

SUFFER NO MORE



By
AiR
Atman In Ravi

Discover a way to end all suffering!

*Why suffer
when you can live in
Joy and Peace?*

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**“ Suffering is a choice,
If you wish you can rejoice.
Instead of spending your life
in misery and tears,
You can celebrate with
happiness and cheer. ”**

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PREFACE

Suffering is a choice. We don't need to suffer. This may come as a surprise but it is the Truth. We choose to suffer due to ignorance that drowns us in misery and sorrow.

What is suffering? While we all experience it, have we gone on a quest to understand what the primary cause of misery is? We live in this ignorance, this myth, that suffering is an unavoidable part of life.

We can be free from suffering if only we realize that we are the prisoners of negative emotions that continue to make us miserable. *Suffer No More* is a personal experience of overcoming anguish, anxiety, distress, and grief.

If only we learn to eliminate stress, worry, hate, revenge, anger, jealousy and greed from our life - suffering will be a distant memory.

Is suffering common? We see people suffer everywhere,

and all the time. Rarely does a day pass where we don't experience suffering ourselves or don't see someone else suffering.

Still, people hate to suffer. Nobody likes misery. We wish there was no pain, but it seems unavoidable. It seems that a life without suffering is a mirage, an illusion.

Is suffering a choice? What can we do? Pain comes on us like rain from the skies and we get drenched in misery and sorrow. Is there a way to escape it?

While we all live life like a merry-go-round, going around in circles, passing both joy and sorrow as we live, there is a way to escape suffering. If one understands the root cause of misery, then one can overcome it.

We all suffer physical pain. Who on earth can escape from it? But while there is pain, can we do away with the suffering? We all experience emotional stress. Our anxiety kills us and makes us sad. Is there a way to escape from such sorrow?

Humanity at large thinks that suffering is a part of life and we can't escape it. We live in ignorance without realizing that there is a way to escape suffering.

Buddha – the enlightened one, dedicated his life to analyze suffering and to get to the root of its cause and find a solution. He was one such saint who awakened to a new reality that we can attain a state of liberation from all kinds of pain and sorrow. He called it *Nirvana*. Many saints and sages of the world have since then lived a life of peace and tranquillity inspiring us to eliminate suffering from our lives. Swami Vivekananda, too, prescribed a method to overcome suffering. He concluded that it is our own desire that leads to disappointment and causes most of our sufferings.

Suffer No More is an analysis of suffering, what causes it and how if we realize the Truth regarding suffering, we can overcome it. If one wants to truly live with eternal joy and everlasting peace, it's possible! This book will help you to Suffer No More!

**“Why do we suffer, why do we cry?
Why the misery right till we die?
When we discover who we are,
and the Truth we know,
Then we will be happy,
we'll Suffer No More.”**

1

CHAPTER

WHAT IS SUFFERING?

“What is suffering, what is this pain?
Why are we miserable again and again?
Why do we do things that make us cry,
And live in agony right till we die?”

WHAT IS SUFFERING?

The dictionary defines suffering as a state of undergoing pain, distress, misery, and hardship. It's the state that makes one suffer from some kind of agony. The word 'Suffering' is derived from the root word *sub* – meaning 'below' and *ferre* meaning 'bear'. When we are unable to bear a certain distress we start to suffer.

What is pain? Pain is defined as a highly unpleasant physical sensation caused by illness or injury. Pain causes us to suffer. Thus, it is important to understand what pain is and how it is caused. And finally, how we can deal with pain and avoid suffering.

Most people confuse pain with suffering. They do not realize that the pain experienced in the brain is a little different from the suffering that we go through. As long as we are alive, we will experience physical pain. It is unavoidable. But despite physical pain, we can choose not to suffer.

While pain is, primarily, physical, it is not limited to the causes that are physical in nature. One can have pain in the entire body, caused due to mental stress leading to

pain in all the muscles of the body.

How does pain work? While pain can be defined medically and categorized into various kinds of pain, it is generally understood that we feel pain when sensory receptors in our skin send a message via nerve fibres to the spinal cord and finally to the brain. The pain is registered in the brain and then the pain message is transmitted to the body, to that part where we feel the pain.

If we try to use medical terms to explain this, it will be complicated. But in simple words how does it actually work? We may feel pain in different ways. One such pain may be caused when we prick our finger. The tissue in the body gets damaged. The skin registers this through pain receptors that are part of neurons or nerve cells. The pain signal is then passed on through an electric signal through a channel to the spinal cord. Thereafter, the pain signal is passed on to the brain. What does the brain do? There is a pain station in the brain. This relays the pain signal to the part of the body that feels the pain. In this case, we feel pain in the finger

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that was pricked. No doubt that when this happens, we experience a reflex action- as our finger is pricked, we feel pain and we instantly pull our finger away from the object that pricked it.

There are different kinds of pain and each one has a different pathway and method of being transmitted to the brain and back to the area where we sense the pain. But in the end, the point is that we suffer. We suffer all kinds of pain. Our objective is not to get into the details of kinds of pain or how the pain is caused, but rather how to deal with the suffering caused by the pain.

How do we end suffering caused by physical pain? Whenever there is pain and the messages are being passed to the brain and back, we use painkillers to kill the pain. What do these painkillers do? They interfere with the signals or messages either at the site of the injury, in the spinal cord or in the brain itself.

There are different kinds of painkillers and these act differently based on how severe the pain is but once we understand how the pain is caused, we address the

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pain appropriately so that we don't suffer from it.

Thomas suffered from migraines and his friends felt sorry when they saw him in pain. One day they asked Thomas, "Why don't you take the medicine that George takes? He too has migraines, but he doesn't suffer." Thomas didn't even look at the prescription that George followed and he continued to suffer headaches. Both had the same pain, one suffered, one did not. Suffering is a choice.

Somehow, some people think of physical pain as being the only cause of suffering when in reality it's the least serious cause of suffering. This is because in today's world there are so many ways of dealing with pain to ensure that it does not make us suffer.

Simple pain can be overcome with simple painkillers. We can get them over the counter and the most common painkiller is ibuprofen. Different countries refer to these painkillers with different names and some call them Paracetamol or even Panadol. These are simple painkillers but if the pain is severe, there are other ways to deal with the pain. Those who suffer very intense pain from terminal diseases like cancer are

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administered opioids like morphine. These drugs are used as the ultimate weapon to treat unbearable pain when patients are dying in agony.

In cases where painkillers are unable to control the pain, doctors use anesthesia both local and general, to avoid pain. For instance, we are administered anesthesia during a root canal treatment. It's like a minor surgery, but due to the anesthesia, we don't feel the pain. However, when the anesthesia wears out, we are given painkillers to deal with the pain signals that are caused due to the procedure in our gums. If we don't take painkillers, we will suffer from pain.

Sameer is a good dentist. Not only is he very caring during the procedure, but he is also very sensitive about his patients' suffering. He knows that the effect of the local anesthesia will cease in one hour and therefore, he gives his patients the first dose of painkillers before they leave the clinic. His patients don't suffer. However, there are other dentists who will get frantic calls from patients suffering in pain because they did not take their painkiller on time. Once upon a time, suffering due to physical pain wasn't within our control, but today,

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there are remedies for every kind of physical pain. We don't need to suffer anymore.

In cases of surgery where the entire body suffers severe pain, general anesthesia is administered and this not only shuts all pain sensations but also makes us lose consciousness. When we are awakened after the effect of the general anesthesia fades, we need powerful painkillers to deal with the pain signals.

Without getting into further details about pain and making this appear like a chapter for a medical student, let's understand that it is important for us to know that suffering which is caused by physical pain can be dealt with by the use of painkillers, and the likes.

We can cut the pain in the brain and we don't have to suffer. This is the least of the problems as we have ready solutions. Of course, there are times where we psychologically feel pain, and in that case, the placebo effect is used to treat such psychosomatic pain. This is mostly used where the pain is caused due to psychological disorders. In this case, patients are given inert substances that

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don't actually do anything but make the patient believe that painkillers are working in the body to cut down the pain.

Far more than pain in the brain is the suffering caused by other causes and thus we must move beyond the belief that suffering is mostly caused by pain that is physical. It is not so.

While we have understood what pain, primarily physical pain is, and the suffering it causes we must realize that suffering is not limited to this kind of pain. Therefore, suffering can be that of the body due to physical pain, that of the mind, due to emotional pain and that of the ego due to the ignorance of who we truly are.

Suffering robs us of our happiness. It makes our heart sink and our body shiver. Whether the suffering is due to physical or emotional reasons - the symptoms sometimes maybe the same. When you see somebody mourning and crying you know that they are not happy. Suffering makes its presence felt and can rarely be hidden. Sometimes, a stone face can reveal the hidden inner suffering.

WHAT IS SUFFERING?

What does suffering do? It steals the smile from our face and the laughter from our lives. It makes us feel that our life is somehow, not worth living. It makes us restless, lazy, and lethargic, and ultimately can even lead us to suicidal thoughts.

One may suffer in love. Expecting love from the one we love and then being disappointed, leads to a common situation called 'heartbreak.' It can devastate an individual, even lead to somebody starting to drink or to take drugs. In some cases, it can have even more far-reaching consequences. This is a disease that has troubled mankind for centuries. When we are in love, we so desperately want to be loved by the one we adore, that we suffer. This craving of the heart is one of the strongest emotions known to man and can cause suffering beyond imagination. This is not physical pain - it is heartache. People can wail and cry far more when the heart breaks than when a bone is shattered.

We suffer when we compare ourselves to others. How does one overcome this suffering?

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Kareena was a happy girl. She had everything that she could dream of. But along with this, she had a bad habit too – that of comparing herself with others. She was earning 10 times more than what she used to earn. She had more money than she needed to spend but because her colleague was earning more than her – she had a grumpy face. She had travelled to over 20 countries, a rare feat but was still unhappy because her friend went a step further with excursions to Antarctica and Alaska. Instead of counting her blessings and being happy, she suffered tremendously because the fire of jealousy kept burning her happiness. Strange, isn't it? That though we have far more than others we still suffer because of this bad habit of comparing our fortune with others.

When we don't count our blessings, we continue to suffer though we don't need to. Denis Waitley in one of his famous quotes says, "I had the blues because I had no shoes until upon the street I found a man who had no feet." We should always count our blessings for we have plenty when compared to the less fortunate ones. If we are grateful, we can escape from suffering regardless of the situation we may be in. If we don't, we may be amongst those many unfortunate ones who live and die suffering because of a disease called 'self-pity'.

WHAT IS SUFFERING?

Suffering doesn't restrict itself to physical pain and emotional turmoil. Suffering may be caused by several other triggers. Sometimes one may suffer due to the food one eats. It may cause indigestion and a feeling of illness. Of course, this suffering soon ceases. But there are some who have no self-control. They will continue to eat chillies and spices although they know this makes them suffer. This self-inflicted suffering is strange but common. Sometimes we suffer because we haven't slept enough. Our passion to watch a movie keeps us awake all night long - only to suffer the next few days. Our body and mind are actually within our control and whether we suffer or not, is most often a choice.

Roger used to hate watching action movies but just because his girlfriend loved them, he would watch them and suffer, not just during those two hours in the theatre, but for days because the after-effect of watching such violence would stay with him, making him nervous.

When we are unable to bear something physically or emotionally, we should develop restraint through our willpower and stop the suffering before it impacts us.

WHAT IS SUFFERING?

All this suffering leads to one thing – unhappiness. Nobody who is suffering is happy. Therefore, the importance of overcoming suffering and reaching a state where we Suffer No More, can't be ignored.

A 'common sense' understanding of suffering is that it is exactly the opposite of happiness. Just as happiness, joy, peace, pleasure, and being glad portray the presence of positive emotions, sorrow, misery, suffering, distress, unhappiness, frustration, disappointment, and being sad express a state of being emotionally negative.

Suffering seems to be a part and parcel of human life. And while we have already discussed the various reasons why we suffer – we sometimes don't understand what suffering really is. The whole world lives by a principle called the pleasure-pain principle. This principle states that every human being wants to be happy, just as no human being wants to be unhappy. It is natural for people to seek pleasure, just as it is natural to shun pain. Whether it is a young child or an aged adult – everyone likes to be glad, not sad. This principle reveals that no

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human being with a normal state of mind seeks to be miserable. Therefore, if you ask somebody what they are seeking or aspiring for- their answer would ultimately be - "I want to be Happy."

While there is no doubt that the pleasure-pain principle rules the world, why is it that we still suffer? We cause our own suffering and then regret it. We create a situation that leads to suffering when we can avoid it.

