An hourglass is positioned on the right side of the image. The top bulb of the hourglass is filled with a bright yellow liquid and has a simple black smiley face drawn on its surface. A stream of golden sand is falling from the top bulb into the bottom bulb. The background is a warm, golden-yellow gradient, with a bright beam of light shining down from the top left corner.

The ULTIMATE Secret Of HAPPINESS

by
AiR
Atman in Ravi

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PREFACE

Everybody wants to be Happy and there are hundreds of books that talk of Happiness. But do you find people who are truly happy? How many people have you met in this world, who say that they are blissful, peaceful, and have no misery, no worry, no fear? Very few! This is because they haven't discovered the Ultimate Secret of Happiness. People chase money and achievement, and they remain on the first peak of Happiness. Very few people transcend this and live a life of peace, of contentment and fulfillment. At the most, 20% of humanity is on this second peak. Less than 1% go to the third peak and are liberated from misery and sorrow.

One may be the wealthiest man in the world or the president of the most powerful nation, but one can't change the past. The past is gone forever. Nothing can bring back the minute that is just over. Similarly, you can't live in tomorrow. Tomorrow can appear only as 'today' when it comes. In reality, there is no tomorrow.

Most of humanity does not realize that Happiness is in the NOW, in the present moment. Because they do not realize this Truth, they swing from the past to the future, living with regret and fear. When will we realize the Truth? When will we realize what Happiness is? This simple booklet will show you the way to ultimate peace, bliss, and joy – a life which has no misery, sorrow, and pain.

THE ULTIMATE SECRET OF HAPPINESS

Everybody wants to be Happy but not everyone is. We, human beings seek pleasure, just as we shun pain. From the time we are born, we want to be Happy, but are we Happy all the time? No! Why? Because we don't really know the meaning of Happiness.

We think Happiness is a person, we try to be Happy with somebody. We think Happiness is a place, we try to go there. We think Happiness is a thing, we try to get it. So we are always seeking Happiness but we are never Happy.

Although Happiness seems to be the goal of humanity, it seems elusive. People are chasing Happiness but it is like a shadow - the more we go towards it, the further it moves away. Some people think that money and success are equal to Happiness but this is not true. If this were true, then the rich would be glad, not sad. In fact, we see many rich people commit suicide. Why? This simply shows that money is not equal to Happiness. Of course, money can give pleasure but that is only the first peak of Happiness, known as Achievement. Some people make money their goal and try to make more and more money, only to find that more money does not give more Happiness. They make their need their greed, only to find that they are never satisfied.

People think that the peak of Happiness is Achievement. So they try to achieve more and more success, till they finally realize that the desire for money and success is a peak that can never be scaled. We can earn more money, be more successful, and have more achievements, but despite that, we can remain unsatisfied and miserable.

**The whole world is seeking Success,
When all they want is Bliss.
They end up with a lot of money in the
bank,
But True Happiness they miss.**

Lucky are those who take an exit from the highway of Achievement and climb the second peak of Happiness called Fulfillment. They live a life of contentment and are truly Happy. Their Happiness is

based on peace and not pleasure that comes from Achievement, the first peak of Happiness.

But even those who achieve the second peak of Happiness, Fulfillment, by living a life of contentment, are not always Happy. They too experience misery and suffering and therefore, still look for the third and Ultimate Peak of Happiness - Liberation. They live a life of contentment and satisfaction, have a universal connection with the Divine, and live with meaning and purpose. They have faith, enthusiasm and an inspired and positive attitude. They live with love and laughter in their life, with freedom of choice. They stop making money as the source of Happiness. Instead, they try to make a difference in the lives of those in need to

be Happy. They become emotionally positive and stop craving for more success because they understand that success is not happiness, rather happiness is success. Their life is a life of tranquility and peace.

Unfortunately, people for whom Happiness either comes from the first peak of Achievement by enjoying pleasures, or by being on the second peak of Contentment and Fulfillment, experience the merry-go-round of life because their life has circles of joy and sorrow. Happiness is a state of being, it's being Happy NOW. It's living in the present moment, being Happy moment by moment.

These seekers of Happiness are

always swinging from the past to the future. They worry about tomorrow, just as they have regrets of yesterday. Because of this constant swinging from the past to the future, they still live with misery and suffering. How can one overcome this? How can one live Happily in the present moment?

