

# How to Live with



*Eternal*  
**PEACE**

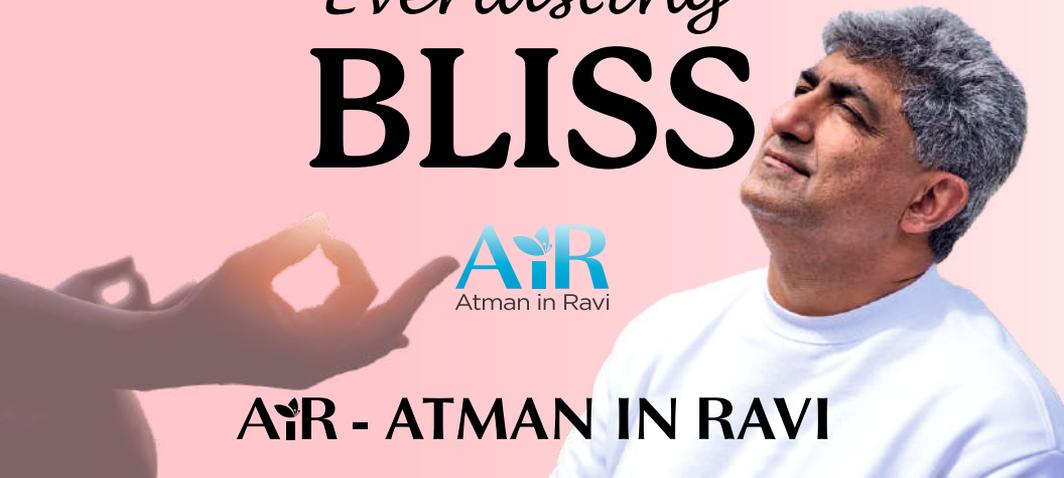
*Divine*  
**LOVE**



*Everlasting*  
**BLISS**



**AiR - ATMAN IN RAVI**





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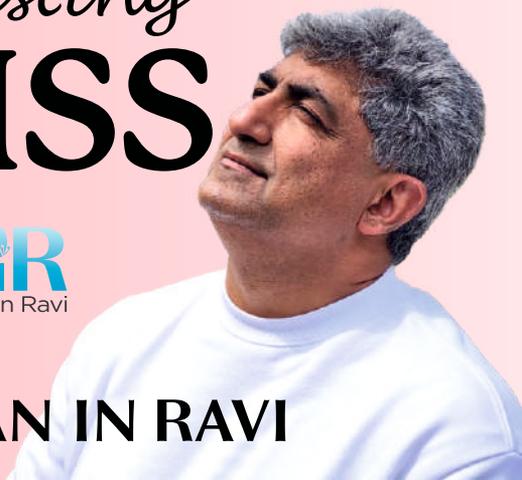


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**PEACE**

*Divine*  
**LOVE**

*Everlasting*  
**BLISS**

By

**AiR**  
Atman in Ravi  
Ravi V. Melwani

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# About The Author

**AiR - *Atman* in Ravi**



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

AiR – *Atman* in Ravi, is an Awakened Soul, Transformational Author, Singer, Philanthropist, 'Happiness' Ambassador and a Messenger of True Love. He is on a mission to help people discover the way to Eternal Happiness through Enlightenment.

AiR was an iconic entrepreneur who transformed retailing in India, only to walk away from the mega retail empire he had created. He shut down his business when he was 40 and started making a difference doing - Humanitarian, Inspirational and Spiritual work. AiR opened destitute homes known as AiR Humanitarian Homes spread across Bengaluru, that today, care for over 600 homeless and needy people.

Like anybody else, AiR started his life being religious. He built a Shiva temple in 1995. Subsequently, inspired by his Guru, he realized that God lives in the temple of our heart and he changed the name of the temple to *Shivoham Shiva Temple*. Now, he doesn't pray *to* Shiva but prays *through* Shiva, to SIP, the Supreme Immortal Power that is nameless and formless, birthless and deathless, the Divine Power that is everywhere, in everything. His Realizations resulted in his own

metamorphosis as he realized that we are the Soul, the *Atman*, a part of the Supreme Immortal Power. He let go of his given name and called himself AiR - *Atman* in Ravi, which means, the Soul embodied as Ravi. AiR, now, lives as an instrument of the Divine, doing His Divine Will.

AiR has founded the AiR Institute of Realization to reach out to the global community of seekers. As a Happiness Ambassador, AiR teaches people the Happiness Secret that reveals the way to Eternal Peace, Divine Love and Everlasting Bliss.

Based on his Realizations, AiR has authored over 80 books, composed and sung about 1450 *Bhajans* and written several blogs, quotes and poems. He conducts Spiritual Retreats and organizes talks to help people evolve on their spiritual journey. He is a TEDx speaker and is often invited to speak at several organizations, corporates and universities. He conducts daily webinars on Zoom, Facebook and Instagram Live to help people realize the Ultimate Purpose of life – Enlightenment.

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AiR Linktree

*If you have any questions on  
Happppiness, Suffering, Life,  
Death, Rebirth, Karma, Liberation,  
Enlightenment or  
anything related to Spirituality,*

***YOU CAN DIRECTLY***



ZOOM CALL QR CODE

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# Preface

***Who on earth doesn't want Peace, Love and Bliss?  
Everything we seek, ultimately leads to Happiness.***

The entire world is seeking Bliss, but there can be no Happiness if there is no Peace. If we want to be truly Happy, we need Love. The formula for Happiness is thus, Peace, Love and Bliss. This is the way to Eternal Happiness. This is my 80<sup>th</sup> book on how to live life without any misery or sorrow, how to be blissful, every moment and not shuttle from yesterday to tomorrow. There is a way to Eternal Happiness. People think that life will have both sun and rain. We must experience pleasure and pain. Everybody has loss and gain. But very few people are blessed. They discover the art of being Happy again and again. I am grateful for I have learned the secret of Eternal Happiness. I write this book to share the secret.

Peace is the foundation of Happiness. When there is no Peace, there can be no Joy or Bliss. But Peace, we don't have to find. It's within. We just have to still the mind. But how to still the mind? I discovered the secret.

Love is an ecstasy of Joy. It is a fountain of Bliss. Wherever there is Eternal Happiness, there is True Love. But how to find True Love? I discovered what Love actually means. It is not just an attraction from skin to skin. It is an ecstasy of passion that originates from the Divine within. I will share the secret of True Love in this book.

There is a way to Eternal Bliss. One can live with Everlasting Happiness. Unfortunately, most of us do not discover the way. We are trying to become Happy, when all we have to do is choose to be Happy. Happiness is not so difficult to attain but because we have confused Happiness with pleasure, we live in haste and our life we waste by trying to be an ace in this race. Unfortunately, whatever we chase is not ours and we get caught in a maze as we live without grace. In this book, I share how I live as the happiest man in the world.

I have written many books that cover the topic of Happiness and Peace and even Love. But this is one concise book that will show us how we can fill our life with all of these. Then, inadvertently, we will have discovered the secret of life itself, what the purpose of our existence on earth is and why we have got this human birth.

We all have a choice to choose tranquillity or fill our life with anxiety. We can experience Divine Love or live with heartaches and heartbreaks. We can choose Bliss or open our door to unhappiness. We can choose to be Happy. It's a choice. But while we can choose to be glad, if we still become sad, then we are mad!

I decided to write this book because as a Happiness Ambassador, it is my mission to teach people how to attain that state of Eternal Happiness through Enlightenment and be free from all misery on earth and from rebirth.

# Introduction



*There is a formula for Eternal Happiness,  
If there is Peace and Love, there will be Bliss.*

What are you seeking in life? Are you seeking True Love or are you seeking Peace or are you just seeking Joy and Bliss? Whatever you are seeking, you are ultimately seeking the state of Happiness. This book has it all. The first section covers Peace and the second section is about True Love. In the third section, we will discover Eternal Happiness that forever flows, not pleasure that comes and goes. Finally, this book will wrap up with a way to live life with Peace, Love and Bliss. Yes, we can. It is a choice.

Most of us become unhappy and we wonder where our fears are coming from. We worry and then we try to find out why we are wasting our life worrying. We become anxious and we don't understand why we are stressed out. Little do we realize that the thief is the rascal mind. When we still the mind, Peace, we will find. This book will show us how to still the mind.

We all want to Love and Love should essentially create Joy and Bliss. But why do we so often find Love causing broken hearts and unhappiness? We are confused about Love and have not discovered what True Love really is. True Love is not from skin to skin. It is a Love that flows from the Divine within. As long as the ego says, '*I love you,*' this duality is bound to create problems in relationships. This book will show us the way, by

helping us discover the universal, Divine Spiritual Love, True Love that is unconditional, that has no expectations. Then, we will enjoy the ecstasy of Divine Love.

Happiness or unhappiness, it is a choice. But as long as we run after Happiness, we will find Happiness going further away because Happiness is like a shadow. We cannot chase it. We have to be still and experience it. I experienced the 3 Peaks of Happiness. I evolved from Pleasure to Peace and discovered Purpose, which liberated me from all misery and sorrow. In this book, we will learn to be free from the triple suffering of the body, mind and ego and discover the true success of life called Happiness.

Do you want to transform your life? Do you want to live with Peace, Love and Bliss? In your hands is a treasure, a treasure greater than any pleasure. In your hands is a secret that is not some theory but a way lived by many that guarantees Happiness every day. Yes, there is a way. This book will not only tell you how but also show you a method to smile all the while. You will learn to accept life gracefully as you live peacefully. You will discover your true identity and not only be free from all suffering on earth but you will discover a way that will liberate you from the cycle of death and rebirth. When you discover the truth of, '*Who am I?*' you will fly in the sky with ecstasy and joy.

Are you ready to start a new journey? Are you ready to transform your life? If you are, you can discover through this book, a way to Divine Peace, True Love and Eternal Bliss.



PART - 1

# PEACE

*We are all seeking Peace,  
We all want Peace of Mind.  
But where there is a Piece of Mind,  
There Peace, we can never Find!*



## Chapter - 1

# Why Do We Seek Peace?

***We run after Pleasure because we want Bliss,  
We don't Realize that Peace is the Foundation of Happiness.***

Who doesn't want to be happy? Every human being is ultimately seeking joy and bliss. That is why we are running after success and achievement. Somehow, we are made to believe that pleasure is happiness and so, we go from one peak of success to another, thinking that every heightened peak will give us more happiness. But unfortunately, this is a myth.

If we look around us, do we find that all the rich and wealthy people are happy? They believed in the ego that created the 'I' and became miserable believing the lie. Desires may momentarily quench our thirst but will ultimately make us burst. Success creates stress and anxiety and while we get pleasure out of name, fame and money, the truth is very funny. Despite all the success, achievement and wealth, we end up with bad health because first, anxiety robs us of our tranquillity and then our greed overtakes our need. What then is the real way to happiness?

We all know the truth but we have not realized it. The truth is that we are all seeking peace because peace is the foundation of happiness. *When there is no peace, our happiness does cease!*

Imagine, you are in a celebration party drinking champagne and eating the most exotic food. Suddenly, there is some bad news of a death in the family or a disaster. What happens to the celebration? It becomes desperation. *The moment we lose peace of mind, happiness, we can no longer find.* Therefore, we all need peace to be happy.

We all experience the bliss and happiness that comes from being in a state of peace and tranquillity. It may be watching a beautiful sunrise or sunset or playing with our pet dog that is wagging its tail or watching a little bird sing a song. We all experience moments of bliss in nothingness. In this state of peace, all our sorrows cease and this results in a state of Eternal Bliss. Some people find it when they are painting or drawing, or even by humming their favourite song. How can such simple things make us happy? Because these give us peace and peace is the very foundation of happiness.

Some of us are running after success and achievement because we are seeking pleasure. But a few of us are happy as we live with contentment and fulfillment. We experience peace. Inadvertently, even the ones who are enamoured by the pleasures of this world, ultimately seek peace. But they don't realize it. They are lost in the rat race, trying to be an ace and they are caught in a maze. But whenever they live with moments of grace, they enjoy peace which is far better than any pleasure. It is only natural for every human being to therefore seek peace of mind because in this state, true happiness, we find.





## Chapter - 2

# How To Find Peace Of Mind

***Peace is within; it is something that you cannot find!  
If you want Peace, just still your mind.***

While we are all seeking peace, not many of us know how to find peace of mind. We are searching for peace in the wrong places. How can we find it?

*There was a lady who was desperately looking for a diamond earring that she had lost. She was carrying the other piece in her hand and frantically looking outside her door. Many neighbours joined her, helping her look for it. They were asking her many questions, how expensive it was, how special it was. But nobody was asking the most important question. An intelligent neighbour who joined the search asked her, 'Are you sure you know where you dropped it?' 'Absolutely,' she said, 'I dropped it inside my house.' 'But then, may I ask you,' the neighbour asked, 'why are you searching for it outside your house?' She replied, 'You don't understand, there is no light inside and so, I am searching outside.'*

Most of us are like this innocent old lady. We are searching for peace outside when in reality, peace is inside. We travel to far-away destinations to find peace of mind. Little do we realize that as long as we carry our mind with us, peace, we can never find.

How can we find peace of mind? The only way to find peace of mind, is to *eliminate* the mind. It is the mind that is robbing us of our peace. The mind with its toxic thoughts, continues to drill us and kill us and destroys our peace. The moment we still the mind, peace, we can find. But the challenge is, how to still the mind?

The whole world is trying to find a way to still the mind and find peace. The subject of meditation has become both a fashion statement and a popular solution to the stress and anxiety of this modern world. People are selling 'solutions' on the internet through apps, music and even Yoga. They have made all this into some mystical secret that will give us Eternal Peace. Unfortunately, we have not discovered the simple truth. If only we still the mind, peace, we can find.

The mind is not outside of us. My mind is in me, as your mind is in you. Therefore, whatever we do, the 'Peace Solution' lies within each one of us. If we want peace of mind, we have to go within. We have to find the mind and then, all stress, worry and anxiety, we must learn to leave behind! But the first challenge is to find the mind.

How often do you find that you lose your peace of mind? Whether it is fear, worry, stress, anxiety or some toxic thoughts that enter our head. These thoughts trouble us till we are dead. There may be no logic to a toxic thought, but because we drink this tonic of negativity, our stress and anxiety become chronic! How then will we find peace of mind?





## Chapter - 3

# Where There Is Mind, There Is No Peace!

***When the Mind appears, Peace disappears.  
When Peace appears, the Mind disappears.***

While we are all seeking peace, we have not discovered an important truth, '*What is peace?*' Peace is a state of stillness, of silence, of happiness. Why is it so difficult to find peace? Because somehow, our tranquillity is destroyed by anxiety. There is a rascal, a thief, called the mind. When the mind appears, it brings with it fear, worry, stress, anxiety, regret, shame and guilt. This aggression of toxic thoughts leads us into depression. How then can we find peace? Therefore, it is said that *where there is a piece of mind, there can be no peace of mind.* But where does the mind appear from?

We all seem to have a mind. But not many of us discover what the mind is. Then, this mind that appears to be, creates a tsunami of thoughts. These toxic thoughts become feelings and actions. Although we seek peace, we seem to be afflicted by a disease that makes us miserable and sad. Then we wonder where our peace has gone. Is it not the work of the toxic thoughts of the mind?

Reflect on your own experience of life. When have you found peace within? Either through some practice of meditation or in

some state of bliss in which the mind is not active. But when the mind becomes active, have you ever found peace? May be you are stressed out because of some fear, some anxiety. The fear may not be a real danger but the mind makes it appear to be so. Sometimes, there is one toxic thought that drills you and kills you with worry. Instead of living in the present moment with peace, the toxic thoughts of the mind take you to a yesterday that is gone and then, to a tomorrow not yet born.

While nobody can go to a yesterday and tomorrow, the mind can. It goes to the past and creates regret, shame and guilt with its thoughts that nurse, curse and rehearse the incidents and wrongs of the past. We lose our peace. Then the mind jumps to tomorrow and creates stress, worry and anxiety. Immediately, any peace that we enjoy will cease because of our own mind.

Therefore, if we want to find peace, we have to eliminate the mind. We have to kill the mind, before the mind kills us. But unfortunately, when we try to find the mind, where is the mind, we cannot find. Still, this invisible mind steals our peace.

Have you ever seen the mind? What is its shape, size, and colour? You have seen every part of your body and even pictures of the heart, the kidney and the lungs. You must have seen an MRI of the brain. But have you ever seen the mind? Nobody has seen the mind! But still, we keep on talking of the mind. Unless we discover the truth of the mind, peace we will never be able to find. Therefore, the biggest questions are - *'What is the mind? Where is the mind? Do we really need a mind?'*





## Chapter - 4

# What Is The Mind?

***What is the Mind? Did you ever try to find the Mind?  
It will stop you from your search as it hides the Truth behind.***

The mind is nothing but a bundle of thoughts. Unless thoughts become a cluster, the mind is not formed. Therefore, by itself, a thought is only a thought. But when we are caught in many a thought, we become prisoners of the mind.

The word 'MIND' reveals that it is nothing but

**M** - Misery  
**I** - Ignorance  
**N** - Negativity  
**D** - Desires

When negative thoughts appear in our head, we call it the mind. However, our mind is too smart. It fools us with occasional positive thoughts too. But beware, the mind is nothing but a rotten rascal. Its aim is to create misery and sorrow, as it steals our present moment of joy and shuttles between yesterday and tomorrow.

Although we all seem to have a mind, why do we struggle with the question, '*What is the mind?*' It is because the mind does not want us to Realize the Truth. The truth is that there is

no mind. That is why nobody has seen the mind. However, it appears to exist as it creates a hurricane of negative thoughts that cause a cyclone in our head till we are dead! Because of this barrage of toxic thoughts, we are unable to be in Consciousness and experience that state of Awareness that comes with Thoughtlessness. Alas, this steals our peace and happiness. The moment we are in that state of Mindfulness, where we still the mind, by stilling our thoughts, our intellect is activated and through discrimination, we realize that the mind is nothing but an illusion. It appears to be, as it looks at the mirror and tells us that we are the body, and the Mind and Ego, ME. It stops us from Realizing the Truth that we are the Soul. We are Divine energy. Not only does the mind make us suffer on earth but it also creates Karma and imprisons us in the cycle of death and rebirth. Therefore, one of the most important things in life is to find out what the mind is.

When we discover the truth of the mind, then peace, we are sure to find. Why is this so? Because when we realize that the mind is nothing but a bundle of poisonous thoughts, we try to still the mind and if we are able to, we kill the mind. In doing so, there are no more negative thoughts, no more desires. And in this state of tranquillity, not only will we find peace but also happiness.

