

Discover the Mantra of Happiness

**STOP IT
STUPID**

By

AiR
Atman in Ravi

Don't just Stop the Stupid Mind
that Steals your Peace,
Cremate it!

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PREFACE

Why do we become unhappy? Why do we become miserable again and again? Somehow, we are made to believe that misery is a part of life. No doubt every human being suffers physical pain. But the misery of the mind and the agony of the ego are a choice. We don't need to live with fear, worry, anxiety and depression. We don't need to be agonized with anger, hate, revenge, and jealousy. These are caused by our ignorance. It is our own mind that causes everything. It is through our thoughts that we develop negative feelings, and the toxic fumes create our misery. We are stupid! And we continue being stupid, again and again!

Stop it, stupid! Why be sad when you

can choose to be glad? When you can live with bliss, why let unhappiness fill your life? There is a way to flip over from the negative to the positive. There is a way to control thoughts from becoming feelings and actions that make us stupid. We are stupid to repeat the same mistakes again and again. We are stupid to live with fear and worry, with anger and jealousy, guilt and regret. We are stupid to believe in fairy tales and superstitions. We are stupid to be attached to people and possessions. Stop it, stupid! Stop being miserable. Stop living a life that is filled with sorrow.

The magic lies in the three words - 'Stop it, stupid!' If we use these three words as a *Mantra*, slogan, or autosuggestion, it

will trigger us to stop repeating our foolishness and becoming unhappy. We don't have to blindly believe our religion and scriptures. We don't have to follow dogmas and superstitions. We don't have to believe the myth that we have grown up with. We don't have to live with fear and worry, and we don't have to be angry and jealous. We should tell ourselves, 'Stop it, stupid!' When we can stop it, then, why be stupid and continue being unhappy?

*Stop it, stupid!
Are simple words three,
Use this Mantra,
and you will be free!*

What Makes us Stupid?

Most of us believe that our mind is king, it is everything. It is the one that thinks, that discriminates, that gives ideas. Without the mind, what would we be? Unfortunately, this is a lie. The mind is our biggest enemy. It produces a new thought every second. This can be 50 thoughts a minute, which adds to over 50,000 thoughts a day. It is these thoughts that make us stupid. What creates fear? It is the mind. We become stupid as we let fears control our life. Then, the mind creates worry. It needlessly makes us stressed and anxious and leads us to a state of depression. It is the mind that is responsible for all this stupidity.

The moment we remove the mind, when there are no thoughts, we reach a state of thoughtlessness, in which our stupidity

disappears. This state is referred to as Consciousness. In this state, thoughts do not belong to the mind. Thoughts do appear, one by one as if they are like fish that swim in the ocean of Consciousness. These thoughts do not make us stupid because they are under the control of the intellect, our faculty of discrimination. But for this, we need to first get hold of the mind. Unfortunately, we can't catch the mind because when we try to find the mind, where it is, we cannot find! The mind is nothing but a blundle of thoughts.

*Stupid we are, there is no doubt,
But from where does this
stupidity come about?
If we go deeper, the truth to find,
We will discover the rascal;
it is the mind!*

Destroy the Mind!

Do we want to end our stupidity once and for all? There is only one way. It is to destroy the mind completely. Not only must we tame the Monkey Mind and make it a monk, not only must we remove negative toxic thoughts that are junk, but we must also destroy the mind so completely, that it does not return to make us stupid! We must cremate it, burn or bury it.

What does this mean? As long as we suppress thoughts, the mind may be in a state of pause, but it will return. It will come back to create fear, worry, and stress. It will make us angry and miserable. Unfortunately, we don't realize it. If we are able to overcome thought, then, we will be in that state of

Consciousness, where there is no suffering. However, this is possible only if we reach that state of thoughtlessness. We have no option, but to kill the mind, to destroy it completely and to cremate it.

