is the Mind itself. Along with the Ego, it becomes ME and fools us into believing that we are this body and we suffer the Triple Suffering – pain of the body, misery of the Mind and agony of the Ego.

The Mind, therefore, is the cause of all our pain and suffering. It creates thoughts that steal our Peace and Happiness. Still, we believe that our Mind is our best friend. Why? It is because our Mind makes us think that it is everything. Our Mind makes us believe that without it, we are nothing. But this is the biggest lie. It is, in fact, the cause of all suffering.

*What is the Mind? It is a bundle of Thoughts,
In this bundle of Thoughts, we all get Caught!
But have you ever tried to Find the Mind?
Where is the Mind? You cannot Find!*



2

CHAPTER

THE MIND IS KING, IT IS EVERYTHING!

Throughout the world, people believe that the Mind is everything. That the Mind is King! Without the Mind, we are nothing! People cannot even imagine life without their Mind. Our Mind, therefore, appears to be the controller of our life. It is like the operating system of the human computer. Can you imagine the most advanced computer functioning without software? No! Impossible! We need software, applications and operating systems to operate advanced computer systems. Is there anything more advanced than the human body? No! How does the human body function? Every action is controlled by thoughts. Without thoughts, there would be no feeling and therefore, no actions. Therefore, thoughts cause everything that we do, all our actions.

Our Mind takes the position of a CEO. In the ancient days, it was called King. It could make us cry, laugh and do anything and everything. The world has evolved and grown up believing that the Mind is King. We also believe that it is our Mind that causes us to be happy, just as it can cause us to be unhappy. It is our Mind that creates thoughts, dreams and goals. Without the Mind, there would be no Success or Achievement. Thus, people believed their Mind to be King. Have you not heard people saying, 'Do you not have a Mind?'

This question refers to our Mind being the central part of our existence. It also indicates that without our Mind, we are nothing. But is this true? Our Mind may appear to be King. It may appear to be everything. But that is the biggest lie. In fact, it is our Mind that is the cause of all our suffering. It is our Mind that inflates our Ego, causes us to fear and live in worry, stress, anxiety and depression. Along with Ego, it becomes ME, that causes anger, hate, revenge and jealousy. We must be very clear of what our Mind is. If we somehow believe that our Mind is King, it is everything, then our life will be full of misery and suffering. But the moment we realize that our Mind is a rascal, it is our enemy and it is an illusion, then, the Mind becomes nothing and we become the Master. When we still and kill the false King called the Mind, then the real King comes to the throne. The real King is our intellect.

The one who is enlightened with the truth is different from the mass of ignorant people through this Realization. While the majority believes that our Mind is King, the truly intellectual ones who realize the truth know that it is our intellect that is King and the Mind is the cause of all suffering. So, when our Mind bombards us with thoughts, we become helpless slaves of the Mind. Thoughts drive us towards action and make us puppets. The moment our Mind rides our life-horse, it becomes the boss and we are controlled by thoughts.

When the Mind is killed, in that moment of stillness or Thoughtlessness, we reach a state of Consciousness. It is in the light of this Consciousness that our intellect shines. Then, the

new King, the intellect takes charge of our life. There is Peace which was erstwhile robbed by our Mind. When there is no Mind and the intellect is King, then we will find Peace. Unfortunately, less than 1% of the human race realizes that the Mind is like a monkey, it is a rascal and our enemy. It is not the real King. And therefore, the majority of people suffer the misery of the Mind.

Do you doubt that your Mind is really not King, it is nothing? Yes? Then pause and look at how big the world of psychiatry is growing. Mental illness and Mind medicine has become one of the biggest issues in the medical world. Doctors try to sedate the Mind that often leads people to depression and even thoughts of suicide. People try to meditate to still the Mind. This is because the Mind is not even King, rather, it is a dictator. It is a tyrant that steals our Peace and Happiness and locks us in the prison of thoughts. And so, we are caught in ignorance. It is time to kill the Mind and have a new King - a benevolent, kind and intelligent King, our intellect. When we crown our intellect as King, we will not only attain freedom but also Peace and Happiness. Hence, we must stop believing in the lie that our Mind is King, it is everything! Otherwise, we will live and die in suffering.

Why are we always taught that the Mind is King?

Can't we see that it causes all our Suffering?

*When the Intellect, to discriminate our Thoughts, we Bring,
We are Free from the Rascal Monkey Mind that makes us Swing.*



3

CHAPTER

HAVE YOU SEEN THE MIND?

We human beings, keep on talking about the Mind. But where is the Mind? Have we ever seen our Mind? Even though it seems to exist, nobody has ever seen their Mind. We believe that the Mind has a subtle existence but the truth is that there is no Mind. It appears when thoughts appear and when there is no thought, then there is no Mind. When we try to contemplate this, we get confused because our Mind confuses us. It bombards us with various thoughts that makes us feel that our Mind exists. To overcome this challenge is man's greatest Success. Therefore, it is said that the one who conquers the Mind, conquers the world.

If our Mind exists, then we should be able to identify where it is. Don't we identify the brain? Scientists are able to perform brain surgeries of all types and they even consider the brain to be the hardware in which the Mind, the software, operates. But has any scientist seen the Mind? If they haven't seen the Mind, then why do they believe that the Mind exists? Scientists ask proof for everything. Why don't they ask for a proof of the existence of the Mind? They use sophisticated machines, X-rays, scans and MRIs to go deep within the body and they also use lasers to perform surgeries but science has not questioned the existence of the Mind.

The fact is that our Mind is just an illusion. It doesn't exist. It is just a bundle of thoughts that causes our ignorance and makes us believe that it exists. In fact, our ignorance is so deep that we even believe in the existence of our Ego. Our Mind and Ego together become ME and we live and die thinking that we are this Body, Mind and Ego. This is the biggest myth we have grown up with.

Why should we question the existence of the Mind? When our Mind is thinking all the time, then why deny its existence? It is important to question the existence of our Mind because if we don't, then we become a slave and our Mind will go with us till our grave. Not only will it make us suffer on this earth but also bring us back in a rebirth. Therefore, man must stop and question the existence of his Mind. 'Where is my Mind?' This is the most important question that man must answer.

We know we have feet that can walk and we are able to talk with our vocal cord. We have a mouth, teeth and a tongue too. We are aware of our five senses, the eyes, nose, ears, tongue and skin. We talk of not just the brain but our heart, lungs, kidneys and other critical organs too. We believe in their existence because we can see images of their existence. But have we ever seen our Mind? No! Nobody has seen their Mind. It appears and disappears. No doubt, the Mind is creating thoughts and when we sleep, it continues to dream. Our body is fast asleep but we imagine fairy tales and nightmares in the subconscious state of our Mind. Sometimes, there are no thoughts, we get deep sound sleep and we wake up saying, 'I slept like a log.' Where was our Mind, then? That

time, our Mind seemed to disappear but the moment we woke up, it appeared. The biggest and most difficult question therefore, is, 'If we cannot see our Mind, does it exist or not?'

Our Mind does not permit us to believe that it is an illusion. It continues to produce thoughts that trap us and make us believe that although we cannot see it, it very much exists. The moment we realize that there is no Mind, we will be free from all the miseries like fear, stress, anxiety, depression, anger, hate, revenge and jealousy. But it is very rare for someone to realize that their Mind doesn't exist. It is practically impossible to still the Mind and kill the Mind!

How can we kill the Mind when it doesn't exist at all? The only way to kill the Mind is to still the Mind. The moment we still our Mind, the Mind disappears and we reach a state of Consciousness. Our Mind has no physical existence and even its subtle presence can be eliminated through Silence, Meditation, Realization and Enlightenment. But this is not easy. The moment we are able to do it, we realize the truth of, 'Who am I?' Unfortunately, we are all caught in thought. If we are not going to be free from our Mind, which we can never find, we will just live, cry and die, only to return to earth in a rebirth.

*None of us have seen our Mind,
Where is the Mind? We cannot Find!
Still, we live as if we are Blind,
And Suffer the Miseries of the Mind!*



4

CHAPTER

HOW MANY THOUGHTS?

If there is no Mind, where do thoughts come from? This is the biggest mystery that has filled our history but we have not been able to realize the truth and achieve victory! Instead, we live in misery. Thoughts appear in every living being. When thoughts are rapid and fleeting, they appear as the Mind. They pour like rain and push us down the drain. But when we are in the state of Consciousness and our Intellect is in charge, it discriminates each and every thought and we attain peace because then, only right thoughts come one by one, gently like snowflakes. Our Mind bombards us with a thought practically every second, almost 50 thoughts a minute. If we are awake for about 17 hours in a day, then we are flooded with up to 50,000 thoughts per day. Thoughts never stop. They just continue to pop up like popcorns from a popcorn vending machine. Our Mind behaves like an invisible Thought Factory that keeps on producing thoughts.

Of course, our Mind produces both, positive and negative thoughts. The Thought Factory product depends on the raw material that we feed into it. If we fill it with NEP, Negative Emotions that are Poison, the thoughts produced are negative and toxic. And if we feed in PEP, Positive Emotions that give Power, the thoughts are happy and positive. We have to keep our Mind in a state of **PEP, Positive Energy Power**, or else, it

automatically goes into a state of **NEP**, **Negative Energy Poison**. That is the reason we live in fear and anxiety. Just stop and imagine that you have been attacked by about 50 thoughts in a minute. This situation is more dangerous than an AK-47 rifle shooting bullets at you. If shot with a rifle, you will be dead in a moment but if bombarded with thoughts from your Mind, you will suffer every moment, till you die. Why does this illusory invisible Mind continue to produce thoughts? It is because that is its job. Not only does it steal our Peace, the very foundation of our Happiness, it also robs us of our Consciousness that makes us still, ponder, reflect and realize the truth. The Mind, thus, has a clear agenda. It does not let us realize that it does not exist. It has an illusory existence and it appears to be alive through thoughts. Our Mind bombards us with many thoughts, not permitting us to activate our intellect and discriminate between the thoughts and the existence of the Mind.

Until we stop this thinking, we will never realize that our Mind, which we cannot find, doesn't actually exist. It is just a bundle of thoughts. How can we realize this? We have to stop thinking. How do we stop thinking? Just like we can stop walking, talking or eating, we can discipline ourselves to stop thinking too. But for this, we must be in that still state of Consciousness, of Thoughtlessness, where our intellect is activated. The moment our intellect is activated, our Mind no more remains our boss. The intellect discriminates every thought and the Mind is caught. The intellect also activates our willpower, to be still and to kill the Mind. In those moments of Consciousness, there will be no thoughts. The Mind seems to disappear but soon the Mind will reappear with its thoughts. It is practically

impossible to destroy the Mind. However much we try to still it and kill it, our Mind is like the Phoenix that rises from its ashes and returns to make us miserable.

What is the solution to this biggest problem of humanity? The solution is to cut the **MTR**, the **Mental Thought Rate**. Just like there is a **BMR**, the **Basal Metabolic Rate**, our body's metabolic rate by which we burn calories, MTR is our Mental Thought Rate. Normally, it is up to 50 thoughts, per minute. If we use our Consciousness, intellect and willpower to slow down our Mind, then we can reduce the MTR from 50 to 40, to 30 and ultimately, to 1 thought a minute. This is the biggest achievement of man. When there is only one thought in our Consciousness and we are free from the illusory Mind, we are in a state of Divine Peace and Bliss. But will our Mind permit this? No, it will not! It will try to attack us with thoughts. But we have to discipline ourselves with our willpower. When a thought appears, we must watch it, catch it and latch it and remain in Consciousness. This way, we will still the Mind and we will kill the Mind. By doing so, we become free of all the miseries caused by the thoughts from the Mind. Unfortunately, because the Mind does not permit us to realize this truth and to reach that state of Consciousness or Thoughtlessness, we continue to get bombarded by thoughts from the Mind and in ignorance, we suffer, till we die.

*The Mind is producing Thoughts, 50 Thoughts a Minute,
And we like fools don't realize this! We just Sink in it!
Life is a Treasure but we let our Mind Steal it,
We are caught in thought, and just Suffer in it.*



5

CHAPTER

THE MIND IS A MONKEY

Why does the Mind get so many names? First, we call it a rascal and consider it to be our biggest enemy and now, we are calling it a monkey. Many philosophers also refer to it as the 'Monkey Mind'. It is so because a monkey jumps from branch to branch and similarly, the Mind jumps from thought to thought. It does not stay still. Therefore, it steals both our present moment and Peace.

Haven't you experienced your Mind jumping to a past that is gone? The past is over. Nobody can go back to the past. But the Mind does. It takes us to events of our history and then creates regret and shame. It makes us nurse, curse, rehearse our past and creates so much misery and unhappiness. And within a few moments, it jumps from the past that is gone to a future that is not yet born! The truth is that there is no future. As they say, 'Tomorrow never comes.' It can only appear as 'today' but our Mind is the only rascal that can jump like a monkey from 'yesterday' to 'tomorrow' and create so much misery and sorrow. It creates thoughts of fear, worry, stress and anxiety.

Because of this constant jumping from thought to thought in which we are caught and from yesterday to tomorrow, which

fills our moments with sorrow, the Mind is labelled as the 'Monkey Mind'. Not only is it a monkey but it is such a Rascal Monkey that it makes us a donkey. It takes over the command of our life from our hands and we become helpless and swing like a pendulum with it, from the past to the future.

Unless we stop this monkey business, we will just cry and suffer, till we die. We will never realize the truth of, 'Who am I?' Our Mind will create an 'I' when it joins the Ego to become the Mind and Ego, ME. But in reality, neither is there a Mind, nor is there an Ego. Then where did the 'ME' come from? We have seen neither the Mind nor the Ego but this 'ME' appears because the Monkey Mind creates thought, in which we are caught.

So, if man wants to live a life of Peace and Bliss, he has to stop this Monkey Mind that keeps on jumping from thought to thought. This is man's greatest challenge. The monkey does not want to be still because the moment the Monkey Mind is still, we can kill it! In the state of Thoughtlessness, when there are no thoughts, we reach Consciousness, in which our intellect shines. The moment our intellect is in command, our Mind can no more be a monkey that keeps jumping from yesterday to tomorrow. In the moment of Consciousness, we experience Peace and Bliss only because we have been able to tie the Monkey Mind. But just like any monkey, the Mind does not remain still. It soon jumps and steals our Peace. If only we are able to tame the Monkey Mind and make it into a still Monk, we can achieve a state of Realization, a state of Enlightenment and discover the true purpose of our life. We can attain that state of being liberated from all misery and

sorrow. But the biggest challenge is, 'How do we still our Monkey Mind?' We will soon learn how to do this but first, we have to acknowledge the fact that our Mind is like a monkey.

As long as we think that our Mind is King and we do not realize the power of the intellect, we will never be able to tame our Monkey Mind. Unless we practice moments of Thoughtlessness, where the Monkey Mind stops jumping from thought to thought, we will not enjoy moments of Peace, Bliss and Consciousness. Somehow, our Mind has made us believe in the lie that we are nothing without it and little do we realize that our Mind is our biggest enemy and the cause of all our suffering.

The fact is that there is no Mind! Nobody can deny this but we all experience thoughts and because of its monkey nature, the illusory Mind continues to bombard us with so many thoughts, jumping like a monkey that we actually become slaves to the Monkey Mind. By doing so, the Mind makes us miserable. We all know and experience it too but still, we do not still the Mind and kill the Mind. We let the monkey continue to create pandemonium in our life. The Mind is a rascal and if we do not kill it, this dangerous Monkey Mind will kill us and then make us return again, in a rebirth to suffer on this earth.

*The Mind is a Monkey, it jumps from Thought to Thought,
In these Miserable Thoughts, we all are Caught!
First, it jumps to a Yesterday, that we are sure is Gone,
Then, the Monkey jumps to a Tomorrow, that's not yet Born.*



6

CHAPTER

OUR MIND MAKES US MISERABLE!

Is it not strange that our Mind makes us believe that it is our best friend? It convinces us that it is the most important entity in our life, when in reality, it does not even exist. It's just a bundle of thoughts. Its only objective is to make us suffer. It is very difficult for anybody to believe this but this is the truth. Our Mind is the cause of all our suffering. When there is no Mind, in that state of Thoughtlessness or Mindfulness, we experience Peace and Bliss.

Have you not experienced a state of deep sleep when there was no dream? We wake up from such a sleep and say, 'I slept like a log!' In this state of deep sleep, we have the rare experience of being thoughtless and in Bliss. In a state of Thoughtlessness, there are no dreams and no misery. Other than this state, our Mind constantly bombards us with thoughts and makes us miserable.

Who causes Fear? It is the Mind that causes fear. Fear is not danger. **FEAR** is a False Expectation Appearing Real. Our Mind creates fear and makes us miserable by producing fearful thoughts. Fear is not a real danger but the thoughts of the Mind create a danger when in reality, there is none and we become miserable. Our Mind attacks us with up to 50

thoughts a minute. It does not stop. It produces thousands of thoughts every hour and these thoughts produce stress. Thought after thought, we become worried and anxious. These aggressive thoughts of the Mind create anxiety attacks and ultimately, lead us into a state of depression. It is in this state that man sometimes even contemplates suicide and if the Mind is not controlled or stilled, there are cases where people end their lives.