I suffer because I think I am the body, mind, and ego. When the body suffers, I experience the suffering. When the mind is distressed, I feel the agony. To top it all, my ego makes me miserable because of its "I" ness and "MY" ness. If only I realize the Truth of who I actually am, all suffering can cease. If only we realize certain 'Truths' of life, we can escape from suffering.

WHAT IS SUFFERING?

**“ Pain is Not Suffering,
But Suffering can be caused by Pain.
We can control Pain,
And Not Suffer again and again.
But what about the Stress and Worry
caused by the Mind?
This Suffering by Negative Poisons is Massive
and of a different Kind. ”**

SUMMARY - CHAPTER 1

WHAT IS SUFFERING?

- What is suffering? The dictionary defines suffering as a state of undergoing pain, misery or hardship. It is the exact opposite of happiness.
- We suffer physical pain of the body, emotional pain of the mind and because of the ego that lives with the attitude of "I"ness and "My"ness.
- An injury causes an electric signal to be sent to the spinal cord. Then the message is passed on to the brain which relays the signal to that particular part of the body and we experience pain and suffer.
- However, we can control physical pain of all kinds and avoid suffering.
- We suffer more due to negative emotions that cause us distress, unhappiness, frustration, agony, and disappointment.
- Emotional pain can have far-reaching effects when compared to that of pain of the body.
- To overcome suffering one must understand what it is and how it is caused. We may have pain but we can choose to Suffer No More!

2

CHAPTER

WHY DO WE SUFFER?

“ Why we suffer, that's a mystery.
Why are we prisoners when we can be free?
We don't have to be bound to the ground like a tree,
It's strange that we cry
when from misery we can be free. ”

WHY DO WE SUFFER?

It seems like suffering is our birthday gift. From the moment we are born, we experience suffering. The child screams as it enters the world. Does the child already know what he or she is in for? From birth to death, we experience joy and sorrow as if it is a see-saw, each taking turns coming up and down in our lives. There are moments of tremendous joy and celebration, just as there are moments of misery, sorrow, and pain. Nobody can escape pain. Everybody alive is gifted with this inevitable experience. While none of us wants to be miserable and nobody enjoys pain, whether or not to suffer by it, is in our hands.

We suffer physical pain. It may be a simple headache or some impact or injury on our bones or muscles. Who on earth hasn't experienced aches in their body? Have you experienced a burn? A simple lit up candle coming in contact with our skin can burn our heart within. Sometimes, we don't even need the flame of a candle to do it. Hot boiling water, even without fire can burn the body causing us to scream and shout in agony. It happens though we don't want it to happen. Sometimes, we cause it ourselves due to our own carelessness and

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sometimes, it is imposed on us by others. But we all suffer physical pain. I was driving my car when an irresponsible truck driver hit the car with full force. My car was smashed and I was lucky to escape alive. But it took weeks of visiting the doctor and months of physiotherapy for the pain in my neck and shoulder to subside. Nobody on earth is fortunate to escape from the suffering of physical pain.

Of course, the body will ache and pain.

Why should I suffer this pain in vain?

Every pain of the body I'll fight,

And remove the suffering with all my might.

This was my attitude when pain visited me through an infliction on my body. I realized that if we don't kill the pain, the pain will kill us.

It's not always physical pain that makes us suffer. Emotional stress makes us miserable too. It may be anger because somebody did not follow our instructions. It may be regret over how the one we loved hurt us. Or it may be fear of tomorrow, thinking

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of possible dangers that we may encounter. All this creates anxiety and stress as we worry and suffer.

It seems that everybody suffers. Neither I nor can you escape from suffering with some magical secret. All those who are born must suffer. This was the thesis and analysis of the rich prince of ancient India – Siddhartha Gautama who went on to become the Buddha. His doctrine of Buddhism is based on the four Noble Truths. The first talks of *Dukha* - that suffering exists everywhere in this world and is experienced by all those who are alive. The second talks of the cause of suffering primarily being desire or craving which leads to disappointment and misery. The third awakens us to the reality that there can be an end to the suffering and there is a way to aspire for it. And the fourth is a path that leads to *Nirvana* or bliss with the realization of the Truth.

The prince saw that although he was living in royalty and luxury, there was pain and suffering everywhere in the kingdom. He saw people suffer due to old age, disease, and death. When he went on a Quest -

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abandoning the kingdom in search of a remedy - he found that desire and craving were the key causes. He realized that we could reduce suffering and even escape from it if we overcome the ignorance that is born from our greed.

Is it necessary to suffer? Life on earth is created such that we experience both joy and sorrow. It is a universal law of opposites. Just like there is day and night, male and female, there is joy and sorrow. Several universal laws govern the universe and it seems that there is no way to escape from suffering. But in reality, there is. Although suffering exists, we can transcend it and Suffer No More.

How can we escape from suffering? The only way to escape misery is to understand what it is and how it is caused. Suffering is because of the ignorance that we live and die with - an ignorance, that deprives us of the Truth that we need not become miserable. Because we live a life that believes in the myth, we live in the shadow of darkness and do not realize the Truth. As long as there is darkness we will not experience the joy of light.

WHY DO WE SUFFER?

Somehow, we have made suffering a way of life. We believe we are the body and we experience physical pain. While we experience physical pain, there are ways to overcome it. Just because there is pain, it is not necessary that there should be suffering. We all know how to kill pain through painkillers, but somehow we have not learned to kill the suffering.

We imagine ourselves to be the mind and go through stress and worry. The mind is like a popcorn machine and is constantly producing thoughts. This constant rumbling and mumbling of the mind causes unnecessary suffering which we can put an end to.

We suffer because we believe that we are the ego. The ego creates arrogance that wants everything to be "mine." It becomes so self-centered in the "I" and lives believing that this is "my" house, car, and spouse. All this leads us to suffer when in reality this suffering is not necessary. Because we don't realize the Truth that the ego is an illusion, we continue to suffer.

We are prisoners in a cage created by the ego, the mind,

WHY DO WE SUFFER?

and the body. We are the ones who experience the misery because we live as an embodied Soul not realizing our true identity. The body experiences pain but we don't need to suffer. If we transcend ME - 'Mind + Ego' then we are free from the mind and the ego. Till we are liberated from this prison - we will continue to suffer.

What is the real cause of misery? As human beings, we are inherently peaceful and blissful. But we don't remain so - we create some desire, with the hope that the fulfilment of the desire will give us happiness. It is this craving for happiness that causes us to desire again and again. Unfortunately, all our desires are not fulfilled and every unfulfilled desire leads to disappointment and misery. If there was no desire, there are chances that we would not be miserable, but we create sorrow for ourselves by this constant craving.

Sometimes, we become unhappy because we let others take control of our life. This is because of our attachment to those we love. We permit them to sit in the driver's seat and lead us to disappointments. If we were the drivers of our own life, we could avoid this suffering.

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Of course, sometimes we suffer when our basic needs are not met. Every human being needs to fend for themselves and most of us can. The problem arises when we let our need become our greed. And when these desires are unfulfilled, we suffer.

Have you noticed how the rich live a life of insecurity, wondering how they would survive if they lost their money and wealth? They dread the day when they would have to live without a villa, a luxury car, and branded clothes. But this is a myth. If we peep out of the windows of the very same villas of the rich and famous, we can see people outside in the world without any of these luxuries. But they don't suffer. They are living a life of laughter and joy, even though they seem to be struggling for their basic needs.

Often, expectations from relationships make us suffer. Why is this so? Because we become very passionate, we get deeply attached and are easily heartbroken. Can we avoid suffering of this kind? Of course, we can, but we permit ourselves to drown in disappointments instead of living with dispassion and detachment, all because we think that our relationships will make us happy.

WHY DO WE SUFFER?

Haven't we experienced heartbreaks in our life? Everybody goes through this but what we don't realize is that a broken heart should not create a crack in our window of happiness. While there will be an end to every relationship, this need not end our peace and bliss. The wise ones live life anticipating and being prepared for such heartaches, and thus in a way, they fit their life with shock absorbers that restrict suffering despite the emotional accidents.

While there are many causes of misery, suffering, and pain, one major reason we suffer is because of our ignorance of the Truth, because of *Maya* – the cosmic illusion. We human beings are ignorant of who we truly are and most of our suffering is caused because of living a life of mistaken identity. Ignorance of the Truth is the biggest reason for suffering.

The cosmic illusion makes us believe that we are the body. We suffer because instead of thinking that we have a body, the illusion makes us believe that we are the body. So instead of thinking that the body is suffering physical pain we think “ I “ am suffering. The

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illusion also makes us believe that we are the mind and the ego – ME. Because we believe the illusion we suffer as the mind and ego. We don't think our mind is suffering, we think we are suffering.

We human beings also suffer because we are not committed to being happy. We do not make enough effort to smile and laugh and live with enthusiasm. We fail the happiness test because our life is devoid of hope and faith and we continue to crave and desire.

We must reverse it. We must eliminate desire and craving and fill our lives with positive emotions like love and compassion, faith and hope, confidence and courage, forgiveness and peace if we want to be truly happy.

We suffer because of our toxic relationships and strangely enough, such relationships are our choice. If we want to be happy, we can choose to be with positive people who nurture happiness, just as we can stay away from poisonous ones who only fill our life with toxic emotions and make us suffer. We must learn to change if we want to escape from suffering. If we

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continue doing things that make us unhappy, how would we ever be happy?

While there are so many reasons behind why we suffer, what is the root cause of our suffering? Is it ignorance? Whether it is physical pain or emotional stress, whether it is because of fear, worry, anxiety or anger, or due to disappointments caused because of unfulfilled desires – all suffering is born out of ignorance. Ignorance makes us greedy, just as it makes us attached to people and things. If the cause of suffering was thus to be defined in one word, that one word would be 'ignorance'!

There is no doubt that we will all experience physical pain. There is no doubt that as long as we are alive the onslaught of the mind will fling negative emotional poison at us. As long as we breathe, our ignorance will make us believe that we are "I" - the ego and all these will make us suffer. But the good news is that while all this is true and while all this causes us to suffer, there is a way to eliminate all suffering.

There is a way to Suffer No More if we systematically

WHY DO WE SUFFER?

understand the cause and diligently work on eradicating the ignorance and realizing the Truth. We can be truly happy – rejoicing in every moment of life.

**“ We can choose joy and peace,
Suffering is not everyone's disease.
If we are unhappy,
then that's our choice,
For smiles and laughter are for those,
who are wise. ”**

SUMMARY - CHAPTER 2

WHY DO WE SUFFER?

- From birth to death, we experience joy and sorrow as if life is a see-saw, each of these emotions takes turns in making its presence felt in our life.
- We all suffer physical pain. It could be a simple headache or a serious injury. But there is a way to eliminate this suffering.
- Emotional stress can also make us miserable. Negative emotions like fear, worry, and anger result in suffering.
- Everyone suffers. No matter how rich or poor they are, the world runs on a universal law which ensures that we experience both joy and sorrow - just like there is day and night.
- There are many causes of suffering: unfulfilled desires and the consequent disappointments that result from them; giving people control over our lives; letting someone else sit in the driver's seat.
- Ignorance of who we really are makes us suffer. We think we are the body-mind-ego complex, and this is the major cause of our suffering.

3

CHAPTER

MESSENGERS OF MISERY THAT MAKE US SUFFER

“ Do you have messengers of misery around?
They bring bad news pushing you to the ground.
They deliver pain and suffering to us,
And cause us to suffer and make life a fuss. ”

MESSENGERS OF MISERY THAT MAKE US SUFFER

Most suffering is actually caused by the messengers of misery. The messengers don't hesitate to bring bad news along with misery, sorrow, and unhappiness. These create pain, distress, and agony and become part of our life. They fill our life with negative emotions that spread poison within. These messengers steal our happiness. They are the cause of our suffering. It's time to identify these misery demons and eliminate them from our lives.

The biggest among the messengers of misery is Fear. Fear is an emotion that magnifies perceived dangers creating worry and stress. Our dangers are not as numerous as our fears. This means that while there are real dangers that we have to deal with, most of the imaginary dangers are cooked up by fear and they bring misery into our lives.

Fear has a simple objective – to steal our happiness. The whole world lives in fear and suffers when in reality there is no need to. If something is going to go wrong we must prepare for it by planning a solution. But fear doesn't help reduce our suffering or pain. In fact, FEAR

MESSENGER OF MISERY THAT MAKE US SUFFER

is False Expectations Appearing Real. By creating false alarms in our life, fear is like an alarm clock that keeps on reminding us to be miserable because of perceived dangers which may never ever happen. This messenger of misery has so influenced some people's lives that they live with a phobia of fear – an intense emotional state that makes one worry and upset unnecessarily. If we want to eliminate suffering from our life – we must first eliminate fear.