*First, we must make
the Monkey Mind a Monk,
We must tame it,
take out all thoughts that are junk.
Then we must kill the mind,
so it does not return,
Bury the Mind! Cremate it!
Let it Burn!*

Cremate the Mind

What is the way to cremate the mind? The answer is Consciousness. The moment we are able to live in Consciousness, we are in that state where there is thoughtlessness. Some people refer to this as mindfulness. What is this state of being? It is a state where we are awakened. We become the witness, the observer. We watch every thought. Not only do we watch it, but we also catch it, and we latch it. When thoughts lose their freedom to make us stupid, then thoughts become our slaves. The intellect becomes the master. This is possible only if we live in Consciousness. In the state of Consciousness or thoughtlessness, the intellect shines. We are able to discriminate between black and white, wrong and right. We should always try to be in the state of Consciousness.

Be in Consciousness

The moment we are able to be in Consciousness and be in this state of being Conscious all the time, we have captured the mind. Otherwise, the mind will have wings and our thoughts will fly all over. But now we have tied its wings with strings. We have pinned down the monkey and cut its tail, the Ever Yelling, Ever Yearning monkey mind. When the mind becomes a monk, in this state of Consciousness, all stupidity comes to an end. There are no more stupid thoughts that will make us miserable. There are only thoughts that are filtered by the intellect. Consciousness uses discrimination and permits thoughts to enter the ocean of Consciousness like little fish that are swimming. We must continuously be in Consciousness to end all stupidity!

Sharpen the Sword of the Intellect

If you want to cremate the mind, after you kill it, then put the intellect right in front of your life. The intellect must be like a sword that is ready to chop off any thought of the mind that tries to enter and tries to make us stupid again. How much ever we kill the mind, it will still reappear. As long as we have breath, there can actually never be the death of the mind. No doubt, when we are in Consciousness, the mind is weakened like an erstwhile active, agile, slippery fish, which is now struggling because of the lack of oxygen. If we want to stop being stupid, we have to put the intellect in charge. Then, we will live as intelligent human beings, discriminating every thought, before it becomes a feeling and an action.

Flip Over from NEP to PEP

We must also flip over from NEP to PEP, from Negative Energy Poison to Positive Energy Power. We must live with positive emotions like faith, courage, love, compassion, optimism instead of negative emotions like hate, anger, vengefulness, jealousy. It is only when our emotions are positive that our thoughts will be positive and subsequently, our actions can be positive. If we live with negativity, not only will we be miserable but we will keep doing stupid things like becoming angry or jealous. If we feed our mind with positive emotions, we can be happy.

Eradicate Ignorance

Our own ignorance makes us stupid. Because we believe in the fairy tales, the myth we grow up with, we are prisoners of our own thoughts, slaves of our own mind. As long as we are ignorant and remain ignorant of our ignorance, we will be stupid and suffer. All our stupidity, be it fear or worry, anxiety or depression, greed or shame, is rooted in ignorance. The moment we uproot our ignorance, we will be stupid no more!

What is the way to overcome ignorance? Ignorance is darkness. We have to realize the truth, and this means that we have to switch on the light within. This is called Enlightenment. If we remain stupid, we will not be enlightened and

will sink in ignorance and suffer. But every Realization will overcome some of our stupidity, till ultimately, when we realize the truth, when we are enlightened, all stupidity will come to an end. This is because we will no more live as the body, mind, ego. We will realize we are the Divine Soul. When we realize this, we are stupid no more!

'Stop it, stupid!'
a Mantra I share with you.
Use it and you will stop feeling blue!
Realize your ignorance
and to make amend,
Say, 'Stop it, stupid!'
and put your misery to an end.

Be in Yoga

The way to be in Consciousness, in the state of thoughtlessness is called Yoga. The world doesn't understand the true meaning of Yoga. We think that Yoga is just some physical exercises and breathing techniques. This is not Yoga. Yoga comes from the word *Yuj*, which actually means union. It is the union of our inner being, the Power that is within us, our real identity, with the Supreme Power. Yoga disconnects us from thoughts of the material world and connects us with the Divine and we remain in the state of Consciousness, where the mind ceases to exist. We can be in *Dhyana Yoga* or silence, *Bhakti Yoga* or devotion, *Karma Yoga* or action, *Gyana Yoga* or education, *Prema Yoga* or the Yoga of Divine Love.