Therefore, the Mind is a rascal. It is our enemy causing us fear, worry, stress, anxiety and depression and it does not stop there. It creates the Ego and along with the Ego, it becomes 'ME'. It makes us believe that 'I' am different from 'you'. Then, the ME creates agony and anguish. We become angry. Why? Only because of the thoughts that make 'me' appear different from 'you'. While we have different bodies, the truth is that we are all Souls that belong to one Supreme Power. We are actually one but because the Mind creates duality, we get angry at each other. Have you ever seen your right hand getting angry at your left hand or your left leg kicking your right leg? This never happens because we know that they both belong to us.

The Mind, along with the Ego, creates thoughts of hatred that makes us miserable. The moment we are able to transcend the Mind and Ego, ME, we can flip over from thoughts of hatred to thoughts of love but our Mind creates the agony of hatred. So, what happens when we become jealous? We needlessly lose our Peace and Happiness. Why should we bother about others? It is our Mind that uses our senses, compares us to others and leads us to a state of jealousy and misery. When we

transcend the Mind and Ego, ME, we transcend all this anguish. Otherwise, we will live with an emotion of revenge and try to harm those whom we perceive have wronged us. All this anguish is caused by the Mind. Our Mind is the cause of our misery but unfortunately, we do not realize it. We think that our Mind is our best friend and because this Rascal Mind fools us, we do not kill it. And instead, it kills us bit-by-bit, till ultimately, we suffer and die.

Our suffering does not end at death. Our Mind not only makes us suffer the Triple Suffering on earth but along with our Ego, it becomes the ME that returns in a rebirth and makes us suffer, again and again. Our Mind keeps us enveloped in the darkness of ignorance and stops us from the Realization of the truth. And because of this ignorance, we continue to suffer.

Our Mind appears to make us glad but in the next moment, it makes us sad. It attracts us towards pleasure but ultimately, gives us pain. The Mind makes us miserable, again and again. The challenge in our life is to realize that our Mind is neither our friend nor King. In fact, it causes all suffering! And unless we reach a state of Consciousness, we will never be able to kill the Mind and attain Peace and Bliss. Peace is the foundation of Happiness and it is within but we do not find Peace because our Mind bombards us with thoughts. It creates stress and makes our life a mess.

*What is the cause of our misery? It is our Mind.
Fear, Worry, Stress, Anxiety, it creates Sorrow of many a Kind!
We are agonized by Anger, Hate, Revenge and Jealousy,
Because the Truth, it hides, and makes us Blind!*



7

CHAPTER

THERE IS NO MIND, JUST THOUGHTS!

Have you ever tried to find your Mind? Have you ever tried to contemplate what science says about the Mind? There are so many discussions about psychiatry and psychotherapy that Mind medicine has become a big thing in today's world. But even science is completely confused about the Mind. While the world understands that Mind is that element of a person that enables them to think and feel the world around, nobody has seen their Mind. People confuse Mind with Intellect and Memory. We think of all these subtle aspects - Intellect, Memory and Mind, to be one. In reality, they are all different. Each has its own function and none of them are physically accessible. We can take data, copy it in a pen drive and transfer that data into some other device like a laptop or a mobile phone but can we copy our memory into any device? No! Nobody has been able to access the memory of man from any part of his gross body. We talk so much of the intellect and we use it to discriminate our thoughts but where is the intellect? In the same way, we are unable to find the Mind. Though it appears to exist but in reality, it is nothing but a bundle of thoughts.

So, what is the truth about the Mind? There is no Mind! Anybody listening to this for the first time will vehemently

argue against it. 'Have you lost your Mind?' They will ask if you tell them, 'There is no Mind.' 'How can there be no Mind? It is our Mind that thinks and drives all our actions. Without the Mind, we are nothing.' This is what the world thinks but the truth is that there is no Mind. Our Mind is nothing but a bundle of thoughts. When we accumulate thoughts, thought after thought, these thoughts appear as our Mind and we mistake these thoughts to be our Mind itself. If we are able to stop thinking, then in that state of Thoughtlessness, where there are no thoughts, the Mind ceases to exist. There is no Mind and thus, no misery of the Mind. We experience a state of deep Bliss and Peace. But no sooner than we experience this, thoughts reappear and so does the Mind, only to make us miserable once again. It is very difficult to still the Mind, which means it is very difficult to stop thinking. Thinking is a natural process and we continuously think up to 50 thoughts a minute. What triggers these thoughts? Our five senses. The eyes, nose, ears, tongue and skin are the primary sense receptors that trigger us and perceive thoughts. When we quieten our senses, we slow down the **MTR**, the **Mental Thought Rate** but still, our Mind keeps producing thoughts. It may be from our memory, our beliefs, habits or even our emotions. Nobody has been able to find out where thoughts come from and therefore, while the Mind seems to exist because of thoughts, nobody has been able to discover where the Mind is.

While we are absolutely sure that we cannot find the Mind, we are also equally sure that thoughts exist and these thoughts appear as the Mind and when there are no thoughts, there is no Mind. Therefore, if we want to kill the Mind, we have

THERE IS NO MIND, JUST THOUGHTS!

to still the Mind by attaining a state of Thoughtlessness. Just like we have the willpower to stop walking or talking or eating, we have to stop thinking too. The moment we stop thought, in the Mind, we will not be caught. But if we let the Monkey Mind jump here and there, then, we create our own misery and sorrow. It will then appear as if the Mind exists and creates the Ego and we become the Mind and Ego, ME. Then, we create *Karma* or action and we experience both pleasure and pain. One day, our body will die and the Mind and Ego, ME, that actually does not exist and is an illusion, will carry its *Karma* and return to this earth in a rebirth, in a new body. As long as we are the slaves of our Mind, it will be our Master and will make us miserable. Our challenge is to realize that there is no Mind. And for this, we have to reach a state of Thoughtlessness. It is in this state of stillness, of Thoughtlessness that we experience Consciousness and our intellect is activated. We experience the Realization that our Mind does not exist. It is just a bundle of thoughts. But as long as we are bombarded with thoughts, we cannot be enlightened with this truth. We will continue to be ignorant because we are fooled by the Mind, which does not exist and our thoughts will make us believe that we are the Mind and Ego, ME, and we will suffer. As long as we do not still our Mind, we will always believe in the existence of the Mind.

The Truth is, there is No Mind, only Thought,

But with Thoughts, the Mind is Brought.

Thoughts appear to be the Mind and along with the Ego, become ME,

Thus the Soul that we Truly are, we cannot See!



8

CHAPTER

CAN WE CONTROL OUR THOUGHTS?

Have you ever tried to control your thoughts? Have you experienced a situation when there is a particular thought or a bunch of thoughts that capture your Consciousness and do not permit you to do anything? You feel like you are in a jail, a prison, imprisoned by your own thoughts. We all experience this and many of us experience it every day, most of the time. And then, our Mind becomes our boss. Although we are on a horse, we have no clue where we are going because our Mind is riding our life horse.

It seems like the aeroplane of our life has been hijacked by our own Mind and we are being flown against our wishes to another destination. We feel helpless and hopeless but there is hope. We can control our Mind if we learn to control our thoughts.

Many people are trying to control their Mind. They can't because in reality, the Mind does not exist. It is nothing but thoughts and the moment we are able to control thoughts, we will be able to control our Mind. The challenge for us is to learn to how to control our thoughts.

The Mind is like an aggressive monkey. Have you ever tried to catch a monkey? It is not easy. Our Mind is like a big gorilla.

It is practically impossible to catch it but little by little, when we learn to control thoughts, we ultimately, still the Mind and reach that state of Consciousness, where there is Thoughtlessness. Then, there is no Mind and we know it because in that state we experience Peace.

What is Peace of Mind? It is a state of Stillness. In reality, we do not have to find Peace. It is within. We just have to still the Mind. Now, what is the Mind? It is only a cluster of thoughts. Can we stop thinking? Of course. Just like we can stop walking and talking, we can stop thinking! But it is not easy. The Mind is such that it does not want to be still. The moment it is still, it ceases to exist. Therefore, the illusory Mind is constantly producing thoughts so that we do not realize that there is no Mind. The moment we control thoughts, we will get to the Realization that the Mind is an illusion. So, the Mind does not stop producing thoughts. Very few people are blessed to become the Master of their Mind and thoughts. How can one achieve this?

We can control thoughts by being in Silence. The world calls it 'Meditation' without realizing the true meaning of meditation. Meditation is the process of stilling the Mind. We have to reduce the **MTR**, the **Mental Thought Rate**. Slowly, we reach that state where there are no thoughts. The Buddhists refer to this as Mindfulness. In this state, when we control all thoughts, we are in Consciousness. The state of Consciousness can control all further thoughts. When thoughts are flowing, they continue to flow but when we stop thoughts, we can still our Mind.

Another way of controlling thoughts is to watch our

thoughts. When a thought appears, we watch it, catch it and latch it! We have to have a strong willpower and a sharp intellect that appears only in Consciousness. This is a tug of war within us that will never stop. The only difference will be, who will be the Master, thoughts of the Mind or stillness of the Consciousness? There is no doubt that we can control thoughts but it is not easy. Silence, Meditation, *Yoga* and being always united with the Divine are some ways. People often use the art of engaging in something to be away from their thoughts. Finally, we have to kill the Mind if we want to achieve the state of being ever thoughtless but even then, the Mind will produce thoughts, only much slower and passive. But because the Mind has fooled us into believing that thoughts are things that make us King, we let thoughts dominate us and create suffering. Our biggest challenge in life is to be able to control our thoughts, still our Mind and create Peace, the very foundation of Happiness. The Rascal Mind creates a thought so that we cannot still the Mind. It makes us think that we cannot control thoughts and if this thought dominates us, then even if we can control thoughts, we will make no effort to do it and remain miserable all our life.

*We can Control our Thought but this, we Forgot!
 Because in our own Mind, like slaves, we are Caught!
 The Mind creates Thoughts and we continue to Think,
 It gives us no Time, we blink and we Sink!*



9

CHAPTER

FROM NEP TO PEP

To control the Rascal Mind, the first thing we must learn to do is to flip from **NEP**, Negative Energy Poison to **PEP**, Positive Energy Power. Not many people know the strategy of thinking positive. The whole world talks of positive thinking but how can we make our Mind think positive when it always thinks negative? The illusory Mind is a Thought Factory. It produces thoughts, based only on the raw materials that we feed it. If we feed the Mind with positive raw material, it will produce positive thoughts, just like if we feed it with negative raw material, it will produce negative thoughts.

It is not easy to comprehend the Mind because nobody has seen it. But it definitely seems to exist. There is no doubt that there are thoughts, although nobody has been able to pinpoint the root of thoughts. However, from all the psychiatric studies and observations, it is inferred that the Mind is like a popcorn machine. If caramel corn are fed into the popcorn machine, we will get caramel popcorn. If salted corn are put into the machine, we will get salted popcorn. Like they say, 'Garbage in, garbage out!' Therefore, whatever we put in our so-called Mind is very important.

The biggest problem with our Mind is that it constantly makes us miserable. It creates thoughts of fear, worry and

anxiety and steals our Peace and Happiness. In a fraction of a second, we become unhappy. This is because of NEP. NEP is Negative Energy that is Poison, the negative emotions that we feed our Mind that create poison in our life. Emotions like fear, worry, stress, anxiety, anger, hate, revenge, jealousy and pessimism. The very thought of such emotions creates depression in our life.

Emotions are a choice. We can choose either positive or negative emotions, love or hate, faith or fear, revenge or forgiveness. Emotions are those strong feelings that we choose. They in fact, become our attitude, based on which, we react. Once we have chosen our emotions, then we are no more in-charge of our thoughts. Thoughts tend to follow the emotions that we choose, positive or negative. Therefore, the emotions that we fill into our life are critically important. If we learn to fill our life with PEP or Positive Emotions that create Power, we will win half the battle with our Mind. If we choose emotions like Optimism, Faith, Hope, Belief, Trust, Courage, Confidence and Forgiveness, then we are supplying positive raw material to our Thought Factory, our Mind, to produce positive thoughts. If we look around, we find some people ever-so-positive, despite their circumstances, just as we also find people who are always complaining, criticizing and whining. What creates their state of being, whether they are happy or unhappy? Most often, it depends on whether they live with PEP or NEP.

Therefore, one of the biggest challenges of life is to have a 'positive attitude'. It is said that we can choose our attitude,

positive or negative. We can respond or react. But our behaviour is not always in our hands. If our head is full of negative emotions, then we lose control of our attitude because of the negative poison. But by flipping over from NEP to PEP, the positivity will create power that will create enthusiasm. What causes our attitude to be positive or negative? It is emotions. 'Emotion' means Energy in Motion. Our attitude is controlled by emotions. When we are in a Mind state, our reactions are spontaneous. These reactions are based on the emotions that are filled in our 'think-tank'. This we can choose but if we don't choose our emotions, then we lose the battle with our Mind.

If we don't choose PEP, by default our Mind will choose NEP. It will automatically create fear and worry. We will automatically react negatively and we will spontaneously be full of misery and sorrow. Therefore, the first step in Mind Management, even before we kill the Mind, is to still the Mind and fill it with PEP because the moment our Mind is full of NEP, it becomes charged like a dangerous beast that can destroy our Peace and Happiness. Who likes to live a life of misery and sorrow? Why then, is there suffering in every tomorrow? It is because our life is full of NEP, Negative Energy Poison. The simplest thing is to flip over from NEP to PEP. Then, we can control our thoughts, attitude, actions and ultimately, our destiny.

*We can choose our emotions, be it NEP or PEP,
Negative or Positive Energy, we can choose at every Step.
But if we choose NEP, our Thoughts will be in a Mess,
We must flip over to PEP, if we want Happiness.*



10

CHAPTER

THE THOUGHT CHAIN

Thoughts create feelings. Feelings create actions. Actions create habits. Habits create character. And character creates destiny. This is 'The Thought Chain'. We cannot intercept the chain because it has a domino effect, one follows the other. But what controls thoughts? It is emotions. We can choose emotions, either NEP or PEP. We can choose to fill our life with Positive Energy that will create Power or Negative Energy that will create Poison. Once we choose our emotions, the Thought Chain flows. We will have thoughts, feelings, attitude and actions all according to the emotions we choose. Our reactions, behaviour and response to all circumstances in our life is based on the Thought Chain.

When we fill our life with love, faith, hope and compassion, these emotions become the basic raw material that lead us to a positive destiny. *Whatever happens in our life, we will react positively! We will give and forgive, love and care!* These emotions and feelings fill our life with positivity. Positive thoughts that become positive feelings, result in positive actions. When a person repeats their actions, again and again, those actions become a habit. Is it not true that habits create our character? And who can deny that our character leads to our destiny? Looking back, what created our destiny? It was our thoughts that created feelings and actions. But how are thoughts created?

The emotions that we choose to live by, create our thoughts. Therefore, choosing the emotions that we fill our life with, is a very important aspect. NEP or PEP, the emotion that we choose decides our destiny because once we have chosen our basic emotion, the Thought Chain will unfold automatically and accordingly. Therefore, we must make a conscious choice of choosing positive emotions that will fill our life with Power. If we do not, then our Mind will automatically fill itself with NEP or Negative emotions that will create Poison. What happens if we don't choose Courage, Confidence, Faith, Hope and Optimism? Our Mind will, by default, choose pessimism, fear and worry. These negative emotions will become the raw material for our Thought Factory, our Mind, and we will always react negatively, with anger, hate, revenge and jealousy. This negative attitude will further progress into negative thoughts and create negative feelings all the time. Negative feelings become negative actions that become negative habits. We will then, create a negative character for ourselves. What destiny can we expect then, other than misery and suffering?

It is important therefore, to understand the Thought Chain and trigger our Mind with PEP or positive raw materials. These emotions will ensure that we have a positive attitude. Even though circumstances may be negative, PEP will make sure that we react positively. When we have a positive attitude and our behaviour is positive, our thoughts will automatically become positive and ultimately, our destiny will be positive.

We often wonder whether our life is pre-destined. We wonder if everything happening in our life is already pre-determined

or not. No doubt, somethings in our life, the circumstances that unfold, unfold as per our past *Karma*, our past actions. But thereafter, we have been given a free will. We have been given a freedom of choice. We can choose our present actions, form our present *Karma*. And ultimately, we can choose our destiny. But can we? No! We can only choose our emotions. These emotions decide our attitude and thoughts, ultimately, deciding our destiny. Therefore, our destiny is in our hands. If we choose NEP, we are sure to reach a destiny of unhappiness. But if we choose **PEP, Positive Energy Power**, then our life will be full of Peace and Bliss. Yes, our destiny is in our hands despite our past *Karma*. But our attitude will always depend on our emotions and this is the first way to kill the Rascal Mind, which will otherwise fill us with **NEP, Negative Energy Poison** like worry, stress, sorrow and unhappiness.

Those who do not understand the Thought Chain, look up at the sky, they cry and ask, 'Why?' They do not realize that there is nobody in the sky controlling their destiny. These are plain lies. They never learned the art of flipping over from NEP to PEP. They never discovered the Thought Chain and thus, they always believed that their destiny depended on luck, fate or serendipity. Many others ignorantly Surrender their destiny to God without even realizing what true Surrender is all about. If we want to take charge of our destiny, then we must take charge of our thoughts by taking charge of our emotions.