The mind fools us into believing that success is happiness. It makes us run after pleasure and we lose the real treasure. Little do we realize that our biggest enemy is the mind, a mind that nobody has seen, a mind that nobody can find, a mind that hides the truth behind. But still, it is this rascal mind that causes all our misery, our sorrow. When will we find the mind?





## Chapter - 5

# The AK-47 And The MK-50

***Haven't you heard of some guns that can instantly kill?  
Worse is the Mind. Better make it still!***

The AK-47 is notorious for its ability to create disaster in times of conflict and war. It was given its name after it was developed in the Soviet Union by Russians and it has been popular for over 5 decades now. The reason that the AK-47 is being referred to here is because the mind is also a weapon but is far more destructive than the AK-47. We call it the MK-50 because it is capable of shooting at us up to 50 thoughts a minute. This can become a whopping 50,000 thoughts a day and can be very dangerous when it comes to peace!

In essence, we human beings are supposed to be peaceful. Why then do we lose our peace of mind? It is because of the mind. Where there is a piece of mind, there can be no peace of mind because the mind is bombarding us with a thought every second. It may be the same thought that is drilling us and killing us or it may be a new thought that leads to instant death in our head, although our heart continues to beat. With such toxic thoughts from the mind, how can we enjoy peace and bliss? Therefore, we have to stop the MK-50 from this bombardment of thoughts in which we get caught, if we want to find peace.

Some of us live a life of peace because we eliminate MK-50 – Mind Killer 50 from shooting at us 50 thoughts a minute. We stop this pattern of being faced with 50,000 thoughts a day as we learn the art of stilling the mind and we kill the mind. Unfortunately, the MK-50 is a dangerous weapon and is like a phoenix. Even if we try to still it and kill it, like the mystical phoenix bird, it can rise from the ashes and attack us again. The first challenge in attaining peace of mind is to stop the Mind Killer from constantly shooting us with thoughts. These thoughts can be of fear or worry, stress or anxiety. Whatever be the thought, it steals our peace and tranquillity. What is the solution?

People use meditation as a medication to eliminate the mind. Some are confused and they think that the mind is king, when in truth, the mind is the cause of all their suffering. They confuse the mind with the intellect, a valuable tool human beings are blessed with, to discriminate. The mind is only a deadly killer. It can neither lead us to peace, nor will it permit us to discover the purpose of our existence. Through its desires, it envelops us in ignorance and its negativity causes us misery as thoughts lead us to seeking pleasure, which is never the true treasure. Real happiness comes from peace and the mind is destroying our peace. It's time to kill the Mind Killer, the MK-50 from taking charge of our life. *A man was riding a horse, and somebody asked him, 'Where are you going?' He replied, 'I don't know! Ask the horse.'* When we let the mind become our boss, then it rides our horse and we are at a great loss. It shoots at us toxic bullets of thought and in stress and anxiety, we are caught! Beware the mind for if you don't kill the mind, the mind will kill you and your peace!





## Chapter - 6

# Toxic Thoughts Of The Mind

*The Mind produces toxic thoughts and it gently steals our Peace,  
It is negative; it desires and soon our tranquillity will cease.*

Why is the mind so dangerous when it comes to peace, bliss and joy? It is because the mind produces the 7 deadly miseries that can lead us into depression and sometimes, even suicide! What are these 7 miseries?

The mind causes FEAR. Fear is a False Expectation Appearing Real. There is actually no danger but fearful thoughts take command of our life and so, we are filled with strife. These poisonous thoughts make the monster look much bigger than it is! The mind will listen to a little whistling sound of an insect and imagine it to be a deadly reptile that will kill us. Recently, the fear of COVID proved to be far deadlier than COVID itself. Far more damage was caused by the fear of COVID than by the virus itself. When we eliminate the mind and its toxic thoughts, we can eliminate fear.

The mind causes us to worry. What is WORRY? It is

**W** - Waste of Life

**O** - Overthinking

**R** - Repeating the Problem

**R** - Rehearsing the Fear

**Y** - Yearning of the Mind

What causes worry? It is the toxic thoughts of the mind and if we eliminate these toxic thoughts, if we can still the mind, we will be free from worry and peace, we will find.

The mind causes stress. What is stress? STRESS - Sad, Toxic, Repetitive, Exhausting, Sadistic and Suffocating thoughts. Just imagine all these thoughts in our head. Is there any doubt that we will lose our peace and soon be dead?

The mind causes anxiety by constantly bombarding us with these poisonous thoughts. These thoughts suck away our tranquillity and replace it with anxiety.

The mind also causes regret. In reality, we cannot go to the past. But the mind can! It goes back to a yesterday that is gone and fills us with thoughts of regret and this goes on and on. How can we be at peace?

The mind also causes guilt. Toxic thoughts are the foundation on which, our misery is built. Those who are able to live in the present moment, live free of guilt because the past is gone. Nothing can change it. So, they move on. The toxic thoughts of the mind play a game and create shame. Shame is needless because the situation is done and dusted. Why feel ashamed of what can't be changed? But the mind wants to create toxic thoughts and make us suffer.

These 7 miseries are all caused by the toxic thoughts of the mind. No wonder, there is no peace of mind!





## Chapter - 7

# From Thoughts To Thoughtlessness

***When the Mind bombards us with Thoughts, Peace will cease.  
But in Thoughtlessness, in Awareness, there will be Peace.***

If we are in quest of peace, we must stop our search, for peace is not something external. It is within us. If we still the mind, peace, we can find. But how can we still the mind?

We have already discovered that the mind is nothing but a bundle of thoughts. For peace, we have to eliminate thoughts. How can we eliminate thoughts completely? It is impossible to eliminate thoughts. But when we talk of Thoughtlessness, it means eliminating that constant flow of toxic thoughts. Then, we can reach that state known as Thoughtlessness.

People often talk of Mindfulness. It is becoming mindful of what we are thinking. Some people call it Awareness. This is a state better referred to as Consciousness. All these words mean the same thing. When we are able to move from thoughts to thoughtlessness, we reach that state of Mindfulness, Awareness or Consciousness. In this state, there is no mind, there are only thoughts. The mind ceases to exist because it is no more shooting those 50 toxic thoughts every minute. In this state, thoughts no longer pour like rain, pushing us down the drain and making us suffer again and

again. In this state of Thoughtlessness, thoughts appear gently like snowflakes, one by one, into our Consciousness for us to discriminate and live with peace, devoid of any anxiety.

How can we move from thoughts to Thoughtlessness? How can we flip over from the state of mind to Consciousness? It is by becoming aware of our mind, a mind, which we cannot find! But still, as the mind bombards us with thoughts, we become blind to the truth. When we become conscious of these toxic thoughts of the mind and we make an effort to be in silence, to become the witness and to observe these poisonous thoughts that appear as the mind, we automatically move to a state of Consciousness. This is a simple method of being in Awareness. But unfortunately, the very powerful mind often bombards us like a gushing river and in that state, we are unable to create an embankment and a dam, to stop this gushing river of thoughts.

Thoughts come uninvited. They don't knock at the door. But once they enter, they push us on the floor. If we are in Awareness, we can push them out and shut the door. Then we can remain in that state of thoughtlessness and enjoy peace. Otherwise, the mind will take charge of our life and create disease. We will live with stress, anxiety and depression.

It is a choice — thoughts or Thoughtlessness, mind or Consciousness and it's not easy. The mind wants to attack us, for that is the only way it can ensure its existence. In Thoughtlessness, there is no mind but there is peace. We have to choose.





## Chapter - 8

# The State Of Consciousness

*In Consciousness, there is no Mind, there is no anxiety.  
In this stillness, there is Peace and Bliss, Joy and Tranquillity.*

What is this state of Consciousness? It is a state of Eternal Bliss and Peace. It is a state of Everlasting Happiness. What makes this magical state possible? When we realize the secret that we lose our peace of mind because of the mind, then we make all efforts to kill the mind as we still the mind. We realize that the mind actually doesn't exist. It is only a bundle of thoughts. When we pause this river of gushing thoughts, then we move from a state of mind to a state of Consciousness. Then there is no more poison in our head that will make us dead.

Whatever thoughts appear in our Consciousness, are subject to discrimination by the intellect. In Consciousness, thoughts don't pour like rain. They don't attack us like MK-50. The Mind Killer 50 becomes one thought at a time when we are in a state of Consciousness. But how can we be in a state of Consciousness?

It is not always easy to remain in a state of Consciousness. But we have a choice. If we let the mind take charge of our life, its nature is to create misery, ignorance, negativity and desires. How can we find peace when we are constantly bombarded with toxic thoughts? But if we choose to still the mind, we kill

the mind. In Consciousness, there are no poisonous thoughts. Thoughts will appear gently, like cable cars on a ropeway and these thoughts are incapable of stealing our peace and tranquillity. Therefore, if we want peace, we have to learn to flip over from a state of mind to a state of Consciousness. But even if we do this, the game is still not over!

The mind is a monkey, in fact, a gorilla that is difficult to control! We have to activate our intellect in the state of Consciousness to block the mind, lock the mind, and stop it from shooting at us, up to 50 toxic thoughts every minute. It hardly matters whether they are different thoughts that make us worry or the same thought that is causing stress and anxiety. The moment we stop the aggression of thoughts, we come out of depression and soon, there can be peace and celebration.

Consciousness guarantees peace because Consciousness is a state of 'no mind'. It is the mind that robs our peace of mind and so, obviously, in Consciousness peace will flow like a river and we will enjoy that state of Eternal Happiness. However, thoughts exist in Consciousness and if we are not fully aware, these thoughts can quickly accumulate and become the mind. The moment the thoughts envelop the sunshine of our Consciousness, then just like clouds can block the light and the warmth of the sun, the clouds of thought can, once again, block our peace and our happiness can soon cease. Therefore, those who want peace, must seek to be in Consciousness more than anything else.





## Chapter - 9

# The Intellect And Peace

***In Consciousness, the intellect does the Discrimination.  
It creates Peace and it eliminates all contamination!***

The challenge in our life is the contamination caused by the mind. The mind creates ignorance as it makes us believe many lies. The mind is constantly creating desires and passions and our need becomes our greed. When we reach that state of Consciousness, then in that thoughtlessness, there is no mind. There are no desires and passions and we are free from ignorance. But we still have thoughts. Thoughts never stop. Just like there is breath from birth to death, we continue to think. However, either there is the mind, or there is Consciousness. And either there is the mind, or there is the intellect.

In a mind state, there is no Consciousness. But in the state of Consciousness, when there is no mind, the intellect shines. The intellect is man's greatest gift. It is the tool of discrimination. It can decipher black from white and what is wrong from what is right. It is this gift of the intellect that creates what we call the willpower or the power to choose.

With an active intellect, man can choose peace and tranquillity over stress, worry and anxiety. When the toxic thoughts of the

mind attack us and create fear, worry, stress and anxiety, regret, shame and guilt, the intellect which is activated in Consciousness can intercept these toxic thoughts and through discrimination, eliminate this negative contamination. The intellect uses the power of reason and logic to discriminate and shoots down unnecessary fear and stress. However, this is only possible when the mind is absent. When the mind is present, the attack of toxic thoughts is too intense for discrimination. In fact, when the mind is present, our Consciousness is shrouded and the cloudy state of mind does not facilitate activation of the intellect because the mind has overtaken our Consciousness. Those who are blessed to realize this, eliminate the clouds of doubt and throw the toxic thoughts out. As we cleanse our head, we come back to Consciousness. This automatically activates the intellect and we are able to discriminate. What happens next? We enjoy peace!

Peace is always within us. Alas! We lose our peace and our tranquillity does cease because the rascal mind and its toxic thoughts seize both our Consciousness and our intellect. Therefore, the existing peace within, disappears like the tranquillity of a still lake. When we throw several pebbles in a pond with silent and still water, it creates ripples and the peace is lost. The mind creates ripples of toxic thoughts and steals our peace. If only we can be in Consciousness and if we learn the art of putting the intellect in charge of our life, there can be discrimination, just as there will be Realization of the Truth. And this is sure to guarantee peace. While the world thinks of peace as something very complicated and difficult to attain, if we use our intellect in Consciousness, we can choose to live a life of peace and tranquillity. But this is a choice that we must make.





## Chapter - 10

# From NEP To PEP

***NEP is Negative Energy Poison, it causes disease.  
We must flip to PEP, Positive Energy Power for Peace.***

What is the cause of all diseases in the world today? What is the reason for so many mental illnesses? The world today, is filled with psychiatrists because more dangerous than hepatitis and tuberculosis, is the dangerous disease called Rotten-thought-itis.

Rotten thoughts come from NEP. NEP is negative emotions that create poison. What are some NEP emotions that cause disease? Fear, worry, stress, anxiety, regret, shame and guilt are the 7 miseries of the mind. When the mind activates the ego, it creates 7 more monsters of NEP. They are anger, hate, revenge, jealousy, pride, greed and selfishness. Other than these 14 NEP dragons, there are many more like depression and pessimism that are a result of NEP.

We can choose either NEP or PEP. We can choose to live with love or hate. We can choose courage and throw doubt out of the gate. Once we choose these emotions, they become the raw material of the thought factory. The thought factory is the mind and if we feed the mind with NEP, we can expect only disaster. However, if we can make it a habit to live with PEP, Positive Energy Power, then we can choose positive emotions

as the raw material for our thought factory. Just like a popcorn machine will pop corn depending on what seed we feed it, so also the mind will pop thoughts depending on what we feed it. If we choose faith, hope, trust and enthusiasm and add to these, emotions of courage, confidence, love, joy, peace, forgiveness, compassion and optimism, these will become positive raw materials that will create positive thoughts. However, the mind is a rascal. It does not want positive thoughts. By default, it will continue to shoot at us negative thoughts which will drill us and kill us. If we are a champion and can flip from NEP to PEP, then we can flip from mind to Consciousness and choose these positive emotions over negative emotions, just as we choose peace and tranquillity over worry, stress and anxiety.

NEP or PEP. What rules your life? If NEP is in control of your life, you are in a mind state. To flip from mind to Consciousness, you can use the method of choosing positive over negative. The mind may resist such a choice, but if you are able to still the mind, then in Consciousness, you can activate the intellect and choose PEP over NEP.

Where there is NEP, there can be no peace and where there is PEP, all miseries will cease. Now it's up to you to seize what you want to. You want peace or disease. What you seize, will increase. With NEP, there will be disease, but with PEP, your peace and bliss will increase.

The whole world talks about 'Thinking Positive'. But how can we think positive when the mind is full of negativity? We can choose PEP over NEP and if we make this wise choice, we will experience Eternal Peace and Everlasting Happiness.





## Chapter - 11

# Making The Monkey Mind, A Monk

*The Mind is a rascal, it fills our head with junk.  
We must tame the Monkey Mind and make it a Monk!*

To attain peace in life, the biggest challenge is to tame the monkey mind. Just like a wild monkey that jumps from here to there, that seeks this and that, that grabs everything it can, the mind too is a monkey! It jumps to a 'yesterday' that is gone and then to a 'tomorrow' that is not yet born. It makes us regret and feel guilty with shame. It makes us nurse our hurts, curse the past and rehearse what can't be changed. It steals our peace. Then, the monkey mind jumps to a tomorrow. It causes fear and worry. It fills us with stress and anxiety and it destroys our tranquillity. If we want peace, we have to still the monkey mind.

How can we make the monkey mind into a monk? If you look at the word 'MONKEY', it has a tail, the EY. If we cut the monkey's tail, EY, what is left is MONK. What is the monkey's tail – EY? It is the nature of the monkey mind. It is Ever-Yelling and Ever-Yearning. It doesn't stop yelling and because of its noise, it dispels the inner voice of peace and calm. Its 50 thoughts a minute create a pandemonium in our head and peace is dead.

Then, the tail EY is Ever-Yearning, 'I want this, and I want that!' Does the mind ever stop its desires? The desires of the

mind only become passions, even obsessions, only to steal our peace and tranquillity. If we cut the tail of the monkey mind, the EY, what will remain is the monk because we have eliminated the junk, the Ever-Yelling and the Ever-Yearning of the monkey, our mind.

What is the M I N D? It is Misery, Ignorance, Negativity and Desire. Who is a MONK?

**M** – Master over Mind

**O** – Only in Meditative Yoga

**N** – No Desires

**K** – Kindled Consciousness

When we make the monkey mind a monk, we will experience peace and tranquillity that forever flows, not just a spurt of silence that comes and goes. Peace is possible but it is a choice. Do we want to be still in Consciousness and enjoy Divine tranquillity or do we want to jump like a monkey?

The monkey mind fools us and calls its monkey business, 'excitement and entertainment'. This is nothing but a treachery of the monkey mind to steal our tranquillity. A monk lives in peace and a monk has replaced greed with need. A monk has realized that ultimately nothing belongs to 'me'. The monk has taken charge of his head and for a monk, the monkey mind is dead. Only thoughts enter the monk's Consciousness for the intellect to discriminate peacefully. Every problem is dealt without stress and anxiety. Every issue is put in proper perspective. The monk is positive and lives with Divine acceptance and in total surrender. Do you want to live like a monkey or a peaceful monk? The choice is yours!





## Chapter - 12

# Peace Is The Foundation Of Happiness

*Pleasure may give momentary Joy, but it is not Eternal Bliss.  
It is Peace that is the Foundation of Happiness.*

We all want to be happy. Who doesn't? But we have not learned the simple secret of happiness. It is peace.

In our pursuit of happiness, we run after success and achievement. Little do we realize that this chase may release adrenaline and dopamine but it is only ephemeral. It is temporary. The stress and anxiety caused by our chase to be an ace ultimately rob us of our joy. This is not the way to true happiness. A truly happy person lives with peace and tranquillity.

If we were to choose pleasure or peace to be true happiness, what would we choose? Those who choose pleasure will be glad but soon will be sad. But those who choose peace will be happy all the time because if there is no peace, there can be no happiness. When we look at the lives of the rich and the famous, no doubt, they carry themselves well and project an image of being happy but the insecurity of losing their wealth and possessions, creates so much stress in their head and they are so worried about what people will say that they lose the moment that is full of joy. Their life is filled with anxiety. To the outside world, they are wealthy people but when it comes

to peace and tranquillity, they are bankrupt. They have difficulty sleeping as they are worried about tomorrow. Their lives are filled with sorrow.

How can we call these people rich? If the rich were truly wealthy, then they should always be glad. Look around and you will find many of them are sad! They live in depression, and we have heard that some of the wealthiest people have committed suicide. The problem is that they lack peace and tranquillity.