Bhoga or Yoga?

We have two options. To live a life of *Yoga* or *Bhoga*. As long as we live in *Bhoga*, we live in this material world and think that it is real, it is true. The ego thinks everything is mine, when in reality, we come with nothing and go with nothing. The mind fools us into believing that our relationships will last forever, when the truth is we come alone and go alone. We are unable to realize this truth because we have submitted to the mind and its thoughts. However, the one who moves from *Bhoga*, the material world to *Yoga*, united with the Divine, is able to realize the truth about life. The *Yogi*, the one who lives in *Yoga* realizes that death is certain, the body will die, so he has no fear of death. It is the *Bhogi* who suffers

in the material world, as he remains a stupid slave of the mind. He does not realize the truth.

Realization of the truth is different from knowledge. We may have all the knowledge, but we will continue to be stupid. Only when knowledge crystalizes into Realization, that we will be free from stupidity. Man may know that he is not the body, mind and ego. Man may read and hear hundreds of times that he is the Divine Soul, that he need not fear and worry, but he continues to do so. It is because he is not enlightened with the truth. He has not opened his real eyes, to realize that he is the Divine Soul.

A rare minority of people, who are inspired to go on a quest, or who are

guided by a Guru, a Spiritual Master, are fortunate to overcome ignorance and realize the truth. They transcend the mind and ego, ME, and are enlightened. They are liberated from all suffering on earth and from rebirth. They are no more slaves of the mind or prisoners of thoughts. They are Divine Souls that live in Consciousness.

*Water will remain water,
till into Ice, it doesn't Crystallize.
Man will remain man,
till he is the Divine Soul,
he doesn't Realize.*

Ultimate Goal

What is man's ultimate goal? Man thinks it is to be happy. He seeks pleasure and gets momentary joy. But soon he sinks into gloom. Man does not realize that everlasting happiness and eternal peace are a gift to those who achieve the ultimate goal of realizing they are the Divine Soul. As long as man is stupid, and thinks his goal is success and achievement, he will continue to live like a mad man, trying to be an ace, in the life race, and the happiness chase, but he will live and die with misery. When man stops being stupid, when he is enlightened to realize the truth, he will take an exit from the highway of Achievement, transit the peak of Fulfilment, and climb the ultimate peak of Enlightenment. As long as man is

stupid, he will try to climb from peak to peak, thinking that achievement is the goal. One day, he will fall of the cliff of success and die. Then, he will be reborn and go through another journey of life on earth in a rebirth, because he was stupid not to evolve from achievement to Enlightenment. Our ultimate goal is to realize that we are the Divine Soul, to live in Consciousness with the intellect, overcome the mind and its thoughts, and be free from all misery on earth and from rebirth. This is our ultimate goal of life. And to attain this goal, the first step is to stop being stupid!

May this modern-age Mantra, 'Stop it, stupid!' help you to evolve in life by transcending the mind. May it transform your life!

ABOUT THE AUTHOR - AiR

AiR - *Atman* in Ravi, is a Realized Soul whose mission in life is to 'Help People Realize the Truth about Life and be Enlightened'. AiR's journey of material achievements lasted for a good 25 years, as he went from one peak of success to another. He had revolutionized retailing in India with the iconic megastores - KidsKemp, Big KidsKemp and Kemp Fort. But after making millions, he realized that life is not about making money, attaining fame and success. He shut down his business when he was 40 and started making a difference doing - Humanitarian, Inspirational and Spiritual work. AiR opened three destitute homes spread across Bengaluru, that today, take care of over 800 homeless and needy people - their

food, clothing, medicines and hospitalization. They are a part of the AiR family!