Most of us cry when we suffer with Pain,

Alas! We don't discover the Thought Chain.

Thoughts lead to Feelings, and to Actions, and to Sorrow,

But it is Emotions that will decide our Tomorrow!



11

CHAPTER

THOUGHTS AND DREAMS

While we cannot see the Mind, it is the most dominant aspect of our life. It seems to be bothering us at all times. Not only does it steal the present moment of joy by swinging into the past, making us regret with thoughts of shame and guilt, it also swings into the future and creates fear and stress. But this is not all. Our Mind does not spare us even when we sleep. It dreams!

Do we all not have dreams? They may be the weirdest of all dreams. Sometimes fantasies and sometimes nightmares. But we all have dreams. Scientifically, these dreams are said to last for just a few minutes but to us, they last throughout our sleep. There are times when we have beautiful dreams, like we are on the top of a mountain, in a place like heaven, enjoying Bliss. Those are nothing but illusions. Dreams are not real. They are a figment of our Mind's imagination. We have no clue from where they come, what we dream or why we dream. They are so unique that we can never go back into the same dream again. So, if you saw a fairy tale in your dream last week, it is likely impossible to continue that fairy tale dream this week or even the next day. Your Mind will not permit that to happen. Dreams come and go. They are a way for our Mind to steal our dreamless sound sleep.

Every once in a while, our Mind permits us to sleep without a dream. Then, we wake up and say, 'I slept like a log!' We experience deep Peace and Bliss in that sleep that is dreamless. But this is not common because the Mind is a rascal. It is a monkey that does not stay still even when we are asleep. Therefore, we have to tame this Monkey Mind because more often than not, our dreams are nightmares. Putting it mildly, more often than not, dreams create worry and stress.

Our Mind appears from nowhere and cooks up fear in our dream. It may create an unknown animal or a reptile to scare us and we snap out of the nightmare only to realize that it was just a dream. There are times when we have had a stressful dream, when we think that our plane is going to crash, our ship is going to sink, our business is going to go under loss or we are going to die of cancer in a hospital bed only to wake up with a jerk realizing that it was all just a dream, a bad dream. The Mind does not spare anybody. It dreams the death of a loved one, a family member or a pet and shakes us up. These unpleasant dreams are part of the rotten thoughts of the Mind. They not only spoil our waking life but disrupt our sleep too.

If we tame the Monkey Mind and make it a Monk, we will improve our sleep too. because it is the same Mind that remains awake when the body sleeps. Our Mind is nothing but a bundle of thoughts. This bundle of thoughts creates the illusory mind and makes us dream. If there are toxic emotions in our head, then it will be normal for us to have nightmares, just as we will dream fantasies if there are positive emotions that fill our illusory Mind. Therefore, we have to take care of our thoughts. Thoughts are everything. They become our

destiny and the Thought Chain works for one and all. If we do not take care of our thoughts and emotions, we will be doomed as our feelings will destroy our destiny.

Have you not experienced different moods? What are these moods? They are nothing but a state of Mind created by thoughts. We may be in a good mood or a bad mood and this may last through, not just in our waking state but also extend to our dreams. People who are always in a bad mood, suffer from what we call, 'Rotten-thought-itis'. This disease is more dangerous than other diseases like tuberculosis and hepatitis because when we are infected with rotten thoughts, we have toxic emotions within us that create not just a rotten mood that swings from fear, worry and stress but continues into rotten dreams that wake us up with misery. Do not Google to find out about this disease. This has been coined for you to be aware when you are being controlled by your rotten moods and your rotten dreams.

So, the next time you wake up from a nightmare, do not waste even a minute reflecting on it. Brush it aside with positive thoughts, which you can consciously bring about by choosing positive emotions and a positive attitude. Otherwise, you will start another day with a bad mood where your Rascal Mind will steal your Peace and Happiness. Remember! It was your rotten Mind that caused your dreams and nightmares!

*A Rotten Mind doesn't spare us, even when we Dream,
It creates misery when we wake up, as we Scream!
It makes us suffer from the disease, 'Rottenthoughtitis',
Stealing our Peace with Rotten Thoughts, Creating a Crisis!*



KILL THE MIND, BEFORE THE MIND KILLS YOU!

Do you know that our Mind is our biggest enemy? It creates thoughts of fear, worry, stress, anxiety and depression. It also creates the Ego and along with the Ego, it makes us angry, hateful, take revenge and jealous. Our Mind is the cause of all our misery. When somebody asked me what the Mind is, I said:

M - is Misery,
I - is Ignorance,
N - is Negativity,
D - is Desires

If we do not destroy the Mind, it will destroy us!

Kill the Mind, otherwise the Mind will kill you! With all the negative thoughts, our Mind creates toxic emotions that steal our Peace and Happiness. Therefore, we have to eliminate the Mind. We have to kill the Mind. So, how should we do it?

The first challenge is to accept that our Mind is our enemy. We must first realize that the Mind is like a monkey that keeps on jumping from thought to thought. It takes us to a past that is gone and a future not yet born and destroys our Happiness too. And by doing so, it destroys our life itself. The only way to remain sane and live sensibly is to kill the Mind. Killing the

KILL THE MIND, BEFORE THE MIND KILLS YOU!

Mind means to overcome the barrage of thoughts that our Mind shoots at us. This barrage of up to 50 thoughts a minute is often more dangerous than bullets fired from an AK-47 rifle. The machine gun can destroy only our body but our Mind can destroy our life completely. Therefore, we have to become aware of the enemy. We have to realize that our Mind is the biggest killer. If we do not kill it, we will surely be killed by it.

The whole world suffers because of the Mind. Mind is responsible for mental ailments, so much so that the doctors are prescribing medicines to still, calm and even tranquillize it. Our Mind is capable of creating severely harmful hormones and chemicals in our body. That is the reason why psychiatric and mental ailments have grown to be amongst the biggest diseases that mankind is facing in the world today. We have already talked about '*Rotten-thought-itis*' and how this disease can not only kill our Peace but can destroy our life itself.

The biggest problem is that people do not realize how dangerous the Mind is. They often try to make friends with the Mind. Many philosophers, authors and speakers talk of befriending the Mind to make it work in our favour. It cannot! The moment our Mind is calm and we are enlightened with the truth, it will cease to exist. Therefore, it fights very hard to keep us in ignorance. It bombards us with thoughts to steal our Consciousness and does not permit us to activate our intellect. All of this destroys us.

The moment we still the Mind, there will be no Mind. When there is no Mind, there will be no thoughts. This state of

Thoughtlessness is a state of Consciousness. It is in this state of Consciousness that we can live intelligently, controlling our thoughts, feelings and actions. Therefore, our focus and priority should be to destroy the Mind completely. Then, thoughts will not pour like rain. They will not push us down the drain. They will not make us suffer pain, again and again. But if we do not kill the Mind, we will be filled with thoughts. They will come uninvited and knock at the door. They will smash us down on the floor. We must push them out and shut the door! That is the way to still the Mind and kill the Mind.

How many people realize that their own Mind can destroy them? How many people know that the Mind kills? We think that the Mind is King. It can do anything! How many realize that the Mind is the cause of all suffering? When people first hear the phrase, 'Kill the Mind!', they are confused and surprised. 'Why should we kill the Mind and how can we do it?' The seekers of truth slowly realize that the Mind is a rascal. This monkey is dangerous because it can destroy us. With toxic thoughts, our Mind can become more dangerous than any weapon or any disease. We have to be in that state of Consciousness or Thoughtlessness where there is no Mind. How to kill the Mind? People are confused. There is no Mind! What to kill, then? How to kill? When will we realize that the Mind exists just as a bundle of thoughts?

Kill the Mind, otherwise the Mind will Kill you!

Beware, this is not a joke, this is True.

*The Mind continuously produces many a toxic Thought,
If we are not careful, in this tragedy we will be Caught!*



13

CHAPTER

TO KILL THE MIND, STILL THE MIND

Do you want to kill the Mind? If yes, then, there is a way. You have to still it! The moment you still the Mind, there are no thoughts and then there is no Mind. But how do you stop thinking? This is a big challenge because thoughts do not seek permission to enter. They enter uninvited. They do not knock at the door. Once they enter, they smash us on the floor. Thoughts create fear, worry, stress, anxiety and depression. What must we do, then? We must push them out and shut the door! If we do not do that, we will never be able to kill the Mind. Remember! If you do not kill the Mind, the Mind will kill you. Therefore, we have a choice. Either we let our Mind destroy us or we destroy the Mind.

People think that it is impossible. 'How can I stop thinking?' They ask. 'Thoughts just come.' Sure, you cannot stop thoughts but you can stop the Mind! It means that when thoughts appear every second, this barrage of thoughts become our Mind. They can be up to 50 thoughts a minute or about 50,000 thoughts a day. They no longer remain just thoughts. These thoughts become the Mind. The problem is not with the thoughts. We cannot kill our thoughts but we can discriminate them and kill our Mind. It will happen when we still our Mind.

How can you still the Mind to kill the Mind? We have to become consciously aware that our Mind is our enemy. It is a rascal, a monkey that is constantly swinging from one thought to another. The moment we become aware of the Monkey Mind, we can tame it into becoming a Monk. This is to kill it! If you notice the word MonkEY, it is a Monk with a tail, 'EY'. When we cut the tail, EY, of the Monkey Mind, it will become a Monk. What is this EY? It is the Ever-Yelling and the Ever-Yearning habit of the Monkey Mind. When there are hundreds of thoughts creating a lot of noise, desire, passion and greed, this pandemonium of thoughts becomes the Monkey Mind. But when we silence the monkey and stop the yelling and yearning, we tame it into becoming a Monk. There will still be thoughts but these thoughts will not be controlled by the Mind. Instead, they will enter the domain of our intellect.

Intellect is the aspect of our subtle existence that helps us discriminate black from white and wrong from right. When the Mind is still and thoughts appear slowly, then in that state, intellect is activated in our Consciousness. Consciousness can be attained only when there is Thoughtlessness. It means that until the monkey is tamed to be a Monk, we will not reach that state of Consciousness where the intellect is activated and we are able to discriminate thoughts. Therefore, we have to become aware of the difference between thoughts in the Mind and thoughts that appear in our intellect.

What is the difference between raining and snowing? When it rains, it pours. Thoughts pour like rain. They pull us down the drain and we suffer pain, again and again. But when it snows,

each snowflake falls gently from the skies. These snowflakes are like thoughts that gently appear in our intellect.

Our goal is to be in that state of stillness, where there is no Mind, where thoughts enter our Consciousness and submit themselves to our intellect. In such a state, we have succeeded in killing the Mind, because we are able to still the Mind and tame the Monkey Mind into becoming a Monk. By doing so, we remove all the toxic thoughts that create so much junk and this leads us to a state of Peace and Happiness.

When we still the Mind, not only will we get Peace but we will also be able to make the right decisions. We will not be bombarded by the Mind and thoughts that manipulate our gift of discrimination. Our Mind has a clear agenda - to make us miserable. It does not want us to reach the state of Consciousness where there is Thoughtlessness because then, it will be the end-of-the-story for the Mind but if we do not kill the Mind and activate the intellect in Consciousness, not only will we suffer on earth but also return in a rebirth as the Mind and Ego, ME, that carries *Karma* and appears in a new body. Our Mind does not want to be killed and it will fight very hard not to be stilled. We have to win this war or we will suffer forever.

*It is impossible to Kill the Mind,
Except if we are able to Still the Mind.
Then, in thought, we will not be caught,
Because in Consciousness, Our Intellect is Brought.*



FROM MIND TO CONSCIOUSNESS

'The one who has conquered his Mind, has conquered the world.' Why do people say this? They say this because it is the truth! Conquering anything in this world is easier than conquering the Mind. Our Mind is a very powerful force. It does not exist in the physical world and it affects every breath of our life because in every breath, there is a thought and when we think up to 50,000 thoughts in a day, we are filled with fear, worry, stress and anxiety. We become miserable. Unfortunately, we do not realize this. Very few are fortunate to realize that if we do not kill the Mind, the Mind will kill us!

How to kill the Rascal Mind? How to still the Mind? To do this, we have to move from a state of Mind to a state of Consciousness. What is this state of Consciousness? It is the state of Thoughtlessness, where the Mind does not bombard us with thoughts. The Mind becomes still! But how can we achieve this? It is not easy to still the Mind but when we reach the state of Consciousness, there is no Mind because there are no thoughts. In this state of Consciousness or Thoughtlessness, we find Peace and Bliss. The challenge is to reach this state.

For beginners, Silence or Meditation is a way to calm the Mind. As long as we are caught in the web of our senses, we

see, hear, smell, taste and touch, our thoughts go into the outside world. When we silence our body and its senses, we still our Mind. When a thought comes, we watch it, catch it, and latch it. The Mind is a monkey. It will jump from one thought to another. We have to slowly but steadily slow down the thoughts popping in our Mind. With a steady practice of silence and Meditation, we can surely achieve this but it is just the beginning.

The Mind is a monkey. The tail of this monkey, EY, is Ever-Yelling, Ever-Yearning. When we cut the noise and control our desires, the Monkey Mind will slowly become a Monk. Is this enough to reach the state of Consciousness? No! The Mind will still, steal our Peace.

Our challenge is to first, silence the Mind, still the Mind and then, remain in that state of Consciousness. As we practice slowing down thoughts, we must become aware of our Consciousness. In the light of Consciousness, our intellect is activated. Our intellect is a flip side of the coin, where the other side is the Mind. When we flip into the intellect mode, our Mind is dormant and our intellect is in command. It discriminates every thought. Thoughts will then, not pour like rain, rather they will gently appear one after the other in our intellect. This is the state of Consciousness.

Some people wonder how we can differentiate between a state of Mind and a state of Consciousness, in which the intellect shines. When we are not bombarded by thoughts anymore and we are in a state of Peace and Happiness, we can be aware that we are in a state of Consciousness.

Our greatest challenge is to flip over from Mind to Consciousness. Every time we are in Consciousness, the Mind will try to disturb our Peace and steal our Consciousness. If we activate our intellect, it can stop the rascal, the Monkey Mind but if we are not in Consciousness, we will lose to the Mind and will be bombarded with thoughts. And then, we will think, blink and sink!

Therefore, the challenge of life is to flip from Mind to Consciousness. Slowly, we should reach a stage in life, where we are always in Consciousness. The moment we lose to the Mind, which is sure to happen, we must quickly return to Consciousness. At first, our challenge would be to come back to Consciousness. Later, as we evolve, we should be able to reach a state, where we are always in Consciousness. If we are able to achieve this, if we are able to still the Mind, then we have been able to kill the Mind because the Mind is nothing but thoughts and if there are no thoughts, then there will be no Mind. Very few are fortunate to realize that the secret of Peace and Happiness is to move from Mind to Consciousness. Then, we become the Master of our Mind. Otherwise, we will remain its slave!

*It is common for the Mind to bombard us with Thoughts,
In fear, worry, stress, anxiety, then we are Caught!
We must flip over to Consciousness, we must Still the Mind,
As we activate the Intellect, we can Kill the Mind!*



THE MIND IS LIKE THE PHOENIX

Somebody said, 'It is impossible to kill the Mind.' They were right! As long as we are alive, our Mind is alive. It is the Mind and Ego, ME, that manifests as this body. Without the Mind and Ego, ME, there can be no body. Both the Mind and the body are powered by the **SOUL**, the **Spark Of Unique Life**. Unless we understand the Body, Mind, Ego and Soul, it is difficult to kill the Mind because our Mind is like the Phoenix.

What is the Phoenix? The Phoenix is a mythological bird, famous in the Greek and Egyptian mythology. This bird is known to rise from its own ashes with a renewed vigour. The Phoenix is a symbolic expression of immortality and resurrection. While the example of the Phoenix is used in a positive context, here we are considering the Mind to be like the Phoenix in a destructive context. So, how does our Mind become like the Phoenix? Just like the Phoenix never dies, our Mind seems to be deathless too. Even though we still it and kill it, it rises from its death, just like the Phoenix. Therefore, it is a big challenge to deal with the Mind. First, we silence it and then, we try to kill it but it will return like the Phoenix, every time we kill it. The seekers of Peace and Happiness learn the art of cremating the Mind. They destroy it completely that it does not return like the Phoenix.

If the Mind is like the Phoenix that will never die, then how do you kill it? What is the Mind? The Mind is nothing but a bundle of thoughts. So, every time we are successful in eliminating thoughts, we have eliminated the Mind. But is the Mind really dead? Is it gone forever? No! The Mind is capable of returning. If we are not in Consciousness, it will not only return but also capture our life and destroy our Peace. Therefore, after we kill the Mind, we have to kill it again and then, yet again! Every time our Mind appears, we have to kill it. This is a humongous task but without it, we will never be in Peace.

There is also some good news. As we kill the Mind that is like Phoenix, it becomes weaker and weaker. Every time we kill the Mind, we destroy its potency of breaking into our Consciousness. But to reach a state where our Mind is powerless, is a long process. We have to go through a lot of practice and discipline and use our intellect and willpower. Then, we can ultimately weaken our Mind so that it struggles to reappear like the Phoenix.

Imagine a very active fish in a pond, the one that seems impossible to be caught because it jumps from here to there. But if there is no oxygen in the water, then, slowly the fish loses all its energy and we can easily hold the dying fish in our hand. We must make our Mind just like that dying fish - slow and sluggish. We must cut its agility and destructive nature by slowing down our thoughts. Then, the Phoenix Mind will lose its power and become a slave to our intellect that shines in our Consciousness.

