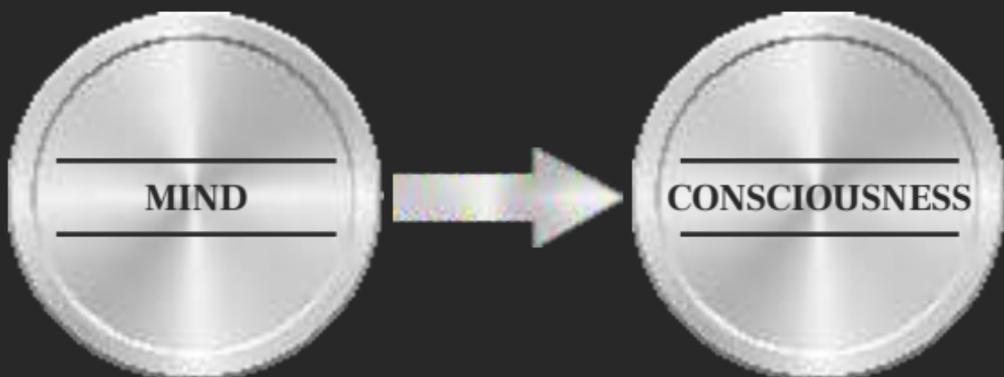


*The Secret to Peace and Happiness*

# **FLIP OVER** FROM **MIND TO CONSCIOUSNESS**



## **FROM NEP TO PEP**

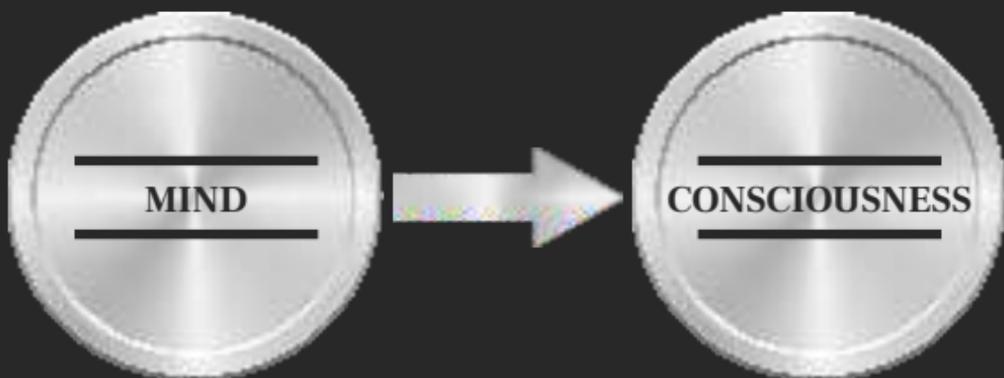
*From Negative Energy Poison to Positive Energy Power*

By  
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# PREFACE

Why is it that some people are happy and some are sad? Is there a way where we can always be glad? What causes our unhappiness? Is it our thoughts? Can we control our thoughts? Are we the Masters of our Mind or is our Mind the boss that makes us sit on a horse, and rides us to wherever it likes? How many of us stop and ponder and realize the truth? We all want to be positive but how many of us discover the secret of thinking and living positively every moment of our life?

This small booklet contains the secret to Peace and Happiness. It contains the art of flipping over from NEP, Negative Energy Poison to PEP, Positive Energy

Power. The way is to flip over from living with thoughts to living in a state of 'Thoughtlessness', also called 'Mindfulness', 'Consciousness', which can take you to the state of Everlasting Joy and Eternal Peace. It is your choice!