Another messenger of misery is Worry. While the dictionary may liken it to fear in the thesis of suffering, let us understand worry as that emotion that is constantly anxious of the future. We worry about the result of our children's examination. We worry about symptoms that make us believe we have a potentially dangerous disease. We worry about the bills that we have to pay. We worry about the weather. We worry whether we will get tickets for the movie we plan to watch next month and we worry about the meeting that is scheduled to happen next week. Worry is living in the future, which in reality doesn't exist. While we can't live in the future, we can definitely lose our

MESENTERS OF MISERY THAT MAKE US SUFFER

present moment of peace and joy by letting worry be a messenger of misery. We don't need to worry. It is a choice. We permit our mind to worry without realizing that it is making us suffer. More people suffer from worry than they do from many dreaded diseases. If you want to Suffer No More kill worry before worry kills you.

Natasha never smiled. When her friends tried to analyze, they found out a startling truth. Natasha lived with constant pessimism. She always looked at the negative side of life, present, past or future. She would not go for a walk because there was no sunshine and then she would not go for a walk because there was too much sunshine. She never found ways to be happy. She went into a life of depression and suffered till Rajesh took it as a challenge to change her attitude. He made her dance and run in the sun and look at life as a glass half full and not half empty. When optimism filled Natasha's life, her depression ceased and so did her suffering.

While some people are experts in shutting the door on tomorrow and eliminating worry and fear – they live in a world of yesterday with Regret and misery. Something happened yesterday, last week, even last year but they haven't forgotten it. They look back at a five-year-old

MESSENGER OF MISERY THAT MAKE US SUFFER

episode and they nurse it and curse it and rehearse it. Don't such regrets make us miserable? How does this messenger of misery – regret, steal our happiness? By making us regret a miserable past, regret robs us of a beautiful present. Can we do something about what is over? Most likely not. The past is gone and a new present is born. But living with regret carries the misery of yesterday and destroys the happiness of today. If we want to live without suffering we must stop living with regret. We must not open the door of our life to the messenger who brings regret and suffering.

Another messenger of misery is 'Anxiety'- anxiety is the expertise developed by people that makes them shuttle between the past and the future, guaranteeing misery. They shuttle from a past that is gone to a tomorrow not yet born and create a ton of misery. Of course, all these messengers are sisters – fear, worry, regret and anxiety and they resemble each other from a distance. And each of them is distinctly designed to fill our peaceful life with suffering. The only way to be happy is to be happy in the now. But anxiety is an expert thief of the present moment. That's all it does.

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This messenger of misery doesn't let us remain in the moment and thus broadcasts suffering into every aspect of our life.

Raj lived like a savage beast. His neighbour, who was his good friend, once advised him that all his suffering was due to the negative emotion of Cruelty. Not only was Raj cruel to animals and would beat any animal within his sight, but he also had no kindness or compassion for human beings. He would not hesitate to scream and curse people or insult others until his neighbour made him realize that kindness could reduce his misery and suffering.

There is a terror within that burns away our peace and joy. It is called Anger. It is a dreadful messenger of misery. While it tries to spit fire on others – we don't realize that it first burns the very hand that is trying to throw the fire on somebody else. Haven't we all felt the disgust that follows anger? After a bout of anger, don't we regret the uselessness of our reaction? We have certain expectations and because our expectations are not met – we flare up with anger and we suffer. We don't realize that anger brings misery with it. We must

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burn anger before anger burns us. This is the only way to peace and joy.

Ram and Shyam were best friends. While one was very happy the other was utterly miserable. What was the cause of this? Ram lived with Faith but Shyam lived with Doubt. Shyam lacked confidence and was full of hesitation, regardless of what was happening in his life. This was triggered by another messenger of misery – doubt. Since his entire life was full of doubt, the result was misery. But Ram was blissful because everything he did, he did with faith.

A common thief of happiness is Jealousy. It enters our life from the back door and without us realizing, it fills our life with misery. What does it do? It makes us envious of somebody else's achievement, advantages or possessions and we regret our own inadequacy, thus creating suffering. This negative emotion is a messenger of misery because every time jealousy enters, joy exits. Only one can be in our life at any given point of time. Jealousy not only creates suffering but also motivates a person to actions that can lead to irreparable loss. We must close the door and not let

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jealousy enter if we do not want to suffer.

Wang Fang was one of the most miserable girls in Shanghai. Her suffering was due to the messenger of misery, known as Shame. She had no self-esteem and she used to spend most of her time crying, locked in her room till a psychologist counselled her and taught her how to bring self-respect and pride into her life. Soon enough, Wang Fang started smiling as her suffering ceased.

Just like Wang Fang, Haruto in neighbouring Japan was miserable too. His misery was because of another messenger – Selfishness. He would never share anything with anybody. He was so selfish that he would not even share anything with his own family. They, in turn, disliked him for his selfishness and he remained a miserable man all his life.

Each of the messengers of misery makes us suffer. What does Intolerance do? It makes us snap at everybody for everything but in turn, this intolerance creates great anguish in our life. If only we would replace intolerance with tolerance, we could be smiling, laughing and singing through life.

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An intense and selfish desire to own something which is beyond our need can be easily understood as Greed. While we all have needs, we suffer because we let greed take charge of our life. A greedy man says, "This is mine...but what is yours should also be mine." Therefore, this negative emotion causes suffering. When greed becomes a habit - it makes suffering our best friend as they both go hand in hand together. Greed rings a bell of misery in our life. We must eliminate it to be happy.

Sometimes, misery is caused by a messenger whose singular objective is to make us suffer. This messenger is known as Guilt. What does it do? It makes us feel guilty about something we have done, whether or not we have made good for it. We must have made an error and we corrected it, but we still feel guilty. We must have hurt somebody and we apologized but we haven't forgiven ourselves. We must have cheated somebody and though we have made amends, we haven't forgotten the act. Guilt doesn't forget what we did. It keeps replaying our deeds so that this repetition makes us miserable. There may be times when we have not yet

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undone what we must, but guilt is certainly not the solution to our suffering. It only adds fuel to the fire and makes our misery rage with agony. We should eliminate guilt if we want to be happy. Yes, it's a good idea to undo any wrong we may have done but either way – we shouldn't give space to guilt in our mind.

When we have an intense dislike for somebody or something, we suffer. This is Hate. This messenger brings misery whenever it strikes. I hate my job. I hate my boss. I hate my family. I hate my city. I hate this food. I hate the weather – all this makes you hate your life. Any kind of hate causes suffering. It is a negative emotion and spreads poison. The only way to eliminate this suffering of hate is to replace it with love. But as long as we hate, we shall be cursed with misery. Just as love brings with it the blessing of peace and joy, hate destroys it.

There are many messengers of misery and we must be cautious about all of them because they bring unhappiness into our life. It may be something like Criticism. Can criticizing somebody make us happy?

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Never! Criticism leads to suffering. What does criticism do? It focuses on the negative aspect of others and their behaviour and by doing so, gently robs the bliss that comes from appreciation. Constant criticism can make us cynics.

Another cause of misery is Revenge. While we may take revenge on somebody to avenge the wrong done, we don't realize that we create tremendous misery in our life. What does revenge do? It motivates us to actions that will make us unhappy. By doing wrong to others, how can we create joy in our life? If we let this negative feeling of revenge reside in us, we only let this messenger of misery lead us to negative poison.

There is no end to the messengers of misery. One of the most common ones is Depression. It creeps into our life philosophy and corrodes our life. What does depression do? Slowly but steadily, it eats away our cheerfulness that would otherwise make us happy and instead, makes us constantly miserable. The world today dreads depression and considers it to be one of the deadliest diseases.

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Scott was miserable and his mother sat him down to advise him on how to Suffer No More. She noticed that his life had no Gratitude. Even if somebody did something for Scott, he never said 'thank you'. He was not used to saying please. His mother analysed that his misery was because of the messenger ungratefulness. She advised him to become grateful for everything and eventually, Scott became a happy man.

If we notice, the Law of Cause and Effect kicks in here. Where the cause is a messenger of misery, the effect is suffering. Why do we suffer? The cause is these miserable emotions. If only we eliminate the cause, we can also eliminate the effect and Suffer No More!

We must be very careful of these messengers of negativity. They fill our life with misery. And if we want to Suffer No More, we must first beware of these. The world has so many physicians, doctors, and surgeons who take care of our physical illnesses and even brain disorders but what the world probably needs is more specialists in these fields because these are the ones that cause maximum suffering and misery.

**“ Messengers of Misery
Will knock at your Door,
Worry, Anger, Fear, Regret and More.
They rob your Happiness
And take your Smile Away,
If you let them enter even for a Day. ”**

SUMMARY - CHAPTER 3

MESSENGERS OF MISERY THAT MAKE US SUFFER

- Most suffering is caused by messengers of misery. They fill our life with negative emotions that spread poison within.
- The most common among these are Fear, Worry, and Anxiety. They magnify perceived dangers, create stress and even more anxiety. They steal our happiness.
- Other messengers of misery are Jealousy, Greed, Guilt, and Hate. All these are bound to make us suffer. The only way to eliminate them is to replace the negative emotions with positive ones.
- All these messengers of misery are the cause of suffering. Our misery is just an effect.
- We must be cautious of all these messengers of misery if we want to Suffer No More.

4

CHAPTER

WHO SUFFERS?

“ The body suffers but that’s not me,
The mind becomes miserable - Yes I see!
But I am not ego, body or mind.
I won’t suffer once the Truth I find. **”**

WHO SUFFERS?

If we want to eliminate suffering from our life, we must first understand who is it that actually suffers? Is it the body that suffers physical pain or the mind that experiences emotional distress? Or is it just we the ones that are alive? Unless we know who it is that actually suffers, how can we Suffer No More?

Eventually, we suffer - we, the ones who have a body and mind go through all kinds of pain. We suffer from physical pain. It may be caused by a fall or accident. What do we do? Do we cry in pain? Of course not! We immediately take painkillers and negate the pain. All kinds of physical pain today are nullified either with medicine that reduces the pain or ultimately with tranquilizers or even anesthesia that prevents us from experiencing the suffering. After a root canal, we howl with pain when we come out of the local anesthesia that was dispensed. Can we imagine an orthopedic surgery without using the local anesthesia? We would literally die in pain.

While the world has overcome most kinds of physical pain and modern man is blessed not to suffer so much

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from the pain of the body, most of the suffering today is that of the mind. We the ones who suffer realize that it is not really the body that suffers. The body only transmits the suffering through the brain to us. With the help of medicine, even these pain signals are switched off. And we overcome suffering.

While we have overcome suffering caused by physical pain to a great extent, are we able to overcome the suffering of the mind? We can take paracetamol and be conscious without experiencing physical pain, but we are not able to do this with emotional pain.

As long as we are awake and conscious, we suffer due to anxiety, fear, worry, and anger – amongst other causes. We are prescribed tranquilizers sometimes to sleep peacefully. But we are unable to consciously overcome emotional pain. We feel so miserable due to all the negative emotions and we suffer, losing peace and happiness.

Who actually suffers? People, according to the way they suffer, can be divided into three categories:

WHO SUFFERS?

The first category thinks that they are the body and the mind. They suffer both physical and emotional pain and constantly need painkillers of all kinds. These people live and die but they cannot escape from suffering and that makes them cry. This category of people faces suffering day in and day out. Most of them are miserable.

There is a second category of people who think that they are the mind. They believe they have a body and the body may suffer but they don't suffer as they are not the body. They fight every physical pain and overcome suffering that the body creates. While they are able to get over physical pain and suffering, they are unable to transcend the misery and suffering of the mind. When they experience physical pain – they disconnect from it as they take remedial measures. But they can't escape from the messengers of misery. Their life is filled with negative poison and they suffer emotionally. This category escapes one type of suffering, that of the body but experiences the suffering of the mind.

There are a few people who are fortunate and they live

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as embodied Souls by realizing the Truth of who they truly are. While they have a body, they realize they are not the body and promptly detach themselves from all physical suffering. They also realize that they are not the mind and while the mind seems to suffer, they distance themselves from the suffering of the mind. By doing so, they do not let negative emotions like fear, worry, and anxiety cause them suffering. They realize they are just the observers, not the ones who truly suffer. These blessed few are the tiny minority who seem to have transcended suffering.

As long as we live in ignorance, and we don't know who we truly are, we will continue to suffer. If we think we are the body and the body experiences pain, there is no way we can escape from physical suffering. If we believe we are the mind and the mind experiences anguish with all the emotional turmoil, then we suffer emotionally. But are we the body that suffers and are we the mind that is miserable? As long as we believe we are the body-mind complex, we cannot escape from suffering. If we want to Suffer No More, we must overcome the ignorance that is the cause of all misery.

WHO SUFFERS?

