

PEACE

WHEN THE MONKEY BECOMES A MONK



By
AiR
Atman in Ravi

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Preface

'I seek Peace. I have no Peace of Mind. I am worried, stressed, and anxious. I am in a state of depression.' It is very common to hear this from people today. As the world is progressing in technology and is becoming so advanced in every domain of our lifestyle, we are losing a very precious gift – Peace.

Not just individual people, but families, cities, countries, cultures, civilizations, and religions are also waging wars against one another. There are feelings of jealousy, hate, and revenge in our Mind as anger fills our life. Peace and tranquillity are seen as a thing of the past. We all want Peace of

Mind. We want to experience that state of bliss and that feeling of tranquillity. But where has our Peace gone?

Peace is not an external thing. If one has been snorkelling, scuba diving, or has just dived into the ocean, one will experience a calm very different from the roaring seas. So also, while there is noise, there are blasts, and there is chaos all around us, if we turn and go within, we will find stillness and Peace that we all seek.

Peace is a state of Mind. When the Mind is agitated, our Peace is shattered into pieces. The Mind is constantly jumping from thought to thought and it is sad that our own Mind steals our Peace and with it, our happiness. Little do

we realize that Peace is the foundation of happiness.

Today, the world is struggling to achieve global Peace. There are economic wars, just as there are religious battles across the world. People seek power and wealth. They want to defeat others and reign supreme. The Mind, triggered by the ego, is responsible for this. Together, the Mind and Ego become the ME that steals our Peace and tranquillity.

The Mind is constantly creating thoughts and these thoughts create so much anxiety. Unless we learn to calm the Mind - our own thought factory, and unless we fill our life with positive emotions, we will not experience Peace.

Ancient scriptures have stated - 'What

would it gain a man, if he gained the whole world, but lost his own Soul?' When will we realize that money, power, and fame are temporary things? When will we learn to exchange our achievements with Peace of Mind? When will we learn to live satisfied with our need, rather than to let greed destroy our Peace?

We are enveloped in deep darkness, a darkness that makes us ignorant of who we are and why we are here. Our ignorance makes us live like apes who are chasing grapes. Unless we make the Monkey Mind into a Monk, we will never be able to experience true bliss and Peace.



“

*What is the way to Peace?
How will our miseries cease?
Learn the art to tame the Mind,
Then Joy, Bliss, and Peace you will find.*

”



CHAPTER 1

WHY DO WE NEED PEACE?

PEACE IS THE FOUNDATION OF HAPPINESS

The whole world seeks happiness. Unfortunately, we lose our Peace of Mind and become unhappy. Peace is the foundation of happiness - we don't realize this! We spend our entire life chasing success. Either way, we don't experience Peace. Winners and losers both live a life of anxiety. What is the use if we achieve everything but lose our Peace of Mind?

*We human beings are a crazy lot,
All through life we seek happiness.
But true bliss comes from Peace of Mind,
This treasure we sadly miss.*



CHAPTER 2

WHY DO WE LOSE OUR PEACE OF MIND?

WE DON'T KNOW PEACE IS WITHIN

Man gets caught in desires and greed. He loses his Peace of Mind. Man doesn't realize that Peace lies within. He seeks sensual gratification. For little things, man gets irritated. Little does he realize that it his own Mind that robs his Peace. The Mind is very sensitive and reacts. This, if not controlled, can become an obsessive disorder. Not only when awake, even when he is asleep, the Mind dreams and steals our Peace. When will man go within and make the Monkey into a Monk? When will man realize that fancy meditation and Yoga classes will not give him real Peace? When will man find eternal Peace that will give him everlasting happiness?



CHAPTER 3

CAN WE FIND THE MIND?

THE MIND IS A MONKEY

The Mind is a Monkey that doesn't stop thinking. It creates stress, worry, and anxiety. But if we try to find the Mind, we can't because it is a subtle part of our existence. The mind makes us think up to 50,000 thoughts a day. Along with Ego, the Mind becomes the ME, and the ME makes us suffer. We desire; we crave and we lose our Peace. We do not realize that we have an Intellect that can discriminate, and through our willpower, we can control the Mind. We have a choice to stop living stressful lives.

*The Mind is a Monkey,
Jumping from thought to thought.
But we can never find the Mind,
This truth we forgot!*



CHAPTER 4

WHY LIVE WITH STRESS, WORRY, ANXIETY?

IT'S A CHOICE!

We don't have to live stressful lives. It's a choice. It is our Mind that causes anxiety. We become unhappy and depressed because we let bad news sink into our life. We do not learn the art of optimism and thus, lose our Peace. Some people choose to live cheerfully. They don't let depressing thoughts ruin their life. We can only do one thing at any given point in time, worry or discriminate. If we use our Intellect, we can make it a habit to choose Peace over problems.