So, those who imagine that killing the Mind is a one-time affair are in for a surprise, for every time they still the Mind, kill the Mind and move into Consciousness, the Phoenix Mind returns to attack with thoughts. The intelligent ones are aware. They are ever ready for their Mind to return. They build a dam so that the gushing waters of the Mind do not flood in and destroy their Peace. If we do not control our Mind, then thoughts will pour like rain and flush us down the misery drain. Therefore, we should always be ready with the sword of the intellect to discriminate the arrival of the Mind and cut through it the very moment it enters.

Every time we kill the Mind and we still the Mind, we weaken it, so ultimately, the Phoenix Mind becomes old and haggard in its agility and ability to kill us with thoughts and steal our Consciousness, Peace and Bliss.

Till we are alive, our Mind will not give up. It will continue to attack us, even though it may be weak. When we reach a state of being in Consciousness all the time, then, the helpless Mind will wait outside for an opportunity to enter. The moment we lose control of our Consciousness and our intellect goes to sleep, our Mind will bombard us with thoughts. Our Mind does not lose any opportunity to destroy our state of Consciousness, Peace and Bliss.

The Mind is like the Phoenix, it will never Die!

It will return to attack us and it will make us Cry.

Every time we still the Mind, and think that we have Killed it,

It will return to steal our Consciousness and our Peace with it.



MIND VS INTELLECT

As we move forward in this journey of conquering the Mind, we have reached a point where we must distinguish between the Mind and the intellect. Our Mind fools us into believing that within its domain is our intellect and our intellect is not a different entity but that is a lie. The intellect is the enemy of the Mind. Therefore, our Mind tries to camouflage our intellect so that it is not seen to exist as an important and powerful part of our life.

Just like our body has different parts and organs, our Mind is a part of our subtle body. Some people call it the 'Inner Instrument'. It is invisible. The Mind is like the software of our existence in which, the body is the hardware and the Soul is the Power supply. When the Soul departs, there is death of the body. There is no breath and ultimately, the body disintegrates into the five elements of nature from which it was formed. When we do not realize the truth that we are the Soul, our Mind causes so much ignorance that along with the Ego, it becomes ME and returns to earth in a rebirth to settle its *Karma*.

The software of our life is not just our Mind. Our subtle body consists of the Mind, Intellect, Memory and Ego. Unless we realize this and activate our intellect to overcome ignorance,

our Mind will keep bombarding us with thoughts and make us believe that we are the ME, the Mind and Ego. It will suppress our intellect and its power to discriminate. Realizing the truth of the Body, Mind, Ego, and the Soul is the final goal of the Intellect. However, we do not get to reach this point of Realization known as Enlightenment because our Mind does not permit us to do so. Our Mind bombards us with thoughts and in thought, we are caught. Until we activate the intellect, our Mind rules over us. So, how do we activate our intellect? Our intellect can be activated only in a state of Consciousness. Consciousness is a state of Thoughtlessness. When we are bombarded with thoughts, our Mind behaves like a rushing river. It does not permit the dam of the intellect to be built to control the gushing waters of the Mind. The moment we are in Consciousness, there are no thoughts. In that state where there is no bombardment from the Mind, we can activate our intellect. Once our intellect is activated, our Mind is silenced. In fact, there is no Mind, anymore but just thoughts that submit themselves one-by-one to the intellect for discrimination.

So, as long as we are in a state of Mind, thoughts will pour like rain but in the state of intellect, the Mind gets frozen. The pouring raindrops become snowflakes that gently fall, one-by-one. With these gentle thoughts entering our Consciousness when our intellect is in command, the intellect is able to discriminate the thoughts, eliminating those thoughts that are irrelevant for our life.

The biggest game of our life is the game of Mind vs Intellect. Who is in command of our life? If our Mind is in charge, then

we will surely be stressed out with anxiety attacks and be in a state of panic, fear, worry and depression. But if our intellect is in command, then we are in charge of our life, thoughts, feelings, actions and finally, our destiny. Therefore, life is all about killing the Mind and activating the intellect. To do this, the pre-requisite is to be in Consciousness for if we are not in Consciousness, we will never be able to activate our intellect. If we do not live by our intellect and instead, live by our Mind, then, we are doomed. We will not only experience the Triple Suffering of the Body, Mind and Ego on earth but our Mind will also make us return to earth in a rebirth, only to suffer, again and again.

Mind vs Intellect. How many of us know that this is the biggest challenge of our life? How many of us realize that the Mind and the intellect are not the same? Until we know that we must kill the Mind and activate the intellect in Consciousness, we will continue to suffer and be miserable. Is it not time for us to still the Mind and reach that state of Thoughtlessness and in that state of Consciousness, activate our intellect so that we can discriminate and we can choose? Yes, it is time! Most of us are the slaves of the Mind and we seem to be fools because we have given our life to our Mind. If instead, we had allowed our intellect to be in-charge of our life, we would have discriminated between thoughts and been much wiser.

*Do you want to be a Fool or do you want to be Intelligent?
Control your Mind or Thoughts, create an Impediment!
Kill the Mind! And to the Intellect, hand over your Life,
Then you will be Happy, and Free from all Strife!*



CUT THE MONKEY'S TAIL

Do you know that you have a monkey in your head? Do you know that it will go on jumping till you are dead? Are you going to cry till you die? Or are you going to cut the monkey's tail and make it into a Monk? Our biggest challenge in life is to tame the Monkey Mind that continuously jumps from thought to thought. Have you not observed that you are thinking something and before you even realize it, the monkey jumps, you are lost and you do not remember what you were thinking? It may be something very important but your Monkey Mind would have already jumped to another thought. It may be a thought of guilt, shame or regret and you get lost in a past that is gone. Before you even realize it, the Monkey Mind jumps to another thought. This time, a thought of the future that is not yet born. The Mind creates fear, worry, stress and anxiety and pushes you into depression. Why? Because the Mind is a monkey. Its nature is to jump from one thought to another. Its objective is to get you caught in thought that will stop you from realizing the truth. It will make you sad, unhappy and will steal your Peace. Such is our Monkey Mind. We all experience this on a day-to-day basis but we still do not learn how to cut this monkey's tail.

The Monkey Mind has a tail, EY. If you observe the word, 'monkey', then without its tail, EY, it becomes a 'Monk'. How

do you then, tame the monkey into becoming a Monk? Simple! You cut its tail. There is no other way. The tail of the Monkey Mind, the EY, is nothing but its Ever-Yelling and Ever-Yearning character.

So, how do we stop the Mind from Ever-Yelling? Because of all the noise that the Mind creates, we cannot hear the Divine voice, the voice of the truth that is within. Our Mind is engrossed in the world of politics, money, name, fame and materialism. It gets caught in television, internet and mobile phones. There is so much noise that this yelling adds to our stress and anxiety and before we even realize it, the Ever-Yelling Mind would have created so much aggression that we are now in depression. If we want Peace, we have to still the Mind and kill the Mind! But first, we must cut this tail, EY, that is Ever-Yelling. To stop this yelling, we must spend time in silence. We must meditate and contemplate in Consciousness. We must move from a state of Mind to a state of intellect, from thoughts to Thoughtlessness. Then, this yelling will stop and the tail will drop. But the tail will not be fully cut until we drop the other part of the tail that is Ever-Yearning.

The Ever-Yearning Mind says, 'I want this, I want that!' It doesn't know how to stop even after we fulfil our needs. It gets caught in greed. Such is the nature of the Monkey Mind. We have to cut its tail EY that is Ever-Yearning. If we move to a state of the intellect, we realize that nothing is ours. We come to this earth empty-handed and when we depart at death, we will leave everything behind. Then, why is our Mind continuously collecting things that do not belong to us? Wealth, we earn and earn and earn, only for others to burn,

whatever we earn! We live a life of stress, anxiety and even cheat the world to accumulate money. Is it not funny that when we go, we will not take with us, even a penny? But the Monkey Mind will continue to yearn. It will never learn that ultimately, we will burn, only to return to suffer again and again.

The secret to kill the Mind is to still the Mind. The secret is in taming the monkey into becoming a Monk and the way to do it is to cut the tail, EY, that is Ever-Yelling and Ever-Yearning. If we can stop the Yelling and Yearning, the Monk will move to a state of Consciousness. This is our goal. It seems simple but it is extremely difficult because our Mind does not want to stop its monkey business. We have to work hard to take out all the junk so that the Mind can become a Monk. Then, there will be no monkey! In a state of a Monk, one becomes

M Master of the Mind

O Only in *Yoga*

N No Desires

K *Karma* Transcended - by realizing the truth that we are not this Body, Mind and Ego.

One of our life's greatest challenges is to be like a Monk because then, we can have Peace, the very foundation of Happiness. But for this, we have to tame our Monkey Mind, cut its tail that is Ever-Yelling and Every-Yearning and be in Peace. Only then, will there be no monkey in our head.

*The Mind is like a Monkey that is jumping in our Head,
It creates Stress and Anxiety, right till we are Dead.
If we want Peace, we must cut this Monkey's Tail,
Without Cutting the Yelling and Yearning, we are sure to Fail!*



18

CHAPTER

BE THE BOSS

Once a man was riding a horse and somebody asked him, 'Where are you going?' He replied, 'I don't know. Ask the horse!' Most of us are like this man. We are not our boss. Our Mind is riding our life horse. And we never reach the destination that we seek because we are the puppets of our Mind.

Our Mind is our biggest enemy. It does not want us to be happy. That is why it steals our Peace, the very foundation of Happiness. How? By bombarding us with thoughts. When in thought we are caught, what we forgot, is that the Mind is destroying us. Thought by thought, our Mind is draining and killing us without us realizing it. It appears to be our best friend but in reality, it is our biggest enemy. Unless we take charge of our life horse, unless we become the boss, we are sure, not just to cry and suffer till we die but we will also let our Mind along with the Ego, become ME, and experience and live a new life, again and again. In reality, the Mind and Ego, ME, are an illusion. They do not exist but being the boss, they create *Karma* and trap us in the cycle of death and rebirth. While most of us are the puppets of our Mind, a rare minority realize it. They kill their Mind and take charge of their life. We must never forget to be the boss. We must never forget to take charge of our life and not let our Mind ride our life horse. It is

said in the *Bhagavad Gita*, 'Our life is like a chariot with five horses. The five horses are the five senses – eyes, nose, ears, tongue and skin. With these five sense perceptions of sight, hearing, smell, taste and touch, our Mind connects with the outside world and goes wild. It creates many thoughts. If we do not hold the reins of our chariot, which is the Mind, then these five horses, the senses will go wild and we will be lost in this world.' So, what is the solution? The solution is that our intellect must become the charioteer holding the reins, our Mind and control the horses, the senses. Only then, can we be the boss of our life.

Most of us are innocent beings. We submit to our Mind as our King. We think it is everything! Little do we realize that it is the cause of all our suffering. Making our Mind, our boss, is our greatest loss! To be caught in thought is the biggest tragedy for man. Man must learn to still the Mind, kill the Mind and be in a state of Consciousness. Only then, can we activate our intellect, the tool of discrimination. Only then, can we stop our Mind from bombarding us with thoughts, hijacking our life and kidnapping us to experience stress and anxiety.

Today, the whole world is suffering because of the Mind. Mental illness has become one of the biggest problems in the world. Psychiatry has become a huge domain of medicine. Who is the culprit? It is the Mind! The Mind is such a trickster that even science cannot find the Mind. It appears and disappears with thoughts. Therefore, to watch it, catch it and latch it, becomes a big challenge. The only way to destroy it is to take control of it and the only way to take control of it is to make the intellect, our boss. We should not let our Mind ride our life horse.

Are you the boss? Are you riding your life horse? Are you in command of your thoughts, feelings and actions? If yes, then you are the greatest conqueror because most people are the slaves of their Mind and before they even realize, their Mind would have taken them into a bad mood. They feel horrible and they lose their sense of enthusiasm and optimism. Who is doing this? It is the Mind. It fills us with NEP, Negative Energy Poison and fills our life with toxic fumes. We become depressed and even contemplate suicide.

Have you ever wondered why a rich, successful, happy man suddenly commits suicide? Who made that decision to kill oneself? It is the Mind! When the Mind becomes the boss, there is no way to stop this loss. In a fraction of a moment, your Mind can make you hang down a rope, shoot yourself or jump from the top of a building. Do you think that those are well-thought-about decisions? No! They are taken in a flash, a fraction of a moment because the Mind is the boss! So, unless we realize that our Mind is capable of not just causing fear, worry, stress and anxiety but it can also create depression and suicide, we will not dismiss this boss, who is riding our horse. Be the Master of your Mind! Be the Boss! For if you are not, then your Mind will make you blind! It will stop you from seeing the truth and will confuse your ability to reason and discriminate.

Are you the Boss or is your Mind riding your Horse?

If it is the Mind, then you are at a Great Loss!

If your Life is under the command of your Mind,

It will make you depressed and to the Truth, you will be Blind!



THE MIND AND EGO BECOMES 'ME'

We keep talking about the Ego. But what is this Ego? Where does it come from? Does a table or a chair have an Ego? No! Ego can be experienced only in living creatures. Not just man but sometimes even some animals display Ego. When I was feeding one of my pet dogs a biscuit, the other one scratched me with its paw indicating that I had forgotten to give it a biscuit first. The sense of 'I', 'me' and 'mine' seems to exist in all living beings but it is the highest in human beings.

The Ego is the identity of 'me', the one who appears in the body. The first endorsement of the Ego is our name. Our birth certificate tells us who we are, when we were born and carries details of 'me', the Ego. Thereafter, throughout life, we keep on saying, 'I am John. I am Peter, Mary or Sheela.' In reality, we are none of these. Our names maybe John or Sheela but who are we, in reality? This truth eludes us because of our Ego.

Our Mind is the one that inflates our Ego. It drives our Ego forward and forms ME, the Mind and Ego. It makes us feel that 'I' am different from 'you'. Of course, I am this body and you are that body. Then, how can 'I' be 'you'? Our Mind through our Ego separates us into two separate beings. Little do we realize that we are not the bodies that we wear. We are

the ones who wear the body. It is our Ego that stops us from the Realization of the truth. It is ME, the Mind and Ego, that stops us from Enlightenment.

The Mind along with the Ego creates the ME that we see in the mirror and this is all we are able to be, till we die. We are unable to discover the truth of 'Who am I?' because our Ego keeps on saying, 'I want to be an engineer. I want to buy a car.' We get so caught in the ME, that we are unable to be who we truly are. The Ego also develops greed. We want to be rich, famous, successful and wealthy because our Mind along with our Ego separates us from the others in this world.

A very few amongst us are fortunate who still the Mind and kill the Mind. We go on a quest to find out 'Who am I'. Then, we realize that I am not 'I' and this Realization makes us free from the Mind and Ego, ME. If we are not free from the Mind and the Ego, not only will we suffer the Triple Suffering of the Body, Mind and Ego on earth but our Mind and Ego, ME will carry our *Karma* and make us return in a rebirth. Therefore, one of our biggest challenges is to be free from the Mind and Ego, ME.

It is our Mind that causes our Ego. But once the Ego comes into existence, it does not go. The Mind says, 'Because I think, I am,' and the Ego says, 'Because I am, I think.' In both ways, when we think, we blink and we sink. The reality is that we are neither the Mind nor the Ego. We are not ME. Can you see the 'ME'? No! You can see your nose, eyes and head. But there is no ME! ME is a false identity. It makes us go round and round. We suffer on the ground and in ignorance, we are bound.

Our goal is to transcend our Mind and Ego, ME, created by our Rascal Mind. It is one more way that our Mind tries to kill us. It creates the Ego to destroy our Realization of the Truth. In reality, there is no 'I'. The moment we realize this, we become free. Otherwise, we suffer as this Body, Mind and the Ego. The truth is that we are the Divine Soul but we are unable to realize it because of the Mind and Ego, ME.

When we still the Mind and there are no thoughts, there is no Ego. The Ego disappears. Therefore, we must focus to kill the Mind. Only then, will we transcend our Ego. Till we do this, our Mind will keep pushing our Ego into depths of ignorance. It will make our Ego pray to a distant God who lives in the skies, when in reality, these are all lies. Our Mind uses our Ego and stops us from realizing who we truly are. We are the Divine Soul. Even though we read this truth that we were born nine months before our birthday, as the first cell or zygote because of the Soul, the Spark Of Unique Life, the ME, Mind and Ego, will brush aside such knowledge and imprison us in the prison of ME. Then, we can never be free. The moment we are able to still the Mind and kill the Mind, our Ego will automatically, die. Till then, the Ego will continue to cry and stop us from realizing the truth of, 'Who am I?' Stop now! Still the Mind and question it, 'Who is this ME, the Mind and Ego?'

*The Mind and Ego, together become the ME,
Because of it, who we truly are, we cannot See,
It imprisons us in Misery and we are not Free!
The ME stops us from being who we are meant to Be!*



THE MIND AND EGO, 'ME', CREATES KARMA

Who creates *Karma*? While it is the body that does the *Karma*, does the *Karma* belong to the body? Our body is only an instrument of action. Neither is it responsible for doing *Karma* nor does *Karma* belong to the body.