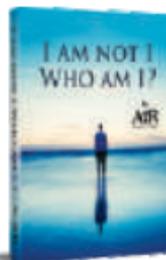
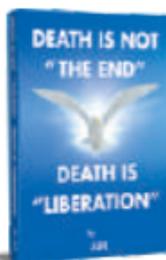
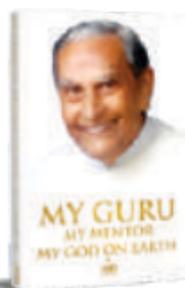
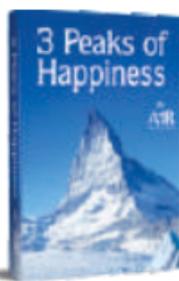
Like anybody else, AiR started his life being religious and he founded a Shiva temple in 1995. Subsequently, he realized that God lives in the temple of our heart and he changed the name of the temple to Shivoam Shiva temple. Now he doesn't pray TO Shiva, but prays THROUGH Shiva, to SIP, the Supreme Immortal Power that is nameless and formless, birthless and deathless. The Power of the Divine that is everywhere, in everything.

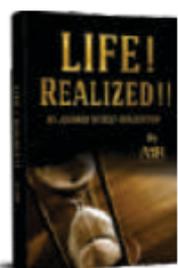
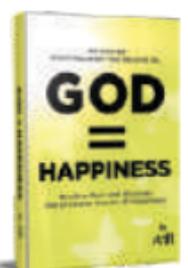
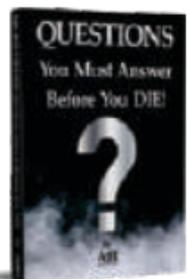
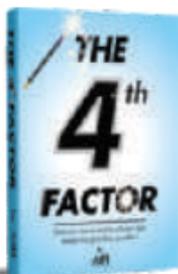
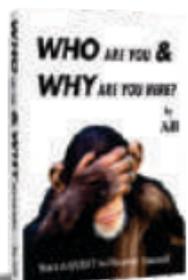
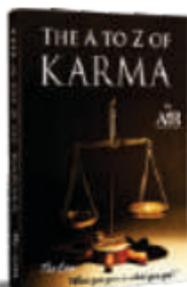
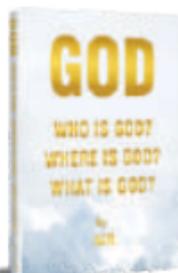
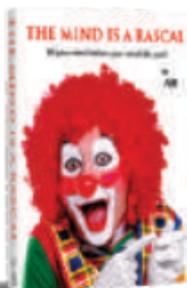
AiR has only one mission in life - to help people realize the truth, to be enlightened, by overcoming the ignorance that we all grow up with.

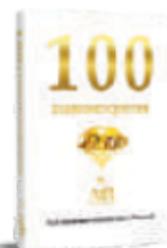
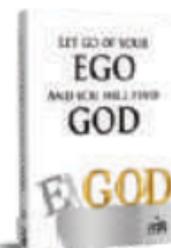
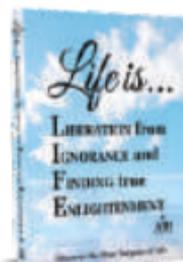
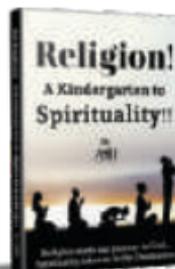
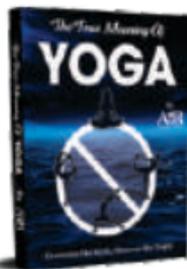
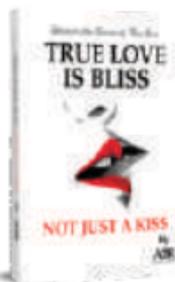
Based on his Realizations, AiR has written over 65 books, composed and sung about 1400 Bhajans, written several blogs, quotes and poems. AiR conducts Spiritual Retreats and organizes talks to help people evolve on their spiritual journey. He is a TEDx speaker, and is also invited to speak at several organizations, corporates and universities. He conducts webinars every day on Zoom, Facebook and Insta Live to help people realize the ultimate purpose of life. AiR talks about how success cannot lead to happiness; only happiness can lead to success. To him, happiness has three peaks – Achievement, Fulfilment and the ultimate peak of Enlightenment where one is liberated from all misery and sorrow. In AiR's own words,