“ Of course, the body suffers,
but that's not me.
The mind I cannot find, is it me?
I disagree!
But still I suffer, that's the point.
Who is the one who cries?
It's time to find out the Truth.
And clear the cloudy skies. **”**

SUMMARY - CHAPTER 4

WHO SUFFERS?

- If we want to eliminate suffering from our life, we must first understand who it is that actually suffers.
- Is it the body that suffers physical pain or the mind that experiences emotional distress?
- We have overcome physical suffering to a great extent but we are still struggling to overcome the suffering of the mind.
- People who think they are the body and mind suffer both physical and emotional pain.
- Those who think that they are only the mind disconnect from physical pain but suffer because of the messengers of misery.
- Only a few fortunate people live as embodied Souls by eradicating ignorance and Suffer No More. They realize that they are not the body that suffers, nor the mind that is miserable, they are just the observers and they don't suffer.

5

CHAPTER

OVERCOMING IGNORANCE

“ Because of ignorance we suffer and cry.
We suffer because we don't know who is this "I".
When we overcome ignorance and the Truth we find,
We can remove all misery and leave suffering behind.”

OVERCOMING IGNORANCE

Why is it that most of humanity suffers? No doubt we have a body that experiences pain and we seem to have a mind that languishes in misery, but we don't need to suffer. Because we are ignorant of the fact that we are not the body or mind, we suffer.

No doubt the body experiences physical pain. Most of this pain arrives, is experienced but is controlled. In fact, pain is like a zooming train. It always comes but never stays. Even people in the last stages of cancer are given drugs like morphine which lets them die peacefully without suffering much pain. While the body goes through physical pain, we don't need to suffer. We have a body but we are not the body. Just like we have a car but we are not the car. Because we start believing we are the body, we suffer the impact of a disease. If we overcome ignorance, then we can observe the body - both feeling pain and battling the suffering. But we don't suffer. It's like watching a movie. We may see the actors suffering on the screen but we are just the observers, not the ones who suffer.

To help us overcome the suffering of the body, let us

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consider some instances. Suppose we were in a car that met with an accident and though the car was smashed, nothing happened to us, do we suffer? Normally, we should not suffer because we escaped unscathed. But many of us suffer such an accident, rather than celebrating our escape. While in this case, the car suffers and we don't, what happens if our body suffers? We are unable to differentiate or distance ourselves from the body. We think we are the body and thus we suffer all the pain the body suffers. When we look at a group photograph of our school, don't we point out at our picture and say, "That is me". It is this ignorance that continues to make us suffer.

While we can observe the body and detach from its suffering which is by and large controlled by painkillers, what about the mind? We observe our mind as it wonders and wanders. It jumps like a monkey from thought to thought and is never still. It thinks dozens of thoughts every minute and there is no doubt it suffers. The mind experiences fear with worry and stress. It experiences regrets. It feels anger, just as emotions of jealousy and hate create turbulence in it.

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As the mind shuttles from yesterday to tomorrow and swings from the past to the future like a pendulum – it makes us sweat and suffer. But, why must we suffer? We are not the mind. We have a mind that seems to enjoy suffering. But if we realize that we are not the mind – we can just observe the rascal suffer and laugh at it. Because we live in ignorance, thinking we are the mind – we suffer. This is the major cause of our suffering.

To overcome this ignorance, one must try to find the mind, to deal with its negative emotions and put them to rest. It is strange but we can find our nose, our ears, our heart, and even our brain but we can't find our mind. Traditionally, scientists have tried to define the mind as a product of brain activity. The brain is the hardware and the mind, the software. Each human being is said to have over a hundred billion neurons that fire thoughts and behave like the mind. These nerve cells and nerve fibres form the nervous system that functions as the mind which actually doesn't exist. They process and transmit information as intense brain activity through electrical impulses that exist in every part of the body. The unique function of the neuron is that it transmits information to the brain.

OVERCOMING IGNORANCE

Can anybody deny that we have a brain? No human being can live without critical organs like the brain, heart, kidney, liver, and lungs. But, has anybody seen the mind? It's the subtle part of the body that can't be seen or touched. It is said to think, to memorize and to discriminate. Although we have a memory that remembers and our intellect that discriminates – these are the two other faculties of the subtle body, we confuse them with the mind. In reality, the mind, the memory, and the intellect are three distinct and different parts of the inner subtle instrument often referred to as the mind. Just like talking is the function of the mouth and walking is an activity of the legs, thinking is the activity of the brain but attributed to the mind. The mind along with thoughts and feelings dominates its existence in our lives but it is strange that nobody has seen the mind.

There is no end to defining the mind and if you tell somebody that they have no mind they will think that you have lost yours. However, our interest is only in overcoming the suffering of the mind by overcoming our ignorance, and by realizing that there is no mind,

we can end all suffering of the mind.

There was once a rich king who was miserable although he had all the wealth, money, women and every pleasure he could dream of. Still, he said he was miserable. He went to a wise man and asked him for help to overcome suffering. He expressed that his mind was full of anxiety, worry, and stress. The wise man assured him that he would solve his problem. "Come to me tomorrow morning. Bring your mind with you and I will remove all the stress, worry, and anxiety," the wise man said. The king went back to his palace and told his queen how weird the wise man was. "How can I go without my mind?" he asked the queen. The queen somehow saw the wisdom in the wise man and urged the king not to miss the appointment. The next day at dawn the king met the wise man and the former was promptly asked, "Have you brought your mind?" The king could not control his irritation and he replied, "Isn't your question strange? How can I come without my mind?" The wise man smiled and replied, "It is good that you've realized you have your mind and I am happy you brought it along. Now sit quietly for an hour or two till I finish my work. Find your mind and bring it to me. And I will remove all your suffering." The king was puzzled again, but out of respect for the wise, old man, he did

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as he was told and retired to a quiet corner. After two hours when he was called and asked, "Where is your mind?" he replied, "I tried to find my mind but I could not find it." The wise man smiled and said, "There is no mind. How can you find it? Just like walking is the activity of the legs, and talking of the mouth, stress, worry, and anxiety are the functions of the brain through thoughts. Just stop the activity and you can end your suffering."

This may sound strange but it is true. We all talk of a mind that suffers but in reality the mind is an illusion. It does not exist. The moment we overcome this ignorance we become intelligent observers and Suffer No More.

Let us move one step further. We talk of the ego that suffers. Who suffers? I suffer - I, the one who has a body and a mind. All suffering actually belongs to the ego. And this suffering is because of ignorance. Because I think I am the body and the mind, I suffer. The moment I realize that I have a body and it experiences suffering and pain - but I am not the body, then I don't suffer, only the body suffers. Similarly, if I realize that I may

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have a brain whose activities of thoughts and feelings appear to be the mind, I will Suffer No More. These activities and feelings may cause one to suffer but I observe the brain and its mental activity and the drama of suffering that it creates in the human body. But I don't suffer because that is not me. Of course, I exist. I am conscious of my existence. Aren't you? While we are conscious of our existence, it is our ignorance that causes us to be the ego, the mind and the body that makes us suffer.

The moment we overcome this ignorance, we overcome suffering. We experience pain in the tooth. We don't need to suffer. We take an anti-inflammatory analgesic or a Paracetamol to relieve the pain. Any physical pain today has a solution. Nobody dies suffering in pain. Any unbearable suffering is treated with a tranquilizer that depresses the central nervous system and thus shuts off pain and suffering.

Today, doctors prescribe sedatives even for mental illnesses to overcome suffering. They do not realize that overcoming ignorance is a far healthier option.

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Most of our suffering today is that of the mind and the ego because advanced health care has only created solutions for physical suffering. How can we overcome this mental pain?

Prakash fought fiercely with his brother Satish and they nearly came to blows. The fight was because of certain properties that they both had invested in and related to cash matters. Their suffering reached a state that they stopped talking to each other. One day an old uncle met them and invited them for dinner. He told them, "When you were kids, I used to see you both passionately play the game Monopoly. I remember, one of you even hit the other on the jaw, and his tooth broke. Do you remember? As you grew up, I thought you realized that it was a board game. I didn't realize that you both have not grown up still. In the end, nobody owns Piccadilly or Mayfair, and the currency notes are valid only as long as the game. When the game is over, we put everything in the box. When will you realize that the same is with life?" The brothers felt ashamed and made up instantly. The suffering ended when a wise uncle swept away their ignorance.

The ego continues to make us suffer as it lives in a world of "I" ness, "My" ness and "Mine" ness. The

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constant "I" of the ego makes it suffer due to expectations that are born out of ignorance. This is my house, my car, my spouse. And everything else that the ego thinks is mine creates attachments that make us suffer. Isn't this ignorance? We clearly see that we come without anything and go without anything. Still, throughout life, we believe that we are the ego and we suffer. By overcoming the ignorance that we are not the ego, the mind or the body we will Suffer No More.

If we analyze the lives of spiritual saints, those who have realized the Truth, they don't suffer. Their body experiences pain but they are very clear that they do not experience the suffering. They use techniques like silence and meditation and eliminate all suffering of the mind. Because they are conscious of the Truth, they transcend the ego and experience peace, joy, and bliss. They transcend suffering.

We too can eliminate suffering by overcoming the ignorance and realizing the Truth of who we are. We can enjoy our original state of peace if we use our intellect to control our brain activity and not let our

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thoughts rumble and mumble like a monkey that creates anxiety through its desires, cravings and negative thoughts.

The mind is an illusion. It does not exist. But even if it were to exist as a subtle invisible organ, it is not us. Even if our mind wants to suffer, it may choose to do so, but we do not need to accept the suffering of the mind as it is not us.

The only way to realize the Truth and eliminate all suffering is to overcome the ignorance that we are an ego-mind-body complex that lives on earth to suffer until death. This is a myth and the cause of all suffering. If only we view this world as a theatre, a show where we come and go, we can live with peace, joy, and bliss. Of course, we are alive and we have to do our part as actors on the earth-stage but while we do so, we must realize that in reality, we are observers who have donned the clothes of the actors during the 'life-show'. This realization will liberate us from all suffering.

**“ Ignorance makes us believe,
that the one who suffers is me.**

**Tears in the eyes and worry in the mind,
is what we often see.**

**But when we realize the one who cries,
is the body and mind, not me,**

**When we realize this Truth of life,
then, observers, we can be. ”**

SUMMARY - CHAPTER 5

OVERCOMING IGNORANCE

- Most of humanity suffers because of ignorance caused by the ego, 'I'.
- Because I think I am the body, the mind, and the ego, this makes me suffer.
- The mind wonders and wanders but if we realize we are not the mind, we can observe the rascal suffer and laugh at it.
- Many spiritual saints who have realized the Truth don't suffer, because they realize that they are not the body and mind that suffers.
- We too can eliminate suffering by overcoming the ignorance and realizing the Truth of who we are.
- We must live knowing that the earth is a stage and we are actors who must perform their part. The Truth is that we are just observers and if we realize this, we can truly enjoy the 'life-show' and Suffer No More.

6

CHAPTER

REJOICE – ENJOY THE SHOW

“Of course, there is Suffering,
but is the misery Everlasting?
When we realize it's just a Show,
then the Pain will just come and go.
We need to Suffer No More!”

REJOICE - ENJOY THE SHOW

Can we live without suffering? Is it even possible to think of such a dream-like existence? We think that suffering is inevitable and we must suffer and die. There is no doubt that this is true. It is a fact that most of humanity does not rejoice and celebrate life. In the end, we regret that we leave everything behind. Not just the wealth we own but even the beautiful relationships. Aha! But those who eliminate ignorance don't suffer. Those who realize the Truth that they are not the body that suffers, they are not the mind that is miserable, they rejoice and enjoy every moment of life. How do they do this? Fortunate are the ones who realize that this world is just like a dream. It is not real. Do we cry after we wake up from a dream? No, we don't because we know that dreams are dreams. Even if we have the most horrible nightmare we sheepishly wake up to realize the illusion. The ones who eliminate suffering and rejoice every day of life realize that even this life is an illusion. It is like a drama that is being orchestrated on a humongous stage called earth. We are just actors - we come and we go. The ones who realize that life is just a show rejoice in whatever is happening on the earth stage.

How do they live in this cosmic drama? While we are actors, they don't get attached to people and things.

Rather, they live a life of detachment, knowing that in the end the curtain will be drawn and just like a dream, everything will dissolve and disappear.

Vishwa lived a happy life along with Padma until they completed their 25th wedding anniversary. Soon thereafter, Padma passed away and Vishwa went into depression, living a life of gloom and suffering. He locked himself inside his house and stopped everything that they used to do together. They used to go for a walk every morning and evening, they would go for a movie every Saturday and visit a temple every Sunday. Between Monday to Thursday, they would go shopping and their life was full of joy. Vishwa stopped all this. He sat at home and it seemed he had become crazy. He would not even watch television which they used to do every evening. He inflicted suffering upon himself.