Karma is a law. It is the Universal Law of Action and Reaction that governs everything that happens in this world. Nobody can escape from *Karma*. This law is based on the principle, 'As you sow, so shall you reap.' Therefore, if you perform any action, you cannot escape from *Karma*. Everything happening in our life is unfolding as per *Karma*. It is not luck, chance or serendipity. It is not even the will of God. We control our destiny but little do we realize that it is the Mind and Ego, ME, that is in charge of our life.

Karma means action. It is the body that performs the action. Then, how is it possible for ME, the Mind and Ego, to create *Karma*? To understand this, we must first realize that actions are a result of the Thought Chain. Thoughts create feelings and feelings create actions. Actions do not happen just like that. Therefore, it is the Mind that creates thoughts that is responsible for every action that we perform. In fact, ME, the Mind and Ego, own the *Karmic* Account of our life.

Our body is the instrument of action and it is also the one that experiences whatever happens in our life. But it only passes on the experience to ME, the Mind and Ego that ultimately, feels the pleasure or the pain.

While we are thinking of killing our Mind, it is very important to understand the relationship between the Mind, Ego and *Karma*. It is the Law of *Karma* that brought us to earth. If there was no *Karma*, we would not have taken this human birth. Each of us performs actions. Nobody can be free from actions and every action, good or bad, records a *Karma*. These *Karma* throughout life, cause everything to happen in our life. When our body dies, the *Karmic* Account doesn't finish. Whatever the pending *Karma* is, whether good or bad, it gets carried forward into a new body, in a new life. The decision of our birth is in the hands of *Karma*. So, good or bad, whatever is our *Karma*, decides our birth.

Every time somebody is born, they carry with them, the unsettled *Karma* of their past life. That is why sometimes, a child is born blind. It is not because God is not kind. It is because the ME, the Mind and Ego has carried its *Karma* into a new birth on earth. Then, through this body, the ME creates new *Karma* and that, along with the previous unsettled *Karma*, becomes the twin *Karma* that are together responsible for whatever is happening in one's life.

One must reflect on *Karma* when they want to understand the relationship of the Mind and *Karma*. At the outset, it looks as if *Karma* has to do only with the body. But in reality, it has completely to do with ME, the Mind and Ego. No doubt, the

body will experience pleasure and pain, but it is the ME, the Mind and Ego, that because of *Karma*, is born again and again.

Do we not realize that it is my life, that I do *Karma*, I experience pleasure and pain, and I will die and I will be reborn? As we reflect, is it not the Ego that drives *Karma* and our life? What is this Ego? Ego is the product of our Mind itself. Our Mind and Ego, ME, together create *Karma* and are responsible for our suffering on earth. Until we transcend our Mind and Ego, ME, from *Karma*, we will never be free. Not only will we suffer on earth but we will return in repeated rebirths to suffer pain, again and again.

So, unless we still the Mind, kill the Mind and transcend the Ego, we can never be free from *Karma* and never achieve the ultimate goal of Liberation. It all starts with the Mind. If we are able to live in Consciousness, there will be no Mind or Ego. There is no *Karma*. There is no rebirth and suffering on earth. If we do not kill our Mind, not only will the Mind make us suffer and die but we will be caught in the cycle of continuous rebirth. To escape from this cycle of rebirth is man's ultimate goal. The Mind is a rascal. It does not let us realize this truth. At most, it fools us into believing that we must try to do good *Karma*. But as long as we are caught as ME, the Mind and Ego, whether it is good or bad *Karma*, we will never be free from rebirth on this earth.

Who is responsible for Karma, our Action?

Not the Body, but the Mind and Ego that creates the Passion,

Then we, Body, Mind, Ego, face the Reaction,

We must kill the Mind to attain the Goal of Liberation.



THOUGHTS DON'T CREATE KARMA

While we are clear that the body does *Karma* and *Karma* is recorded in the name of ME, the Mind and Ego, it will be surprising to learn that our thoughts do not create *Karma*. Our Mind makes us believe that all thoughts lead to *Karma* and therefore, we feel that all our evil thoughts are creating negative *Karma*. But this is not true. It is a myth, a lie.

Karma is not a thought. *Karma* is an action and as long as there is no action, there is no *Karma* and no consequence of *Karma* that will lead to a reaction. The Law of *Karma* that controls our destiny is not based on our thoughts but based on our actions.

Then, why is our Mind responsible for our *Karma*? Our Mind is responsible because every time it produces a thought, it triggers feelings that not only lead to actions but also become habits. Therefore, thoughts are very dangerous. If we do not control our thoughts, we are very likely to be caught in the action that will follow and then we will be trapped in the *Karmic Cycle*.

So, what is the solution to this? The solution is that we have to kill the Mind! As long as our Mind is in command of our thoughts and life, it will produce negative thoughts and we will have negative *Karma*. Our Mind is responsible for NEP, the toxic thoughts that create Negative Energy Poison. Our

Mind will create fear, worry, stress and anxiety and along with the Ego, create anger, hate, revenge and jealousy. These toxic thoughts will lead us into bad *Karma* and we will be caught in the cycle of rebirth.

Those who realize the truth that thoughts do not create *Karma*, still the Mind, and by doing so, kill the Mind! We cannot control our thoughts. There may be hundreds of thoughts that may be evil too. But as long as we are able to move away from our thoughts into a state of Consciousness, awakening our intellect, able to discriminate thoughts and kill them before a thought becomes an action, there will be no bad *Karma*. Action is *Karma*, not thought, but our Mind makes us believe that thoughts create *Karma*. Therefore, we become prisoners of the illusory *Karma* that does not exist! Our Mind fools us into believing so many things. Not only does it stop us from realizing the truth, it also keeps us trapped in ignorance and we do not realize the truth about life, birth, death, about our self and God. Because the Mind can produce up to 50 thoughts a minute, it zaps us and steals the power of intellect that awakens in the state of Consciousness.

The moment we still the Mind, we realize the truth that we are carrying a bad thought in our head. Immediately, the intellect shoots down the thought through discrimination. It stops the thought from germinating into a feeling and action and saves us from *Karma*.

Where one challenge is to stop the thoughts from becoming *Karma*, the bigger challenge is to stop the ME, the Mind and Ego, from accumulating *Karma*, for this will not only cause

our suffering on earth, but it will also make us return in a rebirth.

Therefore, the goal of our life is to realize that our Mind is a rascal. It does not exist as such, but through thousands of thoughts, it makes us miserable on earth and makes us return in a rebirth. It is the Mind, along with the Ego, ME, that carries *Karma* from one life to another and causes continuous misery and suffering. If only we kill the Mind and destroy the barrage of thoughts, there will be no *Karma*. It is *Karma* that causes both, our suffering on earth and rebirth. The Mind occasionally fools us and makes us do good *Karma*. But whether it is good or bad *Karma*, we are caught in the cycle of transmigration, the cycle of death and rebirth.

What is death? Our Mind again confuses us. It makes us believe that we will go to heaven or hell. In the desire to achieve heaven, we try to do good deeds and we get caught in the cycle of rebirth as we are creating good *Karma*. Our Mind fools us here, again. Good *Karma* will not free us from the cycle of rebirth but we are unable to realize this truth because of the thoughts in our Mind. Unless we are freed from thoughts, we will be caught in the drama that is created by *Karma* and never attain the ultimate goal of life.

*Karma is created by Action, not Thought.
But the Mind fools us and in lies, we are Caught!
We just believe all that we are Taught,
And are unable to escape the Rebirth Plot!*



'ME' IS THE ONE THAT IS REBORN

Why should we kill the Mind? Our Mind not only makes us suffer on earth, it is also the cause of our repeated rebirth. It causes us to suffer the pain of the body by making us believe that we are the body. It also causes us to suffer in fear, worry, anxiety, stress and depression. Along with our Ego, it forms the ME and creates anger, hate, revenge and jealousy. But this is not all. This is just the Triple Suffering that we experience on earth. The greatest tragedy is that our Mind and Ego become ME, that carries *Karma* and is reborn. And this goes on and on. In reality, we are not ME, the Mind and Ego. But our Mind makes us believe that we are. The Rascal Mind is our biggest enemy. It binds us to this world and makes us believe all the lies. It behaves like a King, as if it is everything. It becomes our boss and rides our life horse. All this because of thoughts! The Mind becomes a monkey, jumping from yesterday to tomorrow. Ultimately, it steals our Consciousness. Not only does it steal our Peace and Happiness by creating **NEP**, **Negative Energy Poison**, it also destroys our intellect that will otherwise discriminate, overcome ignorance, realize the truth and free us from this cycle of death and rebirth.

Why are we born? Why do we return to earth in a rebirth? If we pause to reflect, then we will know that we did not choose

our birth. Did you and I decide when and how to come to earth? No! It was *Karma*. The *Karma* carried forward by the Mind and Ego, ME, decided our parents, nationality, gender, date and other aspects of our birth. We had nothing to do with it but our Mind did. It was the Mind that created thoughts and it was the Mind that caused the Ego that not only created *Karma* but also carried it forward to this life. And the story doesn't end here! As we live today, we are doing actions and recording fresh *Karma* every day. Those *Karma* may be good or bad but every *Karma* that we record is like a chain that binds us to this earth and causes our rebirth.

Is there any way to escape this rebirth on earth? Is it necessary for us to be reborn? As long as the ME exists, we cannot escape from rebirth. ME, the Mind and Ego, will imprison us in ignorance. It will create desires and passions and thus, we become prisoners of pleasure, people and possessions. These thoughts stop us from being liberated from ignorance and lock us in *Karma*. So, what is the way out of all this?

Unless we kill our Mind, still our Mind, transcend our Ego and let go of it, we cannot escape *Karma* and rebirth. If we flip from Mind to Consciousness and live as a witness, an observer realizing the truth that we are not ME, the Mind and Ego, there will be no *Karma*. If there is no *Karma*, there will be no rebirth. We may know this but we are unable to actualize it because our Mind stops us from this Realization. Our goal is Realization of the truth, also known as Enlightenment. But the ME, the Mind and Ego, holds us back from this Realization because it does not want us to be free.

Why doesn't the ME want us to be free? The moment we defeat the Mind and dissolve the Ego and there is no ME, then there will be no *Karma* and rebirth. In such a scenario, we have destroyed our Mind and escaped the cycle of death and rebirth. This state is known as *Mukti* or Freedom, *Moksha*, *Nirvana* or Salvation. In such a state, the Mind is dead. It is defeated. But the Mind does not want to be defeated. Therefore, it fights very hard to keep us enveloped in ignorance so that it controls our life, not only in our current lifetime but also in repeated rebirths.

There is a constant war within us - on one side is the ME, the Mind and Ego, and on the other side, the Consciousness and the intellect. Till we let our Mind control our life, we cannot activate our intellect in the state of Consciousness and we will suffer on earth and return in a rebirth. But the moment we live in Consciousness with the intellect in command, when we kill the Mind and still the Mind, there is no ME, no *Karma* and no rebirth. This is the goal of human life. But as long as our Mind is in command, we will fail to achieve this goal and realize that we are the Divine Soul. We will not achieve a state of Liberation and Unification with the Divine. We must be clear beyond doubt that it is the Mind and Ego, ME, that is reborn, and this goes on and on.

*Of course, we are Reborn. But who is the one who is Born?
The body dies but the ME returns, and this goes On and On,
As long as we think we are ME, we will suffer on Earth,
And after we die, we will return in a Rebirth.*



DOES THE MIND REALLY EXIST?

Have you ever seen the Mind? You can see and touch your eyes. You can touch your nose and pull your ears too. You can look at yourself in the mirror, just as you can identify your body in a group photograph. You can see the scan of your brain, just as you can see an X-ray of your bones. If you do an internal scan, you can also see your heart, lungs, kidneys and intestines but have you ever really seen your Mind?

Our Mind is constantly pounding us with thoughts. One new thought in every breath till our death. But nobody has seen the Mind. We cannot see our Mind because there is no Mind at all. The Mind does not exist.

How can a Mind that does not exist, become our biggest enemy that makes us miserable on earth? How can the Rascal Mind become the one that causes our rebirth? How can the Mind that does not exist, become a MonKEY that is Ever-Yelling and Ever-Yearning, jumping from thought to thought, cause us to get caught? The Mind causes not just the misery that we experience in the form of the Triple Suffering on earth but it also causes us to return to earth in a rebirth. Is it not a paradox that something that we cannot see is the cause of our existence, our birth and also of so much of our suffering? How is this possible?

The fact is that there is no Mind! Our Mind is caused by ignorance and the ignorance is created by the Mind itself. This self-created ignorance stops us from realizing that our Mind is an illusion. It appears to exist, but in reality, it is just a bundle of thoughts. As long as we allow the Mind to grind us, as long as in thought we are caught, we permit the Mind to take control, it will drill us and kill us. But how is it possible when the Mind does not exist?

Therefore, the Mind exists! It is invisible, but yes, it exists! As long as we are caught in a bundle of thoughts, our Mind will continue to prevail and make us fail. And until we overcome our ignorance and realize that the Mind is an illusion, that it appears to be, creates the Ego, becomes ME and stops us from being free, we will never be able to see the reality! We know of a mirage in a desert, it is an illusion. It appears as if there is an oasis, but when we try to reach that oasis, the water that was seen in the distance, disappears. A rainbow is another illusion that appears to be. We can even capture a picture of it but we cannot catch a rainbow because it only 'appears to be'. Our Mind too, only 'appears to be' when there are thoughts. The moment there are no thoughts, our Mind disappears.

Our Mind not only controls us when we are awake but it exists even in our dreams. The body is fast asleep but our Mind will take us on a fantasy or a nightmare. This strengthens the presence of the Mind, which in reality, does not exist. Hence, we get confused as to how can the Mind that is non-existent, control our actions when awake and our dreams when we are asleep? When we experience moments of dreamless sleep, we

experience a deep Peace because in those moments, there is no Mind. We wake up feeling as if we slept like a log. In these rare moments, we experience a state where there is no Mind, a state of Thoughtlessness known as Consciousness and although we are fast asleep, when we wake up, our Consciousness realizes and remembers the experience of the peaceful, dreamless sleep that we have awakened from. If we try to find the Mind, we cannot because it does not exist. But if we get caught in thought, then even though the Mind is an illusion, it will still continue to drive us through our journey on earth and after our body dies, will take us into another body, in a rebirth. Therefore, we must kill the Mind. But how can we kill the Mind when there is no Mind? The only way to kill the Mind is to still the Mind because when there are no thoughts, there is no Mind. When there is no Mind, there is no Ego. When there is no Mind and Ego, there is no ME. But the root is the Mind and the truth is that there is no Mind.

Very few amongst us are fortunate to conquer our Mind that does not exist. We do so by living in Consciousness and activating our intellect. When our intellect is active, our Mind becomes inactive but the illusory Mind fights very hard to steal our Consciousness and deactivate our intellect. The moment we realize that there is no Mind, we will be blessed with Happiness and Peace that we will find because we transcended the Mind.

*While it seems to exist, but where is the Mind?
How much ever we try, the Mind we cannot Find!
As long as there are Thoughts, the Mind will Exist,
While in reality it doesn't, It will still Insist.*



ARE WE THE BODY THAT DIES?

We live and die as 'I' because of our Mind and Ego, ME that carries Karma and returns in a rebirth. 'I am John.' 'I am Mary'. Who keeps on saying 'I'? It is our Mind and Ego, ME. Therefore, as long as the Mind exists, along with the Ego it fools us into believing that we are the body, which in reality, we are not.

So, let us analyze. Where did this body come from? We know beyond doubt that this body was formed in our mother's womb over a period of nine months. We celebrate our birthday and we even cut a cake but the truth is that our birthday is fake. We were actually born nine months earlier, when two cells, one each from our parents, fertilized and formed the zygote. In that moment of creation of that cell, our existence was initiated. Thereafter, the cells multiplied, 1 to 2, 2 to 4, 4 to 8, 8 to 16, till ultimately, a little baby with over 26 billion cells was ready to be delivered. Is this not the truth? No doubt, it is. Our heart, brain, kidneys and lungs were all formed along with blood, bone and skin by an automatic natural process, in which none of our parents had a real role to play. While this is the absolute truth and we know that we are not the body, the Mind does not let us realize this because somewhere in this body, lives the Mind, the illusory Mind,

which is nothing but a bundle of thoughts. It does not let us realize that we are not the body that was formed over nine months. In reality, we are the SOUL, the Spark Of Unique Life that was conceived at fertilization, the fusion of our parent cells.

While our birth reveals the fact that we are not this body and our Mind tries to conceal it by imposing its own existence on us, that it creates with ignorance, death also endorses the fact that we are not the body. What happens in the moment of death? At death, the body dies and returns to the 5 elements of nature and people say that we passed away. Our own loved ones, our near and dear ones cremate or bury our body after it is certified dead. Would they dare destroy our body when we are alive? 'Impossible!' You would say, 'That would be murder.' Then, why do they destroy the body after death? They destroy the body because they are absolutely sure that the one who was alive has left the body. The body is just a mortal remain. People say, 'The deceased has departed. He is no more. He has moved on.' Therefore, death reveals beyond doubt that we are not the body that dies. This also reveals that throughout life, the body is just a habitat in which we live. It is crystal clear but our Mind creates so much confusion that we are unable to reach this conclusion that we are not this body. Why? It is because of our Mind!