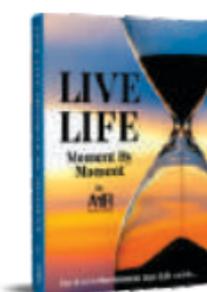
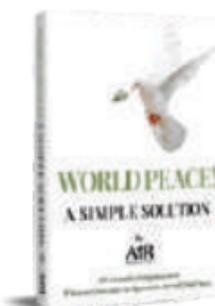
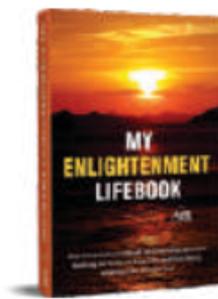
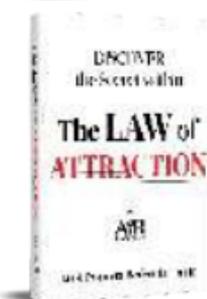
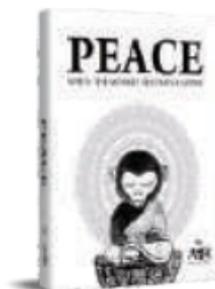
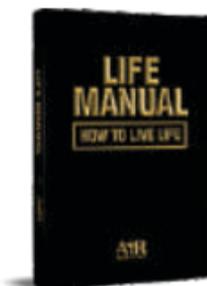
*Started with Nothing,
Became Something...
Achieved Everything,
Only to Realize
We are Nothing!*

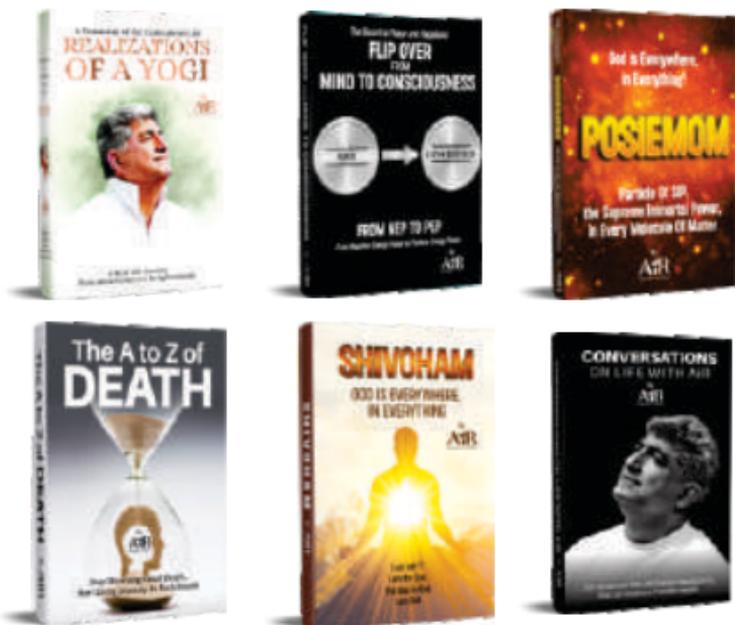
BOOKS BY AiR











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

Ask AiR

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

[Zoom Meeting ID: 85021104431](#)

STOP IT STUPID

How often have you felt that you have been stupid? Not only that, but you have found yourself being stupid again and again! Do you want to put an end to the misery caused by your stupidity? Here it is!

'Stop it, Stupid!' is a simple Mantra, that can help us stop being stupid. We must learn to still the mind, activate the intellect and be in the state of Consciousness. But it all starts with 'Stop it, Stupid!' Just say this to yourself and see your life transform!



A.i.R.

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