Everybody has to die one day, but if we react negatively after the death of a dear one, we are choosing to fill our life with misery. We must learn to accept life and move on. To be happy is a choice, so is to be unhappy.

The realized ones are blessed with an intellect that stops all suffering. Even if there is a tragedy on the earth-stage that involves them or their loved ones, they

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observe it as a scene in the life drama. Just like they would laugh watching a movie, they accept the tragedies passing through life. In contrast, the ones who live with ignorance believe that everything is real. They suffer and internalize the tragedy in their heart and mind. They are imprisoned by messengers of misery that rule their life. But the realized ones do not suffer whatever happens.

Ram was celebrating at a birthday party. Suddenly, somebody informed him that his mother had died. Ram started crying and wailing as he loved his mother a lot. Just then the same person clarified, "Sorry, Ram. I was mistaken... it's not your mother who passed away, it is Sriram's mother." Immediately, Ram was happy. His suffering ceased in a moment.

Why did Ram suffer in the first place? Ram was devastated because he thought his mother had died and he was very attached to his mother. These attachments are not real. We don't belong to anybody. We come alone and we go alone. It is ignorance that made Ram suffer. Isn't it true that we all live and suffer this ignorance? Of course, in this instance, it was a case of mistaken identity. It was not Ram's mother but Sriram's mother who had

died. But talking of mistaken identity, don't we all suffer because of mistaken identity, thinking that we are the ego, mind and body? If we overcome the ignorance and realize that we are not the ego, mind and body, then we can truly enjoy the show and rejoice with happiness.

The ones who realize that life isn't real, celebrate it moment by moment. They realize that there is a producer-director of the show who controls everything that happens. We have no choice but to accept and rejoice. The show will go on and nobody can stop it from unfolding the way it will. But we have a choice – a choice to choose our reaction.

It's always fun to watch Victor and Nancy. Their marriage is a comedy. Victor is very short tempered and he finds errors in everything Nancy does. Whenever we go to their house, it is common to see Victor screaming at Nancy. "Why did you not order the cake I told you to? Why are the drinks not kept in the fridge to chill? Why has the driver not come to work today?" Even on a perfectly beautiful day, Victor would find fault and ruin his peace of mind.

Nancy was the opposite. She was very patient and understanding. She would never react, despite a nagging husband who was unreasonable. There was always peace in

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her heart and joy in her face. She followed a simple rule - "My husband is always right. And if my husband is wrong, he is still right!". This kept her away from suffering. She was one who valued a life without stress.

How should one live? One should enjoy every moment of life, observing how wondrous this theatre of eight billion people is. Look at the amazing special effects on the earth stage. The sun, the moon, the stars, the birds, the animals, the flowers - all these make the set so amazing. We all have a fixed role. Nobody is on the earth stage forever. How we come is predetermined. Our date of birth, our parents, our gender, our place of birth are all predefined by the producer of the show. When we will leave the earth-stage and in what circumstances we will die is also beyond our control. But how we live and how we act in everyday circumstances is our choice. Whether we choose to smile or stretch our misery to a mile is up to us. Some people laugh and dance, just as others frown and drown in the sorrows on the earth stage - it's our choice. We cannot control things that happen to us but we can definitely control the way we react to those things because our reaction is our choice. Some people may suffer from a splitting headache while others may take

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a tablet and go shopping. The circumstance is the same, what differs is our choice – whether we suffer or rejoice.

This is the day that God has made. I shall rejoice and be glad in it. This is an affirmation of a person who wants to live rejoicing and celebrating. What does he say?

I choose to be happy today

Though the skies are cloudy and grey

No matter what comes my way

I shall be happy today.

Those who live with such positive affirmations celebrate life. They do not live in the misery of yesterday just as they refuse to suffer in the fears of tomorrow. They live life moment by moment with joy and peace.

One look at a person and you can be quite sure whether their life is controlled by the messengers of misery or not. You can see wrinkles on their forehead and a frown on their face. But the ones who rejoice will smile – they laugh and live with cheer and enthusiasm. They rejoice as observers of the cosmic drama.

They have learned one secret - to shut the door on

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yesterday and to forget the past. They replace their regrets with joyousness and rejoice to make their happiness last.

**“ We can smile if we know that it's just a Show.
We can rejoice and on our face have a Glow.
Why should we cry for in the end, we must Go?
Nothing is ours, this Truth we must Know.”**

SUMMARY - CHAPTER 6

REJOICE – ENJOY THE SHOW

- Most of humanity does not rejoice. They just suffer and in the end, leave everything behind.
- Those who realize the Truth that they are not the body and mind that suffer, rejoice and enjoy every moment of life.
- The ones who rejoice realize that life is an illusion, just like a dream.
- They know that they are but actors in this cosmic drama and in the end when the curtain is drawn, everything disappears and dissolves.
- We cannot control things that happen to us but we can definitely control the way we react, and be happy.
- The best way to live is to enjoy every moment of life, observing how wondrous this theatre of eight billion people is.
- How do you do this? Shut the door on yesterday. Lock it and throw the key away and don't keep peeping into tomorrow. Live blissfully moment by moment, today.

7

CHAPTER

THE ART OF ACCEPTANCE

“ Whatever is over, we just can't Change.
We must accept as we can't Exchange.
We must accept the Divine Will,
Then with Peace and Joy our life will Fill.**”**

THE ART OF ACCEPTANCE

To eliminate suffering from life, we must adopt a life philosophy that is based on a key principle - the Art of Acceptance. What is the major reason for people to suffer? They live in yesterday regretting what has happened in the past. We can't change the past. If we don't accept it, we must still suffer.

Can you change the past? Something happened last year, last week or even yesterday. Can anybody on earth undo it? Even the president of the United States or the richest man on earth can't change a dot of the past. The past is the past. It is etched in stone. It cannot be undone. If the past cannot be undone, then isn't it foolish to be unhappy thinking of the past? If the past can't be reversed, isn't it strange that people cry and regret what happened? This is a major cause of suffering in people's life. Yes, of course we can do something today to make good of what happened yesterday but we can't go back to yesterday. We have to learn the art of acceptance.

Somebody shared his story of suffering with me. "I got married to a girl whom I loved for 10 years but the

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marriage didn't even last 10 days." I asked him when this had ended. He said, " It ended 10 years ago." And then I questioned him, "Your suffering ended 10 years ago, but it seems to continue till date. You seem to be enjoying your misery. Stop! Don't curse and rehearse your past. There is nothing you can do about what happened but you can definitely spoil a beautiful present by crying and living in the past." I told him, "You have a choice to curse what happened and cry over the past or reverse what happened and live life like a blast."

Why do we live with regrets? Can we do anything about the past? Whatever has happened in our lives in the past is like something that in stone has been cast. Why do we repeat it and make it last? We must learn to eliminate our regrets and both forgive and forget the past. Some people rehearse whatever happened in their lives because they are unable to forgive people. They try to forget the past. But they nurse and curse their wound. They suffer every new day of life.

Isn't it time to reverse the situation? Isn't it time to eliminate sorrow and misery? Unless we really enjoy

suffering, we must learn to accept the past and move on. We realize the past can't be changed but we can definitely spoil the present by living in the misery of the past.

Chris and Vijay were two friends, but they were opposite in nature. If Chris wanted to eat Chinese, he would go from one street to another and finally become miserable because he couldn't find a Chinese restaurant. But Vijay had learnt the art of acceptance. He was happy whether Chris took him for Chinese, Thai or Italian. He had learnt to enjoy every meal that was served on his table, while Chris continued to suffer because of not finding food of his choice. Although the food was delicious, Chris never learnt the art of acceptance and lived with disappointment.

If we want to end all suffering we must learn to live in the present moment and not slip into the past, questioning everything that happened. To develop the art of acceptance and Suffer No More, we must develop the habit of being conscious of today. What is one of the major causes of suffering? It is letting our memory constantly trigger regrets of the past. The past can't be

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changed. We have to learn to delete the past, we must forget about the miseries that we experienced. If we don't let go of the suffering that should have died long back, it will come alive again to haunt us. There is no new misery. It's just that we are not letting go of the old pain. If only we learn the art of acceptance, we will forgive and forget. We will fill our memory with cheerful experiences and not with regrets. The art of acceptance acts as a filter that blocks unpleasant experiences from being recorded in our memory only to be replayed later to make us suffer.

There was a man in Hong Kong who loved to regret. He kept digging up the past. Once when I met him, he told me that he was still upset that I hadn't met him when he had visited the town the year before. As I smiled, he continued, "Not to forget that three years ago I asked you for your car and you refused." I was just trying to recollect this incident, when he said, "Five years ago, I had come with my daughter and she had wanted to go to a doctor but you refused to help us." I was blinking at his sad memories, when he said, "Ten years back when I had come from Hong Kong and asked you for a carpenter, you could not help me find one." He was a

millionaire if I looked at the money he had in the bank. But to me, he was bankrupt as he had no smile on his face. His entire life was based on living in the past.

Watching him suffer because of the past, I asked him an interesting question, "If you want to go to Hong Kong or Singapore, can you?" "Of course, I can. What a silly question! You are a fool to ask," he said. I then questioned him again, "Can you go to yesterday?" "How can I go to yesterday?" he asked. I said, "Nobody can go back to yesterday. But you insist on living in the past – recalling all your miseries and suffering in the present moment. What good is that?"

There are millions of people in this world who suffer the past. Of course, we all suffer what happens in life but these people are unique. They repeatedly suffer, again and again, for something that happened once, long ago. But they don't let go of it. Those who learn the art of acceptance, enjoy the present moment without clinging to the past. They accept the past as the Divine Will and move on.

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**You must shut the door on yesterday,
Your miseries and heartaches.
Forgive and forget your past regrets,
Your anger and your hates.**

**For the past is gone, it can never return,
Whatever price you pay.
But one thing it can surely do,
It can make you miserable today.**

**So lock your past and throw the key,
Somewhere, far away.
And live the present moment with smiles,
Start a beautiful day.**

**You can curse and nurse and rehearse your hurts,
But what good will that do?
If you want to be happy and not suffer,
Then live your life anew.**



**“ You will suffer if you choose to live in the Past.
Those who look back, their joy never Lasts.
If you want to do away with misery and Regret,
Then live with Acceptance, Forgive and Forget.”**

SUMMARY - CHAPTER 7

THE ART OF ACCEPTANCE

- To eliminate suffering from life, a key principle to develop is the Art of Acceptance.
- No one can change the past, even the richest and the most powerful person on earth can't undo the past.
- If the past cannot be undone, then isn't it foolish to be unhappy thinking of the past?
- We must learn to eliminate our regrets and both forgive and forget the past.
- Those who learn the Art of Acceptance, enjoy the present moment.
- If we want to Suffer No More, we must develop the Art of Acceptance. Accept whatever has happened as the Divine Will and live joyously.

8

CHAPTER

LIVING IN SURRENDER

**“ We can live with Hope or just Surrender,
Rather than being anxious, accept the Divine Splendour.
We know we can't control the future that will be,
Then why suffer from expectations, why not be free? ”**

LIVING IN SURRENDER

If you want to Suffer No More, then learn the secret of peace and bliss, the secret of surrender. What does this mean?

If we analyze the cause of our suffering, then our biggest anxiety is about tomorrow. We live with fear, worry, and stress due to various reasons. Sometimes we are expecting a particular result of an action done. We are so attached to that result that we are constantly worrying about whether that will happen. There are times when we just fear the coming moment. Maybe we have done something wrong and dread the outcome. Maybe we are just pessimistic and are scared of the future. Whatever be the case, our biggest misery is a tomorrow that is not yet born. How can we eliminate the suffering of tomorrow? If we have overcome ignorance, then we wouldn't suffer from unfulfilled hopes and dreams. We let our life become miserable because we live in a tomorrow with fears that do not exist.

Why do they say tomorrow never comes? Because that is the fact. Today is the tomorrow you worried about

yesterday. And when the tomorrow that you are worrying about today comes, it will be today not tomorrow. Essentially, tomorrow can never come. Only when it becomes today, we can experience that tomorrow that we are worrying about.

How does one live with tomorrow's suffering? If most of our suffering is not about this moment but rather about next week, next month or next year, how can we eradicate such suffering? The only way to destroy such misery is by living in surrender.

Mike and his best friend Tom were partners in business, but they were not partners in happiness. They both had a different outlook towards life. They both would invest sums of money and they were equal partners. But while Mike had peaceful nights, Tom had sleepless ones. Mike had learned the art of surrender. He used to tell Tom, "We have already invested. It is over. Now, why are you worrying about it? Just let go and let it flow, and soon we will know whether we got it or not."

