

CAN YOU BE
Happy
ALL THE TIME?

by
AiR

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PREFACE

Of course, everyone is happy for sometime, but is it possible to be happy all the time? People are happy. People are glad. But soon, they become sad. Every instance of happiness takes us to its peak, and then later we drop down into the valley of misery or sorrow. But in reality, does anyone want to remain unhappy? Is happiness the goal of humanity? Yes! Every human being on Earth wants to be happy! This seems to be the goal of human life, but

can we be happy all the time? Is it possible to live a life that is devoid of pain, suffering and sorrow? It doesn't seem possible because all those who are climbing the ladder of success and achievement and enjoying pleasure also experience pain many a time.

However, there are a few who are fortunate to go on a journey of contentment. Even they get bored of life at times and find unhappiness creeping in. But is there a way to everlasting joy? Is there a way to bliss? Is there a way to happiness that lasts all the time? Yes! If we go within and realize the truth of who we are and if

we evolve from the first journey of achievement and move on to the second and third journeys of life, we can surely discover and realize a way to be happy all the time!

Can you be happy all the time?

Is it possible for you to be happy all the time?

Look around you. You will find that people go through cycles of happiness and sorrow. They are glad, and the next moment they are sad!

Why is this so? Let us analyze.

People are experiencing waves of joy and sorrow because they constantly desire for many things. All desires are not fulfilled. Whenever desires are

fulfilled, they become happy. And whenever their desires are not fulfilled, they become disappointed and unhappy.

Who doesn't want to be happy? Everybody seeks happiness. It seems like the goal of humanity is happiness.

Even as kids, we wanted to be happy always. We wanted that ball or doll, and if we didn't get it, we cried and created tantrums even at that young age. It seems that seeking happiness is instinctive. The moment we got our toy, we were so happy. This same pattern continued through life. But we all wanted things that made us

happy. As we grew, our happiness became more complicated. First it included love, romance, and sex and then success, achievement, name, and fame. We became passionately obsessed with our desires. We would do anything to get what we wanted, be it by fair or foul means.

As kids, we would insist on what we wanted, but as we grew up fulfillment of a desire led to happiness and unfulfilled desires created misery. We all wish that all our desires and expectations get fulfilled. But how is that possible? So as we grew, that childlike joy, which was dominant, got replaced by waves of happiness and

sorrow.

We adults don't get satisfied with needs. We develop greed. We want more and more. This leads to more unhappiness than joy. We compare what we have with what our friends, family, and neighbors have and get jealous. Why can't I have that car and that house or go for that holiday? There is a long list of desires and longings that are bound to make us unhappy ultimately.

So, what is the way to true happiness?

There are three peaks of happiness. These are Achievement, Fulfillment and Enlightenment.

The Peak of Achievement – This first peak or journey of life is the journey of Achievement. It has peaks of happiness and valleys of despair. Our lives are a combination of achievements and disappointments. Unfulfilled dreams even lead to suicide just as accomplished goals create amazing geniuses. This journey of Achievement will always be a mixture of joy and sorrow. It can't be otherwise. But most of us call this life, and we seem to enjoy it. Sometimes we cry, but the allurements of success fuels us to get ready for our next attempt – one which may give us happiness or misery, and life goes on.

To most, it seems like this is life and there is nothing beyond this happiness formula. Most people start their life being happy through achievement, pleasures, and possessions. This is the most common way to be happy, and it is as simple as fulfilling desires that give us pleasure. But then does this happiness last for long? No, people get bored of this kind of happiness. They get troubled by moving from peak to valley and back to the peak again. Therefore, many people evolve to the next peak of happiness.

The Peak of Fulfillment – A few of us are lucky. We tumble upon Fulfillment

that is founded on contentment. It is not about having more dreams and goals to achieve but rather to be content with what we have. Those who discover this second peak of life start counting their blessings rather than the cash notes in their cupboards and their assets and possessions. It's a clear paradigm shift – a choice to live with Fulfillment rather than Achievement. People who are enjoying the next peak of Fulfillment don't just enjoy the happiness that comes from pleasure. They live a life of fulfillment and contentment. They are spiritually charged. They live with laugh, laughter, liberation, and

freedom. They are inspired and live with positive energy. Success is important, but they do not let it drive them beyond a point. They find happiness in making a difference, and to them, tranquility and peace are of utmost importance. This gives them the peace and bliss that comes from the peak of Fulfillment.