*Can you flip over from  
being sad to being Glad?*

*Can you control your rascal Mind,  
which is always making you Mad?*

*The good news is that you can!*

*I too lived a life of misery and stress,  
till I discovered a way to  
live in Consciousness,  
the way to Eternal Happiness!*

# PEACE AND HAPPINESS

We are made to believe that, 'success is happiness.' No wonder, the whole world is chasing money, name and fame. These sensual pleasures do give us momentary happiness, but is this what happiness all about? No! True Happiness is beyond the pleasures of the senses. It is beyond Achievement. Achievement is just the First Peak of Happiness. The paradox is that even the richest man in the world is not happy. The rich and the famous live in, fear, anxiety, and insecurity. Money is not directly proportionate to bliss. If it were so, all the rich would be glad, not sad. We wouldn't find so many wealthy people committing suicide. All successful people are not happy, but all happy people are successful. The Second

Peak of Happiness is Fulfilment. It comes from living a Life of Contentment. Not only are such people content, but they also laugh, live and give. They build a universal connection that makes them live with faith, hope, trust and love. But the ultimate Peak of Happiness is Enlightenment. People on this peak live a life of Everlasting Bliss, Divine Love and Eternal Peace. However, the first step towards Peace and Happiness is to kill the Mind, transcend the Mind. Do we even know what the Mind is?

*What is the way to Peace and Bliss?  
What is the way to Eternal Happiness?  
Happiness is not just Pleasure of  
Body and Mind!  
True Happiness is when life's Purpose,  
we find.*

## WHAT IS THE MIND?

Have you ever seen the Mind? Our Mind is nothing but a bundle of thoughts. When thoughts appear to bombard us, our Mind seems to appear. When there are no thoughts, there is no Mind. There is stillness; there is silence. However, this state is rare. The Mind is our enemy, it constantly bombards us with thoughts. It produces a new thought practically every second, which is about 50 thoughts a minute, that add up to more than 50,000 thoughts a day. By bombarding us with thoughts, it makes us stressed and miserable. We must kill it. When we kill it, we will flip over from Mind to Consciousness.

## **HOW DOES ONE FLIP FROM MIND TO CONSCIOUSNESS?**

We have to move from the state of thinking – the state of thoughts or Mind, to a state of Thoughtlessness, the state of Mindfulness. It does not mean that the Mind is full, rather it means that the Mind is empty. It is becoming Mindful, becoming the Consciousness and becoming the witness of our thoughts. Very few of us can reach this state of Consciousness. In fact, our Mind will not even permit us to understand, what it means to be in Consciousness. Let us first try to understand what Consciousness is.

Our Mind is constantly trying to bombard us with thoughts. When there

are thoughts after thoughts, the Mind appears. These thoughts become feelings and then, ultimately, they become actions. We seem to be the slaves of this Monkey Mind that is constantly jumping from one thought to another. There are thoughts of fear, worry and anxiety and we get trapped in thoughtfulness. There is no Consciousness. When we are able to still the Mind, when we are able to stop the flow of thoughts, we reach the state of Consciousness. It is a state where we can watch the thoughts of the Mind, we can watch the Mind. Not only must we watch it, we must catch it and latch it so that there are no thoughts. When there are no thoughts, there is no Mind!

# UNDERSTANDING CONSCIOUSNESS

Consciousness is that state of being where the MonKEY Mind has been tamed into being a Monk. The MonKEY has a tail – EY, Ever-Yelling and Ever-Yearning. It is due to this tail of the Monkey Mind, the constant yearning and yelling, that we are unable to be in a state of Consciousness. The state of Consciousness is the complete silence of thoughts. There is the stillness that leads us to becoming a witness, an observer of everything that is unfolding around us. In the state of Consciousness, there is Peace. Unless we attain this state of Consciousness, we will not be able to contemplate the Truth. It is in Consciousness, when the Mind is still, that the Intellect is awakened and we are able to discriminate between right and

wrong in our thoughts. We are able to be the Master of our feelings, actions and destiny.

Therefore, we must become conscious of Consciousness. Most of us just live and die, giving over the command of our life to the Mind. We believe that, 'the Mind is everything.' We do not know the difference between the Mind and the Intellect, because the Mind cleverly stops us from experiencing Consciousness. The moment we realize the Truth of Consciousness, we flip over from a life of stress, worry and anxiety, to a life of Peace, Tranquillity, Bliss and Happiness.