How does one live in surrender? If one is constantly living in the future one cannot escape from Fear – False Expectations Appearing Real. The only way to eliminate

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fear and the corresponding suffering is to live in the present moment. We must develop a habit of being conscious of the now. In reality, only now exists. Nothing beyond this moment exists. That is the Truth. When we surrender to the present moment and are conscious that there is nothing beyond, we can live with peace and bliss. There is no need to suffer. It is only when we don't surrender to the now and lose consciousness of this moment that we slip into a future that is full of anxiety, worry, and stress. This causes us to suffer.

When we surrender to the moment that is unfolding and make this surrender a habit then we just let go. We do not worry about what may happen at the moment, days, weeks and months that will unfold. Life happens only moment by moment. We can choose either to live joyously in surrender or worry in fear. If we want to Suffer No More, we must make this a habit - being conscious in the present moment with peace and bliss and living in surrender to every moment that unfolds.

Living in surrender means living with faith and trust. It is not hoping for something to happen but accepting

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whatever happens as something that is the Divine Will and what is good for us. But this is never the case. We are very particular about what we want when we want and how we want it. If we want a particular life partner, we become so passionate and obsessed that we blindly crave for that person. We go on worrying and lose all our peace. If we want to avoid this suffering, we should just surrender, accepting the Divine Will, trusting that whatever will happen, will happen for the good and will be what is best for us. We lack FAITH - Full Assurance in the Heart, and TRUST - Total Reliance Unconditional Surrender to The Almighty and are unable to surrender. We want to control the results of tomorrow though we know we can't.

Living in surrender means doing away with hopes and wishes. These actually make us suffer. When we constantly hope and wish for something we are already planting a seed of disappointment which is sure to make us miserable.

Don't we realize that we can only do our best but we cannot control the rest? Very often, we believe that the

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result of all actions depends on the efforts and equipment that we use. We don't realize that there is another factor, a cosmic factor that is beyond our control. It can change the result that we expect, despite our best efforts. When such a factor exists, then it is best to surrender to such a power, such a force. Those who live and suffer have to learn the art of surrendering to the Divine. They are constantly living in tomorrow's fears and lose control over their suffering. If only we learn to accept rather than wonder, and replace hope with surrender, we can be happy. You may be a millionaire or a very powerful person but you can't go to tomorrow. Tomorrow doesn't exist. But you can suffer today, thinking about tomorrow, worrying about the next month and dreading the next year that is about to come. You can suffer from misery and agony but that's your choice. If you want to Suffer No More, you should live in surrender, in total surrender.

If we Suffer No More, then our life will be full of joy and peace. Of course, it is possible. It is not easy but if we put it all together, we can devise a method to eliminate suffering and misery, creating eternal bliss and

everlasting peace.

What do people who Suffer No More do? They are blessed to live in a state of peace and tranquillity, they rejoice and celebrate as the happiest people on earth. How do they do this?

**“ Those who live in tomorrow's Fears,
Their life is full of agony and Tears.
But those who surrender to the Divine Will
They do not worry, their life is Tranquil.”**

SUMMARY - CHAPTER 8

LIVING IN SURRENDER

- If we analyze the cause of our suffering, then our biggest anxiety is about tomorrow.
- If most of our suffering is not about this moment but rather about next week, next month or next year, how can we eradicate such suffering?
- The only way to destroy such misery is by living in surrender.
- Living in surrender means accepting whatever happens as something that is the Divine Will and what is good for us.
- We need to realize that there is a cosmic factor that determines the result of our efforts, action, and equipment.
- We must do our best. That's what we can do. We must surrender and trust that the Cosmic Power will take care of the rest.
- If only we learn to accept rather than wonder, and replace hope with surrender, we can be happy.

9

CHAPTER

LIVE IN JOY AND PEACE

“ How can we live in Joy and Peace?
If we tame the mind sorrows cease.
For like a monkey, it jumps from thought to thought,
And in suffering we are caught. ”

LIVE IN JOY AND PEACE

If you had a choice, what would you do? Would you prefer to suffer through life or live in joy and peace? Of course, you would prefer to be happy. Who wouldn't and the good news is that you can. You can choose to be happy for the rest of your life – no matter what. No matter if there is physical pain or mental torture, if you learn not to suffer, you can eliminate misery from your life. This is possible if you make a commitment to be happy. If you resolve to live in bliss, you can. It has to be a conscious decision and you have to carry a weapon with you at all times. Not a weapon to kill people or animals but the one that destroys suffering, even as suffering raises its ugly head above the surface of your life. You kill it, destroy it and eliminate it completely. This weapon is your intellect!

You have a choice to live in joy and everlasting peace. If you learn the art – how to Suffer No More, then you can gift yourself this present not just for Christmas, New Year or your birthday but every single day of your life. How can you live in joy and peace all the time?

Live in the present moment. Enjoy the now. Celebrate

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today. If your mind tries to jump like a monkey to recall the regrets of yesterday – shoot it down. If the rascal tries to fear tomorrow – kill it. Kill your mind before your mind kills you. Eliminate suffering before it strikes and you can dance through life. Smile, laugh, and enjoy the present moment. If you experience a nerve that is paining behind your ear, then remind yourself that your body might have pain, but you don't need to suffer that pain. You can take a painkiller to stop the pain. Of course, there are a few people who are unemployed and their economic condition makes them suffer but count your blessings that you are not. You are gifted with the option to be happy in the NOW.

Don't let your mind go to yesterday. Your mind has this habit. It will think about the sorrows of the past. Stop it, tie it down and replace the thought with the joyous thought of the present. Sing a happy song, watch a happy movie, call a cheerful friend or just go and help somebody. You will see a smile come on your face. When the mind tries to fill suffering gas in your head, you blow out this toxic gas as you have resolved to Suffer No More. Why live in the past and consciously suffer?

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Once you have closed the door on yesterday and have realized that the past is gone never to be born again, you move forward. You tell yourself – *if the past was what we were meant to see – then behind, not in front our eyes would be.* We have been designed to look forward, not backward. So, don't just look forward but also think forward. As you do so, your rascal mind will try to make you suffer. It will pull you from the present moment of joy, and try to slip you into the fear of tomorrow. It will shower you with worries that may strike in the coming days. It will make you suffer in tomorrow. It will destroy your joy of today and make you live in the suffering of tomorrow. *No! Never! I will not suffer in tomorrow.* Tell yourself, tomorrow never comes. When tomorrow comes, it will take care of itself. If you can handle today with joy and peace, you don't need to worry about tomorrow. You have resolved not to suffer. Delete the word tomorrow from your dictionary. You don't know the meaning of suffering. For you – yesterday and tomorrow mean suffering. If you want to be happy, be in the present moment, joyously celebrating the 'now'.

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There are some people who are crazy. When you give them a gift – they throw it away. Sometimes, they don't even open it. Haven't you met such strange people? I have. I watch them throw the gift of the present moment and instead, search for garbage in the dustbin of yesterday and tomorrow. Rather than enjoying the fresh, clean blissful air of the present, they enjoy the stink of yesterday and look forward to the dirt of tomorrow. Probably, they love to suffer. That's all I can say. Otherwise, why would somebody throw away a beautiful present for a lousy past and an imaginary future? We must not worry about such crazy people. We know there is bliss in the now. If there is joy in the present moment, we can be happy today and that's what matters.

Is it difficult to be happy in this moment? Just this moment! Can you not smile, think of a beautiful thought that makes you happy? I am sure you can unless you are a prisoner of your suffering mind. If your mind has drowned you in such misery that you cannot even be happy for a moment, then you will suffer all your life. But if you can be happy in the moment, for the moment, then

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there is a simple trick to be happy always. Be happy moment by moment. That means be happy now. When the next moment comes, be happy in that moment. Eliminate suffering. Tell yourself: I don't want to suffer. The one thing that I hate is suffering. Make your moment joyous. Now, live moment by moment joyously. Suffer No More. Tell Mr Suffering, I hate you. Tell Miss Misery, get out of my life, I don't need you. Fall in love with Mr Cheer. Make Humour your best friend and you can live in joy forever. Do you know moments create minutes? Minutes become hours and days. Days become weeks and months. Months become years and your life. If you can make your moment joyous, you can make your life joyous.

But how do you do that? How do you become joyous? Is this some kind of dream where you can just eliminate misery from your life as you Suffer No More. *There is a way, a secret if I may say. It will make you happy and gay. Today and every day!* But how do you do it? You watch everything happening as an observer. Don't jump into life, watch life happen if you want to be happy. Have you watched a drama? You are sitting in the theatre.

You are part of the whole show but you are not acting. You are just watching. The actors may suffer on stage, they may even utter some disgusting dialogues. There may be a rape or a murder you watch. But you don't suffer. You observe it as a drama, a movie. Why do you suffer? Because you think that this drama called life is real. If you realize that it's just a drama, you won't respond or react. We don't tell ourselves - nothing is real, it's only a cosmic drama. Remember, we are just actors, we come and we go. There will be laughter, there will be tears, such is the 'life-show'.

Sam loved horror movies though they horrified him beyond the hours he was in the theatre. His wife advised him not to go for such movies. But he wouldn't listen. When the 'Exorcist' was released, he was able to get tickets only for the late-night show. Since his wife refused to go, he went alone. The movie, of course, was very frightening. After the show, Sam returned and parked his car in his garage. Soon thereafter, his wife heard him screaming. "They got me, they got me!" She came running to the garage and saw Sam frightened because, apparently, a ghost had caught him and he was screaming. She shouted back at him, "Unlock your seat belt, you fool!"

Why do we unnecessarily feed our life with experiences

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that make us suffer? This life itself is like a movie, it is not real. We must learn to watch everything like a drama because, in the end, it is a drama. Some of us take life to be real and we suffer.

Isn't it true that nothing really belongs to us? You may be a millionaire but when you go, can you even take a pin with you? You can't. Then why cry? When you know that eventually, you will die then why be so obsessed about money and success, when in the end nothing really matters. If you observe everything as a drama, you can truly enjoy the show that unfolds every day, moment by moment in your life.

Children are happy. They live such blissful lives. Nothing matters to them. They play, they laugh, and they scream and enjoy their life. They don't suffer till they grow up. Then the suffering starts. Everybody makes them suffer - their mother their father, their brother, their sister and even friends. Think about it. Does suffering happen on its own? Others make us suffer. If we remain like children, then we will ignore the suffering others pour on us. We enjoy our life in a

childlike manner. Adults find this very difficult to do. It is easy to grow from a child to an adult but impossible for an adult to become a child.

Somebody may say something, but why should we suffer? Our family may do something, but we have a choice to suffer or to smile. Bring back the child in you who knows how to play through life. If you live like an adult you will suffer. Remind yourself, that nobody really matters. The somebody who matters is the one that the body carries, and you let this become the one who suffers because of everybody else when in reality nobody matters. Then why should you suffer?

Suffering is a choice. If you really enjoy it, then good luck. If you love to suffer then nobody can help you. Some people love to smoke. They smoke and they suffer the consequences. There are many things that we do that make us suffer and we knowingly do it. Then how can suffering be eliminated? You may have your own special suffering – identify it. What makes you suffer? Then eliminate it, if you wish to and want to. It's your choice.

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I once went to visit my friend Tom. I noticed Tom's dog. He was groaning. As we talked, that little groan and moan of the dog filled the air. He didn't stop and then I asked Tom, *"Hey Tom, what's wrong? Why is your dog groaning?"* And Tom said, *"Oh, just ignore it. He's sitting on that step which has a nail on it – that nail is making him groan."* I said, *"Tom, but can't your dog get up from there, away from that nail – why does he groan and moan and suffer the pain?"* Tom said, *" Oh, because he's not suffering too much."*

Aren't some of us like Tom's dog? We sit on a nail and we groan and moan. There are things that make us suffer, but we don't take that suffering out of our lives. Like that dog, we too sit on our suffering – and cry and whine and complain and suffer – but we don't get up and get off that nail – that pain and suffering. Well, it's our choice. If somebody wants to sit on their life-nail and groan in pain – we can't change that, can we? But do you want to do that? The next time you are groaning like that dog, remind yourself, you can move away from that nail. You can walk away from the nail. You can leave the suffering. It's your choice. You can choose to smile for life

is just a while. If you prefer to create a pile of suffering that's as long as the Nile, then that's your choice.