All successful people are not happy. But all happy people are successful because happy people have peace. Successful people may enjoy pleasure but pleasure is not real happiness. It is peace that is the foundation of happiness.

Are you seeking peace and tranquillity? Are you seeking Eternal Happiness? If yes, then stop your chase and get out of the maze. Learn to live with grace. Life is not about accumulating wealth, which will ultimately make you lose your health. Life is about being happy and to be happy, you need peace.

What are the attributes of PEACE?

- P** - Perfect Stillness of Mind
- E** - Eliminating Desires
- A** - Acceptance and Surrender
- C** - Consciousness
- E** - Experiencing Bliss

The whole world talks of peace but peace is rare to find. Little does the world realize that the culprit is the mind. It tries to make us find peace but peace is left behind. Only without the mind, will we have peace.



PART - 2

# LOVE

*Love is an Ecstasy of Bliss,  
It is the Fountain of Happiness.  
It is not just a hug and a kiss!  
Discover what True Love is.*



## Chapter - 1

# We All Need Love



***Love is not a luxury; Love is a basic need.  
Without Love, we will die; without Love, we will bleed!***

We all think of our basic needs to be air, water and food. Without air, we can survive for 3 minutes. Without water, we can survive for 3 days. Without food, we can survive for 3 weeks. Without love, though we may survive for a much longer period but ultimately, we will shrivel and die without the sunshine of love. Even if one is physically alive, deep within, they will be dead without love.

Somehow, we have misunderstood what true love is. We think love is just a romance between the lover and the beloved. But this is not what love is all about. Love starts right from the moment we are born and it lasts till the moment we are gone. A little child needs the love of its mother, just as that child will cry and scream if the mother is missing even for a moment. The little baby needs the mother's love, just as the mother needs the love of the baby. Where does this love come from? Love is Divine. But we have not understood the true meaning of love.

Who doesn't need love? We all need love but we don't understand that love starts right from the time we are in school. Do we not need love from our school friends and

teachers? Do we not seek kindness and compassion? These are all manifestations of love, just as forgiveness is. Imagine life without this.

We know of the little romance we experienced when we were kids. There was no lust but love blossomed in those innocent days. We all grew up with love but we never discovered the source of love or its importance.

We think love is 'falling in love', getting married and then having children. But this is very different from love. Love may lead to marriage, but all marriages don't have love, just as all love does not end up in a marriage. But love is an essential need of life, whether we get married and have a family or not. We can love anybody but we must love. *The love in our heart wasn't put there to stay. Love isn't love, till we give it away.* We need love just as we need to love. Love must flow if one has to truly grow through this experience called life.

Ultimately, we need God's love, just as we love God. Devotion is the first step in Divine Spiritual Love. But those who truly love God are willing to die for their Lord. How can we love God? The obsession for the Divine can lead one through the journey of Self-Realization and ultimately, God-Realization. Then, we can love God in one and all. The ancient Greeks called this love, *Agape*, just as the Sufis called it *Ishq-e-Haqiqi*. Without this Divine Love, we will live, and we will die. We will not realize, 'Who am I?' We will just cry and question, 'Why?' when our heart breaks. When will we discover what true love really is?



## Chapter - 2

# What Is True Love?



***True Love is not Love from skin to skin,  
True Love is Love for the Divine within.***

True love is bliss, it's not just a kiss! True love is not just hugs, balloons and red hearts. The world has misunderstood the meaning of love and very few people understand what love truly is.

Love is not just the infatuation of one body with another. It is not just passion from skin to skin. True love erupts from the Soul, the Divine within. We think that love is that shallow obsession that a lover has for his beloved. While that may be love but it is not true love.

While we have understood that love is an essential need of a human being, we also feel love in some animals. It is because love emanates from the Divine that dwells in every Soul. So, love begins from birth and ends at death. Love is vibrating in our lives, in every breath. Sometimes, we love to watch a sunrise or a sunset. We love to hear a little bird sing a song or we love our little pet dog when it wags its tail. All this comes under the gamut of true love.

Sometimes, we hear of hearts breaking. Heartaches and heartbreaks are not part of true love. When love is of the world and it's full of conditions and expectations, there are bound to be disappointments and hearts will break. Those who discover true love, realize that love doesn't come from the heart. It comes from the Soul.

Why does the heart beat faster when love is in the air? The heartbeat has nothing to do with love. The emotions of the entire body release hormones and chemicals that increase the flow of blood to the heart. Alas, we have misunderstood the heart to be the organ of love, when in reality, love comes from the Soul.

True love is eternal. It is not ephemeral love. It is not conditional. If one truly loves, then one never leaves. If one leaves, it only means one loved for a reason, a need, a selfish purpose. True love is Divine. Those who discover true love, enjoy an ecstasy of bliss that is greater than any other happiness.

How can we discover true love? If we go on a quest and realize the true meaning of love, we will be blessed with this Divine emotion which is the greatest source of happiness. When we realize that love is God, love comes from God that dwells within, love is for God that manifests everywhere, in everything, then we will experience the bliss of true love. If our love is an attachment to somebody, if our love is an obsession for our beloved, then this is only love, not true love, and we will experience both pleasure and pain. But in true love, we will experience the euphoria of joy again and again. True love that is Divine is more intoxicating than any wine.



## Chapter - 3

# *Ishq-e-Haqiqi, Agape, Mumukshutva*



***Ishq-e-Haqiqi is the real love, the True Love of God,  
It is Eternal Love for the Manifestations of the Lord.***

What is *Ishq-e-Haqiqi*? Literally, it means 'real love' or the love of God. While many religions and theologies just use the word *Ishq* and in some scriptures, it is even referred to as *Mumukshutva* or that deep love and longing for God, this intense love is true Divine Spiritual Love.

In ancient Greece, the Greeks used the term *Agape* for true love that is unconditional, when one is ready to sacrifice anything for the beloved. It is not love that is selfish and expects something in return. It is Divine Love that flows from the Soul and makes our life whole.

The Greeks equated true Divine Soulful Love of *Agape* with heavenly love, as compared to *Eros*, the erotic love or passion that is experienced from body to body, skin to skin. *Eros* is cheap ordinary love that is not eternal but *Agape* is love for the Divine. The Sufis equated the latter with *Ishq-e-Haqiqi*, meaning Divine Soulful Love vs *Ishq-e-Majazi*, which was worldly love, without any element of Divinity.

In the *Vedas* and *Upanishads*, the term is called *Mumukshutva*. It is when one develops deep love and longing for the Divine,

just as one passionately seeks Liberation from this illusory world of pleasures, possessions and people. The love is directed towards the Supreme, the Divine.

How can we reconcile true love with the love that the world understands is love? When we go deeper into the experience of love, we will realize that true love is not the attraction for beautiful skin. True love is that love that is for the Divine within. To reach this state of true love, one needs to realize that each Soul is none other than the Supreme, that we call God. God, the Supreme Immortal Power, SIP, manifests in every Soul, every Spark Of Unique Life. The Soul loves and is loved. That is why a dead body is incapable of love. As long as we don't understand that true love comes from the Soul, we will never discover that bliss, that Eternal Happiness, that is *Agape, Ishq-e-Haqiqi* or *Mumukshutva*.

True love is not a blessing for everyone. We all love and enjoy the bliss that comes from the emotion of love. But very few of us will enjoy the ecstasy, the happiness that true love is. Unless we discover that love flows from the Divine that dwells in the temple of our heart, in our Soul, we cannot discover true love. Unless we realize that the kingdom of God is within, we will not experience that Divine Love, that true love, that flows from the God in me, to the God in you. True love is Divine Spiritual Love for one and all, as we love each manifestation of God as though we are loving God. Although love is beautiful, the bliss that comes from true love is happiness that cannot be expressed in words and cannot be defined. It must be experienced.



## Chapter - 4

# I Love You Because I Need You



***When I Love you because I Need you,  
I only Need you, I don't really Love you!  
But when I Need you because I Love you,  
Then I really Love you, that's why I Need you.***

The world today is full of love. But it is not true love. Common love is based on selfish needs. It is not real love. We may have a physical need or an emotional need. These are the most common needs in love. But this is not true love.

A man is more physical in nature. The love of a man is mostly physical love. A woman is more emotional in nature. The love of a woman is based on her fulfilling her emotional needs. However, when love is built on fulfilling needs, it is not true love.

If 'I love you, only because I need you,' then the fact is that 'I only need you. I don't really love you.' But when, 'I need you because I love you,' then 'I need you, not because I need something from you, but because I truly love you.' This is true love. How many of us pause to differentiate love from true love? Thus, it is quite common to think that there is deep and passionate true love when in reality, it is just a crush, an infatuation that will soon burst like a bubble.

In today's world, love, relationships and marriages break as often as we make them. No sooner than falling in love, there is falling out of love. There is so much pomp and show in marriage but soon there is hate, shame and disgrace in divorce. This is because there was no true love. When there is love, we don't leave. When we leave, it means that there was no love! True love is eternal, unconditional love. But it is very difficult to find this love.

We all love because love is a blissful emotion. But if we don't understand the true meaning of love, what love really is, then we are sure to be hurt in our love. Most of us think of love that is based on conditions. There are expectations in most love relationships. But when love is knotted with conditions and expectations, it will be no better than a marriage contract that can easily be broken.

If we truly want to enjoy love, then we must discover what true love is. If we want the Eternal Bliss that true love is, we must first learn to grow that love within and not just love somebody because of their beautiful skin. Our true love should be for the Divine that dwells within. If our love is *Eros*, it is bound to break. As couples grow older, the love between them withers as the body ages. But this is not the case with true love. Even decades later, couples who are bonded in true love, live for each other sacrificing their happiness for the other. In true love, '*I am happy because you are happy.*' But when love is selfish, it is not true love. True love cannot be broken easily because it is not bound by material connections. It is bound by spiritual ties and this Divine Love lasts forever!



## Chapter - 5

# Discovering Divine Love



***Love is intoxicating, an Ecstasy greater than wine,  
If Love is Pure and Spiritual, then Love is Divine.***

Most of us live and love but we don't experience true love that is bliss. We celebrate Valentine's Day, give a rose to our beloved and think that love is a hug and a kiss but that is not true love.

Very few of us discover True Divine Love. Very few realize that true love comes from the Soul. Very few experience the ecstasy of joy, by loving not just the skin but the Divine that dwells within. If we want to discover true love, we must quickly discover who we are, in reality.

Are we the body that loves? Are we the mind that experiences the emotion of love? Are we the ego that says, 'I love you'? We are none of these. The body will die. The body is formed much later, over 9 months. We, the Divine Soul, come alive in the zygote in that moment of conception. One day, the body will die. Our loved ones will destroy our body and say that we passed away. We are that Power, that Spark Of Unique Life, that Soul, that departs in the moment of death, when there is no breath. When we realize that we are that Soul, then we will not have boyfriends and girlfriends. We will have only soulmates.

What stops us from discovering True Divine Love? It is the Mind and Ego, ME. It tells us that we are the one in the mirror that we see. But the truth is that there is no me. It is created out of ignorance. We are a manifestation of the Divine. When we transcend the mind and ego, and live as the Divine Soul, we will discover true love that is within. We will not be attracted by the skin but love the Divine that dwells within.

Self-Realization is the way to discover True Divine Love. We will realize that we are all Souls. We all come from SIP, the Supreme Immortal Power and the true love in our heart can never take us apart because in reality, we are one and love is Divine when it is yearning for each other as Divine Souls.

As long as we live as the body, mind and ego, we will love. We will be attached. We will have expectations and set conditions. But this will not give us the bliss that true love is. We must evolve beyond worldly love to discover Divine Love. Spiritual Love is beyond material things. We love somebody not because we need them but we need them because we love them. Why do we love? Because we realize the Divine in them. This is not easy but this is the way to discover pure, spiritual Divine Love.

Love creates an ecstasy of joy but when we don't discover true love, our hearts break. When we make an effort to love from the Soul to Soul, that love is universal. And not just to the beloved it goes but also to the Divine that dwells in all, it flows.



## Chapter - 6

# The Rainbow Of Love



***The Rainbow of Love has colours Seven,  
Those who Discover this, reach Heaven!***

Love is the way to God. Love is the way to reach that state of Ultimate Bliss, for love is the fountain of joy. When we discover the 7 colours of the rainbow of love, our life is filled with love and compassion, kindness and forgiveness. It ejects out of our life, anger, hate, revenge and jealousy as the rainbow of love colours the sky of our life from the time we are born, till the time we are gone.

What are the colours of the rainbow? The rainbow has 7 colours – violet, indigo, blue, green, yellow, orange and red. So does the rainbow of love. When we are born, Violet Love fills our life. Violet Love is the love between a child and a parent. We can understand the mother loving her newborn child more than anything in the world but what makes the little child love the mother? This is the magic of Violet Love and we see it exist between children and parents throughout life.

Haven't you experienced Indigo Love? Haven't you had a best friend who was more important than anybody else in your life? This is Indigo Love. It manifests in the form of friendship

but it is nothing but love. There are stories of people who have sacrificed their life for their friends because they love them so much.

When we are kids in school, we experience love for the opposite sex, even before lust enters our life. This is innocent romance and this blossoms to give us joy, even without erotic love entering our life. This is Blue Love.

Don't we love ourselves a lot? In fact, we love ourselves more than anything in the world and we sometimes call it our ego. But it is nothing but love disguised as Green Self-Love. What makes one give themselves so much importance? It is Green Self-Love.

Yellow Love is intellectual love. Often, we love people a lot, if we are on the same intellectual frequency. We love to spend time with them, be with them, travel with them and all this is because of love that is Yellow, intellectual love. Sometimes, marriages fail when Yellow Love is missing.

Orange Love is emotional love. It exists more in women than in men. Women's hormones and the way they are created make them seek Orange Emotional Love, when compared to men who are more passionate about Red Erotic Love. Most men cannot live without Red Erotic Love, just as women are incomplete without Orange Love that is emotional. Intelligent couples work on these aspects of love to make their relationship work like magic but those who don't, end up with a life that is tragic. Discover the rainbow of true love, if you want to fill your life with happiness. Then, you will enjoy true love every moment that you live, till the moment you are gone.



## Chapter - 7

# Love Is Freedom, Not Attachment



***If you truly Love somebody, then you set them Free!  
You are not attached to the Body, the Mind and Ego, ME!***

True love is not clinging. Clinging is the cause of all suffering. If you truly love somebody, you give them the freedom to live, to breathe, to love because true love is not a monopoly between two people. True love is Divine. True love is bliss. This is what love really is.

Love is not attachment. When you are so attached to somebody that you become so very possessive of them, you actually suffocate them. Is this love? Many people behave as though they love their beloved but in reality, they don't! They only love to possess the beloved. Therefore, they control every move of their beloved, so much so, that somebody said, '*If my beloved looks at another, I will remove her eyes!*' Is this love? It is just attachment. It is ignorance. It is not true love that is bliss. It is attachment that is the cause of all unhappiness.

What, then, is true love? It is freedom. If you truly love your beloved, you want them to be happy. You don't restrict them and constrict them in what they wear, where they go and who they speak to. Many people give their beloved the freedom to wear amazing clothes only in their presence. This is selfish

love. This is not loving somebody. This is possessing them and this is the beginning of the end of any love that exists.

Therefore, those who discover true love give their beloved all freedom because there is a perfect understanding between two real lovers. Love is not a contract. Love is not conditional. True love is the ability to let each other free but the love between two lovers creates that energy that keeps them bonded.

If we look around us, we see many relationships breaking apart because those who are suffocated in love realize that they are not being truly loved. They are just being flaunted as the beloved without any real love flowing from deep within. They are just being possessed and love doesn't really exist. It is only a pretence of love.

Do you really want to discover true love? Don't cling to your beloved. Be together to spend time because you love to spend time together. Don't spend time investigating what the other did, just to probe and find fault. In true love, there is no fault-finding. There is forgiveness because it is true love. Therefore, love will have attachment but true love will have freedom. Love is very easily infected by misunderstanding. But in true love, there is perfect understanding.

True love only has one objective that the beloved is happy. Therefore, true love is ready to sacrifice. This seems unreal for those who live in the world of love. But those who have discovered true love, their love flows from Soul to Soul.



## Chapter - 8

# The 4 Pillars Of Love



***If to True Love we must open the Door,  
Our Love must be built on pillars Four!***

What are the four pillars of love? They are like pillars that form the foundation of a building. First, the foundation has to be strong. Then, the building won't go wrong. If our love must work well, then the magic spell is not just physical and emotional but also intellectual and spiritual. These are the four magical pillars of love.

Love is not just of the body, as thinks a man. Love is not just of the mind, as thinks a woman. True love is body, mind, heart and Soul. This makes true love whole. Unless we blend physical and emotional love with intellectual and spiritual romance, life will be boring and love may experience heartaches and heartbreaks.

We human beings are designed in a manner that we seek the gratification of the senses. A man seeks *Eros* or Red Physical Love. Most men cannot do without it but some women can. But women are incomplete without emotional love. Does it mean that physical and emotional love are enough to create the ecstasy of true love?

Look at a bicycle. If you do not balance it, it will fall. In some countries, there is a three-wheeler which is also unstable. A stable vehicle like a car rests on four wheels. Even a table that is stable has four legs. Take off one of the legs of the table and the chances are that it will fall. With two legs, any table can topple. So, love too can topple if it is based on just two pillars. If love rests only on three pillars out of the four pillars of the body, mind, heart and Soul, it has some stability. But True Eternal Divine Love will have all the four pillars of physical intimacy, emotional magic, intellectual elevation and Spiritual Divinity. When love is built on these four pillars, it is unbreakable!

Most of us experience physical and emotional love. Some of us are blessed to have partners who have the same intellectual frequency. But very few develop the magic of Divine Spiritual Love. This domain of love is magical because it does not depend on the body. In fact, it transcends the mind and in Consciousness, love manifests for the Divine that dwells within. Therefore, Spiritual Love often becomes the turning point of Eternal Love.

Reflect upon your present love and all the love you have experienced in life. Now audit, when there has been love, which was just lust. Did it last? Reflect upon those relationships which were built on two or three pillars. They are no more the love of our life. If you have built your love on the four pillars, it cannot break. It's time to evolve from love to true love, from love that is built on two pillars and is shaky, to love that is built on four pillars that is stable and eternal. Such love experiences an ecstasy, a euphoria of joy that is beyond comprehension and definition. To love more, use the pillars four!



