

LIFE! REALIZED !!

MY JOURNEY OF HAPPINESS!

By
AiR
Atman in Ravi



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PREFACE

Like anybody else, I spent 25 years chasing success and money. Then I took an exit from this peak of Happiness, 'Achievement', when I realized that such a peak doesn't even exist. I transformed my life and scaled the second peak of Happiness, 'Fulfilment', and started living with contentment.

Still, my life was scattered with suffering although I considered myself to be the happiest man in the world. There was no clear purpose in my life and thus, I started a quest.

My quest resulted in the realization of many Truths about life - profound discoveries that led me to a life of bliss and peace. I decided to put all my realizations together and share them with the world to inspire people to live with Happiness and purpose.

This is my Life! Realized!!

Happiness is a Journey, not a Destination

Who doesn't want to be Happy? The whole world seems to be seeking pleasure and shunning pain but unfortunately, most of humanity isn't truly Happy. Of course, we smile and we laugh but we live life like a merry-go-round, passing joy and sorrow in circles. Our life is like a yo-yo, we go up and down from a peak to a valley as we experience the highs and lows of life. Why?

I realized that human beings are unhappy because we think that Happiness is a destination. We think that we have to arrive at Happiness, but Happiness is not a place to go to. It

is not a destination. It is the journey itself.

I realized that people let their need become their greed and thus they desire and crave till they reach their grave. All desires are not fulfilled and therefore, we get disappointed and miserable. Far happier are those who live a life of contentment and fulfillment!

Most people are not content with their achievement. It is natural to pursue loftier peaks of achievements. When we achieve our goal, we become Happy. But we don't stop there. We want to go to the next and then, the next peak, till we think we have reached our destination. But we don't

realize that Happiness is not a destination. It is a journey. It is all about enjoying today, the moment. Because people do not enjoy the journey, they continue to seek and crave and are often unhappy.

When will people realize this truth, that when we become Happy, it is usually momentary? We cannot become Happy, we have to *be* Happy, because Happiness is a state of mind. We cannot be Happy yesterday, it is gone! We cannot be Happy tomorrow, it is not yet born. But we can be Happy NOW. So, whatever be our journey of life, whatever be our circumstances, we must choose to be Happy.

Once I realized that Happiness is not

reaching the ultimate goal but rather it is the path itself, I changed my paradigm of life. I did not wait for Happiness to arrive. I made sure to live each moment joyously, peacefully, and blissfully no matter what. We can all be Happy all the time if we choose to be Happy realizing that Happiness is a journey not a destination.

**Success is not Happiness.
Happiness is Success!**

Most people live their lives hoping to be achievers, desiring to succeed. Why? Because we believe that Success is Happiness. Everybody wants to achieve something - money, name, fame - hoping that this achievement will give them the Happiness they desire. But this is a myth.

I realized a profound Truth – Success is not Happiness. If success was Happiness, then the rich and famous, the wealthy, successful people in the world would be glad. But if we look around, we will find that many of them are sad.

Sure, success may give us name and

fame but it doesn't promise Happiness. Success is built on principles like desire and passion. These very principles often lead to disappointment and misery. Therefore, while success gives pleasure it also creates pain.

I realized that Success is not Happiness. Happiness is Success. My realizations were based on the fact that we all want to succeed because we want to be Happy but success doesn't guarantee Happiness. On the other hand, we can just be Happy, peaceful, content and fulfilled. This is the very objective of succeeding. Therefore, I realized that we don't need to be successful to be Happy. In fact, we need to be Happy to be successful. Think about it. The whole world is trying to achieve

something. Why? Because they believe that their achievement will give them joy and bliss. However, they lose their peace of mind in their chase to become an ace. This peace is the very foundation of Happiness. Instead, I realized there were people who were not highly successful but they had achieved enough to fulfill their need and they were indeed truly Happy people. Weren't they more successful than the millionaires who could not sleep peacefully every night?

I realized that successful people lived stressful lives trying to protect their wealth, fame, and their title. Isn't it known to all of us that none of this is permanent? These very successful

people end their life in misery and pain because they don't realize that Success is *not* Happiness, Happiness is Success.

I realized this Truth after I reached 40. Now I live *being* Happy, rather than chasing success. I realized that Happiness comes from spending money, not just by making it. I learned this from a peer who was dying of cancer on a hospital bed. He said, "If only I had spent my life spending my money rather than just making it, I would have died a happier man."

Isn't it time to realize this Truth? Isn't it time to resolve to be Happy rather than to be successful? Human beings seem to be paralyzed with this myth

that success is Happiness and they waste their entire life trying to be successful. What would it gain a man if he achieves the whole world but loses his peace and Happiness? After all, all he wishes to achieve is Happiness, isn't it?

*We think that Success is Happiness,
And we chase it from birth to Death.
Only the wise realize, that this is not True...
Happiness is Success.*

We Destroy our own Peace

Who doesn't want peace of mind? But how many people truly enjoy this bliss? Peace is the foundation of Happiness. Stress, worry, and anxiety are enemies of joy. Still, we lose our peace of mind and don't even realize why.

I realized that we destroy our own peace by letting our mind wander into thoughts of worry, regret, fear, anger, and the likes. Let us analyze what is peace of mind. If you sit in silence for a few minutes you are sure to experience a glimpse of peace. Stop the thinking process! Do not permit your mind to think. Just picture a still lake and be silent.