Our mind is a rascal. There is another part of our mind called the intellect. Separate the two. The mind thinks and makes us suffer. The intellect discriminates and makes us happy. We must put our intellect in charge of our life. We must filter every thought so that we can choose our thoughts, keeping the happy ones, and throwing away the miserable ones. But sometimes, we are ignorant like that fisherman I once met. I saw him fishing and I saw something very funny. Every time he picked a fish, he measured it with his hand and put it in his basket. If the fish was too big, he threw it back in the water. I found his fishing style so ridiculous. I went up to him and asked him, "Why are you throwing away all the big fish and keeping the small ones?" He responded, "In my house, I have a frying pan that is only the size of my hand. That's why I am throwing away all the big ones." Surely, this man was not using his intellect and his mind was making a fool of him. When we make our intellect in charge, then we don't let all the small, idiotic thoughts trouble us. We rather

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keep all the big, happy thoughts that fill our life with joy.

Now that we know that we must make our intellect control our thoughts, we must do one more thing. We must slow down the mind. The mind can produce 50 thoughts a minute – a whopping 50,000 thoughts a day. It is the thoughts that make us suffer. The more the thoughts, the more the stress, the more the suffering. We must reduce our MTR – Mental Thought Rate. And make the mind produce less thoughts. That way, there is less stress and suffering. How do we do it? By watching the mind. It jumps like a monkey from thought to thought. We must watch it. Spend moments in silence. Contemplate a positive thought. We should be still until we convert the mind from a monkey to a monk. We will find the suffering will turn to bliss.

Sheela was a positive, upbeat person, but she was upset. She asked me, "Why do bad things happen to good people? I live such a virtuous life but I suffer. I don't cheat or hurt anybody. I only help others but still, all I get is suffering." I asked Sheela, "What is growing on that tree outside your

window?" She said, "Those are delicious mangoes, would you like to have some?" I said, "No, give me the tomatoes that you planted to get this mango tree." She was confused, "I remember many years ago, it was mangoes that I planted, not tomatoes." I told her, "I had planted some tomatoes, but I wasn't getting mangoes on the tree and I was wondering why." She said, "You must be a fool. You plant tomatoes and expect mangoes. So idiotic!" I told her, "But that's what you are doing when you are experiencing suffering and questioning it. Unless you have planted some suffering, it can never come to you." The profound thought struck her. "Yes, as a young girl, I was a scoundrel. I cheated my friends. I stole from my mother's purse and did many things I shouldn't have done." I explained, "There is a universal law of action and reaction. As we sow, so shall we reap. If we are reaping suffering, we must have sowed it somewhere before. Maybe it's in the distant past and we must have forgotten about it. But when suffering comes, we must let it negate our past deeds gracefully without making us suffer. Eventually, the suffering will end. Rather than suffer we must celebrate that our own negative account is settled!"

If we realize that we are not the body and mind, then even the suffering that comes to us won't make us

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miserable. Suppose, you throw some dirty coins at me and I refuse to accept them – they lie all around – who do they belong to? They still belong to you. I have not accepted them. Suffering becomes ours only if we accept it. If we refuse to accept suffering we can live blissfully.

I met a Yogi in a monastery in the Himalayas. He was so cheerful and happy, peaceful, and blissful. Later I learned from a junior monk in the monastery that he was actually suffering from cancer in its final stage. However, there was not a glimpse of suffering on his face. The next day when I met him I had the courage to ask him, "Swami, I am sorry to hear that you are in tremendous pain and suffering. Can I do anything to help?" He laughed and he said, "Oh yes, this body is afflicted with cancer but that is fine. Whenever the pain is unbearable they give me some medicine. I do not let it make me suffer. If the body likes to suffer it can. But I don't want to suffer its suffering. So I am calm, peaceful and blissful in meditation." This is the ultimate method to eliminate suffering for when we transcend suffering, we sublimate it. We channelize the pain into prayer.

We transmute the perceived suffering into a joyous celebration of liberation. Not everybody can do that. But if we want to Suffer No More, we must be aware of the ultimate cannon that can destroy all suffering.

**“ We can live with Joy and Peace.
Yes, we can make Suffering Cease,
If only every moment we Seize,
And Enjoy the Seas,
the Trees and, the Breeze. ”**

SUMMARY - CHAPTER 9

LIVE IN JOY AND PEACE

- You can choose to be happy for the rest of your life – no matter what. Close the door on yesterday and understand that the past is gone, never to be born again.
- If your mind tries to jump like a monkey to recall the regrets of yesterday – shoot it down. Kill your mind before your mind kills you.
- You can be happy by being in the present moment, joyously celebrating the 'now'. Bring back the child in you, who knows how to play through life.
- Instead of letting your rascal mind control you, let your intellect filter every thought so that you can choose the happy ones. Slow down your MTR - Mental Thought Rate. This will reduce stress and suffering.
- Why do bad things happen to good people? As we sow, so shall we reap. So when something bad happens, celebrate. Your negative account has been settled.
- If we realize that we are not the body and mind, then even the suffering that comes to us won't make us miserable. This is the ultimate weapon to Suffer No More - Realization of the Truth and Liberation.

AFTERWORD

What made me write this book, Suffer No More? Because I myself suffered a lot in my earlier life and I still experience the onslaught of suffering. Suffering will never stop greeting me, but we can choose to Suffer No More if we learn the science of happiness.

How did I learn to overcome this monster? From the age of 16 to 40, I was in charge of a large retail operation in India. There were problems everywhere. I don't remember a single day where I did not suffer because of some issue or the other.

I, like anybody else, accepted the reality that life was a combination of roses and thorns, there would be joy and sorrow, I would be happy and I would suffer...so I accepted suffering as part of life.

After being on the first peak of happiness 'Achievement' for 25 years, I took an exit at 40 and started making a difference rather than just making money. I discovered the second peak of happiness 'Fulfilment' that came

AFTERWORD

from contentment. While I lived blissfully for 8 years on the second peak, or rather plateau, I realized that I was still suffering. There was no respite from misery and sorrow.

I then set out on a quest, a search to discover the third peak. A peak that would liberate me from all kinds of suffering. In that quest of purpose and ultimate peace and joy, I realized something very profound. I realized that I was not the body that I always thought I was. I was not even the mind that made me believe this is me. I transcended the ego that always made me who my visiting card said I was. I realized that it was just my name. When I was born, I had no name and when the one who I am called as will die, I won't die... I am that Divine Power, that energy that is immortal, that is beyond birth and death. This profound realization made me change my name to AiR... Atman in Ravi or the Soul or Spirit that lived in the man whose name for 50 years had been Ravi V Melwani.

This transformation was a metamorphosis. It was an irreversible realization of the Truth that made me not just discover the third and ultimate peak of happiness,

AFTERWORD

Enlightenment that comes from liberation after the realization of the Truth. It also showed me a way to Suffer No More.

I realized that the world suffers because we live in ignorance. We don't know our true identity and thus we suffer.

Since then I have written several books on the way to realize the Truth and to live with joy, but I realized that to Suffer No More, one needs a different commitment. It needs a conscious effort.

The mind is a rascal. As long as we are alive, it will be triggered by the senses of the body and will desire and crave. Even those who are enlightened with the Truth will face the onslaught of the body-mind complex in which we are alive.

Therefore, we need to use the weapon or instrument of our intellect to be conscious of this myth - that we must suffer.

We, in reality, don't need to suffer. But for that we need

AFTERWORD

to transcend the ego and mind and this is not always possible.

The ego and the mind in the body fight our realization. The realization actually rings the death knell of the Mind and Ego, ME, that I am not. Therefore, we need to work really hard to defeat the mind and ego if we want to Suffer No More.

I was fortunate to overcome this ignorance and I started living my life as AiR, the Soul that was alive in my body-mind complex.

As I started this new journey, I was still attacked by suffering, misery, anxiety, fear, worry, anger, regret, and all the messengers of misery,

I must admit that realization is not a simple thing. Even after having the knowledge of the Truth, it is not realization.

It takes a long time along with a lot of practice and discipline to reach that state where we can suffer no more. In fact, there is a war within, a war between the

AFTERWORD

mind and the intellect, a war between the ego and the Divine Spirit that blissfully gives life to the body and mind to live.

After much effort and eventually, only with the grace of the divine, I have found myself to be liberated from misery and sorrow.

I have eliminated suffering from my life. The messengers of misery are plenty. They come like a herd but I fly away like a bird. I don't let them inflict suffering on me. I have built my life on 4 pillars - Faith, Hope, Trust, and Enthusiasm. On top of the 4 pillars, I have laid out a table of love. I sit on this amazing table - happy and joyous with tranquillity and peace and suffering doesn't touch me. Of course, problems come. I learned that the word problem comes from the word 'probolo' - something that is thrown in front of us. Problems are not stumbling blocks, they are stepping stones. They are not stop signs, they are guidelines. They are challenges not to make us suffer but to make us strong. I just refuse to be unhappy. When a very big problem comes, I tell it - Mr. Problem, you may be a big one but

AFTERWORD

you can't stop me from being happy. I know problems come but never stay. They are like the zooming train that creates so much noise when it comes – but then it departs and problems zoom away. When we focus on the problem, we suffer. We must rather focus on the solution and when there is faith and hope there are more solutions than we need. These build enthusiasm that makes us live with joy. I just live moment by moment and I trust the Divine. I know that this life is a drama and there is a producer and director of the show. As my life unfolds moment by moment, I live with faith, not fear. I cope with hope. And I surrender to the Divine. I am so happy, so blissful because I tell myself – whatever will be, will be. The future is not ours to see.

I have learned to live with love. Because love creates joy – not expectations. Expectations make us miserable, so I don't expect anything in love. I just accept whatever comes my way as a gift from the Divine. Thus, I don't suffer. I watch so many people around me and they suffer because they live expecting in their love. While my love says, I need you because I love you, their love says, I love you because I need you. Thus, they suffer

AFTERWORD

because when their need is not fulfilled, their love breaks and gives them an ache in their heart. But, my love has no need and no greed in it – I just love and so I am blissful.

It has taken me a long time – I must say, to reach this state where I Suffer No More. It's not something that happens with a switch of a button – but it's possible if we understand the root cause of suffering and if we realize it's a choice, then we can choose to Suffer No More.

After all, I have realized the Truth that life too is like a dream, nothing will be mine at the end. So why should I be attached to anything or anybody? These attachments cause suffering and thus, I live a detached life. Because I have made my rascal mind transform from a monkey to a monk – I live in peace – Peace is the foundation of happiness Where there is no peace, there can be no happiness and there is guaranteed suffering. When messengers of misery come and knock at my door – I refuse to open the door and bid them goodbye from outside. Thus, instead of living with fear, worry, hate, anger, jealousy and revenge – I choose to live with faith,

AFTERWORD

hope, love, forgiveness, confidence and courage. I fill my life with positive emotions and these fill my life with joy. My life is so full of joy that there is no place for suffering.

I know I am not the body that may suffer. If it suffers, I treat its pain but I try not to let its suffering come on to me. I know I am not the ego or the mind that causes suffering. Whenever the ignorance tries to overcome the Truth, my intellect cuts it into pieces with the sword of discrimination. I live with acceptance and surrender and I am happy in every moment that unfolds. To me, that's all that matters. I don't think of yesterday, nor do I worry about tomorrow. I am happy in the Now!

Thus, I Suffer No More. I have chosen to live with joy and peace and I try to help others do the same. I try to share other's suffering just as I share my joy with others. Because I have learned that joy shared is joy doubled and suffering shared is suffering halved. I take other people's suffering and reduce their load. As I throw other peoples suffering into the dustbin, I try to share the bliss I have with them, try to make their world

a happier place. After all, the world is a stage and we must enjoy the show before we go.

We must discover the Secret to Suffer No More and live a life full of bliss and joy, eliminating all suffering of the body, ego, and the mind, living moment by moment, enjoying every moment as our life unfolds!