## Chapter - 9

# Love Is Trust



***When there is Love, there has to be Trust,  
When Trust is lost, Love is sure to Rust!***

The key to opening the door to love is trust. When we start to trust somebody a lot, love automatically develops just as we find love growing when we start to trust. But the contrary is also true. If we don't trust somebody, we cannot love them, just as if we don't love somebody, we cannot trust them. What is this deep connection between love and trust?

The emotion of love doesn't grow out of thin air. It is deeply rooted in trust. What is trust? TRUST is Total Reliance Unconditional Surrender To The One You Love. When you trust your beloved, there is no element of doubt. There is complete trust. When love is built on the 4 pillars, of the body, mind, heart and Soul, it is the combination of physical, emotional, intellectual and spiritual love. Love can disappear in a moment if we lose trust in the beloved. If we trust somebody 99.9%, that means we don't trust. We must trust 100% for true love to flourish. Where there is blind trust, there grows the tree of true love.

Love may be in any relationship. But it needs trust. A mother or father may love their child a lot and this love is often

considered unbreakable. But if a child loses the trust of the parent, it is sure to affect the love that is otherwise so deeply rooted in the relationship of a father or mother with a son or daughter. Love needs trust.

Love and trust go hand in hand. For love to be there, trust must be beside it. Those who think that they can cheat in love are sure to find their love dissolve and disappear. For love to grow, trust must grow. It is possible that at times, two people may not agree on something. But if they truly love each other, they will be transparent in trusting each other. They will agree to disagree but there will be no element of deception because their love is pure and strong. There are many relationships where there is no trust, but on the outside, it seems that there is so much love. However, this love is plastic! It is fake! For deep in the heart, there is no love.

The beautiful emotion of love flourishes with trust, just as it will wither away and rust without trust. Trust makes love grow, for trust comes from the Soul. Trust is pure. There is no manipulation and this is the key to true love. In today's world, such love is not easy to find. But when one discovers true love, one gets to the depth of Soulful Love where trust exists. One does not like to hurt the one they love and breaking trust is sure to hurt, just as it is sure to break the love.

Therefore, love is incomplete without trust. If we want the bliss of love to fill our life, we must first learn to trust. We must eliminate all doubt. There must be acceptance, which is enveloped in forgiveness. Then, love will flourish. When we love God, we trust God completely without an iota of doubt. Without trust, can we love God?



## Chapter - 10

# The LOVE Acronym



***When Love is of the Heart, it is sure to break!  
What are the ingredients needed for True Love to make?***

The word LOVE reveals what it truly is. It is

**L** - Longing

**O** - Of the Soul

**V** - Very Passionate

**E** - Ecstasy of Joy

If we want to test the presence of true love, we must look for these elements in the love that we speak about. There are millions and billions of love stories but a true love story is that in which there is deep-rooted Soulful Love.

When love is of the skin, then there is no depth of that love within. It is said to be superficial love that exists on the surface. But true love, which is rare is not from the skin but from the Divine that dwells within.

How many of us understand that we are not this body that will die? This body was formed over 9 months after we were conceived on that day, when we were planted in our mother's womb as the first cell of existence, the zygote. We arrive on earth on a day we mistakenly call, our birthday, which is in

fact, our arrival day. Then, this body grows and loves and grows old and ultimately, dies. The body dies but we don't. Our loved ones destroy our body because they are absolutely sure that we have departed, we have passed away. One who realizes that I am not this body that comes and goes, learns the true meaning of love.

Love is not of the mind. If you try to find the mind, where is it, you cannot find. Still, this mind creates emotions that make the heart beat faster. In true love, we go beyond worldly emotions of the mind.

The one who truly loves, realizes that love does not belong to the body and the mind but comes from our true existence, from the Soul – the Spark Of Unique Life. When one realizes the true self, then one experiences true love, realizing that we are all in fact, Souls, and we all come from one source, the Supreme Immortal Power, SIP that the world calls God. Then we discover true love.

When love is soulful, then love is that L – Longing, O – Of the Soul, V – Very passionate, E – Ecstasy of joy. This deep-rooted soulful longing for the beloved is so very passionate that it creates an ecstasy of joy. It is not superficial, plastic love that lacks trust. It is love that comes from God. It is Divine Love, unconditional love, love that has no expectations. True love is that deep longing for God that manifests as the Soul in another. Very few people are blessed to realize God in the beloved. Those who do are the ones who experience the ecstasy of joy, the passion, that comes from the longing of the Soul caused by true love. It is sad that the world has not understood what love is, where it comes from and who it flows to.



## Chapter - 11

# Love Is God



***Love is not just an emotion that comes from God.  
Love is, in fact, within us, the Presence of the Lord.***

Love is such a beautiful emotion that it can create instant bliss and Eternal Happiness. While we all experience love from the time we are born and enjoy love every moment till we are gone, we do not discover the Ultimate Truth that love is God.

What is that deep longing that seems to emerge from the depth of our heart? It is the Divine emotion of love that emanates from the Soul. The SOUL is a Spark Of Unique Life that comes from SIP, the Supreme Immortal Power we call God. Without the Soul, there would be no conception, no creation of life. It is the Soul that vibrates Consciousness in which love exists. Thus, love is present in every breath of our Consciousness. Sometimes, this Divine Love gets manipulated by thoughts of our mind and it becomes lust or attachment. But still, the original emotion is of the Divine, from the Divine and for the Divine.

We may fall in love with somebody and realize that it is not true love. But even that crush, that temporary infatuation is Divine magic. Our sense perceptions only work in Consciousness which is the presence of the Divine within us.

Our eyes fall in love, our skin touches and feels like loving, or the thoughts that appear as our mind create that deep affection for somebody. But all this affinity, this passion, is sourced in love that is Divine. But if this love is built on the 4 pillars of love, it will sustain the assault of the material world. Otherwise, it may fizzle out. But still, love is Divine.

Love can be an amazing emotion, a fountain of joy to the world. But to those who realize that we are, in essence, the Soul, not the body, mind and ego, they discover that true love is soulful. True love comes from the Soul and seeks the Divine in another Soul. In essence, our Souls appear to be different, but they are like waves of one ocean. Our Souls come from SIP, the Supreme Immortal Power and return to SIP. When the Souls manifest in the body, they carry Divine Love which has that deep longing for the Divine that manifests in another and this is expressed in the beautiful emotion of love.

Therefore, love is Divine. Love is soulful. Love is from SIP that the world calls God. Love creates bliss and it is the most important bond that glues the world together and creates magic in life. Just imagine a world without love! It would be so indifferent, so colourless. If there was no love between friends, in families, between lovers, then what would this world be? How could there be happiness? A thoughtful reflection will reveal that love is Divine. Love is God. The Divine manifests in us in the form of love. It is for us to enjoy this Divine emotion peacefully and blissfully, realizing that love is God.



## Chapter - 12

# Love Is An Ecstasy Of Joy



***We all want to be Happy. We all want Bliss.  
How many of us Discover True Love that is an ocean of this?***

The whole world is seeking happiness. Some of us run after success and achievement. Others want name and fame. Still others become happy, when they eat good food or go for a holiday. But beyond all the happiness that we enjoy, is love that creates bliss. Love is an ecstasy of joy. The euphoria of love makes the heart dance in a manner that no other trigger can. Only love creates such happiness.

The joy of love is bountiful and those who take love beyond to true love, enjoy the depth, the ecstasy of joy that is happiness, which is beyond what words can express.

True love is the Divine in us loving the Divine in another and this magic is truly blissful. When we reach this state, where there is a union between two Souls that love each other as one, then there is a state of Eternal Happiness that forever flows. It is not pleasure that comes for a moment and goes. The bliss of love lingers in our hearts and Souls and seamlessly flows throughout our life. This gift of true love is rare but it is our ultimate goal that we attain the state of Eternal Happiness where we experience the ecstasy of love.

Every form of love creates happiness, even if it is not true love but often results in heartbreak, causing heartache. It does not escape the initial fun and bliss that love creates. Even the simple love that is Violet Love between a parent and child or Indigo Love between friends, is still great happiness. But when love manifests as white Divine Soulful Love and appears in our life as the 7 colours of the rainbow of love, then we are able to love one and all, as manifestations of the Divine. It is in this state that we can experience that ecstasy of joy, which is beyond all types of happiness.

We all know that love is fun and it creates happiness. When will we discover true love that creates Eternal Bliss, and that euphoria of joy experienced by those who discover that love is Divine? When will we go on a quest and unearth the source of love that is none other than the Supreme that dwells within us as our Soul? If we enjoy the pleasure of love that is superficial and from the skin, we may be happy but we will not enjoy the euphoria of true love that vibrates from the Soul, the Divine within.

It's time to discover true love. We have the opportunity of realizing the most precious emotion of life. When we are able to experience true Divine Soulful Love, we are able to love God that manifests as living Souls and this love for God creates the greatest ecstasy of joy that man can experience. Alas, most of us only experience love that appears at the surface of the skin! We don't go on an inner voyage and discover the true love that is within. Thus, we don't experience the euphoria of joy, that ecstasy of true love that can give us Eternal Peace and Everlasting Happiness.



PART - 3

# BLISS

*We all seek Pleasure, we all seek Bliss.  
Whatever we seek is ultimately, Happiness.  
But Happiness is not Pleasure that Comes and Goes,  
True Happiness is Bliss that Forever Flows.*



## Chapter - 1

# What Is Happiness?



***Happiness is being Happy, it's when we are Glad.  
When there is no Happiness, we become sad!***

Happiness is a state of being happy. It is the emotion of joy. It is being positive, being blissful and peaceful. It is the art of enjoying pleasure and not suffering in pain. It is a skill of overcoming all misery that attacks us again and again. It is discovering how to live joyously in the present moment, not living with the misery of yesterday or the fear of tomorrow. It is that state of Eternal Bliss that comes with Truth Consciousness.

When somebody is happy, you can see it on their face. There is a smile and they radiate joy and cheer. There is an enthusiasm that vibrates from the one who is happy. While the whole world is seeking happiness and we all know what it is, it can become a great challenge to define happiness. Who doesn't want to be happy? Every human being seeks pleasures just as we shun pain. We hate to be at a loss. We always want to gain. But some of us like the sun and some of us like the rain. Different things make different people happy. Somebody may enjoy the hustle and bustle of New York, New Delhi or Singapore but somebody else may hate the noise and love the stillness of Goa or the Maldives or just being away in the

mountains. Therefore, different things trigger happiness in different people.

While we are all seeking happiness, most of us struggle through that journey that sometimes makes us glad and sometimes makes us sad. We become mad when we get angry, or we are paralyzed by fear. Therefore, just as it is so important to achieve happiness, it is equally important to overcome all misery and sorrow in this journey called life. Some people think that happiness is a journey, it's not a destination. But what is happiness? Happiness is neither the journey nor the destination. Happiness is about the 'now'. *If we make a vow to be happy in the now, then our life can be wow!*

Positive thoughts foster happiness, just as negative, toxic thoughts will see our bliss wither away. We may be enjoying pleasure but the moment we lose peace, there is no happiness. Therefore, the challenge is to enjoy this pleasure, experience peace and be positive all the time. Is there some secret of happiness that can guarantee that we will smile all the while? The good news is, there is!

Happiness is a choice. We can choose to be happy or unhappy. We can be glad or sad. We can learn how to live in bliss or just waste our life in unhappiness. We must make a conscious choice. We must evolve from pleasure that comes from success and achievement to peace that comes from contentment and fulfillment. Ultimately, we must reach the ultimate peak of Enlightenment where we discover the purpose of life and we are liberated from all misery and sorrow. This is the state of Eternal Happiness.

## Chapter - 2

# Is There A Way To Eternal Bliss?

A hand is shown in silhouette, holding a glowing orb of light. The background is a soft, hazy sunset or sunrise over a body of water, with the sun low on the horizon.

***We all enjoy Pleasure, and we experience Happiness.  
But what is the secret to Eternal Bliss?***

Anybody can be happy, once in a way. But is there a way to Eternal Bliss? Is it even possible for somebody to eliminate all unhappiness? Yes, there is. The purpose of life is to reach this state of Eternal Peace, Divine Love and Everlasting Happiness. Most of us just live and die. We cry as we look up at the sky. We don't discover the truth of, 'Who am I?' Therefore, we suffer the misery of the mind and the agony of the ego because we live with the wrong identity of 'I', 'me' and 'mine'.

To reach the state of Eternal Bliss, we have to tackle the 7 seven common miseries caused by the mind – fear, worry, stress and anxiety, regret, shame and guilt. We also have to defeat the 7 monsters created by the ego – anger, hate, revenge and jealousy, pride, greed and selfishness. Unless we are able to eliminate these 14 joy stealers, we can never reach that state of Eternal Bliss.

Is life all about not being unhappy? Yes and no! It is both, learning the art of being happy and the skill of not letting misery and sorrow fill our life. This combination can lead us to that state of Everlasting Happiness.

To be happy all the time, our first challenge is to be happy, now. If we can be happy now and repeat this moment after moment, we can be happy throughout our life, for moments create minutes and hours that create days, weeks and months. All we must do to make our life blissful is to make our moment peaceful. Unfortunately, we are slaves of the mind. It creates toxic thoughts and our joy, our bliss is left behind.

Therefore, the challenge of finding that way to Eternal Bliss is finding how to live in Consciousness. It is being able to flip over from a state of mind to a state of Thoughtlessness. In this state of Consciousness, the intellect shines and we can choose positive thoughts over negative ones. Thus, we can eliminate NEP, emotions that create Negative Energy Poison and live with PEP, emotions that will boost Positive Energy Power.

What, then, is the way to Eternal Bliss? There is a secret to Everlasting Happiness. Unless we churn the recipe to be happy as an expert chef, we will never be able to produce that state of Eternal Happiness. But it's possible!

We can live a life where there is no misery and sorrow. But first, we must learn to live in the present moment, not shuttle from yesterday to tomorrow. We must overcome many a myth that we have grown up with. We must take an exit from success and achievement. We must live a life of contentment and fulfillment. Otherwise, instead of joy and bliss, peace and tranquillity, our life will be filled with misery, stress and anxiety.

## Chapter - 3

# Success Is Not Happiness



***We are chasing Success, we think that Success is Happiness. Sure, there is Pleasure, but Stress and Anxiety, create a Mess!***

Of course, we need success and achievement to be happy. We need money to enjoy the pleasures of life. But is success equal to happiness?

If success was happiness, then all the successful people in this world should be the happiest people in this world. But is this true? We find many successful people even committing suicide. If success was happiness, then the rich and famous should be glad. But look around and you will find many of them are sad. So, what then is the truth? All successful people are not happy but all happy people are successful.

Most of us are taught the lie that we if we want to be in bliss, then success is the way to happiness. Of course, success will give pleasure that will make us happy. But this pleasure comes and goes. Success cannot give us Eternal Bliss that forever flows. Therefore, we need noteworthy success, we need enough money to survive. But is life all about success and achievement? What is the purpose of success and achievement? The real purpose of being a winner is to be happy. Not just for that moment of achievement but to enjoy a blissful and peaceful life. But does success give us this? We are

all running a race. We are trying to be an ace. We are so busy in this chase that we forget to enjoy this journey called life. We are caught in a maze and soon, life is over! Our glass of life is empty and our glass of success, money and wealth is full. But what can we do with it now? We have lost our health and we have made so much wealth. What we earn, others will burn and we will miss that opportunity of enjoying this beautiful life in that state of Eternal Bliss. Running after success, our life is filled with fear, stress and anxiety. We always believe that we will earn now and be happy tomorrow. But that tomorrow never comes.

To be happy, we have to reverse the equation. Success is not happiness. Happiness is success. If we don't discover this, our life becomes a mess. We become fools because of what we were taught in schools. We were told to come first in class. We were taught that we must become a millionaire, a billionaire. We were shown that life was like a race but nobody taught us to live with grace. Therefore, while we learned the art of success and achievement, we missed the lesson of contentment and fulfillment. We didn't even learn the spelling of Enlightenment, the ultimate peak of happiness. But what is the truth? Success is not happiness. In fact, happiness is success for if you are happy, you are already successful. You have achieved the objective of success.

*Tom was a fisherman and Robert was his boss. The millionaire Robert once decided to motivate Tom, 'Why don't you work harder and become rich? Then you can appoint a team, buy a fleet of boats, a yacht and a mansion.' 'Why?' questioned Tom. Robert replied, 'So that you can be happy.' Tom laughed and quizzed, 'Why go through that when I am already happy?'*

## Chapter - 4

# From Achievement To Fulfillment

A hand is shown in silhouette, holding a glowing orb of light between the thumb and index finger. The background is a soft, hazy sunset or sunrise over a body of water, with the sun low on the horizon, creating a warm, golden glow.

***We can enjoy Pleasure that comes from Achievement,  
But far greater is Peace that comes from Fulfillment.***

Most of us are running behind trinkets and treasures of life thinking that money can buy happiness. Of course, money can create pleasure and so, the whole world is running after success and achievement. But very few people are blessed. Only a few discover peace, which is the foundation of happiness. Those who do take an exit from the highway of achievement, evolve to the second peak of happiness, fulfillment.

No doubt pleasure makes us happy. But when we are running behind success, we create so much stress and anxiety. So, our life becomes a yoyo, sometimes happy and sometimes unhappy. Those who stop chasing their passions and are fulfilled satisfying their need, they attain a state of bliss that is built on the foundation of peace. They are happy fulfilling their need and they don't let their need become greed. We all have basic needs. If we don't get air for 3 minutes, we will die. Without water, we can last for 3 days. And we can survive without food for 3 weeks. These are needs. But while food is a need, pizza is a want. When we have too many wants, desires and passions and when these are unfulfilled, we become unhappy.

The second peak of life, of happiness, is learning to be satisfied and content. It is learning to count our blessings with what we have and not become unhappy running after those things which are beyond our reach.

Happiness is a choice. We can live with disappointment and disgruntlement, chasing achievement or we can live with contentment, being satisfied with fulfillment. It is a choice. Those who want to achieve that state of Eternal Bliss discover the secret that true happiness doesn't come from pleasure. It comes from peace. They discover that achievement is not the ultimate peak of happiness. Far greater than achievement is fulfillment.

What is FULFILLMENT?

- F** - Being Fully Content
- U** - Having A Universal Connection
- L** - Living with Love and Laughter
- F** - Having Faith and Hope
- I** - Living with Inspiration and Enthusiasm
- L** - Liberation and Freedom
- L** - Living with Meaning and Purpose
- M** - Making a Difference
- E** - Emotionally Positive
- N** - Noteworthy Success
- T** - Tranquillity and Peace

The happiness that comes from the fulfillment journey is far more blissful and peaceful than pleasure that comes from the achievement journey. Alas, those who are caught in the chase to be an ace, do not discover the bliss that comes with this grace of fulfillment and contentment.