Why live with stress, worry, and anxiety?

Why not rather Rejoice.

*We can replace Pessimism with Optimism,
Remember, it's a choice!*



CHAPTER 5

CAN WE BE POSITIVE ALL THE TIME?

FLIP OVER FROM NEP TO PEP

If we learn the art of flipping from NEP to PEP, we can be positive all the time. NEP is Negative Energy Poison. PEP is Positive Energy Power. We must consciously flip over by feeding our thought-factory positive emotions. Positive emotions are faith, hope, trust, love, courage, confidence, enthusiasm, optimism, forgiveness, and compassion. Negative emotions are hate, worry, fear, anger, jealousy, revenge, despair, doubt, and pessimism. These poisonous emotions steal our Peace. We must live with positivity. We must flip over from the negative to the positive. We must make this both a choice and habit.

*How can we be Positive all the time?
How can we make stress and worry decline?
If we flip over from NEP to PEP,
We will experience Peace at every step!*



CHAPTER 6

WHAT IS THE SECRET OF PEACE?

DISCOVER THE MONK WITHIN

We are 'human beings', not 'human doings', but the Monkey within makes us jump from thought to thought. We don't experience the present moment of Peace that is in the 'now'. The Monk within has become a Monkey, with its tail that is Ever-Yearning and Ever-Yelling. Unless we are silent, we will not discover the Monk within. It is a choice. If we discover the secret, we can live with Peace. It is the foundation of happiness. If the Monk becomes a Monkey, we will lose our Peace of Mind. We must resolve, commit, and discipline the Monkey to become a Monk. When we discover the Monk within, we discover the secret of Peace.



CHAPTER 7

WHAT IS CONSCIOUSNESS?

IT IS BEING AWARE, BLISSFUL, PEACEFUL

Our Mind steals our Peace with its constant thought process. If we become a witness and observe the Mind, we become still and peaceful. Consciousness is observing the Mind and making it like a Monk. It is not letting the Mind and Ego, ME, desire, crave, and think all the time. It is using the intellect to develop the willpower to be conscious. As long as we remain in a state of consciousness, we will experience Peace and bliss. The moment we lose consciousness, we will sink into our world of thoughts.



CHAPTER 8

HOW CAN WE BE IN PEACE?

CUT THE MONKEY'S TAIL!

We all want Peace, but we all live a stressful life. The way to Peace is to make the Monkey a Monk. The Monkey Mind is Ever-Yearning . Unless we stop this Ever-Yearning, we will not be in Peace. We must cut the tail of the MONKEY - the 'EY', the Ever Yearning and Ever Yelling, and make it a Monk. Peace is in the moment, but we are jumping to the past and the future. If we want Peace, we must learn to live in the 'now' with contentment and fulfilment.

*If we want Peace,
We must cut the Monkey's tail.
If we don't make it a Monk,
In our journey of Peace, we'll fail.*



CHAPTER 9

WHAT IS THE CAUSE OF OUR MISERY?

IGNORANCE

We easily lose our Peace of Mind and become miserable. What is the cause of our misery? Ignorance. Our biggest ignorance is that we are ignorant about our ignorance. We think everything is real, when in reality, it is an illusion. The earth is a huge stage and we are just actors. Nothing belongs to us, we come, and we go. When we lose our possessions and people, we become miserable. Unless we overcome ignorance and realize the truth, we will continue to live a life of misery and lose our Peace.

What is the cause of our misery?

What causes worry, anxiety, and stress?

The Mind and Ego cause this ignorance...

These monsters that we possess!



CHAPTER 10

WHAT IS THE WAY TO ETERNAL PEACE?

LIVE AS A MONK

There is a way to Eternal Peace. If we learn to live as a true Monk, we will be free from all stress and anxiety. A Monk is not one who appears so from the outer appearance. He lives with a deep sense of internal Peace. A true Monk renounces and lives a dispassionate life. The real Monk is detached from worldly possessions. The Monk realizes that it is Peace that leads to happiness. He lives a life of silence and enjoys the gift of eternal Peace.

*Is there a way to eternal Peace?
From anxiety, how can we be released?
If only we clean up all the junk,
We can be peaceful and live as a Monk.*



WHAT IS SATCHITANANDA?

IT IS LIVING IN PEACE AND BLISS, CONSCIOUS OF THE TRUTH

Eternal Peace is a rare gift enjoyed by a Monk. When the Monkey drops its tail, 'EY'-Ever-Yearning, it becomes a Monk. The Monk becomes conscious of the Truth and enjoys *Ananda*, bliss, living with detachment and dispassion. As long as the Monkey inside us is alive, one cannot be a Monk in *Satchitananda*. The state of *Satchitananda* is more blissful than the pleasures of a billionaire or king. The Monk becomes a Yogi and remains in this state of *Ananda*, eternal joy and Peace. One, then, lives as the Divine Soul in *Satchitananda*, being Conscious of the Truth that is Bliss.