The Peak of Enlightenment – There is an ultimate happiness journey or peak beyond Achievement and Fulfillment. Even if we get to the peak of Achievement and then Fulfillment, life itself cannot escape from misery. Everybody who is born has to grow and become old, experience disease

and decay, and finally die. Death is certain. And then one is reborn again and sets out on another journey as per their Karma – the law of action or the law of cause and effect. So ultimately every human being has to suffer! And there is more to it. The world had a menu of other options, including some sufferings that we cannot escape. To find a solution to this, one has to take the spiritual solution that is called Liberation or Enlightenment. It is also called Moksha or Nirvana. One has to be truly fortunate to have the grace of God even to think of embarking on this journey of Liberation. It is a journey that leaves

behind happiness that is based on pleasures. One also evolves from the Fulfillment journey that is based on contentment and peace. This ultimate journey based on finding purpose gives one true happiness or Ananda, which is everlasting joy and liberation from the suffering that comes from birth and death.

When one embarks on this third peak of life, one is able to understand the true purpose of life that takes one to a state of Satchitananda – a state of everlasting joy and bliss. Such a person is not dependent on external sources or material objects to be happy. He need not search for

happiness anymore but becomes happiness by realizing the truth of one's own nature. He realizes that one's true nature is happiness, and this leads him to a blissful state that is not dependent on external forces.

"Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside."

– Ramana Maharshi

The only way to be happy all the time is to climb this peak of Enlightenment. It is not easy nor is it common, but it is the only way to be happy all the time. Happiness from Achievement is very temporary. Happiness from

Fulfillment lasts much longer. One can enjoy bliss on the plateau of Fulfillment for a very long time. But eventually, unless one lives with purpose and finds the true meaning of life, one cannot experience the everlasting joy that comes from the realization of truth and from Enlightenment!

About AiR

While the dictionary may define air as an invisible gaseous substance surrounding the Earth, AiR – the author of this booklet – is spiritual seeker who has set out to find the truth about life. The name AiR came about because AiR transformed from Ravi V. Melwani to RVM and then metamorphosed into “Atman in RVM”. The acronym of Atman in RVM is AiR, and thus he is called AiR.

Born as Ravi V. Melwani, he was a very successful businessman who revolutionized retailing in India with

the stores – Kids Kemp, Big Kids Kemp and Kemp Fort. After making millions, he realized that life is not just about making money. He shut down his business, transformed his life to RVM and started making a difference with H.I.S work – Humanitarian, Inspirational and Spiritual work.

His objective was to “Make a Difference” in this world before his journey was over. He was the happiest man on Earth living the RVM Philosophy of “To Rejoice, Value Life and Make a Difference”.

However, one day, several questions

and thoughts flashed in his mind: What is the purpose of life? Is life just meant to seek happiness and to live and die without any purpose? What happens after death? Will we be reborn? Where is God? Where is Heaven? Are we the Soul? What is Enlightenment? Several questions like these took him on a Talaash, or a search for the truth.

After a few years of intense search in silence, deep in the mountains, he realized that we are not this body, but we are the Atman, the Soul. Thus he changed his name for the second time from RVM to AiR – the Atman in RVM (the Soul in RVM) – as

realization dawned upon him that we are not this physical body, but we are the Atman. He metamorphosed to AiR and gave up his entire life of RVM. He started the study of Atman, God and life. This led to several realizations that formed the mission of life – to realize God and to help Seekers realize God.

As RVM, AiR had built a Shiva Temple in the year 1995, which attracts millions of visitors all around the year. As AiR, he now believes that Lord Shiva lives in the temple of our heart. The temple in Bangalore is now called Shivoham Shiva Temple. Being a devote

believer in Lord Shiva for long, he now believes that religion is just a kindergarten of spirituality, and we all have to go beyond religion to truly realize God.

AiR BOOKLETS

AiR booklets are small, easy-to-read booklets for Seekers who want to realize the truth about God, life and themselves.

Who are we? Where did we come from? What is the purpose of life? Where is God? Where is Heaven? Is Rebirth real? Does the Law of Karma exist? What about the Soul? What is Enlightenment?

These AiR booklets attempt to clear such doubts and answer questions about God and life that many people have in their mind and also help Seekers to move forward on the path of self-realization.

Every human being has a goal. But everybody does not have the same goal. Some people's goal is to make money, some want success and some want just to be happy. In fact, eventually everyone wants to be happy. But is happiness the goal of life, or is there something beyond happiness?

A very few people are fortunate to go beyond happiness and find the true goal of human life.

For more information on AiR booklets and AiR, please visit www.air.ind.in or  9739522222.