## Chapter - 5

# The Ultimate Peak Of Enlightenment

A hand is shown in silhouette, holding a glowing orb of light. The background is a soft, hazy sunset or sunrise over a body of water, with the sun low on the horizon.

***Enlightenment is a state of Bliss that we must Seek.  
It is Bliss and Happiness at its Peak!***

Why is Enlightenment the loftiest peak of happiness? Because when one reaches the state of Enlightenment, not only does one enjoy pleasure that may come from success and achievement and not only does one experience peace that comes from contentment and fulfillment but one is also liberated from all misery and sorrow, as one realizes that we are not the body and mind that suffers all kinds of pain.

When one reaches that state known as Enlightenment, one is Spiritually Awakened. One wakes up from slumber to realize, '*I am a Divine Soul, a Spark Of Unique Life, that knows no suffering.*' Enlightenment is to switch on the light and overcome darkness. It is to open our real eyes and realize, '*I am not this body that is suffering pain. This body was formed later over 9 months in my mother's womb. I was conceived 9 months before. This body may suffer physical pain but I am not the body. I have a body. This body will grow old and suffer. It will decay and be deceased. But I will not.*' This Realization liberates us from immense pain and elevates us to enjoy pleasure at its peak.

Enlightenment also helps us realize, '*I am not the mind.*' The mind creates so many toxic thoughts. It makes us fear and

worry as we become stressed and anxious. But '*I am not the mind. If I try to find the mind, I find that there is no mind.*' Therefore, with Enlightenment, '*I am free from all regret, shame and guilt.*'

Enlightenment is also the Realization that I am not the ego that becomes angry, that hates and that takes revenge and becomes jealous. Enlightenment creates a universal oneness and liberates us from demons, the monsters like pride, greed and selfishness. Therefore, when one is enlightened, one becomes free from the triple suffering of the body, mind and ego.

Those who live with achievement, enjoy pleasure. And those who climb to the second peak of fulfillment, enjoy peace. But all of them suffer. It is only one who climbs the peak of Enlightenment who is free from all suffering. Thus, Enlightenment is the ultimate peak of happiness.

The world is lost in the race for success. People are in a chase for wealth. Very few people reach that state of Spiritual Awakening known as Enlightenment to realize that they are the Soul that lives in Eternal Bliss, not the body, mind and ego that suffers unhappiness. Because Enlightenment is so rare, it is not understood by the world and it is only experienced by a very small fraction, a tiny minority of the human race.

When we reach that peak of Eternal Bliss, of Everlasting Happiness, only then can we enjoy that state of ecstasy known as *Ananda*. And this state is attained when we realize who we are and we live in Truth Consciousness.

## Chapter - 6

# Pleasure



***Pleasure makes us Happy. Pleasure gives us Joy.  
But Pleasure is momentary. It is just like a toy.***

When we were kids, we would become so excited when we would go into a toy shop. All we wanted, in order for us to be happy, was a ball or a doll. Then times changed and our happiness started coming from pleasures like food, clothes and holidays. The difference between men and boys is just the cost of their toys. Men become happy with expensive cars and watches, just as women get excited with jewellery and cosmetics. Does all this create happiness? Of course, it does. But this happiness is just pleasure that comes and goes. This is not happiness that forever flows. Therefore, if we want to be happy, we must learn to enjoy pleasure in a way that we can remain happy, most of the day.

Most people don't even know what really makes them happy. Therefore, it is not rare to find people sad. But there are some people who organize their pleasure as a treasure and they are able to pull the triggers of happiness. In my first book on happiness, I asked people to create their 'Happiness Card'. It was a simple card that had a list of, '*What makes me happy?*' Each of us may have different pleasures that create happiness. For one, it may be a nap. For somebody else, a long drive and

for another, it could be silence or a cup of coffee. I found that different people found pleasure in very different ways. Unfortunately, we don't remember what pleasure makes us happy and so, we remain unhappy.

To enjoy the pleasure and be happy, one should list the 10 things that make us happy. Then, we should make it a habit to read our Happiness Card every day. We should make it a ritual to pull some of these happiness triggers regularly so that our pleasure does not wait only for success and achievement to create joy.

A natural pleasure that we experience is the excitement that comes from achievement. Entertainment also has the same effect. But then, there are also many ways that we become unhappy. Toxic thoughts of the mind can easily create stress and anxiety and rob our peace and tranquillity as we pursue success and achievement. We may be innocent, trying to be happy but other people enter our life and create ripples of unhappiness. How then can we enjoy pleasure? We must learn to pull the happiness triggers. Then there will be a bountiful treasure of happiness.

Who doesn't want to be happy? Who wants to be sad? Who doesn't enjoy pleasure? May be a few who are mad! It is normal and natural to enjoy pleasure and we must. Happiness is our birthright. Sometimes, some theology or philosophy, some religion or scripture advocates that pleasure is harmful. This is a lie, just like another lie that God lives in the sky. It is our right to smile, not to cry. So, let's learn to enjoy pleasure like a treasure!

## Chapter - 7

# Peace



***Where there is Peace, there will exist Bliss,  
For Peace is the very Foundation of Happiness.***

We all seek peace of mind but not many of us know the truth that peace is the basic foundation of happiness. If there is no peace, one cannot enjoy pleasure. The moment you lose peace of mind, you lose the treasure of happiness.

What is peace of mind and how can we find peace? Peace, you cannot find. Peace is within. All you must do is to still the mind. What is the mind? It is a bundle of toxic thoughts. It can shoot at us up to 50 thoughts a minute. This can be a dangerous 50,000 thoughts a day. Imagine being shot at by the weapon MK-50, the Mind Killer that is drilling us and killing us with toxic thoughts. It is more dangerous than an AK-47. It will shoot down the joy of every pleasure. It will demolish the ecstasy of any achievement. It will destroy our bliss in a moment and cause unhappiness. If we want to be happy, we need peace.

If we want peace, then we have to eliminate the mind, for where there is a piece of mind, there can be no peace of mind. In fact, where there is peace, there is no mind. And where there

is a mind, there is no peace. How then can we live with peace and enjoy our happiness?

The mind is a monkey. It is constantly yelling and creating noise and yearning and creating desires. To be peaceful, we have to make the monkey mind, a monk. The mind itself is MIND - Misery, Ignorance, Negativity and Desire. The MONKEY mind has a tail, EY. If only we learn to cut the tail, the EY, that is Ever-Yelling and Ever-Yearning, the monkey will become a MONK, a peaceful monk, a happy monk! But the biggest challenge is that the monkey mind doesn't want to become a monk.

Just like a monkey jumps here and there, the monkey mind jumps to a 'yesterday' that is gone and then, to a 'tomorrow' not yet born. It robs us of our present moment and steals our pleasure, our joy. It goes to the past and creates regret, shame and guilt and then it goes to the future and creates fear, worry, stress and anxiety. To be happy and to enjoy peace, we must learn to live life, moment by moment. We must make a vow that we will be happy now. And for this, we must learn the art to still the mind, to kill the mind. Then, peace, we will find.

It is strange that we spend years chasing after success and achievement that gives us pleasure. But then, in just a moment, we lose this treasure as we lose our peace of mind. The sensible ones realize that far greater than pleasure is peace that will give us happiness. Far greater than wanting success and achievement, is to count our blessings, and live with contentment and fulfillment. These 'happy' ones evolve from pleasure to peace.

## Chapter - 8

# Purpose



***Sometimes, to be Happy, we all go to a Circus!  
But we cannot enjoy true Bliss, unless our Life has a Purpose.***

What is the connection between purpose and happiness? Happiness comes from pleasure. Happiness comes from peace. But how can our miseries cease? What is the secret to overcoming all unhappiness? It is simple. We have to Realize the Truth and live in Truth Consciousness.

If one wants to enjoy Eternal Bliss and feel that ecstasy of joy, that euphoria of bliss, one has to discover our purpose.

What is the purpose of coming to earth? Why did we take this human birth? To get to the root, we have to Realize the Truth. We have to go on a quest and put our beliefs to test. We have to ask the most important question, '*Who am I?*' and then, discover, '*Why am I here?*' We cannot discover our purpose till we reach Self-Realization. It is self-discovery that people call self-actualization that creates a flow of happiness. But why?

When we realize that I am not the body, mind and ego, I am the Divine Soul, then we are liberated from the triple suffering – the pain of the body, misery of the mind and agony of the ego. Self-Realization blesses us with pleasure and gives us peace

and also makes miseries cease. Therefore, this Realization of who am I, takes us to the ultimate peak of happiness that comes with discovering our purpose.

What is our life purpose? The purpose of life is to discover the purpose of life. Once we realize '*I am not this body, mind and ego. I am That, the Soul,*' then our goal is to enjoy every moment of life without suffering any misery and pain. We have to learn to be happy, again and again. How is this possible?

We can be in this state of Eternal Bliss, when we live in Truth Consciousness. The truth is that life is a drama, a show. We are actors who come and go. We bring nothing, we take nothing. What we earn, others will burn. Happiness doesn't come only from earning. It comes from spending. But we waste our life as we hasten through it because we worry, we don't enjoy our curry. We remain a fool because we believe what we were taught in school. We believe the lie that God lives in the sky. We don't realize that the temple of God is within. We are manifestations of God. This is the ultimate truth of life and when we discover our purpose, then, life is no more a circus. We will no more live like a clown jumping up and down, enjoying the ordinary pleasure of life. We will discover the real treasure.

Therefore, if we want to enjoy Eternal Bliss, we must discover the purpose of life. Then, we will discover Everlasting Happiness, we will enjoy pleasure and be at peace because once we discover the purpose, this beautiful life, we will seize.

## Chapter - 9

# *Satchitananda*



***SatChitAnanda is Truth Consciousness Bliss.  
It is the way to Eternal Happiness.***

In a voyage to discover happiness, the ultimate destination is that state of Eternal Bliss that comes from Truth Consciousness. Whether we are seeking peace or love or bliss, ultimately, it is only one thing, happiness. Happiness is not pleasure. True happiness is our greatest treasure. Instead of being happy, we get carried away and pursue things that we believe will make us happy. But ultimately, we do not learn the happiness secret.

What is the way to be happy all the time? How can we live with peace, love and bliss and not let unhappiness enter our life? The answer is to live in Truth Consciousness. The moment we reach that state of Truth Consciousness, we will experience *Ananda*, that state of *Nirvana* that knows no sorrow.

The word *SatChitAnanda* is broken up into 3 words. *Sat* means Truth, *Chit* means Consciousness, and *Ananda* means Eternal Bliss. When there is *Sat*, *Chit*, which means there is Consciousness of the Truth, there is *Ananda*, bliss unknown to the common man. What is *Sat Chit* or Truth Consciousness?

We human beings are slaves of the mind. The mind makes us blind and we are enveloped in a blanket of ignorance. We do not Realize the Truth. We believe that success is happiness and we let anxiety and stress make our life a mess. Along with the mind, we let the ego become the Mind and Ego, ME. Then, we are troubled by the anguish and the agony of anger, hate, revenge and jealousy. We lose our peace and thereby, our bliss. But when we are in Truth Consciousness, in that state of *Sat Chit*, we are not under the spell of the Mind and Ego, ME that creates hell. We are conscious of the truth. We realize that we are not the body, mind and ego that suffers. We realize that we are the Divine Soul. Living in this Truth Consciousness, we achieve the goal of Ultimate Happiness. This is because there is no misery and sorrow. We know that we cannot go back to a yesterday or to tomorrow. We just live life moment by moment and enjoy the bliss, without any attack of unhappiness.

If we are seeking that state of Ultimate Bliss, then we have to evolve and live in Truth Consciousness. There is a state of *Nirvana*, of *Ananda*, which is experienced when we are in pure Consciousness. In this state, we still the mind, we kill the mind and we experience that Awareness or Mindfulness known as Consciousness. Once our Consciousness is locked by the intellect with the truth, then there is no door for the mind and its toxic thoughts to create ripples of misery in the still and peaceful lake within us. In this state of Divine Peace, where there is no disturbance, every pleasure germinates and grows into bountiful happiness. But all this is only possible if we live in Truth Consciousness, in *Sat Chit*. Then, there is *Ananda*, Eternal Bliss.

## Chapter - 10

# Eliminating Misery And Sorrow

A hand is shown in silhouette, holding a glowing orb of light between the thumb and index finger. The background is a soft, blurred sunset or sunrise over a body of water, with the sun low on the horizon, creating a warm, golden glow.

***Is there a way to Eliminate all Misery and Sorrow?  
Just Eliminate the Ego and the Mind that jumps to Tomorrow.***

What is the primary cause of our misery and pain? It is the mind and the ego that make us unhappy, again and again. The combination of the mind and ego is enough to destroy our peace, our love and our bliss. Therefore, we must focus on eliminating the mind and ego, if we want to uproot all our miseries.

What does the mind do? The mind is a bundle of toxic thoughts. It is constantly creating fear and creating dangers, where there are none. We get disturbed and become unhappy. Then, the mind creates STRESS, thoughts that are Sad, Toxic, Repetitive, Exhausting, Sadistic and Suffocating. Ultimately, the stress created by the mind burns away our peace and bliss. Then, the mind makes us WORRY. Worry is a Waste of life. It is Overthinking. It is Rehearsing the fear, Repeating the problem and Yearning for things beyond our need. Therefore, we lose whatever happiness we are enjoying. All this creates anxiety and destroys our tranquillity. Instead of living peacefully and blissfully, the mind creates thoughts of regrets of the past which can't be changed. Then it makes us feel ashamed of what we have done and makes us unhappy. It creates guilt by taking

us to a past which we cannot change and creates thoughts that we nurse, curse and rehearse. Ultimately, it takes us into a deep depression that we cannot reverse. Is this what we are seeking in life? We want bliss but the mind is creating unhappiness. We must kill the mind before our mind kills us and our peace.

The second dragon of unhappiness that is caused by the mind is the ego. The ego also steals our joy as it creates the 'I', 'me' and 'mine' that can destroy our state of peace and tranquillity. By constantly saying 'I', the ego lives with selfishness and pride. It creates greed that is far more than what we need. Then it destroys our bliss with anger, hate, revenge and jealousy. Instead of enhancing our happiness, our life is in a mess because of the ego.

Unfortunately, we cannot kill the ego. But if we want to reach that state of *Ananda*, the state of Eternal Bliss, we have to enlighten the ego and realize who we truly are. We are not the body, mind and ego that suffers. We are the Divine Soul. With this Realization, the 7 monsters caused by the ego are eliminated. If we then eliminate the 7 miseries of the mind, we will altogether be free from the 14 primary joy-stealers of our life. Once we are successful in uprooting the joy-stealers, we can pull happiness triggers and enjoy peace and bliss.

Happiness is not only enjoying pleasure and peace. It is also ensuring that our miseries cease. And for this, we must seize the opportunity of eliminating all toxic thoughts, feelings and actions that cause our happiness to evaporate from the joyous cup of our life and fill that cup with the nectar of peace, love and bliss.

## Chapter - 11

# The Bliss Of The Soul



***When we Realize we are not the Body or Mind but the Soul,  
We achieve the Ultimate Happiness, we achieve our goal.***

Why do we become unhappy? It is because we suffer the triple suffering of the body, mind and ego. Who doesn't experience physical pain? We fall as we grow tall as we break our bones and ultimately, the body experiences decay and disease as it grows old. Can anybody escape physical pain?

While we cannot escape physical pain, we can avoid suffering this pain. When we realize that we are not the body, then although there is pain, we don't become miserable again and again. We accept this pain of the body and still remain peaceful and blissful. This is only possible when we also realize that we are not the Mind and Ego, ME that creates all our misery.

Have you ever seen the mind? Where is the mind, you cannot find! What is its colour, its shape, its size? Nobody has ever seen the mind. The mind is nothing but a bundle of thoughts. But it behaves like the human computer's software and becomes an integral part of our miserable existence. Along with the ego, the Mind and Ego, become ME and fools us into believing that we are the body, mind and ego. Thus, we suffer.

The moment we realize that we are not the body, mind and ego, we are the Divine Soul, we experience that state of Eternal Bliss, living in Truth Consciousness. We understand that a computer needs hardware and software to function. But can you switch on a computer without power? It is dead. So also, there is a Power of the Soul that gives us life but we don't realize that we are the Power that is free from all the miseries of the body, mind and ego.

The Soul is the *Atman*, the *Ruh*, the Spirit that gives us breath till our death. But we don't Awaken to the Truth that we are, in fact, the Soul that is ever peaceful, ever blissful. This Realization gives us a bliss that is eternal in its happiness. The Soul is beyond the suffering of the body, mind and ego. The bliss of the Soul overcomes the darkness of ignorance that causes the existence of the mind and ego and so, we are free from all misery. We realize that we *have* a body but we *are* not the body. Living in this Soul Consciousness, we experience Eternal Peace, Divine Love and Everlasting Bliss.

This is the Ultimate Truth. We are the Soul. We are a Spark Of Unique Life. But because of our craving for pleasure to get ordinary happiness, we drift into that state of ignorance that causes desire and greed and steals our peace, which is what we actually need. If only we still the mind and enlighten the ego, we can realize that we are that Divine Soul that is birthless and deathless. Not only will we be free from all misery on earth, but we will also be free from the cycle of death and rebirth. We will live in *SatChitAnanda*, Eternal Bliss in Truth Consciousness, enjoying Unbroken Peace and Divine Love.

## Chapter - 12

# Enthusiasm, Faith, Hope, Trust

A hand is shown in silhouette, holding a glowing orb of light. The background is a soft, hazy sunset or sunrise over a body of water, with the sun low on the horizon.

***Enthusiasm is the Magic that creates Faith, Hope and Trust.  
Those who don't have it, see their Happiness Rust.***

The simplest way of being happy is to live with enthusiasm. Enthusiasm comes from the Greek word *Entheos*, which means *En* – in and *theos* – God. When we believe in God, have faith in God, have trust in God, then we live with God in our life. We accept God's will, just as we surrender to it.

Many of us live with enthusiasm even without realizing that it is the 'key of enthusiasm' that opens the door to the happiness secret of our life. Without enthusiasm, we can live a hopeless life.

What is FAITH? It is Full Assurance In The Heart. What is HOPE? It is Having Only Positive Expectations. What is TRUST? It is Total Reliance and Unconditional Surrender to the Almighty. When our life is full of faith and hope and trust, how can we be unhappy? We create an automatic defence mechanism against the mind that is creating toxic thoughts to steal our bliss. This shield is enthusiasm and this makes us happy.