*Satchitananda is a state of Bliss,
It's living with Peace and Tranquillity,
When the Monkey becomes a Monk,
There is no stress, worry, and anxiety.*



CHAPTER 12

HOW DO WE REACH OUR ULTIMATE GOAL – ETERNAL PEACE?

REALIZATION, LIBERATION, UNIFICATION

Although we all want happiness, our ultimate goal is Peace. Eternal Peace is a gift to a true Monk who transcends the Monkey within. He passes the test of Purification and Illumination. A true Monk lives like a *Jivanmukta*, one who is liberated while alive. The Monk also lives as a *Sthitpragya*, one who has a steady intellect. However, Realization is not always Liberation. There is a constant war between the Monk and the Monkey. A truly realized Soul transcends the Monkey and is united with the Divine. This is our ultimate goal - to live as the Divine Soul and to be free from this circus of Monkeys on earth!

Today, I have shared the secret of eternal Peace and everlasting Joy with you. May you too be inspired to experience the state of Satchitananda by taming your Monkey Mind and making it into a Monk!

***Our Ultimate Goal is Eternal Peace,
Which happens when the Monk has the Realization.
Transcending the Monkey with
Purification and Illumination,
The Monk then attains Divine Unification.***

ABOUT THE AUTHOR - AiR

AiR – *Atman* in Ravi, is an Embodied Soul whose only mission in life is to 'Help People Realize the Truth'. He was born in Bangalore on October 15, 1966 as Ravi V. Melwani. At a very young age, he mastered the craft of business and revolutionized retailing in India. After making millions, he realized that life is not just about making money. He shut down his business at the age of 40 and started making a difference doing H.I.S. work – Humanitarian, Inspirational and Spiritual work.

As a part of the Humanitarian initiative 3 charitable homes were set up to provide free medical treatment and

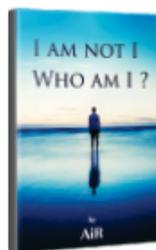
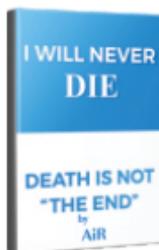
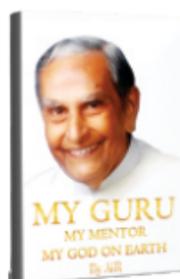
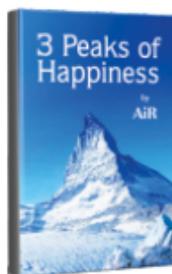
care to over 600 suffering homeless people. AiR also built Shivoham Shiva Temple in the year 1995 in Bangalore though AiR now believes that people should go beyond religion to truly realize God. Inspired by his Guru, Dada J.P. Vaswani, AiR went on a spiritual quest to attain Enlightenment.

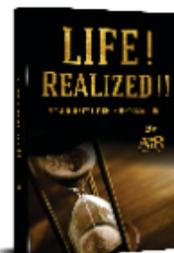
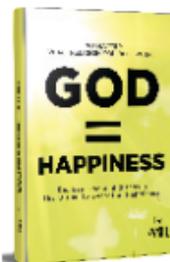
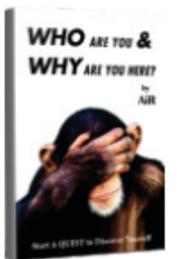
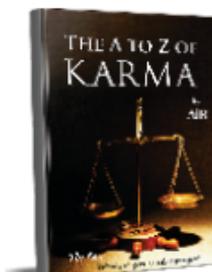
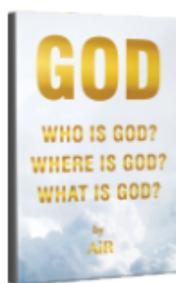
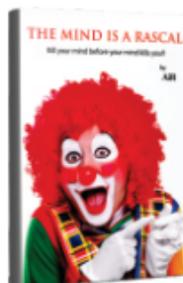
After a few years of intense search in retreat, he realized that we are not this body. We are the Soul, the *Atman*. He metamorphosed to AiR - *Atman* in Ravi, gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. He lives his life with just one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