Consciousness is that Power of life that is in each one of us. Without Consciousness,

we would be dead. Consciousness shines in the light of the SOUL, the Spark Of Unique Life, that is in every human being. In this state of Consciousness, we can either activate our Intellect and take charge of our life, or we can give our life to our Mind and be a slave to our thoughts. Silence and meditation are prescribed to still the Mind. If we still the Mind, we kill the Mind. And we are in a state of Consciousness.

*What is Consciousness,  
does the world know?*

*We sleep and lose Consciousness,  
every day we grow.*

*But Consciousness, in fact,  
is the light of the Soul.*

*To realize this state is our  
Ultimate Goal.*

# **FLIP FROM NEP, NEGATIVE ENERGY POISON TO PEP POSITIVE ENERGY POWER**

Haven't we experienced two types of thoughts, positive and negative? We are often fooled by the Mind as it camouflages a barrage of negative thoughts with a few positive thoughts. By and large, the Mind is full of negativity but we don't realize this. That is why happiness is short-lived. In one moment, we are in a state of Bliss but in the next moment, we sink into thoughts of fear, worry, stress, anxiety, etc. that create unhappiness. This is NEP, Negative Energy Poison. If only we learn to uproot NEP, Negative Energy Poison from our life, we can learn to plant PEP, Positive Energy Power. PEP is Positive Energy Power. It is a set of

emotions that creates Power in our life. Emotions are Energy in Motion, that lead us to thought, to feeling and to action. When our emotions are positive, our life is full of Positivity. A person who chooses to live with PEP acquires a positive attitude. His perspective of life, his paradigm, his behaviour and choices are generally positive because the raw material in his thought factory, the Mind is full of PEP, Positive Energy Power. We must choose to live with PEP. We have to change our attitude, our habits and beliefs.

*PEP - Positive Energy Power,  
Creates in us, a Power...  
Faith, Hope, Love, and Courage...  
Make us as strong as a tower.*

## **HAPPINESS IS A CHOICE**

We all experience messengers of misery. They may be in the form of disappointment or ungratefulness or simply anger and jealousy. These emotions create unhappiness. We have to be able to shut the door and not open it to the messengers of misery. If by mistake they enter, we must not be affected by them. We must use positivity to negate their effect and push them out of our life, at the earliest. If we don't, the misery will sink into our lives and lead us to a state of depression. We should also have a list of Happiness Triggers and use them when we are feeling unhappy. Happiness Triggers are things that we love or love to do. We can flip over from being sad to being

glad by pulling one of the Happiness Triggers. We must also not forget the role of Karma in our life. What we give, we get. By doing good deeds, we can be sure that we will experience happiness.

*We can be Sad or we can be Glad;  
life is a Choice,  
Based on our actions,  
we will Cry or Rejoice,  
We have an Intellect that  
can intercept the Mind,  
And choose Thoughts to live by,  
of a Positive kind!*

## 10 WAYS TO FLIP FROM MIND TO CONSCIOUSNESS

In the last chapter, we discussed how we can flip from negativity to positivity. We also mentioned that we need to flip from Mind to Consciousness. How will we do that and what are the ways? There are ten ways to flip from a state of Mind to a state of Consciousness.

The **first** way is to move from a state of junk to a state of the monk. As long as we let the Monkey Mind fill us with thoughts of junk, we can never be silent and live like a monk. The **second** way to flip to a state of Consciousness is not to believe in the knowledge that we have grown up with. That knowledge may be filled with a lot of myths. We need the Realization of

the Truth that will enlighten us. So, to flip to Consciousness, let go of past knowledge and seek Enlightenment. The **third** way to flip to Consciousness is to refuse to be sad. When the Mind tries to fill us with thoughts of fear and worry, we should eliminate these thoughts. We should not be sad and instead, choose to be glad. The Mind creates confusion. If we flip over to a state of Consciousness, we will activate our Intellect and reach a state of conclusion. This is the **fourth** way to flip. The **fifth** way to flip is to make it a habit to live in Thoughtlessness, rather than be bombarded with thoughts. This flip will give us Peace and Bliss. The **sixth** way to flip to Consciousness is not to let the Mind steal our Intellect. Instead, Consciousness must reveal our Intellect.