A person who has enthusiasm, is happy. Such a person is upbeat about life and appears to be gung-ho, despite the circumstances of life. The power of enthusiasm is such that it can withstand any toxic emotion. Though there is an assault of fear, worry, stress and anxiety, enthusiasm braces these enemies and moves forward with a smile.

Enthusiasm creates optimism. It spreads courage and confidence and continues to help us keep a smile in the toughest of times. Therefore, those who have enthusiasm are happy.

Do you want to live your life with bliss? Then consciously choose enthusiasm. Let inspiration and cheerfulness be a self-starter as you live your life with the pillars of faith, hope, trust and belief. Don't lose your enthusiasm because the moment you do, you will lose the battle of happiness to your biggest enemy, your mind!

*Charlie was a simple man. He had a humble job and earned enough to take care of his family. He spent his time and money in serving others, as this made him happy. He believed in the simple mantra, 'If you want to be happy, make others happy!' One day, the doctor told him that he had cancer. His enthusiasm did not let him suffer the disease and lose his smile and laughter. Nobody knew that Charlie was suffering from the disease till he died, several years later. Charlie lived with enthusiasm. He knew the secret of life and he had chosen to have faith and hope. He had complete trust and all this created enthusiasm that gave him the energy to face the challenges of life. Even cancer could not steal his happiness. Such is the power of enthusiasm. He was known to give everybody something that was lacking in this world, a smile. He used to make people smile and laugh as his enthusiasm created bliss.*

## Chapter - 13

# Acceptance



***To be Happy, we must learn to Accept,  
Our Unhappiness is caused because we Expect.***

Life happens and we often have no control over what happens in life. Many of us don't accept. We protest. We cry. We look at the sky and question, 'Why?' We don't realize that life is a drama, that everything is unfolding as per Karma. Therefore, there is trauma. Those who understand the Law of Karma and accept without protest, live a life of bliss and peace.

We have two choices. Either we can accept what is happening in life and be peaceful and blissful or we can reject everything that is happening and live a life of disgruntlement and disappointment. It is a choice. But if we choose to be unhappy over what is unfolding in life, how is it going to change our life circumstances? We are only going to have toxic emotions of regret and misery that will fill our life. If we discover that we have no option but to accept life because it is our own Karma returning to us, then, we will live with gratitude and count our blessings, rather than counting our troubles.

The world is governed by certain universal laws. The earth rotates once in 24 hours and it revolves around the sun in 365 and a quarter days, all automatically. And so does the drama

of life unfold without any intervention. Everything is controlled by Karma, the Law of Action and Reaction. This law is based on the principle, *'As you sow, so shall you reap.'* Therefore, whatever is happening in our life is nothing but a reaction of our own action. Unfortunately, we are not able to reconcile with this law because what is happening in our life today, may be a result of actions done decades ago, which we have forgotten. It could even be the result of our previous life.

Those who understand Karma and accept it, live joyously because they understand that it's their Karma. They live with acceptance and in fact not only do they accept but they also joyously welcome whatever happens in life. Whether it seems to be, good or bad, they remain glad and are never sad. They just continue to live doing the best they can because this is in their hands.

What we do today is the seed that we are planting for a better tomorrow. Just like the seeds we plant decide the fruit on the tree, our deeds will decide our destiny. These deeds may be deeds of the past, which we cannot change or deeds of the present, which we can. Can we do anything about our past deeds? Then why regret? Why not accept? Once we accept, we can do our best. This is the best way to live and to be happy.

Life is a drama and we are actors, who come on the earth stage based on our Karma. Ultimately, this is a show. Everybody has to go. But those who understand Karma, enjoy the drama and they overcome all trauma because they accept, accept and accept.

## Chapter - 14

# Surrender



***We can be unhappy as we worry and wonder,  
Or we can be Blissful, as we Surrender.***

A simple way to be happy and to live with bliss is to just surrender. It is to tell yourself, whatever will be, will be. Many of us worry about the future. We wonder what will happen tomorrow. We don't realize that there is nothing like luck. We pluck what we plant. Our destiny is not a matter of chance. It is our choice. How does this work?

We have already learned that life unfolds because of the Law of Karma. If there is an effect, there must be a cause. Nothing happens by magic. Everything has logic. But because we don't understand the logic, we wonder, we don't surrender!

Whatever is going to happen in your life or my life tomorrow, is going to be as per twin Karma, the Karma we have already done in the past and the Karma we are doing in the present. When we understand that we cannot change our past Karma, we accept whatever is happening. However, we must understand that we can choose our present Karma. Therefore, instead of worrying and wondering, we must do our best. Once we have done our best, we must surrender the rest because then, it is no more in our control.

Worrying about the future is only wasting our valuable time, which we could use in choosing the best action that would unfold as our destiny. The simple formula is **ABC**. First **A**cccept, then do your **B**est and finally, **C**hoose to surrender in Consciousness. Be aware that what is going to unfold is absolutely fair. Nobody can manipulate Karma. Our twin Karma, the combination of our past and present Karma will unfold moment by moment. Then, why worry about it and become unhappy? Why wonder what will happen and live with stress and anxiety? Why not just accept, do our best and surrender? This is the way to be happy.

Many of us grow in life believing in the lie that God lives in the sky. We live with fear and believe that one day, after we die, we will go to heaven or hell. We don't realize the simple truth that heaven and hell are right here on earth and we experience these in the way we take birth. Then, we either live in heaven or we live in hell and this depends upon Karma, our own deeds. We think that just by praying, we will be forgiven for our bad Karma. Of course, prayer itself is good Karma but we can do more than just pray. We can do our best and surrender the rest, as we fold our hands and accept the Divine law unfolding.

If we continue to live with ignorance, without understanding Karma, we will always question why bad things happen to good people and we will live with self-pity and choose misery and unhappiness to fill our life.

It is a choice. You can either accept or wonder. You can hope or surrender.

## Chapter - 15

# Happiness Is Success



***Success is not Happiness. Happiness is Success.  
If we Reverse this Truth, our Life will be in a Mess!***

Are you seeking bliss? Do you want that state of Eternal Happiness? Then remember this. Happiness is success. Success is not happiness.

We have already understood clearly that success can give pleasure. Achievement can create wealth that can make us enjoy material happiness but it cannot give Eternal Bliss. The reason why we seek success is to be happy. But we end up with stress and anxiety. We are worried about our position, our name and we lose peace, the very foundation of happiness. In reality, we are not seeking success. We are seeking happiness. But ultimately, we don't achieve that state of Eternal Bliss. Our life is in a mess!

The greatest Realization is — happiness is success. When we learn the art of being happy, we are already successful because we have achieved the very objective of success. You don't really need success to be happy but you need happiness to be a success. If you achieve all the success in the world but you are not happy, then are you truly successful?

Those who are happy live with contentment and fulfillment. Those who are happy are not controlled by their greed. They achieve enough to fulfil their need. But what is important is that they are happy. They count their blessings and this is the key to be happy, to be successful.

True success is being happy. If we don't learn the art of happiness, we are failures and we don't need success to be happy. The only success we need is to achieve happiness and happiness cannot be achieved. We have to *be* happy. We cannot *become* happy. This is not true happiness. Happiness is a state of being, not achieving. Unfortunately, most people don't realize this and they run behind happiness. Happiness is like a shadow, the more you chase it, the further it goes away. To be truly successful, we have to learn the true meaning of bliss. We have to discover happiness.

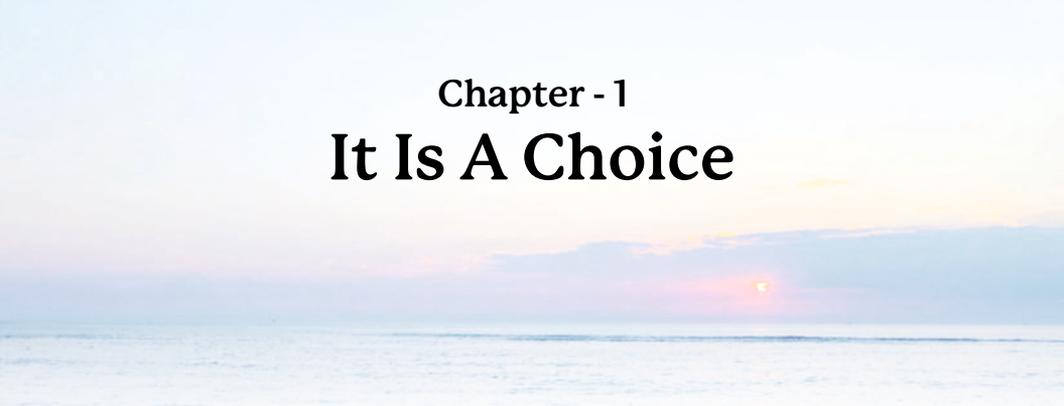
Life is a gift. It is a limited resource and soon, this journey will be over. At the end of this journey, what ultimately matters is, not what we collected or what we will leave behind. What matters is, did we live with bliss, peace and love? Were we happy every moment of our life? Did we truly live or did we just exist, fighting through the unnecessary battles of life that really don't matter? What matters is to be happy, blissful and peaceful. What matters is to overcome misery and sorrow. What matters is not to shuttle from yesterday to tomorrow but to live in the present moment, enjoying each moment blissfully. This is to live life.

Life is not a race but alas, we are caught in a chase! We forget the very purpose of our existence. It is to live with bliss, Eternal Happiness.

## PART - 4

# HOW TO LIVE WITH PEACE, LOVE AND BLISS?

*Life is to be Happy. Life is about Bliss.  
And Peace is the very Foundation of Happiness.  
If we do not have Love, how can we Achieve this?  
Let's learn to live with Peace, Love and Bliss.*



## Chapter - 1

# It Is A Choice

***Peace, Love and Bliss are not Destined; we must Choose.  
If the Secret we don't learn, this Treasure we Lose.***

We all want to be happy. We all want peace, just as we all wish to love and to be loved. But how many of us live a life that is full of peace, love and bliss? No doubt, we experience beautiful moments of joy, but soon enough, we become sad. We love but our heart breaks. We experience that state of peace and tranquillity but soon we are overtaken by stress and anxiety. Is there a way to experience Eternal Peace, Divine Love and Everlasting Joy? The good news is, there is. In the pages gone by, we have discussed each of these most important treasures of life. Now it's time to live with peace, love and bliss.

It is a choice. We have to choose peace. Peace is not a gift from God. Peace is a Divine blessing to each one of us. We know that peace is within us, just as we know the culprit who steals our peace of mind. It is the mind itself. We have to move from that state of mind to Consciousness, from negative and toxic thoughts and emotions to positive and nourishing thoughts. But how will this happen? We have to choose. We have to consciously choose peace and not let anything seize our Divine peace. It is possible to live peacefully and blissfully if

we use our intellect and remain in Consciousness, as we block the mind and lock the mind.

Just as we can choose peace, we can choose love. But for this, we have to throw hate out of the gate. We cannot enjoy the fountain of joy, love, if we do not discover what true love is. Once we have learned that Divine Love comes from the Soul, we can choose to achieve the goal by living with unconditional love, love that is not a transaction but a Divine emotion. We can choose to be in that state of Consciousness, where we love not just the skin but the Divine that dwells within. It is a choice and only, a few, the wise, make this choice. Then, love flows like a river and fills our life with the ecstasy of bliss.

Can we choose to be happy? Of course! Happiness is something we should never lose because it is a gift we can choose. But despite knowing happiness is not just pleasure, if we continue *trying* to become happy, then we will lose the treasure of *being* happy. Just be happy! Make it a choice and be happy now. Don't leave your happiness for tomorrow as you choose sorrow for the present moment.

We must choose peace, love and bliss. We must not lose our life to stress and anxiety, hate and discord, misery and sorrow. Life is a short journey and if we want to make this journey beautiful, we must choose to live it, moment by moment. We must consciously fill every moment with peace, love and bliss without losing even a minute. We must seek it. We must choose it. This treasure is a gift, we must not lose it. We will suffer if we lose it.

## Chapter - 2

# Go On A Quest

***Happiness is a Treasure Hunt, go on a Quest.  
Don't cling to your Beliefs, put them to Test.***

From the time we are born, till the time we are gone, we live like a yoyo. Sometimes, we are glad and sometimes, we are sad. We want bliss but this treasure we miss! We believe in lies like God lives in the skies and remain fools because of what we have been taught in schools. We were taught that success is happiness but is it true? Why do successful people live a life that is blue? Why don't we see through life and Realize the Truth? Why don't we get to the bottom of the root? We need to go on a quest, a search, a voyage of investigation for the Realization of what is true.

Isn't it true that we come with nothing and go with nothing? Then why do we live through life saying, '*This is mine*'? Won't worldly relationships end eventually? Then why do we let our heart break, being attached? Can money buy happiness? Don't we know that we can buy trinkets and treasures but not Eternal Bliss? Doesn't achievement create stress and anxiety? So why do we foolishly lose our tranquillity? Isn't it true that when there is no peace, happiness will cease? Then why do we lose our peace of mind? Don't we know that love is blind? Then why do we leave this fact behind?

Haven't we seen people who count their blessings, smile all the while? Then, why don't we learn to smile? Does pain always remain, or does it come and go like a train? We know that every pain comes and goes. Then why does misery flow like a river? We fear, we worry, we regret because of the mind. But when we try to find the mind, there is no mind.

It is unfortunate that we live with the myth that we grow up with. We don't go on a quest to put our ignorance to rest. We live a life of darkness and we try to use a broom to sweep away the darkness from the room. We need light, the light of truth. Unless we search, we will continue to try to find God in a temple or church. When we go on a quest, we will Realize the Truth. The quest will reveal that true happiness comes not from pleasure but from peace. We will learn to find purpose and not let our life remain a circus. It is the quest for happiness, for peace, love and bliss that will take us from achievement through fulfillment to that ultimate peak of Enlightenment where there is Eternal Bliss, Divine Love and Everlasting Peace.

Today, stop whatever you are doing and start a quest. Begin the search to find out how to live with peace, love and bliss, for if these treasures you miss and your life is filled with unhappiness, then you have not lived. You will continue to exist, as you drag through life, struggling with pleasure and pain, loss and gain, as you enjoy the sun and curse the rain. The quest will teach you to accept without protest, to surrender and to enjoy every moment. You don't need anything to be happy. You have to learn to be happy, to love, to be peaceful and blissful. Start your quest.

## Chapter - 3

# Need Of A Guru

***If you want to reach Mount Everest, Faster,  
You need a Coach, a Guide, a Good Master.***

Imagine you are on an expedition to climb Mount Everest. Now imagine you are doing it on your own. You take a flight to the closest airport and start your trek. What do you think will be the conclusion? Will you reach your destination? You will find many guides giving you conflicting suggestions. You will speak with many travellers who have attempted to reach the summit. But will you get to the peak that you seek?

Now imagine finding a coach, a Himalayan Master, who has gone up the mountain several times. Imagine a coach who knows the path in and out, as he has been through the terrain to Everest several times. If you follow such a Master, you are sure to be safe and you will reach your destination faster. Such a Master, a coach in life is known as a Guru.

The word Guru comes from the words, *Gu*, darkness and *Ru*, light. A Guru is a one who takes us from misery or darkness to bliss or light. The Guru shows us the path that will make our life right. Our life coach can give us the gifts of peace, love and bliss, provided we find the right coach, for if we follow a wrong Master, then the result would be a disaster!

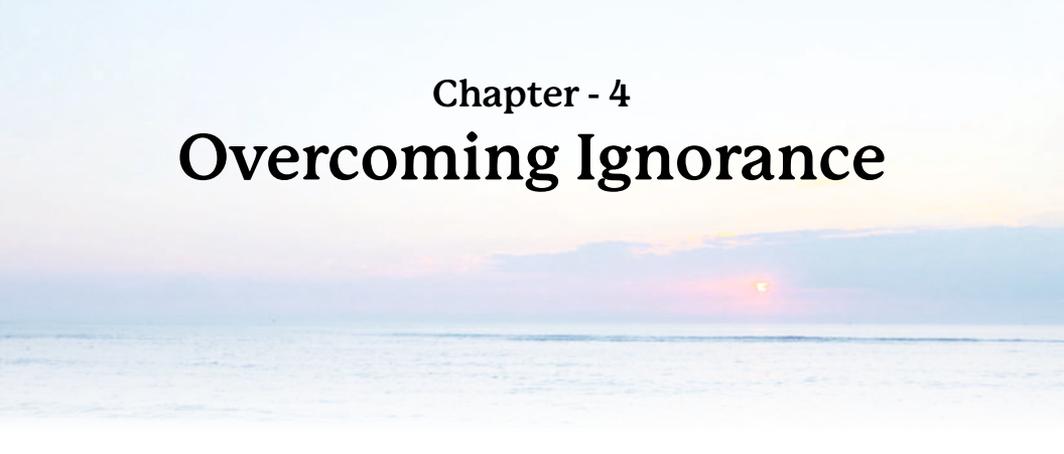
Life is a journey, which we cannot rewind. We cannot relive life. It comes to us once and it is a gift that we have a human birth as we have come to earth. If we were a dog or a frog, a cat or a rat, we could not choose to be happy. We would not experience the peace, love and bliss that we are blessed to experience. Therefore, before this journey of life is over, we must take the help of an Awakened Master to reach the peak that we seek. It is the Guru who can show us the way to Eternal Bliss that has no unhappiness. The Guru can make us discover true love that is bliss and not run after a kiss. It is the Master who can teach us how to live with peace.

We must seize the opportunity of finding the right Guru, the right Master. Otherwise, life will escape us and one day, we will be gone, only to be reborn. It is a Guru who will not only teach us how to experience bliss and how to be free from the triple suffering of the body, mind and ego on earth but also how to be free from the cycle of death and rebirth.

Do you have a Guru? Do you have a life coach? Do you have an Awakened Master in your life? If you don't, it's time to find a Master. When the right Master you find, you will learn to tame your monkey mind. You will leave all miseries behind as you march forward in the journey of Purification and Illumination, of Realization and Liberation. The Guru is not a religious leader, but a Spiritually Awakened Master. He is Enlightened with the Truth and he can light our life, so it is bright as we enjoy Eternal Bliss, Divine Love and Everlasting Peace.