*Can we be Happy in a Yesterday that is gone?
Can we be Happy in Tomorrow not yet born?
Happy is that person who takes the simple Vow,
“I’ll be Happy every moment,
living in the NOW!”*

First of all, one should realize that Happiness is being Happy in the NOW. It is not about yesterday and tomorrow. Even if we are willing to pay a million, can we go to yesterday or tomorrow? We can’t. They do not

even exist! Only the present moment exists. Those who realize this Truth are able to be Happy in the NOW, peacefully and blissfully. They learn the art of controlling their rascal mind that jumps like a monkey from yesterday to tomorrow. They turn their mind into a silent monk, and thus, they remain in the NOW, peaceful and blissful. This is the secret of being Happy forever. If we can be Happy moment by moment, we can be Happy all the time.

*If there is garbage in your mind,
and it's full of junk,
It's time to tame your monkey mind,
and make it into a monk.*

But why are we human beings still

unhappy? If we can cross the first peak of Achievement and pleasure, live on the second peak of Fulfillment and live life moment by moment in joy and bliss, then why are we still unhappy and miserable?

*Why do we wail and cry?
We suffer and wonder, "Why?"
Because we live in ignorance,
We are miserable until we die.*

It is because of our IGNORANCE that we suffer! We think we are the ego, the mind, and the body, so we suffer. The body suffers physical pain, just as the mind suffers emotional pain, and the ego is agonized by its arrogance. How can we overcome this? This is the Ultimate Secret to discover - it's called Realization.

We must realize the Truth that we are not the body that suffers - the body is just our habitat, our home. We live in the body from birth to death, just like we live in our house - it is not us, it's just our home. If we realize this Truth, then the body may suffer, but we won't.

Next comes the mind. Have you ever seen the mind? You have seen your nose and eyes in the mirror, you have seen an X-ray of your heart, brain, and kidneys, but have you ever seen your mind? NEVER! Because the mind does not exist! It is an illusion. It's just a bundle of thoughts. It is this rascal that makes us live with fear, worry, anxiety, hate, revenge. We need to kill this rascal rather than let it kill us by making us worry all the time.

If we transcend the mind, then we overcome the misery of the mind. But that's not the end. Together with the mind, is the ego that makes us suffer. The ego gets angry and irritated all the time and thus, makes us live a life of agony, seeking this and that, and because of our cravings, along with the body and mind, we suffer. How do we overcome this? We first need to destroy the 'ME' - the Mind and the Ego that controls the senses of the body. This will liberate us from all sorrow and misery - this is the Ultimate Secret of Happiness. Remember, if we transcend the body, mind, and ego, and we live in the NOW with peace and bliss, moment by moment, we have discovered the Ultimate Secret of Happiness. This is the way to live!

Happiness is not a complicated subject. It's easy to be Happy all the time, if only we discover the true meaning of Happiness and then make a commitment to live with peace and joy, being a master of our life. Otherwise, like everybody else, we too will live a life of misery and pain.

*Are we the body, are we the mind?
"Who are we?" this Truth we must find.
Until we go on a quest and realize the
Truth,
We will never find Happiness
till we get to the root.*

It's a CHOICE to be Happy or unhappy! What makes us unhappy is our own expectations. Whatever be the expectation, the moment we have expectations we are bound to have disappointments and these disappointments

are bound to make us unhappy. There is no escape from this. The only way to escape disappointment is to make expectation zero, absolute ZERO, absolutely nothing!

*If you want to be a Happiness HERO...
Then make your expectations ZERO!*

If you want to be truly Happy then this little booklet contains the Ultimate Secret of Happiness! What is this secret all about ? To unlock this secret, we need to discover the two keys which teach us to be happy no matter what. The first key is - 'Acceptance'. Unfortunately, we human beings wonder at everything that happens. We question why this happened and why it did not happen

in a way we thought was correct.

John was watching a creeper with several melons growing and he wondered as he looked at a mango tree, "Why is such a big mango tree carrying such small mangoes and the little creeper has the burden of such huge melons," he wondered as he walked through the farm. Suddenly, a mango fell on his head and he prayed, "Thank God, melons don't grow on trees!"

We have no business to wonder. We have to learn to accept. Whatever happened is over, it can't be changed! We keep on wondering, but what we don't realize, is when we wonder, we lose the moment of peace and joy. Don't wonder! Make it a habit to

accept and you can be happy in the NOW.

The second key is – ‘Replacing hope with surrender’. Most of us don’t know to live in surrender. Our life is filled with fear and anxiety. Whatever is going to happen is going to happen. We can, at most, do the best we can. But constantly worrying about it doesn’t help. Because we don’t know how to live in surrender, we lose our present moment of joy and peace. Several people, due to various circumstances create a ‘tomorrow’ which is different from what they expected it to be. We should learn to accept it. We must learn to surrender if we want to be happy because a Divine

Power controls the show. Do we control what happened yesterday and what is going to happen tomorrow? We only control what we do with our hands in this moment. But we don't control everything that happens in the world. Just like when we are going for a movie, we can decide with whom we are going, to which theatre and which movie, but we cannot decide what happens on the screen. Then why worry about it?