Our Mind makes us suffer as the body by making us believe that we are the Body, Mind and the Ego. Thus, our Mind makes us suffer physical pain throughout our life. No doubt, the body will experience pain as we fall and grow tall. But we are not this body that is experiencing pain. It is because of the Mind that we suffer physical pain. Our body has to age and it

is likely to experience disease and decay. One day, the body has to die but we never die. We depart in the moment of death.

If we are not the body that dies and we are not the body that was formed over nine months after we were conceived, then who are we, in reality? Who is the one who was born nine months before the birthday? Who is the one that will depart at death? Our Mind stops us from realizing the truth. Throughout life, it makes us suffer the Triple Suffering – pain of the body, misery of the Mind and agony of the Ego. Till our Mind controls us, there is no way that we can escape the suffering of the body. Not only will we suffer and die but if the Mind stops us from realizing, 'Who am I?' it will also make us return to earth in a rebirth, in another body, carrying *Karma* to suffer, again and again. When we kill the Mind, we realize that we are not the body that dies. But for that, first we must still the Mind. Then, in Consciousness, we can see plain and clear that we are that Immortal Power of life that arrived at conception, nine months before our so-called birthday and will depart in the moment of our death, when there will be no breath. But to realize this truth, we must first realize that it is our Rascal Mind that is creating ignorance in us and causing us to believe that we are the Body, Mind and the Ego. 99% of humanity is Spiritually blind and cannot see the Truth. Only 1% goes on a Quest and realizes that the Mind is a rascal, a monkey. It is our biggest enemy that steals our Peace and Liberation.

*Are we the Body that is sure to Die?
Are we the Mind and Ego that keeps saying, 'I',
Until we go on Quest to the bottom of the Root,
We will never Realize the Divine Truth!*



REALIZE THE TRUTH

Throughout life, we live in ignorance and this ignorance makes us suffer. Ignorance is caused by our Mind. Our Mind makes us believe the myth and we grow up with it. Not only are we made to believe that we are the Body, Mind and Ego, we are also made to believe that Success is Happiness. We are taught lies that God lives in the skies. We celebrate our birthday on a date that is fake. We continue to cut a cake and we don't awake! Our Mind controls us and continues to fool us because it is through this ignorance that the Mind remains our Master and makes us suffer. Until we realize the truth, our Rascal Mind will make us cry, till we die.

For most people, the truth is what it is. 'I am John. I am an American. I am a doctor. I am the son of Mr and Mrs Rodericks, father of Mary and Robert.' They do not realize that none of this is the truth. This may be our name, occupation or our relationship but it is not the truth of who we are. The truth is that we are the Immortal **SOUL**, a **Spark Of Unique Life** but our own Mind deceives us and stops us from this Realization. What is our purpose on earth? While we have been given this human birth for Enlightenment, for using our intellect and realizing the truth, it is unfortunate that most of us just live and die, and we do not realize the truth of 'Who am I?'

If we want to realize the truth, we have to go on a quest. We should stop believing the Mind and try to find the right answers. We must not be caught in thought and believe the illusions of the Mind. We know that a dream is a dream but we do not realize that life itself is a dream and because our Mind makes us believe this life drama to be real, we suffer the misery of the Body, Mind and Ego. We do not experience Peace and Bliss of the Soul. Until we kill the Mind and flip over to Consciousness, we will never activate our intellect, discriminate and realize the truth.

A small minority of humanity goes on a quest for the truth. They ask questions about themselves, about life, God and go to the bottom of the root till they realize the truth. At first, they realize they are not this body. But they do not stop there. They try to find their Mind only to realize that the Mind is nothing but a bundle of thoughts. They go further and realize that the Ego is a false identity. That is not all. They realize many more truths. However, such people are rare.

What is it to realize the truth? The truth is that every 'body' must die. The truth is that nothing is mine. The truth is that we bring nothing with us when we arrive on the planet and we will take nothing with us when we depart. Still, the Mind and Ego, ME, makes us believe that this is 'my' car, 'my' house. Even though we know that this body is not ours and we have to leave it when we depart, our Mind fools us into believing that this body is 'me'. To realize the truth is to overcome all ignorance.

Most people are chasing success, name and fame to be happy but are all successful people, happy? We see not. On the contrary, it is happy people that are successful. Our Mind makes us believe that to be glad, we must be rich and so, we chase money and wealth only to become sad in the end. How many of us experience heartaches and heartbreaks? The truth is that nobody is ours. We come alone in this world and we will depart alone too. But still, we do not realize this truth, live with attachments and ultimately, suffer.

As long as we are prisoners, imprisoned by the Mind, we shall be slaves of pleasures, possessions and people, only because we do not kill the Mind and realize the truth. The Mind causes ignorance through thoughts. We have forgotten the reality. We need to be in Consciousness to use our intellect, discriminate and realize the truth. Our Mind will continue to behave like a King, as if it is everything. When in reality, it is the one that is responsible for all our suffering. When will we realize the truth? When will we still the Mind, kill the Mind and go beyond thoughts? When will we start a quest and not let our Mind ride our life horse? It is time to be the boss! Otherwise, we will be at a great loss. We will live and die without realizing, 'Who am I?' Our goal is to realize that we are the Soul, the *Atman* and part of the Supreme Immortal Power, **SIP**.

We believe in the lies that God lives in the Skies.

We don't go to the bottom of the root to Realize the Truth.

We don't start a quest and put our beliefs to Test,

We just look up at the sky, cry, ask, 'Why?' and Die!



WE ARE THE IMMORTAL SOUL

We exist. Do we not? Is there any doubt that we are alive? No, right? Can we make out the difference between animate and inanimate, between life and lifeless, between dead and alive? Yes, we can. If we are alive, but we are sure that we are not the body, we are not the Mind that we cannot find and the Ego is an illusion, then who are we, in reality?

We human beings are going on a quest of the universe, the outer space. We are going deep below the waters of the ocean to explore what lies there. But we have not gone on a sincere search to realize the truth of who we are. We just live as this body and one day, we die without realizing, 'Who am I?' A very few amongst us go on a quest to realize the truth. We have already contemplated birth. Birth is a reality but our birthday is fake. Although we cut a cake on that day, it is in reality, only the day of our arrival. We were born nine months before that day but we do not contemplate and introspect on this reality. Not only were we born nine months before we arrived, we also know for sure that our body came after our birth. This body did not arrive in a package, ready to plug-in and play! In fact, our body has no plug at all and the source of our Power still continues to be a mystery. One day, this body will die and it will disintegrate into dust. People will just say, 'He passed away.' But who is the one that departed at death?

Where did the deceased go? Even though the answer is simple, we do not realize the truth. The truth is that we are the Divine Soul. We are a Spark Of Unique Life. We are energy. This energy commences our life through a process of fertilization. Two cells of our parents go through a fusion and we are conceived. If this conception had not taken place, we would have never been born. So, is our birth in the hands of our parents? No! Our parents are just instruments responsible for the act of copulation but our birth is not in their control. Birth is a Divine Magic that defies all human logic. One thing is sure that a Spark Of Power energizes the fertilized cell to become a zygote. This zygote has life in it. This life is the Soul and we are this Soul.

The first cell of the zygote multiplies into 2, 4, 8, 16, then 32, till it becomes a tiny baby of over 26 billion cells. Then, it is delivered on earth. There is no doubt that we were alive before we arrived on our birthday. Every mother feels her child kicking in her womb. We are that Power of life that grows from a zygote to an embryo and finally, a human body when we are delivered out of our mother's womb. The Power of the Soul creates our body, organs, blood, bone and skin. There is no human intervention in it. After its delivery, a child grows with the help of the food that becomes energy for its physical body to expand, grow and become an adult. Then one day, the body dies. What happens to the 'I', to the Soul that created the life? That Soul will depart at the moment of death from the body and there will be no breath. Somehow, we do not realize this. Although, we realize that we are not the Body, Mind and Ego, we cannot realize the simple truth that we are

the Immortal Soul, the Power of life that arrives at conception and departs at death. The fact is that 'we' never die. Only the body dies. We are energy and even science confirms that energy cannot be created or destroyed. It can only be transformed from one form to another. Why is it that we do not realize that we are the Immortal Soul? Even though it is plain and simple that we are not this Body, Mind and Ego, we are the Power of life that is throbbing within, what stops us from realizing the truth? It is our Mind. Our Mind does not want us to realize that we are the Soul because the moment we realize it, the Mind is no more! The Mind and Ego, ME, will be dead and we will be free from the cycle of death and rebirth. But this will happen only when we kill the Mind and realize that the Mind itself is an illusion, it is just a bundle of thoughts and the Ego is a false identity created by our Mind but because of ME, the Mind and Ego, we do not realize the simple truth that our body is mortal and our Soul is immortal. So, as long as we are ME, the Mind and Ego in a body, we will never realize that we are the Immortal Soul. And the ultimate goal of our life is to realize this.

The only way to achieve this ultimate goal of life is to still the Mind and kill the Mind. Unless we destroy all thoughts, we will not be in a state of Consciousness and realize that we are the Immortal Soul.

We live and die, but what is our Goal?

It is to Realize that we are the Immortal Soul.

*As long as we believe we are the Ego, Body and Mind,
The Truth will evade us and Soul, we will never Find!*



THE GOAL IS LIBERATION

Why are we so worried about the Mind? Why are we diving so deep to still the Mind and to kill the Mind? Why have we gone into so much depth about the Mind, thoughts and how to flip from Mind to Consciousness? We are analyzing all this in depth because our Mind is holding us back from our ultimate goal of realizing that we are the Divine Soul. Our Mind is stopping us from attaining Liberation and Unification.

Our goal is to be liberated, to be free from all suffering on earth and from rebirth too. But our Mind does not permit this. It keeps on grilling us and killing us because the moment we are enlightened with the truth, the Mind remains no more! The Ego will be dead. In the moment of death of the body, if we realize that we are not the Mind and Ego, ME, there will be no rebirth. Our Mind does not want this to happen. Therefore, it fights hard to stop us from Realization, Liberation and finally, Unification with the Divine.

We all want to be happy. But we are unhappy because of our Mind. It is the Mind that creates thoughts and we are caught in the emotions of fear, worry, stress and anxiety. This is nothing compared to the prison of ignorance that we are locked in. Not just day after day and year after year but we continue to suffer life after life because of our Rascal Mind. It

keeps on bombarding us with thoughts and it is an expert in creating **FEAR**, a False Expectation Appearing Real.

As we step into the year 2023, the Mind has brought in a new fear - the fear of a new COVID strain. Continuing from the year 2020, this is the third calendar year since COVID-19 has created a paralysis around the globe. COVID-19 has made countries shut down and even till this day, many countries continue to be shut because of the fear of the spread of the pandemic. Our Mind does not permit us to be liberated from fear. If we want to achieve the goal of Liberation, all we have to do is to move from the Mind to the intellect and realize that fears are not dangers. As we move away from the Mind, we will not only be free from suffering but we will move closer to our ultimate goal of Liberation.

Not only fear but our Mind also locks us in worry, stress and anxiety. In reality, there is no problem but the Mind creates thoughts that pour like rain and we flow into the drain of depression. Our ultimate goal is Liberation. For that, we must stop this aggression and realize that we are the Divine Soul, not the Body, Mind and Ego. This is our goal. But our Mind does not permit this. The moment there is Liberation and Unification, we will no more carry *Karma* and return to earth in a rebirth. This will be the end of the game for the Mind and our Mind does not want to accept this defeat.

Even if we still the Mind, kill the Mind, our Mind returns like the Phoenix. Even when we are in Consciousness and our intellect is activated, our thoughts try to steal our Peace. It is for us to be awake, aware, to be a witness of our thoughts and

march towards our ultimate goal of Liberation. This is easier said than done but it is the ultimate goal. It is the way to Peace and Happiness, a way to be free from all miseries and sorrow and a way to be united with the Divine. Is it not strange that we cannot find the Mind, but it exists? Is it not surprising that we cannot see the Mind but still, it rules our inner kingdom as King and causes so much suffering? It is unfortunate that the whole world accepts the Mind as the commander of life, when in reality, it is just a monkey that jumps from thought to thought and gets us caught.

The Mind has fooled us into believing that pleasure is Happiness. It creates desires and promises to quench our thirst that ultimately, makes us burst. It steals our Peace, the very foundation of Happiness and creates passions and obsessions that make us think, blink and sink in this world. We do not even realize that we have become the prisoners of our thoughts, pleasures, people and possessions. The cause of all this is our Mind. If we lived by our intellect and not the Mind, we would not let thoughts create desires and thereafter, disappointments. We would not let our Mind make us grind in this world of illusions and myths. We would question everything, overcome ignorance and realize the truth. Is it not time to be liberated from the shackles of the Mind and toxic thoughts, and be free?

*Our Goal is to be Free from all Suffering on Earth,
Our Goal is Liberation from the Cycle of Rebirth.
Our Goal is to be Free from the Mind and Ego, ME,
And become one with SIP, the Supreme Divine Energy.*



OUR MIND IS OUR ENEMY

We human beings become upset at people. We have enemies whom we hate but our biggest enemy is there with us all the time. It is our own Mind! Our Mind is constantly destroying our Peace and Happiness. Our Mind is robbing us of a destiny of our choice. It is a trickster, a rascal. It appears to be a King when in reality, it is the main cause of all our suffering. There can be no greater enemy than the Mind. And the biggest problem is that we do not even realize this. Our Mind behaves like our friend. It makes us believe that it is the very heart of our existence. It makes us think, 'What would I do without my Mind?' Do you not find your Mind telling you this? But in reality, it is doing everything that an enemy would do to you.

Our Mind steals our Happiness. It appears to create desires and when these desires are fulfilled, it appears to cause pleasure but this pleasure is momentary. Soon, we are tormented by pain, by these very desires of our Mind. The Mind constantly bombards us with thoughts. Soon we find that there is no Peace, when Peace is the very foundation of Happiness and because of our Mind, there is so much agitation in our head that we experience depression, right till we are dead. Is our Mind not our biggest enemy, then?

The truth of life is so simple. We are not the body. The body

will ultimately die but it is the Mind that creates the Ego and together, they become the ME. Then the Mind makes us do *Karma* and binds us to this earth. We become the Body, Mind and Ego and live and die in ignorance. All of this happens because of the Mind. Our Mind stops us from the simple, yet most important Realization that we are the **SOUL**, the **Spark Of Unique Life**. This enemy stops us from achieving our ultimate goal, just by producing thoughts. It bombards us with thoughts and because we are caught in thought, we are unable to go on a quest, overcome ignorance, realize the truth that we are the Divine Soul.

This enemy is so dangerous that it not only steals our Happiness when we are alive on earth but it continues to make us suffer, life after life, as it traps us in the cycle of rebirth. If there is one enemy that we must kill, it is the Mind because if we do not kill the Mind, the Mind will kill us. This enemy is such a rascal that we cannot even kill it because it is invisible, it hides from us and plays guerrilla warfare with us. Even when we try to still it and it seems to be dead, soon it rises from its ashes like the Phoenix, only to steal our Peace. It cannot see us happy and it does not want our well-being. Just like a monkey, it jumps from thought to thought and to live in Peace and Bliss, we forgot! Do you know that nobody can go into the past? The past has happened, it is gone. Similarly, nobody can go into the future too because the future is not yet born. But our Mind can. This enemy does the impossible. It jumps into a yesterday and pulls out guilt, shame and regret. It makes us curse, nurse and rehearse the past that is long gone. Then, in another fraction of a moment, it jumps into a

future that is not yet born and creates FEAR, False Expectations Appearing Real, worry, stress and anxiety. There will be no danger but our enemy, our Mind will create danger and make us agitated. It will make the wolf look bigger than it is and rob us of our greatest wealth, our Peace and Happiness. Our Mind is our greatest enemy. You may not have realized it till today, but this is the truth. If we can kill the Mind, still the Mind and reach a state where there are no thoughts, then we will be in a state of Thoughtlessness or Consciousness, in which we will experience Peace and Bliss. If we still the Mind, we can live in the present moment without being pulled into the past or the future. Without the Mind, we can discriminate with our intellect and make the right choices. The Mind stops us from all this. It is the cause of our unhappiness. Thus, it's time to realize, who our greatest enemy is. This is one murder that we all must commit. Ironically, this is a murder, which if we do not commit, then it will be the biggest sin of our life. So, we must kill our Mind.

Those who try to find, realize that they cannot find the Mind. It is only when we still the Mind, in a state of Consciousness that we realize that the Mind appears when there are thoughts. And when there is no thought, there is no Mind! It is easy to kill this Rascal Mind but our Mind is so smart that it does not permit us to reach that state of Thoughtlessness or Consciousness by constantly bombarding us with thoughts.

*The Mind is our Enemy but it acts like our Friend,
It causes Fear, Stress, Worry, Anxiety, right till our End.
Thoughts fill us and in Consciousness, time we do not Spend,
Thus, we just live and die and are not Enlightened!*



THE MIND AND SCIENCE

What is the connection between the Mind and science? As you read this book, you will realize the truth that the Mind does not exist. It is just a bundle of thoughts. When there are no thoughts, there is no Mind. Why then, does science give so much importance to the Mind? Let's find out.