## Chapter - 4

# Overcoming Ignorance



***Because we are Ignorant, we do not enjoy Bliss.  
Sometimes we are Happy, but there is so much Unhappiness!***

It is sad but true that ignorance makes us suffer. We enjoy moments of pleasure but we do not discover the treasure of Eternal Happiness. We run after success and achievement and enjoy moments of entertainment but we do not reach that peak of Enlightenment, where the ecstasy of joy flows like an endless river.

Happiness is not a complicated subject. We can be at peace and all our miseries can cease if we learn to still the mind that we cannot find. But we let the mind become our boss. It rides our life horse. We live with stress and anxiety. What is the cause of this, our unhappiness? It is ME, the Mind and Ego that stops 'me' from being blissful by seeing the reflection in the mirror and thinking that this is 'ME'. Together the mind and ego, rob us of our peace by creating ignorance in which the body thinks, blinks and sinks.

Unless we overcome ignorance, we will never reach that state of Eternal Peace. Our peace of mind will be stolen by our mind. Every burglar of peace, love and bliss is created by the mind and the ego, and all of this is because of ignorance.

Fear makes us unhappy. But what is FEAR? It is a False

Expectation Appearing Real. Fears are not dangers. But ignorance makes us fear. We worry. But why worry? WORRY is a Waste of Life, Overthinking, Repeating Fears, Repeating Problems and Yearning, when in reality, this act of misery is once again, because of the ignorance created by the mind. We feel that we are stressed and depressed. Have you ever thought why? It is ignorance that is creating this mess! There is no need to worry.

Think about it – when there is no problem, there is no need to worry. And when there is a problem, even then, there is no need to worry, because if we can do something about the problem, then why worry? And if we can't do anything about the problem, it is useless to worry. Then why are we worrying? Ignorance!

Unless we overcome ignorance, our peace, our love and our bliss will be in the bin. We will never win a life of Eternal Happiness. The moment we overcome ignorance, which has roots in the mind and shoots as the ego and becomes fruits through our sense organs, we will continue to suffer the triple suffering of the body, mind and ego. If we want to live a life that is full of peace, love and bliss, the key is to overcome ignorance.

How can we overcome ignorance? Ignorance can be overcome by intelligence and to activate the intellect, we have to flip from mind to Consciousness. We have to still the mind. When we still the mind, we reach the state of Consciousness. In the state of Consciousness, we can Realize the Truth. We must go on a quest. We need the help of a Realized Master. It is not so difficult to live with peace, to discover true love and to enjoy Eternal Bliss. But we must switch on the light and overcome the darkness of ignorance. How can we switch on the light?

## Chapter - 5

# Realizing The Truth

***Peace, Love and Bliss, exist deep within, in our root,  
Alas! We remain unhappy, we don't Discover the Truth!***

Peace, love and bliss are not treasures that we will achieve after we go on a treasure hunt. We don't have to scale the peaks of the Himalayas or go deep below the ocean floor to discover these pearls of happiness. They are the very essence of our existence. *Every human being is given the gift of peace, the blessing of love and the grace of bliss.* Why then, don't we have all this in our life? Why are these powerful happiness boosters missing? It is only because we do not get to the root and discover the truth.

What is the truth that we must discover? The truth is that we all have peace deep within. We lose our peace of mind because of the miseries caused by the mind. We lose our peace because of the monsters created by the ego. A peaceful being becomes so stressed and anxious only because of toxic thoughts, which are needless! The truth is that nothing matters. The truth is that this journey of life is meant for us to be blissful and peaceful. But because we do not Realize the Truth of '*Who am I and why am I here?*' we lose our peace.

Are we the body that is suffering physical pain? Of course, we *have* a body but we are not the body that suffers. When we realize that this body came later, as it formed over 9 months, after we were conceived as the first cell, the zygote, then we do not have to suffer as the body. One day, the body will die. But we are immortal Souls. This Realization of the Truth can give us peace.

When we realize we are not this body, we are the Soul, we can love the Soul that is within and not be enamoured just by the skin. True love is from Soul to Soul but we do not discover this truth. We get attached to people and suffer heartbreaks. Those who Realize the Truth, enjoy the ecstasy of True Divine Soulful Love. They love their beloved just as they love their dear ones and their love continues to flow to the universe.

When we realize that we are the Divine Soul, then there is no need for any unhappiness. Not only do we discover peace and love but we also enjoy that state of Eternal Bliss when we realize we are not this, not this body, not this mind, not this ego, we are *that*, the Divine Soul. This Realization creates an illumination that makes life a celebration! There is no need for any desperation. All depression vanishes when there is Realization of the Truth.

Do you want to live with peace, with love and with Eternal Bliss? Then stop and try this. Realize that you are not the body, mind and ego, you are the Divine Soul. Realize that your goal is not to reach a destination, nor is it the journey. Realize that all you have is the present moment, the 'now'. Fill that moment with peace, with love and with bliss. Realize you are a manifestation of the Divine and bask in that truth. Then you will enjoy *Ananda*, an ecstasy of joy.

## Chapter - 6

# I Am Not The Body, The Mind And The Ego

*Am I this body, the Mind and Ego, ME?  
Am I the one in the mirror that I See?*

The whole world believes that I am 'I'. That it is me, who I see in the selfie. But is this true? Of course, it appears to be me. But as long as I continue to be the ME that I see, I will experience misery. Because the body will suffer physical pain, the mind will experience misery and the ego will burn in the agony and anguish of anger, hate, revenge and jealousy. Where is the possibility of peace, of love, of bliss for the body, mind and ego? These will only appear as ephemeral and momentary fragrances in our existence. The body cannot enjoy Everlasting Happiness. Where there is a mind, peace we cannot find. When I say, '*I love you because I only need you,*' such egoistic love cannot create bliss. Then what is the way to Eternal Happiness, where we enjoy Everlasting Peace, Divine Love, Joy and Bliss?

When we realize that we are not the body, we are not the mind, nor are we the ego, in that state of nothingness, where there is Consciousness, there is pure existence. We enjoy that state of Eternal Happiness. In this state of pure Consciousness, there is only peace. There is no fear, worry, stress or anxiety. In this state of Divine Consciousness, there is pure, Divine, Spiritual Love from Consciousness to Consciousness. There is no heart

to break and no ego that will ache. In this state of Consciousness, there is Eternal Bliss because the truth shines, the truth that I am a manifestation of the Divine. The truth that you and me, are one. We appear to be the bodies that we wear. But in reality, we are the ones who wear the body. We are all Consciousness that appears to be different beings, each seeking peace, when in reality, we are peace. We want love, when the truth is we are love. We are trying to be happy, when our essential nature is happiness. As the body, mind and ego, the Consciousness that exists is overshadowed by the myth and our bliss goes away with it.

As long as we are living as the body, mind and ego, we cannot enjoy peace, love and bliss in eternity. But when we live in Truth Consciousness, in a body, taming the monkey mind and with an Enlightened Ego that realizes I am not 'I', in this moment, there will be Eternal Bliss with peace and love, as we live in Truth Consciousness. This is the key to live in the Consciousness of Truth and this state enjoys the ecstasy of true love, the divinity of true peace and the euphoria of joy, of bliss that together create happiness that is unknown to the mortal world. As mortal beings, we live and we die. We cry and we question why because there is no Consciousness of the truth. How can we expect peace, love and bliss?

Do you want to enjoy Eternal Happiness? Then reach this state of Consciousness. Discover the simple truth of '*Who am 'I' and why am I here?*' This will transport you to that state of Consciousness that enjoys Eternal Happiness. The world doesn't know that such a state exists. We are programmed and conditioned to be the body, mind and ego that suffers.

## Chapter - 7

# Our Ultimate Goal

***Life is not about suffering. What is our Ultimate Goal?  
It is to Realize the Truth, that we are the Soul.***

We are not meant to live just to die. Our ultimate goal is to find out, 'Who am I?' Once we discover that we are not the body that will die, nor are we the mind we cannot find and the ego that says 'I' is a lie, then we achieve the goal as we realize, 'I am not 'I'. I am not this. I am that. I am the Soul.' This is the goal. Life has a purpose. Unfortunately, we don't realize that every human being has the same purpose. Instead, we think life is a circus! We try to have fun till life is done. We live like a clown, just jumping up and down. Sometimes we are glad and sometimes, we are sad. Sometimes we enjoy pleasure and at times, we cry in pain. And this happens again and again.

Not only do we suffer on earth, the pain of the body, misery of the mind and agony of the ego but we also return to earth in a rebirth and we don't understand why this goes on and on, as we are reborn. Because we don't discover that life is Karma, we don't learn that everything is unfolding as per the Law of Action and Reaction. We question why bad things happen to good people. We don't discover that everything that is happening is an effect. The cause is our own action, an action that we have done, if not now, then perhaps in the distant past or even a previous life.

Every 'body' has to die. But what happens to the 'I' who was alive in that body? Our loved ones will destroy the body because they will say, '*He passed away.*' Where did I go? If I was in that body, would they have burned me or buried me? Because we do not understand the true meaning of life and death and we don't discover the power that gives us breath, we blink and ultimately sink and then, it is over.

But there is an opportunity to discover the true meaning of life. We can realize our purpose. If we do, we can live a life that is filled with peace, love and bliss. For this, we have to seek these positive, joyous, nourishing emotions. We have to eliminate misery and pain by overcoming ignorance and following the method of living peacefully and blissfully. Incidentally, both discovering our true purpose and living with peace, love and bliss, happens when we progress on the same path. When we arrive at our destination of Realization, we would have experienced peace, love and bliss, just as we will be liberated from all misery and sorrow. This is the secret of life. But unfortunately, we are prisoners of pleasures, possessions and people. And so, we live as a frog in a well. We live in our own cave without discovering who we truly are and why we are here.

If only we realize that we are the Divine Soul, we will achieve our goal and live a life of Eternal Peace. We will enjoy the ecstasy of Divine Love and we will be in that state of Eternal Happiness where we experience no misery, no pain, no sorrow. We will enjoy every moment living in 'today', not worrying about 'tomorrow'.

## Chapter - 8

# Living As The Soul

*The SOUL is a Spark Of Unique Life.  
It is Peace, Love and Bliss; it experiences no Strife.*

You and me are not what we appear to be. This body is a costume. This world is a show. We are just actors, who come and go. Did we choose our mom and dad? We didn't decide whether we will be a lass or a lad! We came to earth but we did not choose our birth. Our birth was decided by our past Karma.

Every time we live, we act. Our actions, good or bad, become like seeds. Every deed is planted in our Karmic soil only to bear fruit. *As we sow, so shall we reap.* But our roots, our shoots and our fruits of life are suddenly interrupted from growing when the body dies. Our Karma is not fully settled. Therefore, at death, the body returns to dust but we, the Mind and Ego, ME, carry our unsettled Karma and we return to earth in a rebirth. Our birth, whether fortunate or unfortunate, whether we are born in a slum or a palace, is not a matter of luck. We pluck what we plant, just like the seeds we plant decide the fruit on the tree, it is our deeds that decide our destiny. This cycle goes on and on and then, when the body dies, we are reborn.

As long as we live as the body, the ego and mind, pleasure and pain, both we will find. But when we realize the Ultimate

Truth that we are not the body, mind and ego that suffers, then, our life transforms.

While there is no doubt that we are not the body, mind and ego, is there any doubt that we exist? Of course, we exist. That is why we are alive. The moment we leave the body, the body is dead. Who is it that leaves the body? We may call it Power, Breath, Life, *Atman*, Spirit or Soul. All mean the same.

The SOUL is the Spark Of Unique Life. It is that Power that gives us breath from birth to death. As long as we live in ignorance, as the body, mind and ego, we suffer. But when we realize that this body is formed in the womb over 9 months, and ultimately, returns to dust, we realize that we are not this body. Nobody can find the mind because it is nothing more than a bundle of thoughts. When the ego is enlightened, '*I am not 'I', I am not this, I am that,*' we realize that we are the Soul. We are that Power of life, not the body that does Karma, not the mind that appears to exist, we are the Soul. This is the Ultimate Truth of life.

The moment we start to live as the Soul, we enjoy Eternal Peace because we live in Consciousness. There is no mind. The moment we live as the Soul, our love is Divine. It is from Soul to Soul. It is not from skin to skin. Love erupts from the Divine within. It is longing for the Soul in another, till it ultimately becomes one with SIP, the Supreme Immortal Power. When we live as the Soul, then we enjoy an ecstasy of joy. We experience a euphoria of bliss that is far greater than any ephemeral pleasure that gives temporary happiness. If we want to live with Everlasting Peace, Divine Love and Eternal Bliss, we must live as the Soul.

## Chapter - 9

# There Is Eternal Bliss In Truth Consciousness

***Is there a way to Eternal Bliss?  
Yes, there is; it is Being in Truth Consciousness.***

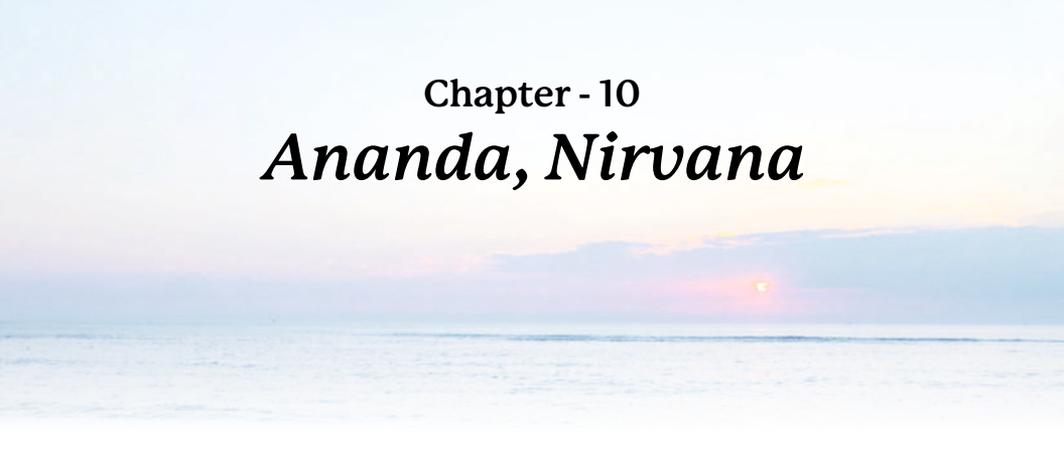
Many people question, '*How one can be happy all the time? Is it even possible?*' They think that a life of Everlasting Happiness is a myth. It's just an illusion. It does not exist. But the truth is that we can live in Eternal Bliss. We can enjoy Everlasting Peace. We can experience Divine Love. But for this, we must be in that state of Consciousness of the Truth. We must be aware of who we are and why we are here. Knowledge that you can pick from a college is not enough for Consciousness. We need Realization. We must experience the truth. *When we know, we know but we don't do. When we realize, then we do what we know.* This is the proof of being in Consciousness.

What is this Consciousness that promises Eternal Bliss? It is the Awareness of the Truth, the truth that I am not 'I', the truth that I will never die, the truth that God does not live in the sky. God is SIP, the Supreme Immortal Power and that Power is the Soul, the Spark of Unique Life that is my true existence. The truth is that I am a Soul and the Soul experiences peace, love and bliss all the time. Is there any doubt that both you and me are Souls? We may know it but when we realize it, we become aware of it. When we are in the Consciousness of this Truth, we

are liberated from all misery and sorrow. We become free from the triple suffering, from the pain of the body, misery of the mind and agony of the ego.

It is not enough to be free from suffering. To be in Eternal Bliss means to experience that ecstasy of joy. When we discover that we are the Soul, this Self-Realization makes love flow to one and all, creating an ecstasy. There are no toxic thoughts of hate. There is a feeling of oneness. Therefore, we sail in the ocean of Eternal Peace. That peace and love create Everlasting Happiness. Further, the experience of Consciousness makes us enjoy pleasure as a treasure, without us being attached to pleasures, possessions or people. In Truth Consciousness, we do not have to sacrifice any pleasure. We can enjoy every moment of life, living in Divine acceptance and complete surrender, doing the Divine Will. When there are no expectations, there are no disappointments. When there is Spiritual Awakening, we enjoy the show, till the moment we go, living as the Immortal Soul. Thus, we experience Eternal Bliss, if only we can live in Truth Consciousness.

What stops us from this Eternal Bliss? It is primarily the mind. It shoots at us toxic thoughts that makes us suffer as the body. It creates fear, worry, stress and anxiety. It imprisons the ego, and creates anger, hate, revenge and jealousy. What happens to our Eternal Bliss? It turns to unhappiness. Beware of the mind, for where there is a mind, there can be no Consciousness. In Truth Consciousness, the mind you cannot find. You will only experience Eternal Bliss, Divine Love and Everlasting Peace.



Chapter - 10

# *Ananda, Nirvana*

***Ananda or Nirvana, is a state of Eternal Bliss and Joy,  
It is not just Pleasure or Happiness we get from a Toy.***

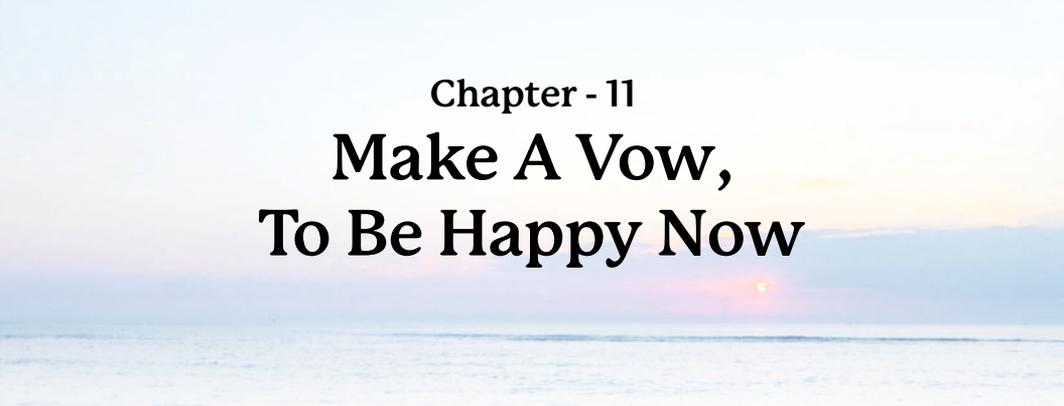
Many people talk of this state of *Ananda*, also known as *Nirvana*. Those who struggle through life wonder what this state of bliss could be. To them, life is a struggle from day to day. They struggle to make ends meet. They suffer pain and disease, as their body decays. They constantly live with fear and worry, and stress and anxiety fills their life. It is very common for people to live in depression. They even contemplate suicide.