**“ Suffer No More! Suffer No More!
Life is a Show, we Come and we Go
Live in the NOW with Joy and Peace
That’s what Matters for Sorrow to Cease ”**

POEM

*We can be happy living with joy
Tranquillity, and peace
Or we can be miserable and cry in pain
Cursing our own disease
It's a choice to Suffer No More
We must realize we come and go
Why should we live to cry and die?
Suffer No More! Suffer No More!*

*Why do we suffer, why do we cry?
Why this misery right till we die?
We live in ignorance, the Truth we don't know
That's why we don't fly in the sky
We must realize the Truth that Pain is like Rain
It comes but soon it will go
Why should we live to cry and die?
Suffer No More! Suffer No More!*

*What is this suffering? What is this pain?
What is this misery again and again?
It's pain of the body and stress of the mind
Living with fear in vain
We don't need to suffer, we don't need to cry
If only in our face the Truth does glow.
Why should we live to cry and die?
Suffer No More! Suffer No More!*

*Everybody wants happiness, nobody wants pain
We love the sunshine and hate the rain
Still we are miserable, still we don't smile
And we just choose to whine
The body suffers but that's not us
Who we are - first we must know
Why should we live to cry and die?
Suffer No More! Suffer No More!*

POEM

*Messengers of misery, they want us to cry
Fear, worry, revenge, and anger stand by
They make us suffer
They make us cry and we don't question, "Why?"
Because we think we are the mind
We live in agony, our enthusiasm is low
Why should we live to cry and die?
Suffer No More! Suffer No More!*

*We are not the body that suffers in pain
Nor the rascal mind that thinks again and again
We live in ignorance of this Truth and cry
And lose our peace in vain
It's a choice to Suffer No More
We must realize we come and go
Why should we live to cry and die?
Suffer No More! Suffer No More!*

*We can be happy, we can rejoice
Refuse to suffer that is our choice
We can be tranquil and live in peace
For this is the choice of the wise
We must realize the Truth, we must burst the myth
This we must do right now
Why should we live to cry and die?
Suffer No More! Suffer No More!*

*Accept the past, and don't regret
What has happened, is now laid to rest
Yesterday is no more, why try going there?
Live in the now, it's the best
Because we shuttle from the future to the past
Our pain and misery grow
Why should we live to cry and die?
Suffer No More! Suffer No More!*

POEM

*Some people hope, what they want should happen
They live in stress, worry, and fear
If you want joy, live in surrender
Accept what comes, my dear
If only we realize a Power is in charge
Then we can tell sufferings, "Go!"
Why should we live to cry and die?
Suffer No More! Suffer No More!*

*You can be happy, in joy and peace
Don't need to suffer and do it with ease
Realize the Truth and throw misery out
Eliminate your fear and doubt
It's a choice to Suffer No More
We must realize we just come and go
Why should we live to cry and die?
Suffer No More! Suffer No More!*

by
AiR
Atman in Ravi

IN GRATITUDE TO MY SOURCE OF JOY

I BOW DOWN TO YOU MY MASTER, MY SOURCE OF JOY

This book will be incomplete without a word of gratitude to my guru, my mentor, and spiritual master Dada J.P.Vaswani.

He was the one who inspired me to go on a quest to realize the Truth. It is his grace along with the grace of the Divine that I have discovered a way to Suffer No More.

Dada himself was a man of joy, of smiles and laughter. He used to prescribe that a hearty laughter is the most important tonic for a healthy life. He said that those who don't smile are in fact, bankrupt. We must not hesitate in giving them a smile.

Dada taught me how to deal with suffering, pain, and problems. He led me to the Truth... that we are not this, we are That, not the ego, mind or body, but the Divine Spirit. It is rare to meet a spiritual genius like Dada.

IN GRATITUDE TO MY SOURCE OF JOY

Today, though he has moved on from the physical plane of this earth, he remains with me, in my heart and Soul. I talk to him every day and he is in every breath of my life.

Thank you, Dada! I offer this little book to thee as a humble offering of my Love, Respect and Devotion.

by
AiR
Atman in Ravi

About the Author – AiR

AiR – Atman or the Soul 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. At a very young age, Ravi V. Melwani 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, transformed his life to RVM, living by the RVM philosophy – Rejoice, Value Life, and Make a Difference. He started doing H.I.S. work – Humanitarian, Inspirational and Spiritual work. His mission was to 'Make a Difference' in this world before his journey was over.

As a part of the humanitarian initiative, a charitable hospital and charitable homes were set up with an aim to provide free medical treatment and care to the poor,

ABOUT THE AUTHOR

destitute, and needy. Today, over 700 homeless and suffering people are served and cared for in destitute homes and provided with free shelter, food, clothing, and medical care.

A School of Inspiration was set up that inspired the lives of many people through motivating talks, inspirational books and videos, and thought-provoking quotes.

A Shiva Temple was built in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. AiR now believes that religion is just a kindergarten of Spirituality, and we all have to go beyond religion to truly realize God.

One day, his Guru provoked him to introspect: What is the purpose of life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will we be reborn? Where is God? Several questions like these took him on a quest, a search for the Truth. He gave up his life of Achievement and Fulfillment in search of the final peak of life: Enlightenment.

After a few years of intense search in retreat, deep in the

ABOUT THE AUTHOR

mountains, he realized that we are not this body. We are the Soul, the Atman. He changed his name to AiR -Atman in Ravi. He metamorphosed to AiR and gave up his entire life as RVM and 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 Realize the Truth.

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that we live in. Truth is Truth but our mind does not realize that. With AiR's own realization, he has published several books, written bhajans, blogs, quotes, poems and taken up several other initiatives that can direct people towards the Truth. AiR's Vision is to make a difference in people's lives by triggering them to ask questions, and then to investigate, and eventually, realize God. He believes that unless people ask questions, they will never start a quest and even if they start the quest unless they really investigate, they will not realize the Truth. This Truth cannot be learned in a school, college or university, it must be realized. AiR has dedicated his life to helping people realize the Truth.

Books by the Author – AiR

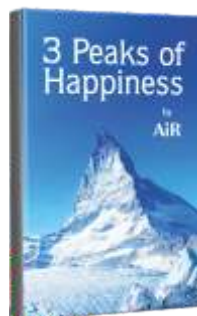
1. Talaash

'Talaash' means Search or Quest. This book by AiR is his personal journey to realize the truth where he shares his realization that we are not the body and the mind that we seem to be. We are a power. The Divine life force is known as Soul, Spirit or Atman. This search and quest by AiR made him transform his life. It is a quest that made him realize the truth. It might be just that book that inspires you to liberation.



2. 3 Peaks of Happiness

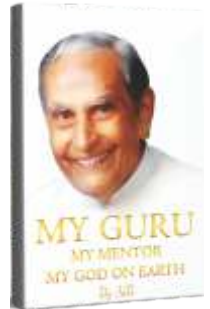
3 Peaks of Happiness by AiR is a simple book that talks about the quest of all humanity. Everybody wants to be happy. But is everybody happy? No. The reason is we are stuck on the first peak of happiness – Achievement. 20% of the people are lucky to



climb the second peak of happiness – Fulfilment, which comes from contentment. But there is a third peak beyond. The third peak of happiness will liberate you from the prisons of misery and sorrow and give you eternal Joy and Bliss.

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

My Guru, My Mentor, My God on Earth is a book by AiR in which he shares his experiences with his Guru who was not just his Guru and Mentor, but also his God on Earth. We all need a coach, a teacher to help us understand, guide us to live life and this book "My Guru" will inspire you to find your Guru or to make your relationship with your Guru more fulfilling and meaningful.



4. I will Never Die. Death is not "The End"

In the journey of his life, AiR realized many truths. One of the truths was that he would never die. The body will die, but the one who lives in the body never dies. We are not the bodies that we wear; we are the ones who

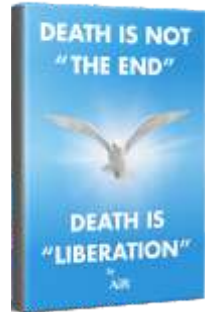


BOOKS BY THE AUTHOR

wear the body. Death is not the end. It is a bend to transcend. This book reveals the truth about Death.

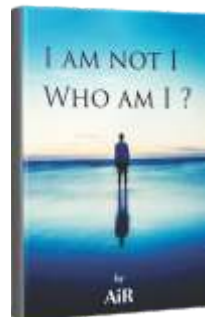
5. Death is Not "The End". Death is "Liberation"

Death is Not "The End". Death is "Liberation" – the second book in the series of books on death by AiR – touches upon the secret of the Kathopanishad, which talks about what happens at death. One of two things happen – if we think we are the body and mind as a doer, we are reborn. But if we think we are not the body and mind, but the energy, we are liberated to eternal joy and peace.



6. I am not I. Who am I?

I am not I. Who am I? – is a very interesting book by AiR, which talks of his quest and realization that we are not who we think we are. We have a house, but we are not the house. We have a car, but we are not the car. We have a body, but we are not the body. We may have a mind, but we are not the mind.



Who are we? Realize the truth.

7. The Mind is a Rascal

Can you believe that the mind is a rascal? You always thought that the mind is king – it is everything. But just try this. Sit quietly for an hour, and try to find the mind. Where is it? You will find the mind doesn't exist. This amazing book by AiR will teach us that the mind is our enemy. It is the one that makes us suffer. It is time to find the rascal and to kill it. How do you do it?



8. A Cosmic Drama

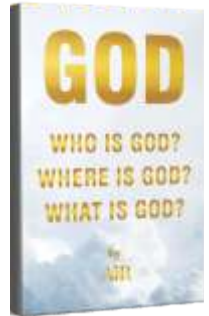
This book authored by AiR challenges us to think that whatever is happening in life is not real. It is nothing but a drama. The earth is a big stage, and we are all actors who come and go. There is no need to worry and cry till we die. If we understand the truth, we can enjoy the show called life.



BOOKS BY THE AUTHOR

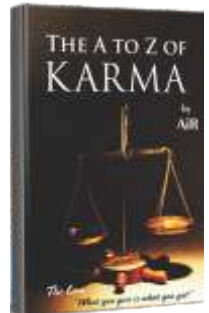
9. Who is God? Where is God? What is God?

Well, this might seem to be a simple set of questions, 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 simple book will change your perception and belief about God and bring you closer to this Power called God. It will help you realize God.



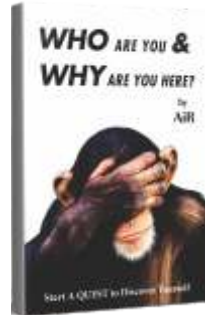
10. The A to Z of Karma

Most people are aware of the concept of Karma - the Law. 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 it and achieve Moksha, Nirvana, Liberation or Enlightenment. This book reveals the secret - of eternal joy and peace - a life without any misery or suffering.



11. Who Are You & Why Are You Here?

'Who are you and why are you' here is a simple book which challenges us to discover the secret of our life. Most of us think we are the body-mind complex, but in reality, we are not. The body will die and return to dust. Where is the mind, we cannot find. Who are we in reality? And beyond that what is the purpose of life on earth. This book will give you all the answers.



12. The 4th Factor

Man thinks that he can achieve anything. He believes that there is nothing in this world he can't do. But, he doesn't realize that his efforts and equipment are not enough to decide the results of his actions. Sometimes, he does his best but things don't work out the way he wants. He then realizes the importance of the 4th Factor, a factor that makes the possible, possible and without its consent even the possible becomes impossible.



BOOKS BY THE AUTHOR

13. Be Happy in the NOW!

Every human being on earth wants to be happy. There is nobody who enjoys pain. People want to achieve happiness but they fail to realize that happiness is the journey itself, not the destination. Then, what is the secret of eternal joy, bliss, and peace? It is being happy in the NOW. Every time we let the suffering of yesterday take charge of our life, we destroy the joy of today. When our thoughts anxiously jump into what may happen in the future, we lose the tranquility of the present moment. We seem to be like helpless monkeys jumping from one branch to another, from yesterday to tomorrow. And in the bargain, we lose the gift of being happy in the present. 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! We don't want to invest time in

BOOKS BY THE AUTHOR

asking essential questions which are actually needed to lead a fulfilling and blissful life. There are so many critical questions that we must answer before our journey of life is over. What will happen to us after we die? Who created this universe? How can we be happy all the time? Who is God, where is God, what is God? Like this, there are so many questions which we are ignorant about and somehow, we believe that ignorance is bliss. We blissfully live in ignorance till we die. Isn't it time to stop and ask questions?




15. Suffer No More

COMING SOON

16. Success is not Happiness... Happiness is Success

|| Om Namah Shivaya || || Shivoham ||



Visit  Google play or Scan the QR Code to download the AiR - Atman in Ravi App.
www.air.ind.in | air@air.ind.in

A.i.R.
AiR Institute of Realization
Ask Investigate Realize

SUFFER NO MORE

We all experience suffering but have we ever stopped to realize why we suffer? No! Because we live in ignorance. *We suffer as the body and we suffer as the mind, which in reality we are not. When we discover the secret of who we truly are, we need not suffer. We can Suffer No More!*

Why suffer when we can live in joy and peace? If we discover the secret of living moment by moment, blissfully and peacefully, without jumping into yesterday and tomorrow, we can learn to live without suffering. We can Suffer No More!

Of course, the body experiences physical pain but that's not us. We can kill the pain before the pain kills us. We have a mind that tends to get miserable but we should distance ourselves from the mind and observe it - not suffer as the mind.

Discover the secret - Suffer No More! And you can end all suffering living with Peace, Bliss, and Joy Forever!

A.i.R.

AiR Institute of Realization
Ask Investigate Realize

Kemp Fort Mall, #97, Old Airport Road, Bangalore - 560017

+91 9845155555 | www.air.ind.in | air@air.ind.in

By
AiR
Atman in Ravi

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