Our life is like a movie. Things are constantly happening. But we have no control over our life-movie. There seems to be a Divine plan that is unfolding moment by moment. If we resist this plan from unfolding, we

will be miserable. But if we accept the plan knowing that there is a Divine Power that writes the story-board of our life, we can be dancing with joy. We can't change the past or the future. There are factors beyond our control that are responsible for the results of our action. We can only control the present moment and use our intellect to do our best. We have to learn to live with Acceptance and Surrender, the two keys to being happy. Why not live blissfully in peace and joy? We have a choice. We are not even sure how many more moments we have. But we have this moment – it is ours! Isn't it ridiculous to lose this moment that belongs to us, worrying about a moment that may never come? Isn't it

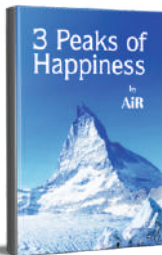
sad that we think of the past which we cannot change rather than accepting whatever has happened being grateful for the present moment, and being happy? This is a sure way to be peaceful and blissful. By following these few steps, we can say 'goodbye' to all the misery, pain, and suffering of the world.

*In every moment of Life,
When we Accept rather than Wonder,
And replace Hope with Surrender,
We can be Happy all the Time.*

Books by AiR on Happiness

3 Peaks of Happiness

3 Peaks of Happiness by AiR is a simple book that talks about the quest of all humanity-Happiness. We all want to be Happy but fail because we are stuck on the first peak of Happiness – Achievement. Only 20% of humanity is lucky to climb the second peak – Fulfillment, which comes from Contentment. But there is a third peak beyond, that will Liberate us from the prisons of misery and sorrow and give us eternal Joy and Bliss.



Be Happy In The Now!

People want to achieve happiness but they do not realize that happiness is the journey itself, not the destination. The secret of eternal joy, bliss, and peace is being happy in the NOW. We can be in

a state of eternal happiness and peace if we start living a life being happy moment by moment. Then we don't get distracted by the pain of the past and anxiety of the future. The future comes only as present and if we start being happy in the 'Now', we achieve peace. With this book, AiR hopes to inspire people to live life moment by moment, if they really want to be happy.



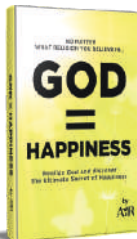
Success is not Happiness... Happiness is Success

Everybody wants to succeed. People want to win because this makes them Happy, just as failure makes them miserable. People want to succeed and they do everything possible to win because they want to be Happy. In the present book the readers will discover the reality that Success equals Happiness is an illusion. Success does create a sense of gratification but Real Happiness is beyond achievement. It's time to realize the Truth. Instead of chasing Success to be Happy, we should first try to be happy, because that's where real success lies.



GOD = Happiness

We understand what it means to be happy but how our happiness is connected to God, remains a mystery. We pray thinking of God as somebody in heaven who controls our happiness. But do we know the Real Truth about God? We may believe in any religion but God is beyond religion. We don't evolve spiritually to realize that God is far more powerful than what we imagine. This book is not about religion. It takes us far beyond religion to Realize the Truth about God and how we can discover Happiness that we have never experienced before.



ABOUT THE AUTHOR – AiR

AiR – *Atman* in Ravi, is an Embodied Soul whose only mission in life is to 'Help People Realize the Truth'. He was born in Bangalore on October 15, 1966 as Ravi V. Melwani. At a very young age, he mastered the craft of business and revolutionized retailing in India. 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 over 600 suffering homeless people. AiR also built Shivoham Shiva Temple in the year 1995 in Bangalore though AiR now believes that people should go beyond religion to truly realize God. Inspired by his Guru, Dada J.P. Vaswani, AiR went on a spiritual quest to attain Enlightenment.

After a few years of intense search in retreat, he realized that we are not this body. We are the Soul, the *Atman*. He metamorphosed to AiR - *Atman* in Ravi, gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. He lives his life with just one mission – to help people Ask, Investigate

and Realize the Truth. Based on his realizations, AiR has published over 40 books, composed and sung about 1200 bhajans, written several blogs, quotes, and poems. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts AiR Spiritual Retreats and webinars every week on Zoom and Facebook Live to help people realize the ultimate purpose of their life. Being blessed with everything, he seeks nothing except to fulfil this mission of life.

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


Ask AiR

at 8 pm every day
on  **zoom**

Zoom Meeting ID: 85021104431

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