Science accepts the Mind to be alive and it even talks of the Conscious Mind, Unconscious Mind and the Subconscious Mind. Science attributes the Mind to thoughts, imagination, memory, sensation, willpower and discrimination. Science does not understand that the Mind is different from the intellect. The Mind is a Thought Factory. It produces thoughts but because it has no physical existence, even science struggles to define the Mind. Many scientists believe that the Mind is located in the brain and just as the lungs are responsible for respiration, the brain is responsible for thoughts. But science has also realized that the Mind is not just the brain. Our nerves, nerve cells and nerve fibres, all reach out to every cell of our body. So does our Mind! We can touch something with our toe and that feeling can trigger a thought. Therefore, even science struggles to define the Mind. While the world uses the terms Mind and brain interchangeably, we know that they both are different entities. Science considers the brain to be the hardware of which, the Mind is the software. However, they have also realized that the Mind is a different

entity, altogether. No doubt, it is a subtle part of our existence, but it is not contained just in the brain. So, what happens to the Mind when we lose our Consciousness? Science just says that we are unconscious. Science says that when we sleep, the Mind is supposed to be awake in its subconscious state and it is the cause of our dreams. However, science does not know beyond that. What causes Consciousness? What is the source of life? Science has not been able to define it till date and because the Mind is such a rascal, science has created a huge world of Mind Medicine called psychiatry for it. Scientists accept that our Mind can do a lot of damage, and not just through thoughts. Many scientific studies have proven that our Mind can also be responsible for the release of hormones and chemicals that may affect the physical aspect of our life. That is why, there are so many psychiatrists who are working day and night to improve the study and diagnosis of the treatment for various mental illnesses. They often attribute these illnesses to genetic factors but in the back of their head, they also know that mental health disorders are more due to thinking, which affects our mood and behaviour. Does science have a solution for the illness of depression? Does science know how to deal with anxiety disorders? What about schizophrenia? People with these illnesses get paranoid due to the bombarding of negative thoughts, hallucinations and delusions. They even hurt themselves and others because they lose their power of discrimination. Scientists and doctors around the world are struggling to find solutions for mental illnesses. They have got to realize that the solution is not physical but more in the emotional and subtle domain. The doctors may prescribe tranquillizers or sleeping medicines to put us to sleep and switch off the brain but

till date, science has not been able to find an effective way to control the Mind so that there are no thoughts in which most of us are caught! Take schizophrenia for example. Science considers schizophrenia to be a deficit of the Mind and mental ability but the medical world has not been able find a real solution to this mental illness and other disorders that have direct connection with thoughts. Doctors struggle when patients explain their delusions and hallucinations and ultimately, these patients are labelled as 'mad' and admitted into mental hospitals and asylums.

When science accepts the truth of Mind and Consciousness, when mental healthcare practitioners and doctors realize that Thoughtlessness can lead to Consciousness in which many mental illnesses can be resolved, then more of Spiritual medicines will be prescribed to cure patients. Today, majority of the doctors prescribe Silence and Meditation to their patients. Some prescribe activities and games to keep the Mind busy and engaged for even they endorse the fact, 'An idle Mind is a Devil's workshop!' If science realizes that the simple way to kill the Mind is to still the Mind, then it would help many mentally sick people to flip over from Mind to Consciousness and activate their intellect. Because we are caught in the many lies and the myth, our Mind is paralyzed. We have to unlearn many things. A patient with a mental disorder needs to find Peace and Happiness. Sometimes, the solution lies in Love too. To understand the person and patiently untangle the thoughts. When will we go beyond science? And for the sickness of the Mind, a cure, when will we find?

*Psychiatry, a branch of medicine studies the Mind,
Schizophrenics hear weird voices, hallucinations they Find,
Doctors don't understand the Mind, call the patients, 'Mad!'
If they tame the Mind with Peace, Silence, they can be Glad!*



OUR MIND STEALS OUR PEACE

Everybody wants to be happy, but we struggle to experience Peace and Bliss. Have you ever thought why? It is because of our Mind. Our Mind is a thief that robs from us the very foundation and the very cause of Happiness, that is Peace.

While many of us enjoy pleasure and think it is Happiness, in reality, it is not! Pleasure is just a momentary joy. It comes and goes. It is ephemeral. If we want true Happiness, we need to have Peace. Peace is the foundation on which the tower of Bliss is built. If you are enjoying and celebrating something and in that moment, there is an announcement of a bad news, not only will you lose your Peace, but all the celebrations and Happiness will come to an end. Therefore, we must first realize that Peace leads to Happiness and it is our Mind that steals our Peace.

Many of us are in search of Peace. It is impossible to find Peace outside because Peace is within us. If we want Peace, we must still the Mind. And then, Peace, we will find. Our life is like a lake. As long as this lake is still, it is peaceful. But the moment there are ripples in the lake, the stillness is lost and with it, Peace is lost too. So is it, in life. When thoughts attack us, they create ripples of negativity and our Peace disappears. We are captured by fear, worry, stress and anxiety. Our still lake, our

life, is full of waves of thoughts in which, we are caught. There can be no Peace and Happiness in a Mind that is full of aggression. It can only create depression.

So, how does our Mind steal our Peace? Our Mind is nothing but a bundle of thoughts. It is a Thought Factory that constantly produces thoughts. These thoughts steal our Peace. By default, the Mind is programmed to think negative thoughts and fill us with **NEP**, **Negative Energy Poison**. So, if we want **PEP** or **Positive Energy Power**, the only way is to still the Mind and kill the Mind. The Mind fools many of us and makes us believe that if we befriend it, it will not produce negative thoughts. But this is a lie that will make us suffer till we die.

We must remember that the Mind does not know the meaning of positive thoughts. It has taught us lies right from when we were in school and we have all grown up, only to be a fool. Our Mind has a clear agenda. To steal our Peace, rob our Bliss and drown us in ignorance. The Mind is a rascal and it is our biggest enemy. It is a monkey but it acts as though it is our friend. It enters from the back door and catches us by surprise.

Does your Mind take your permission to enter? Of course not. Why would it? Thoughts come uninvited to us. They don't knock at the door and once they enter, they smash us on the floor. So, if we want to be peaceful, we must push the thoughts out and shut the door. It is only in the state of Thoughtlessness, when there is no Mind, that we can experience Consciousness and in Consciousness, we will find Peace, Bliss, Love and Joy. When will we kill the Mind? When will we still the Monkey Mind? When will we tame the monkey, throw out thoughts that are junk and learn to live

like a Monk? Every day that we miss doing this, we are paying a hefty price, the price of our Peace and Happiness. So, the moment we kill the Monkey Mind, Peace and Bliss, we will find!

It is time to realize that The Mind is a rascal. It is time to realize that the Mind will kill us, not just once but again and again. We will live and die and the Mind will make us return to earth in a rebirth, only to kill us again. It will kill us many times. The only solution is that we must kill the Mind. Otherwise, we will suffer the Triple Suffering on earth and we will continue to experience repeated rebirth. It is time to realize that the Mind and Ego, ME, does not want us to be free. The Mind fools us, makes us ignorant and steals our Peace and Joy. The truth is, 'There is no Mind!' The fact is, 'Ego is an illusion,' but we are unable to kill the Mind and let go of the Ego. So we continue to suffer, losing our Peace, Bliss and Joy.

It is not so difficult to kill the Mind. All we have got to do is to still the Mind. But we are unable to do it because our Mind does not give us a chance. Not only when we are awake but even when we sleep, the Mind dreams and stops us from being in a state of Consciousness, a state of Thoughtlessness. If only we lock ourselves in Thoughtlessness and activate our intellect, we can be the boss. We can stop our Mind from riding our life horse. Then, we will find Bliss and Peace and all miseries will cease.

*It is our own Mind that steals our Peace,
Because of our thoughts, our Bliss does Cease!
We don't have to find Peace of Mind,
Peace is within, we must just Still our Mind!*



AFTERWORD

All my life, I believed that my Mind was King! It was everything! What would I be without my Mind? I thought that my Success, my Happiness and my everything was because of my Mind.

For 25 years, I achieved Success after Success, thinking that Success is Happiness. No doubt, it was my Mind that was driving me. Little did I realize that my Mind was like an engine of a bullet train and I was zooming. If I had not paused to realize that the Mind is a rascal, I would have zoomed from womb to tomb! I was lucky that after 25 years of running a race to be an ace and being stuck in that maze, I got the Divine grace that liberated me from the tentacles of the Mind. I was caught in thought, so much so that I did not even realize that I was a prisoner of my own Mind. To me, Success was Happiness. This is what I was taught and this is what my Mind believed. I was galloping from one Success to another, climbing one peak of Achievement to another. All I wanted was more Success, more money, more name and fame. And I was getting it! What I did not realize was that my Mind inflated my Ego, and that Ego dominated my life. For me, Happiness was being on the front page of a newspaper or a magazine. My Mind made me feel a euphoria of Joy when I was covered by a mainstream television channel. My Mind had inflated my Ego so much that I believed this was 'me', this

was Success, and this was what life was all about. Little did I realize that I was being fooled by my own Mind.

It was at the age of 40, when I was in a conversation with my *Guru*, my *Spiritual Master*, that I realized that life was not just about making money. I was happier when I was making a difference to the society, doing Humanitarian, Inspirational and Spiritual work. It was my *Guru's* guidance that made me go beyond my Mind and my Ego. At 40, I shut down my business. My Mind would have never let me do this. But my *Guru* helped me activate my intellect. It was through discrimination that I realized that doing what I loved, gave me far more Happiness than running like a horse, making money that would ultimately, not belong to me at all. Slowly but steadily, I killed my Mind. I went beyond pleasure and started to live in Peace and then, I went on a quest to discover the true purpose of life.

In my quest for true meaning and purpose, I realized that there was no Mind! It was just a bundle of thoughts. I was running like a mad man behind illusions of this world that would ultimately not belong to me. I had wasted 25 years, the prime time of my life chasing Success and Achievement, just because of my Mind. Then, when I tried to find my Mind, where was, I could not find! Instead, I found my intellect, tucked away in Consciousness. I realized that I was the Divine Soul, not this body that I appear to be, which is being driven by the Mind to achieve more success and money. The moment I realized the truth, I stopped. From there on, I even changed my given name to AiR - *Atman* in Ravi.

Like anybody else, I too was a slave of my Mind. I too was imprisoned by thoughts but I was blessed to realize the truth and then, I transformed my life. I experienced a metamorphosis. I was crawling like a worm. But after being Enlightened with the Truth, I became free to fly like a beautiful butterfly. I was suffering, pain of the body, misery of the Mind and agony of the Ego but I did not realize that it was all caused by ignorance triggered by the Mind. The Mind and Ego, ME, makes us miserable and until we transcend this ME, we will continue to suffer.

Today, I live a life of Peace and Bliss. I live in Consciousness. I live as a *Yogi*, ever-united with the Divine. But I am still not free from my Mind. Although my Mind is still, it often appears to steal my Peace. I have to flip over from Mind to Consciousness, otherwise, the Rascal Mind will kill me. I have written over 65 books on the subjects of Life, Happiness, Mind, Consciousness, God and Spirituality and I have realized that our Mind is our biggest enemy. As long as we are puppets of our Mind, we will dance to its tunes, live in ignorance and one day, die without being enlightened with the truth. The purpose of our life, our ultimate goal is to realize that we are the Divine Soul. To do this, we have to kill the Mind. I killed my Mind and made it still! Are you going to still and kill your Mind too?

*For over 40 years, of the Mind, I was a slave,
It was creating misery and dragging me to my grave.
Then I stopped and went in search of the Mind.
Where is my Mind? I could not find!*



POEM

THE MIND IS A RASCAL

Kill Your Mind, Before Your Mind Kills You

By
Ar
Atman in Ravi

*The Mind is a Rascal, it makes me fear
It robs my Bliss, it robs my Cheer
It makes me think, it is the King
But in fact, it causes my suffering
The only problem with my Mind
Where is my Mind? I cannot find!*

*I have a Body, my Body I can see
But where is this Mind and Ego, that says 'me' ?
It binds me with the myth, doesn't let me be free
Stops me from being who I am meant to be
The only problem with my Mind
Where is my Mind? I cannot find!*

*What is the Mind, it is a bundle of Thoughts
And in these Thoughts, we are all Caught!
Who are we? This Truth, we forgot
Instead, stress, worry, anxiety is brought
The only problem with my Mind
Where is my Mind? I cannot find!*

POEM

*You have touched your nose, you have pulled your ears
You see with your eyes, it also sheds tears
But have you ever seen your Mind?
It creates so much misery, it makes us grind!
The only problem with my Mind
Where is my Mind? I cannot find!*

*The Mind is a Monkey, it jumps from Thought to Thought!
From Yesterday to Tomorrow, so Today, we forgot!
The MonkEY is Ever-Yelling, Ever-Yearning because of its tail
The EY of the MonkEY continues to make us fail
The only problem with my Mind
Where is my Mind? I cannot find!*

*The Mind creates Negative Thoughts, locks us in NEP
From Negative to Positive, we must flip over to PEP
If we don't kill our Mind, it will bombard us with toxic Thoughts
And in misery and sorrow, we will be Caught
The only problem with my Mind
Where is my Mind? I cannot find!*

*Thoughts create Feelings, Feelings create Actions
It is the Mind that controls all our Reactions
If we don't control Thought, we will have a sad Destiny
From habits and addictions, we shall not be Free!
The only problem with my Mind
Where is my Mind? I cannot find!*

*Our Mind not only spoils our day, when we are Awake
 It creates Dreams and Nightmares, that are fake!
 Although Dreams are not real, the Mind makes us Fear
 We wake up with anxiety and lose all our Cheer
 The only problem with my Mind
 Where is my Mind? I cannot find!*

*Kill the Mind, before the Mind kills you!
 Beware! This advice is absolutely True
 If you don't Still the Mind and Kill the Mind
 It will Kill your Peace, and Bliss you will not Find
 The only problem with my Mind
 Where is my Mind? I cannot find!*

*Although this world is nothing but a drama
 It is the Mind that causes all the trauma
 We must flip from Thought to Thoughtlessness
 From a state of Mind to Consciousness
 The only problem with my Mind
 Where is my Mind? I cannot find!*

*The Mind is like the Phoenix that rises from its ashes
 Although we kill our Mind, it returns and our Peace it snatches
 We must replace our Mind with Intellect
 Then we will Discriminate and be Free from what is incorrect
 The only problem with my Mind
 Where is my Mind? I cannot find!*

POEM

*The Mind is a Monkey, we must beware of its tail
EY that is Ever-Yelling and Yearning, and we fail
The Monkey starts to ride our Life-Horse
It rules over us, it becomes our Boss
The only problem with my Mind
Where is my Mind? I cannot find!*

*The Mind is not alone, with the Ego it is ME
It creates anger, hate and even jealousy
Together, the Mind and Ego, ME, creates Karma
And we return in a Rebirth in this drama
The only problem with my Mind
Where is my Mind? I cannot find!*

*The funny thing is that there is no Mind
We seem to be the Body and the Mind we can't find
We must go on a Quest and Achieve the Goal
And Realize that we are the Immortal Soul
The only problem with my Mind
Where is my Mind? I cannot find!*

*The Mind is a Rascal, it steals our Peace
It makes us sick and mental medicine, increase
This enemy doesn't leave us from Birth to Death
And then, it returns in Rebirth, as we lose our Breath
The only problem with my Mind
Where is my Mind? I cannot find!*

By
AtR
Atman in Ravi



OTHER BOOKS BY AiR

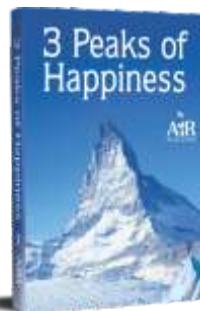
1. Talaash

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



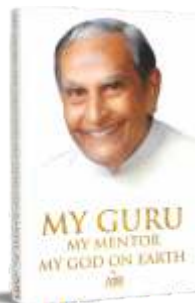
2. 3 Peaks of Happiness

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



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

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



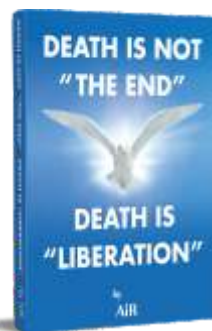
4. I will Never Die, Death is Not “The End”

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



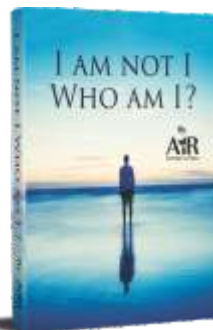
5. Death is Not “The End.” Death is “Liberation”

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



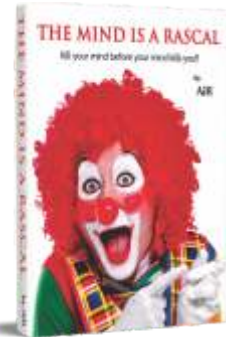
6. I Am Not I. Who Am I?

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



7. The Mind is a Rascal

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



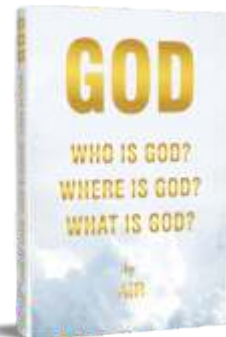
8. A Cosmic Drama

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



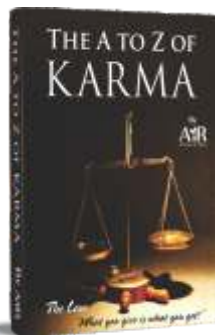
9. Who is God? Where is God? What is God?