The **seventh** way of flipping over is not to believe in a personal God. If we flip to Consciousness, we will pray to the Divine who is SIP, the Supreme Immortal Power. The **eighth** way to flip to Consciousness is to flip from Perspiration to Liberation. Thoughts will make us perspire, but Consciousness will inspire us to be enlightened and liberated. When we live in a state of Mind, it goes on swinging to the past that has gone and a future not yet born. When we flip to Consciousness, we stop swinging and start singing in Bliss, in the present moment. This is the **ninth** way to flip from Mind to Consciousness. The **tenth** and the final way to flip from thought to Consciousness is to realize that we are not the body that will return

in a rebirth. We are the Divine SOUL, a Divine Spark Of Unique Life, a part of SIP, the Supreme Immortal Power that will be united with the Lord and not return to earth.

*What is the state of Consciousness,  
do you know?*

*It is a state of thoughtlessness that  
makes bliss flow.*

*You're no more a slave,  
suffering due to the monkey Mind...*

*You live in Consciousness;  
Eternal Bliss and Peace, you find!*

## **FROM CONSCIOUSNESS TO ENLIGHTENMENT**

Consciousness is not just a state of Peace, Bliss, Happiness, it is that state of Thoughtlessness, in which, there can be contemplation of the Truth, Enlightenment. It is only in this state, that man is capable of reaching his highest levels of existence. Man is a unique being, blessed with the most unique life when compared with all living creatures. Of all the blessings that he has been gifted with, Consciousness is supreme.

Enlightenment is a state of Realization where one experiences the Truth. This magical experience is beyond any logical comprehension. To become aware that we are nothing; and thus,

become aware that we are everything, is the ultimate goal of life. When we live in Consciousness of the Truth, we experience a state of bliss known as SatChitAnanda. This bliss not only transcends all suffering through Liberation of the body, Mind and ego, but also experiences the fountain of love, an ecstasy that creates a euphoria of joy, experiencing the Divine in one and all, in anything and in everything.

*Consciousness is that  
State of Thoughtlessness,  
That first gives us  
Peace and Happiness,  
Then, as we realize the Truth and  
overcome Ignorance,  
We are Enlightened and experience our  
true Spiritual essence!*

## ABOUT THE AUTHOR - AiR

AiR – *Atman* in Ravi, is a Realized Soul whose mission in life is to ‘Help People Realize the Truth about Life and be Enlightened’. 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 40 books, composed and sung about 1200 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.