What creates peace? It is our own

MTR. The mind is capable of producing a thought every second. This can be a whopping 50,000 thoughts a day. If we permit our mind to do so, we are sure to lose our peace of mind. These very thoughts create the stress that we want to overcome to enjoy the state of peace and bliss. But with our mind constantly thinking, it automatically creates stress. The mind is a negative thought generating expert. It will jump into the past and make us regret as it replays a misery. The mind takes us there and creates thoughts that rehearse the past. We nurse it and curse it as our mind produces the poison of negativity. The mind doesn't stop. It then jumps to the future to produce more toxins. It makes us fear and worry about

something that may never happen but it reminds us of all the possible dangers. This constant swinging of the mind with thoughts going like a pendulum from the past to the future is the primary cause of us losing our peace of mind. I realized that I have to catch this thief, this joy stealer that is depriving me of peace. The thief was none other than my own mind.

I found that we can practice doing things that reduce our Mental Thought Rate. We can train the mind by slowing down its pace – making it reflect, introspect and contemplate on meaningful and joyous things. A still mind is a peaceful mind. The moment we lose control, it is like letting go of the reins of a chariot that is driven by 5

horses – our 5 senses. If we let go of mind control and sense control, we are doomed and we will never experience the peace of mind that we seek.

Peep into your own life. Do you enjoy peace of mind? Or are you stressed, worried and unhappy. If you are, then you are responsible for destroying your own peace. The good news is that there is hope. You can discipline your mind, control it and reduce your MTR – Mental Thought Rate. You can use simple techniques like spending time in silence every day, meditating or contemplating a positive thought, eliminating all the negative emotions in your life like anger, hate, jealousy, and revenge.

If you make a conscious decision to fill your life with positive emotions and control the reins of your mind and senses, you will find that you have regained peace of mind – the very foundation of joy, bliss, and Happiness.

*I am the Richest man on Earth
Because I am the Happiest man on Earth.
Isn't Happiness the True Wealth of Life?*

Happiness is in the Now

While everybody wants to be Happy, not everybody is. Why is Happiness so elusive? The whole world is searching for Happiness, craving for joy, but few people are truly Happy. I went in search to discover the Truth.

In my quest for Happiness, I suddenly experienced an 'Aha' moment. There was a very simple but effective way of being Happy. It was this – Happiness is in the Now!

Unfortunately, we are unhappy because we are trying to be Happy in the past that is gone and in the future not yet born. Nobody can go to the past, except the rascal, our own mind. You can go to New York or London but you cannot go

to yesterday. Still, the mind takes us to the past and makes us suffer. Then it jumps to tomorrow, next week, and next month although we know that tomorrow doesn't exist, only today does. When we constantly shuttle between the past and the future, we lose consciousness of the present moment and Happiness only depends on the present moment.

Is it so difficult to be Happy now, just for this moment? We can do something we like, be with somebody we love or count our blessings even if we are facing some trouble. It is possible to be Happy in the now! If we make it a habit to be Happy moment by moment, our life itself will become Happy, because it is moments that create hours, days, months, years and life. If only we can be

Happy in the moment, we can be Happy forever.

Happiness is all about being Happy in the now. It seems so easy but not many people are Happy because most people do not live in the now. They jump from yesterday to tomorrow and miss out on the peace and bliss that belongs to this moment—the NOW.

I realized that if we want to be truly Happy, all we have to do is to be in the present with joy and peace. This is the ultimate secret of Happiness! We must eliminate this constant jumping like a monkey from the past to the future.

How does one remain in the Now? One has to be conscious of the present

moment, not let it slip away. Somehow, we have not trained ourselves to be in the present moment, the Now. We are always living in the past and in the future. This habit of living in yesterday and tomorrow is the key to losing the Now. Unfortunately the Happiness we seek does not exist anywhere else except in the Now, the present moment. Thus, my realization made me conscious of the Now and made me live my life moment by moment blissfully and peacefully.

Sure there are moments of stress and worry in everyone's life but with the habit of being in the now, one can transcend the worry, fear, and anxiety and rather live in moments of peace and calm. It works.

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

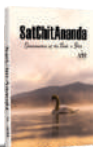
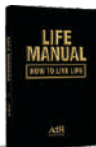
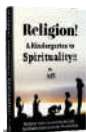
and Realize the Truth. Based on his realizations, AiR has published over 35 books, composed and sung about 1160 bhajans, written several blogs, quotes, and poems. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, 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.

AiR has authored several books on various topics related to Life, Happiness, God, Spirituality, Karma and many of these books are also available as concise booklets.

BOOKS BY AiR



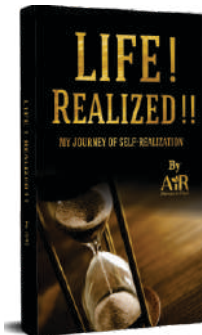




LIFE!

REALIZED !!

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



| | Om Namah Shivaya | | | ShivoHam | |



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LIFE! REALIZED !!

For 50 years, I lived a life of ignorance believing in myths and I suffered. I, then, started my quest and realized many truths about life.

What did I realize?

Amongst my many realizations, I realized that everybody wants to be Happy but instead of being Happy, we are chasing success so that we can achieve Happiness. Ultimately, we suffer.

Why do we suffer? What is the secret of Happiness?

This book shares my realizations so that it can inspire the world to realize the truth about life and live with bliss and peace!

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