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



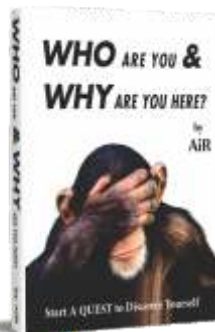
10. The A to Z Karma

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



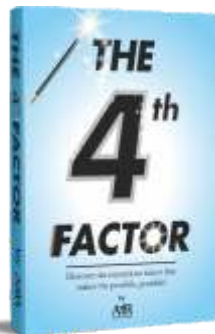
11. Who Are You and Why Are You Here?

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



12. The 4th Factor

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



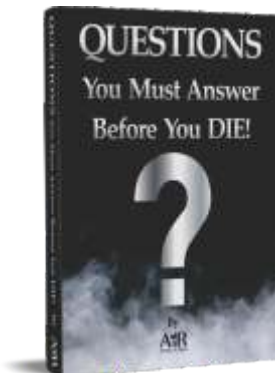
13. Be Happy in the NOW!

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



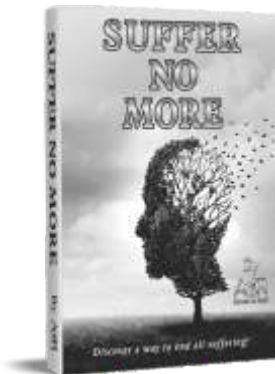
14. Questions You Must Answer before you Die!

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



15. Suffer No More

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



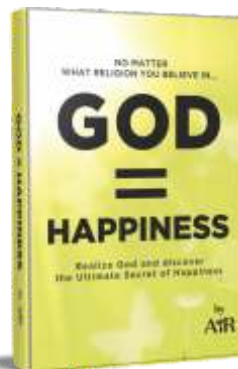
16. Success is not Happiness, Happiness is Success

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



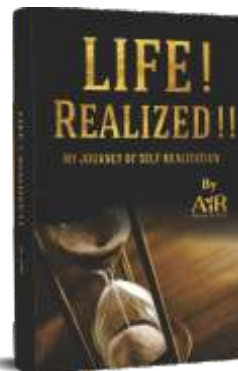
17. God = Happiness

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



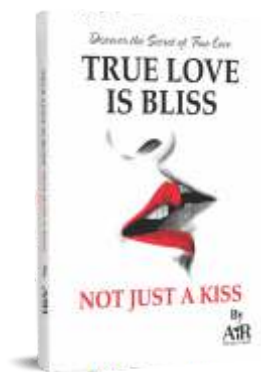
18. Life! Realized!!

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



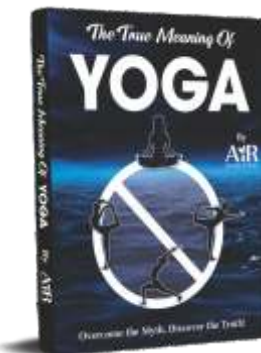
19. True Love is Bliss...Not Just a Kiss

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



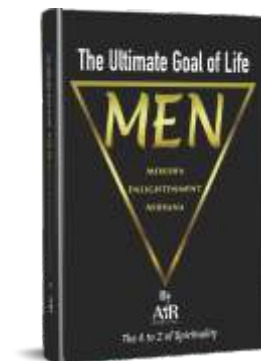
20. True Meaning of Yoga

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



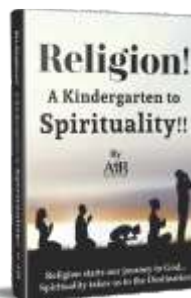
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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



22. Religion! A Kindergarten to Spirituality!!

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



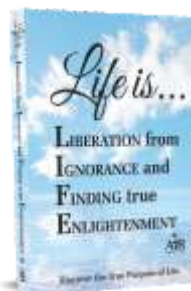
23. Why Bad Things Can't Happen to Good People!

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



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

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



25. The Ladder to Heaven

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



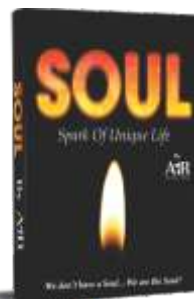
26. FEAR- False Expectations Appearing Real

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



27. SOUL - Spark of Unique Life

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



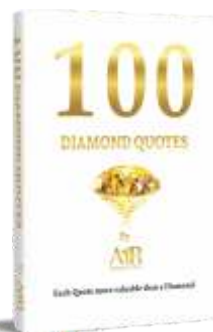
28. But We Pray!

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



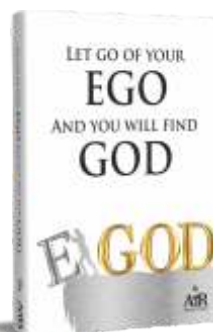
29. 100 Diamond Quotes

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



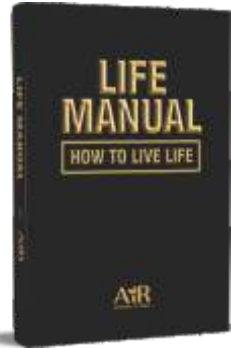
30. Let go of your Ego and you will find God

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



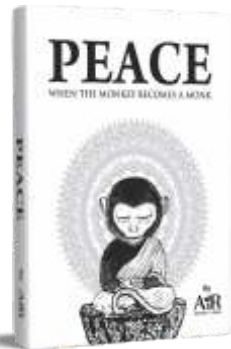
31. Life Manual - How to live life?

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



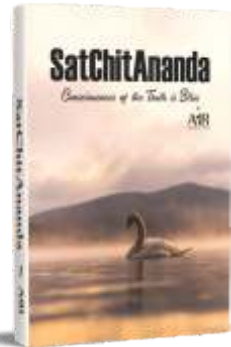
32. PEACE... When the Monkey becomes a Monk!

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



33. SatChitAnanda - Consciousness of the Truth is Bliss

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



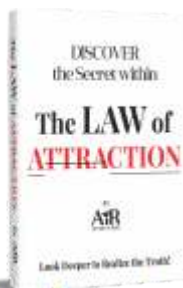
34. *Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That*

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



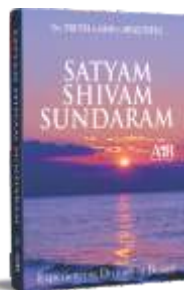
35. *Discover the SECRET within The LAW of AttraCTION*

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



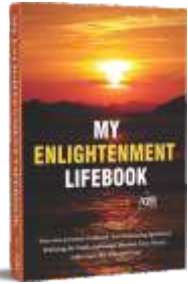
36. *Satyam Shivam Sundaram - Experiencing Divinity in Beauty*

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



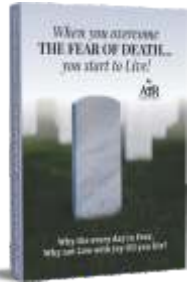
37. My Enlightenment Lifebook

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



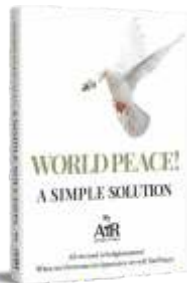
38. When you overcome the FEAR of DEATH, You start to LIVE

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



39. World Peace! A Simple Solution

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



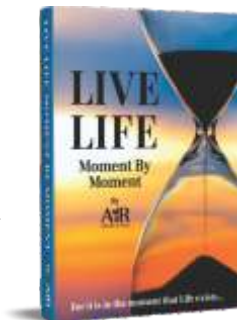
40. Many Problems, One Solution

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



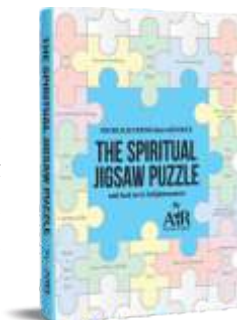
41. LIVE LIFE... Moment by Moment

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



42. The Spiritual Jigsaw Puzzle

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



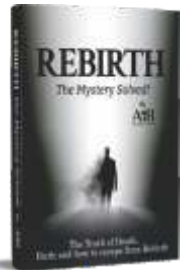
43. The 4 Quarters of Life

Read this book to discover the purpose of life. We must divide our life into 4 Quarters. The First Quarter is about Learning, while the Second is about Earning. The Third and the Fourth Quarter are meant for us to attain the ultimate goal of life, Enlightenment, which few people do.



44. REBIRTH... The Mystery Solved!

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



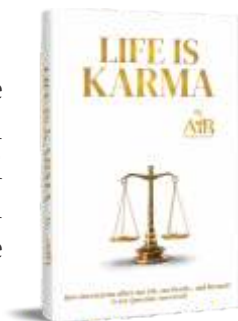
45. How to Live a Spiritual Life in a Material World?

Most of us are lost in the material world and only turn to Spirituality when suffering comes our way. We don't realize that a Spiritual life can liberate us from all misery and suffering. Is it even possible to live a Spiritual life in this material world? Of course, it is! Discover the secret revealed in this book.



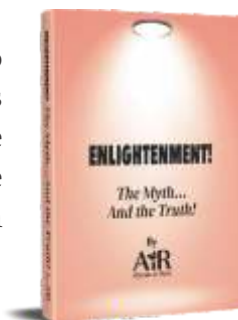
46. Life is Karma

Every time something happens in life, we say, 'Karma!' Yet, we still don't understand how Karma really works. This book has all the questions along with the answers and how you can transcend Karma and be free from the Karmic cycle of death and rebirth.



47. Enlightenment - The Myth and The Truth

We have been gifted with a human birth so that we can attain Enlightenment. For this we have to unlearn many lies that we have gown up with. This book will help you be enlightened as it discriminates the Truth from the Myth.

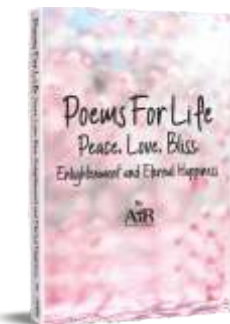


48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness

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

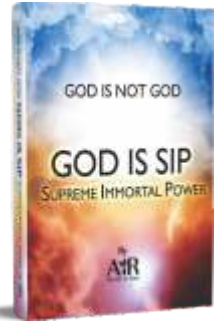
Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife!

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



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

God is not God! When you read these words, you will be shocked but this is the Truth. When we say God, we think of the God we pray to every day. When you go in search of God, you realize that God is Supreme, Immortal, without birth and death. There is no God beyond God. That's why we don't call God, God. We say, God is SIP, the Supreme Immortal Power.



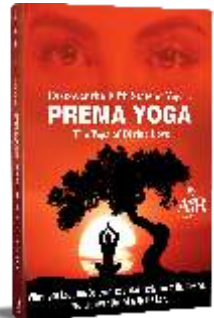
50. The 10 Commandments of Detached Attachment

There are the 10 Commandments which can liberate us from all attachments. If only we learn to live with detachment, we will be free. Follow these 10 Commandments and live a life of bliss and peace.



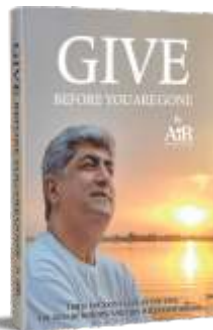
51. The Yoga of Divine Love - Prema Yoga

The world knows of the 4 states of Yoga: *Dhyana*, *Bhakti*, *Karma* and *Gyana* Yoga. The Yoga of Meditation, Devotion, Action and Education. *Prema* Yoga, the Yoga of Divine Love is the Fifth state of Yoga unknown to the world. When we go beyond loving the physical appearance of the Beloved, and love the Soul then we are actually loving God.



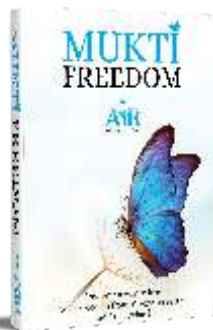
52. Give before you are Gone!

Give before you are gone. You don't have a choice. If you don't, it will anyway be snatched away. Open your eyes and realize that you come with nothing and you will go with nothing. Nothing belongs to you. Let us give as we live.



53. Mukti - Freedom

What is *Mukti*? It is Freedom - not only from all misery on earth but also Freedom from Rebirth. This book reveals that we not only need Freedom from all joy stealers, but also Freedom from the cycle of death and Rebirth.



54. Stop it, Stupid!

How often have you felt that you have been stupid, and you could not stop the stupidity! If you want to put an end to your stupidity, this book is just the book for you. In this book, AiR shares a simple tool that will help you stop being a fool, a Mantra, we never learned in school! All you have to say is, 'Stop it, Stupid!' to yourself when you feel like a fool, and you will see the magic.



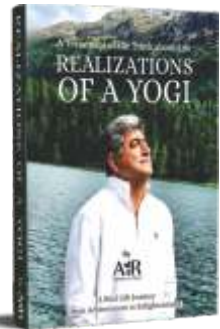
55. Don't cut a Cake ! Awake! Your Birthday is Fake!!!

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



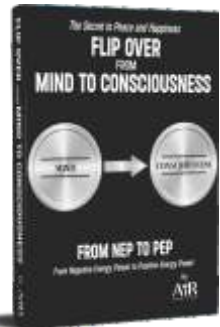
56. Realizations of a Yogi

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



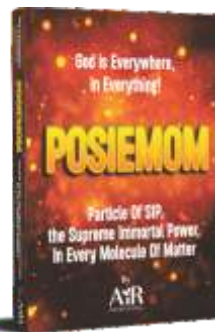
57. Flip Over! From Mind to Consciousness, from NEP to PEP

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



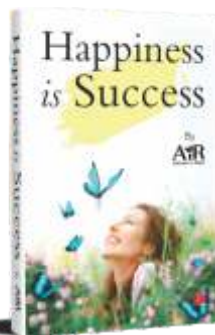
58. POSIEMOM - Particle of SIP, the Supreme Immortal Power, In Every Molecule Of Matter

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



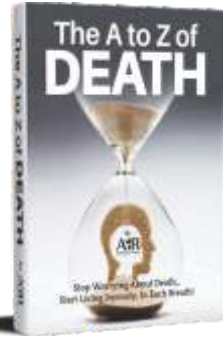
59. Happiness is Success

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



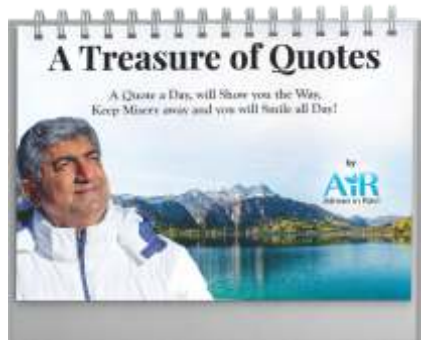
60. The A to Z of Death

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



61. A Treasure of Quotes – Perpetual Calendar

A Treasure of Quotes is a Perpetual Calendar. It consists of 366 quotes – quotes on life, happiness, Karma, God, the purpose of life, one for each day of the year. At the end of the year, you can restart from the first page. Each page will provoke you to contemplate and reflect on your life. It will inspire you to begin a spiritual quest and eventually lead you to



Enlightenment, our ultimate goal. This collection of quotes can transform your life from a life of mundane existence to a life of Liberation from all suffering on earth and from the cycle of rebirth. It can make you evolve from a life of Achievement to Contentment and Fulfilment until you finally reach that ultimate peak of Enlightenment – a state of Everlasting Happiness, Divine Love and Eternal Bliss. May this Treasure of Quotes be a real treasure for you.

62. Shivo ham

Shivoham literally means *Shiva + Aham*. I am *Shiva*! But in reality, it is the Realization of the truth, it is Enlightenment that I am nothing, not this body, mind and ego, I am the Divine Soul. I am a part of the Supreme Immortal Power, SIP. *Shiva* is not only in a temple, *Shiva* also lives in the temple of our heart. It is for us to realize what Adi Shankara said in the 8th century, *Chidananda Rupah Shivoham Shivoham*. The reality of our existence is the Power of the Divine. This book will take you through from *Om Namah Shivaya* to *Shivoham*, from religion to Spirituality, from faith in God to realizing God.



Coming Soon...

63. A Conversation on Life

THE MIND IS A RASCAL

KILL THE MIND, BEFORE THE MIND KILLS YOU!

Do you have a Mind? Have you ever seen your Mind? Even though nobody has seen the Mind, the Mind still appears to exist. It proclaims itself to be the King, when in reality, it is the cause of all our suffering. It is the Mind that creates fear, stress, worry and anxiety. Along with the Ego, the Mind becomes ME, the Mind and Ego, and it creates anger, hate, revenge and jealousy. Ultimately, at death of the body, the ME returns to earth in a Rebirth, carrying *Karma*.

Our Mind causes ignorance and makes us suffer. We must still it and kill it! The Mind is nothing but a bundle of thoughts. Even one repetitive thought is capable of stealing our peace. We must be careful not to be caught in thought otherwise, needlessly, misery will be brought. This book can help you free yourself from your Mind and the Ego, all the misery on this earth and from Rebirth. But if you don't kill your Mind, your Mind will kill you!



By
AiR
Atman in Ravi

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Ask Investigate Realize



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