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

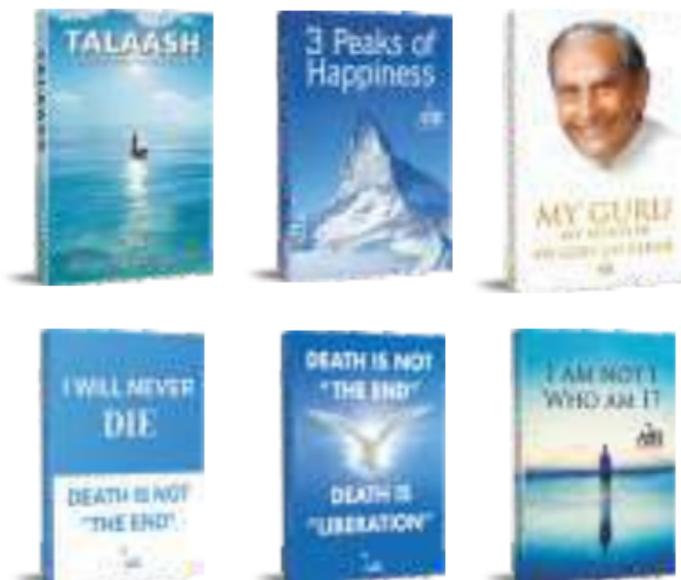
**Ask AiR**

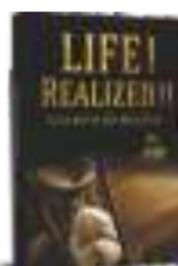
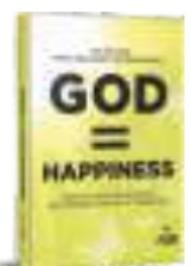
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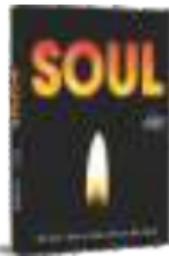
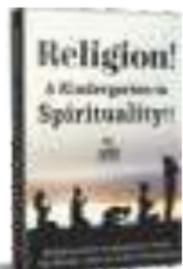
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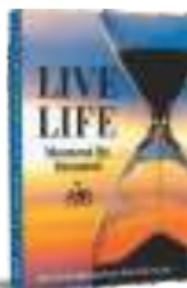
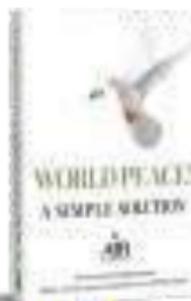
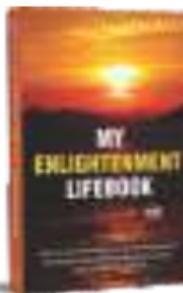
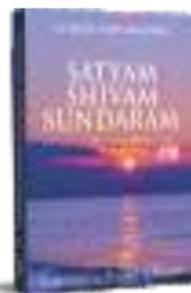
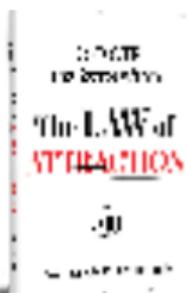
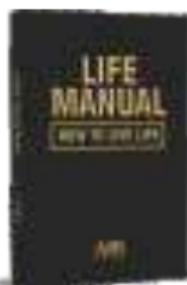
AiR has authored several books on various topics related to Life, Happiness, God, Spirituality, Karma and many of these books are also available as concise booklets.

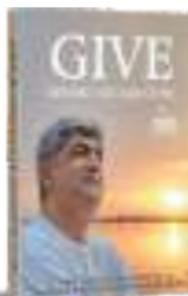
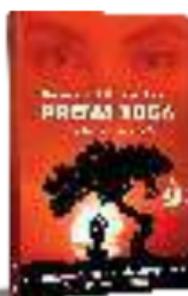
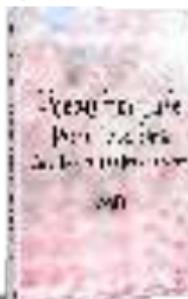
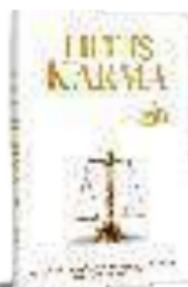
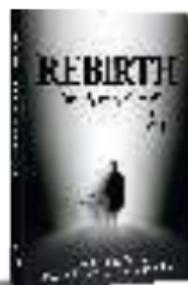
## BOOKS BY AiR











# FLIP OVER FROM MIND TO CONSCIOUSNESS

Most of us want Happiness, but we end our life in a mess. It is because we do not learn the art of being in Consciousness, we live a life of anxiety, misery, worry and stress. When we do not learn how to still the Mind and kill the Mind, we become slaves of our thoughts, which become feelings, actions and ultimately, our destiny. However, this is very much under our control. This is a choice and all we have to do is to flip.

We must flip over from NEP, Negative Energy that is Poison to PEP, Positive Energy that is Power. But for this, we must learn a big secret – how to flip over from Mind to Consciousness, from Thoughts to Thoughtlessness. This book will show you simple ways to do it and live a life of Eternal Peace and Everlasting Happiness! It is up to you, now. Are you ready to flip your life?

**A.i.R.**

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