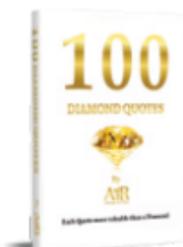
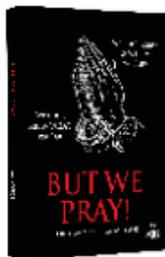
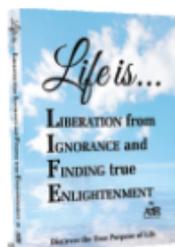
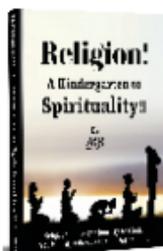
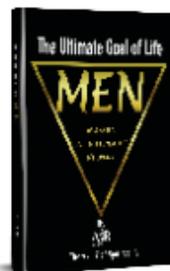
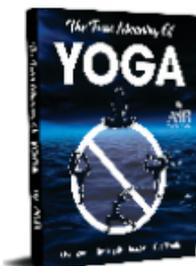
Investigate, and Realize the Truth. Based on his realizations, AiR has published over 32 books, composed and sung about 1115 bhajans, written several blogs, quotes, and poems. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts AiR Spiritual Retreats and webinars every week on Zoom and Facebook Live to help people realize the ultimate purpose of their life. Being blessed with everything, he seeks nothing except to fulfil this mission of life.

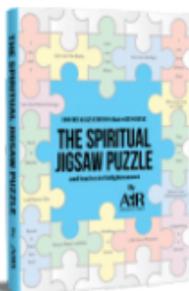
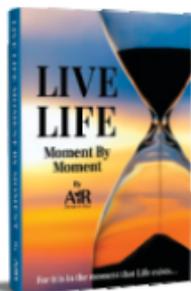
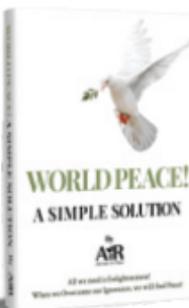
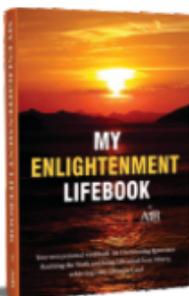
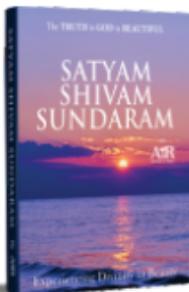
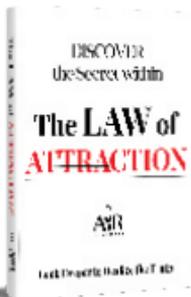
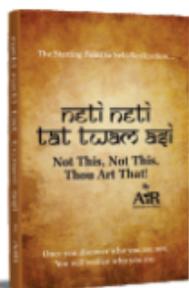
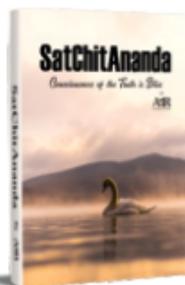
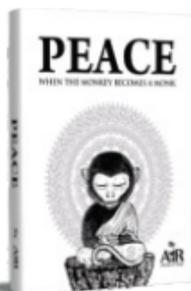
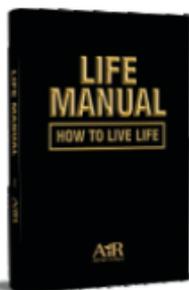
AiR has authored several books on various topics related to Life, Happiness, God, Spirituality, Karma and many of these books are also available as concise booklets.

BOOKS BY AiR





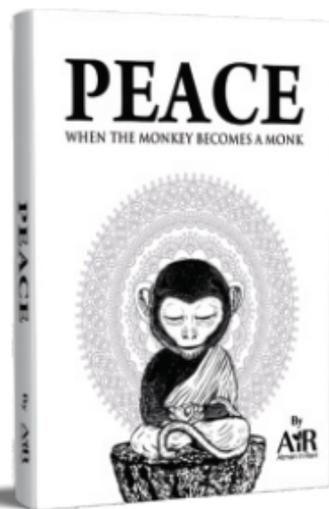




PEACE

WHEN THE MONKEY BECOMES A MONK

We human beings are enveloped in the deep darkness of ignorance. We seek Peace of mind but we don't realize that Peace is not an external thing. It is our original state. It is our own mind that steals our Peace by constantly jumping from thought to thought. It craves and desires and we lose our Peace. Unless we tame the Monkey Mind and make it into a Monk, we will never be able to experience true Bliss. This book will show us the way.



PEACE

WHEN THE MONKEY BECOMES A MONK

Peace is our greatest treasure. But we lose our Peace of Mind so easily. Peace is the foundation of our Happiness but in a matter of moments, we lose our Peace and with it our Bliss, our Joy.

What we don't realize is that the one who steals our Peace and our Bliss, is our very own Mind. It is like a naughty Monkey that is constantly producing thoughts and these thoughts cause us stress and anxiety. If we want the Treasure of Peace, we must make the Monkey Mind into a Monk. When we cut the tail of the Monkey that makes it jump all the time, we will discover the Peaceful Monk.

This booklet will practically show us the way to do that and lead us into a state of Peace and Tranquillity. It will build a foundation of Bliss and Joy as we live our life with Contentment and Fulfilment.

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