When people talk of *Ananda* or *Nirvana*, the ones that suffer think it to be a weird fairy tale. They do not realize that one can be free from the 7 miseries of the mind, from fear, worry, stress and anxiety, regret, shame and guilt or one can be free from the 7 monsters of the ego, anger, hate, revenge and jealousy, pride, greed and selfishness. One can either be a slave of their 5 senses, the eyes, the ears, nose, tongue and skin or one can realize that they are the Divine Soul that lives within. This Realization transcends the mind and ego and so, the 7 miseries and the 7 monsters disappear into thin air. Even the physical pain of the body does not make one, who lives realizing that he is a Soul, suffer.

When we are free from all the miseries of the mind and ego, and we tame the senses of the body, then we experience the ecstasy that flows as we live in Consciousness of the Truth. This state of seamless bliss, uninterrupted joy, is *Ananda*. It is considered to be *Nirvana*, a state of Eternal Happiness. Unfortunately, people struggle to reach this state. In fact, they struggle for peace. Their love makes them cry and bliss, they often miss! Little do they realize that it is the little difference that makes the big difference. The little difference is Realizing the Truth of, 'Who am I?' This makes a big difference as we live in *Ananda*, in *Nirvana*, till we die. Even death does not create fear or misery. Death becomes a moment of celebration. It is no more a matter of desperation because of the Realization that I will never die. Only the body will die. I will be liberated and united with the Divine. This only adds to that state of Eternal Bliss, creating *Ananda* or *Nirvana*.

How can one live in *Ananda*? How can one be in that state of *Nirvana*? There is only one way - Self-Realization, the Realization of 'Who am I?' and the discovery that I am the immortal Soul. This instantly transports us to a state of Eternal Bliss called *Ananda*. If we lose Consciousness of the Truth, we will lose the ecstasy of *Nirvana*. It is for us to remain in this Divine state, to enjoy the Divinity that we truly are.

Man's greatest sin is not anger or stealing or cheating. It is the ignorance that he is in fact, a manifestation of God. This is the mother of all sins, for it causes us to commit all the other sins and it makes us suffer. Thus, we do not enjoy the Eternal Bliss that we are meant to experience as we live in Truth Consciousness.



## Chapter - 11

# Make A Vow, To Be Happy Now

***You can be Happy forever if you just learn to be Happy, Now,  
Is that so difficult? Make a Vow!***

Happiness is not a vast subject. It is a very simple subject. It is all about the present moment. Life is made up of moments. Moments create minutes that create hours. Hours create days that become weeks, months, years and our life itself. If we lose the moment, we lose life itself.

Therefore, if we want peace, love and bliss, it is all about experiencing it in this moment. If this moment is peaceless, loveless and without bliss, then you can never experience true happiness. But stop now and resolve that you will be peaceful just for this moment. Pause and choose to spread the sunshine of love, just now, in the moment. Whatever be your circumstances, forget everything and choose bliss over all unhappiness, just for this moment. Is this very difficult? If only we can make this a habit, to live in the now and if only we take that vow, our life will be wow. Unfortunately, our mind is riding our horse. It becomes our boss and as peace, love and bliss slip away, we are at a great loss!

Can we toss aside the mind and be in Consciousness? Yes, we can. Let's do it just for the moment and we will make it a habit to do it for life.

Life is about today. Moments are fleeting but the day is ours. We wake up every morning and we can choose or lose the day. If only we grab every moment, if only we live in the now, we can take charge of our life. I always tell myself, *'I shall be happy today, though the skies are cloudy and grey, no matter what comes my way, I will ignore what people say, and I will be happy, every moment of today.'*

Do you want to live with peace, with love and bliss? It is a choice. Be wise. Prioritize and rise above the trials and tribulations of the body, mind and ego to the skies where you will get the prize of Everlasting Happiness.

Why not make this your daily prayer?

*Just for this moment, Lord, bless me to be at Peace.*

*Just for this moment, Lord, may my Love that flows to all increase.*

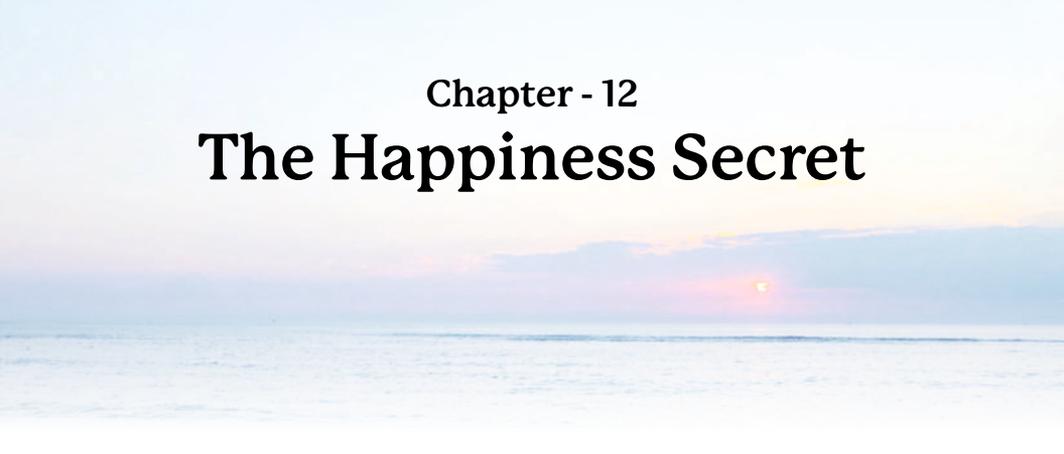
*Just for today, my Lord, may I live with Eternal Bliss, as all my miseries cease.*

*Just for today, O Lord, bless me with these, please.*

If we sincerely say this prayer every day and we remember to fill each moment with peace, love and bliss, there will be no space for any kind of unhappiness to enter our day and our life. This is the secret. Take charge of the moment and you have taken charge of the day and you are in control of your life. Life is all about this moment. Alas! We do not realize this and we lose moments and ultimately, lose life itself. Right now, grab peace, love and bliss for if you don't then, just like anybody else, you will experience some bliss and some unhappiness.

## Chapter - 12

# The Happiness Secret



***Happiness is not so difficult. It's a simple Secret.  
With Peace, Love and Bliss, we can remain at the Summit!***

How can you remain forever on that ultimate peak of happiness without falling in the valley of gloom and doom? How can you experience Eternal Peace, where all miseries cease? How can you live with Divine Love and not let the trivialities pull you down as you rise above? How can you live in that state of ecstasy, of seamless bliss, without anything or anybody robbing your happiness? There is a way. It's the happiness secret.

To experience peace, love and bliss seamlessly, without moments of disappointment and periods of depression, we must learn to live the happiness secret. While the entire happiness secret needs a whole book to discover, we can capture the essence of it to live with peace, love and bliss. The secret of happiness is having enthusiasm. It is believing in God, a Power, a Supreme Immortal Power, SIP and that gives us faith, hope and trust. This enthusiasm will lead us to that state of acceptance, without any protest. We will realize that life is a drama and everything is happening because of Karma. Therefore, we don't experience any trauma. We surrender to the Divine will, realizing that whatever will be, will be.

We can live life moment by moment, doing our best and choosing to be happy. The secret of happiness reveals that happiness is a choice. We can choose to smile or whine all the while!

We can run after pleasure that gives us momentary happiness or we can evolve to peace, the very foundation of happiness and discover purpose that will liberate us from all misery and sorrow, as we live in the present moment and not shuttle from yesterday to tomorrow. But this is a secret of happiness that not everybody knows. He who knows, on him, it shows because his face glows.

Thus, the secret of happiness is going from achievement to fulfillment and finally scaling that peak called Enlightenment. Those who don't seek this peak, will never discover the ultimate secret of happiness. They will shuttle between being negative and being positive, just as they suffer the misery of the mind and the monsters of the ego. The happiness secret is a state of *SatChitAnanda*, an experience of Eternal Bliss in Truth Consciousness. This means that we are conscious of who we are and why we are here and nothing can steal our happiness as we live without stress, worry, anxiety and fear.

If you wish to live with peace, experience love and a euphoria of bliss, then discover the happiness secret. It is a peak that shines on the prism of peace, love and bliss. But it needs the base of Truth Consciousness. The Truth and its Consciousness will catapult us into a universe of Eternal Happiness.

# Afterword



***I too struggled to live with Peace and Bliss and Love,  
Till I Discovered Within, the Lord that I thought was Above.***

All through life, I lived struggling between pleasure and pain. There was so much loss after every gain. My life was like anybody else's, having sun and rain. And this cycle, repeated again and again, till one day, I realized that there was a way to Eternal Bliss.

I discovered the secret of happiness. I realized that peace, I didn't have to find. It was within, in my Soul. All I had to do was to still my mind. I realized that love was not from skin to skin. It was from the Divine within to the Divine that dwells in every Soul. I realized that happiness was not just pleasure. I discovered the real treasure of Eternal Bliss in Truth Consciousness. What caused this magic? It was simple logic.

Who was struggling to be happy? Who was facing challenges to experience peace, love and bliss? It was ME, the Mind and the Ego that lived in this body. When I went on a quest and I realized, '*I am not the body that dies, I am not the mind I cannot find, and the ego that said 'I' was nothing but a big lie.*' In that 'Aha!' moment, I found the treasure of peace, love and bliss flowing like a river within me, taking me to the ocean of Everlasting

Happiness. It was my self-discovery, my Self-Realization, that led me to experience this beauty effortlessly.

I too lost my peace as I found my happiness cease. I could not seize that moment. I could not seize that ecstasy of joy that I always wanted because every time I was happy, I would find my peace stolen by my own mind. My love experienced heartbreak because there were expectations and conditions and attachment. My bliss was interrupted ever so often by unhappiness. Fear, worry, stress and anxiety, anger, hate, revenge and jealousy, we all experience this. But I found a way to clear the mess and live with Eternal Happiness.

When I discovered that I was the Soul, the Spark Of Unique Life, when I discovered being in Consciousness that vibrated from the Soul, I found the secret of peace, love and bliss. I had a choice to live in the mind state as the body, 'I', or live in Consciousness as the Soul that experienced universal Divine oneness with all. In this state of Consciousness of the Truth of who I am, I could live with peace and bliss, without losing that state of Eternal Happiness.

Today, my life is a seamless journey from one moment to another in complete acceptance and surrender as I don't hope and wonder at what is unfolding. I enjoy the drama and face no trauma as I have transcended Karma living as a Divine instrument. I realize that I am a manifestation of the Divine and I live as a Divine instrument, without any desires or passions. I seek nothing after my Realization. My ego that was tall as a wall had a fall and now, I am able to live with bliss, with peace, as I love the Divine in one and all.

# POEM

## How to Live with Eternal Peace, Divine Love and Everlasting Bliss

*I wanted to be happy every day  
I struggled how to find a way  
I wanted nothing but pure bliss  
I hated the sign of unhappiness  
Wow! One day I discovered this*

*Happiness is a real treasure  
But happiness is not just pleasure  
Pleasure is ephemeral, it comes and goes  
But Eternal Bliss, forever flows  
And this, not everyone knows*

*When something goes wrong, we start to cry  
We don't know the reason, we question, 'Why?'  
We fold our hands, look up at the sky  
This goes on as we live and die  
Till we discover, 'Who am I?'*

*Why do we struggle, peace, to find?  
The thief is that rascal, our own mind  
Peace is within but it is hid behind  
As the mind creates misery and we grind  
Open your eyes, don't be blind!*

*Love is nothing but a fountain of joy  
But the beloved is not just a toy  
True love is bliss, it's not a kiss  
True love is Eternal Happiness  
Alas! The ecstasy of love, we miss*

*There is a way to peace, love and bliss,  
There is a way to Eternal Happiness  
It's a secret, we must discover this  
We need Self-Realization, which we miss  
Once we awaken, it is seamless*

*Peace is within, why then does it cease?  
Who is the thief that robs our peace?  
It is the mind that we cannot find  
The mind doesn't exist, leave it behind  
It's time, the lies we rewind*

*Love is not just from skin to skin  
Love is Divine, it flows within  
When you love the Soul, this is Divine Love  
It is love for the one above  
Let us discover the ecstasy of love*

*Anybody can be happy, once in a way  
The challenge is to be happy, every day  
Though the skies may be cloudy and grey  
No matter what somebody may say  
We must choose to be happy anyway*

*Happiness is nothing but a choice  
But this Truth is known only to the wise  
They are the ones who prioritize  
They go within as they cut the noise  
Then they hear the Divine voice*

*We are not this body, ego or mind  
Who are we? This we must find  
The truth is that we are the Divine Soul  
When we achieve this goal  
Peace, love and bliss will roll*

*This is not just a fairy tale  
You can be happy always, don't be pale  
Let go of those lies, they are stale  
Evolve and grow to another scale  
You can do it, please don't fail*

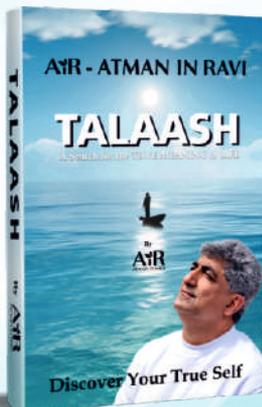
*You can live with peace, love and bliss  
You can experience Eternal Happiness  
Don't let life escape, don't let it miss  
Still the mind, when it tries to hiss  
We need nothing else, we just need this*

*To attain Eternal Peace, love and bliss  
There is a simple way, just do this  
Today, list your questions and start a quest  
Put all your false beliefs to test  
You are sure to reach the crest*

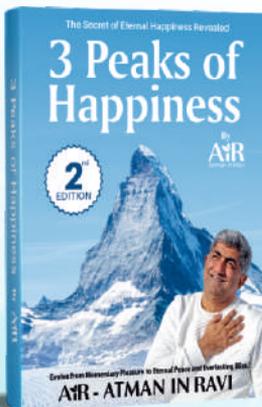
*You will overcome all ignorance  
You will live in Consciousness  
Moment by moment, living in the now  
You will be blissful, your life will be wow  
Today, discover the secret to Eternal Bliss*

By  
**AiR**  
Atman in Ravi

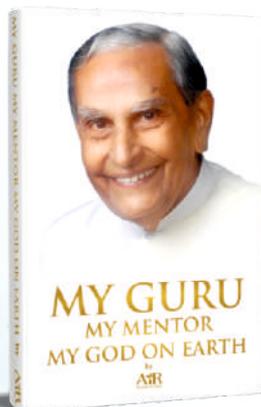
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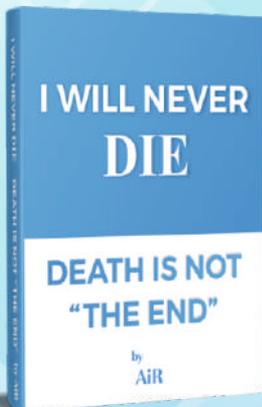
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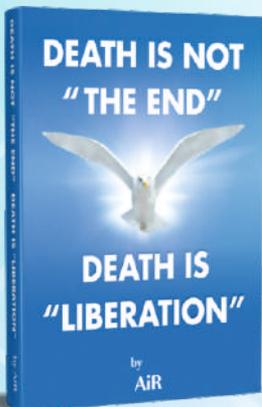
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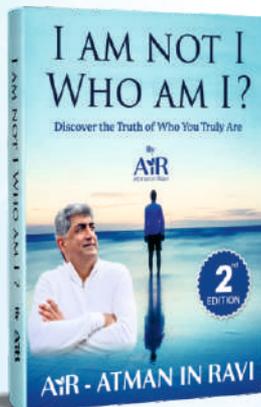
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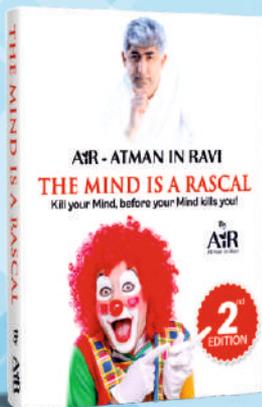
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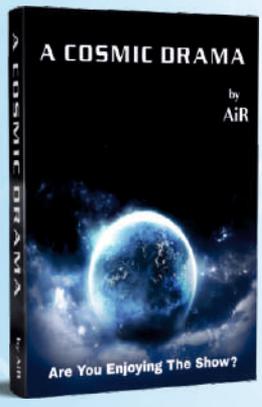
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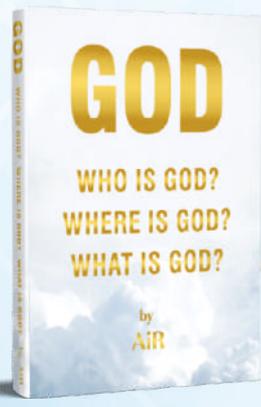
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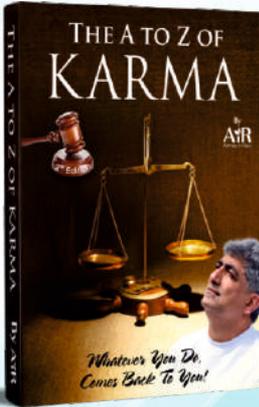
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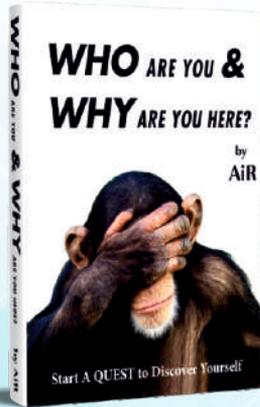
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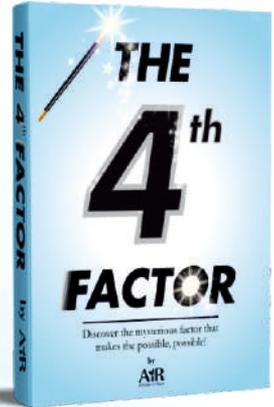
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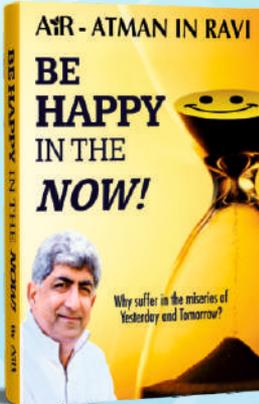
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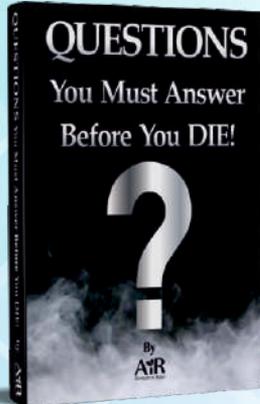
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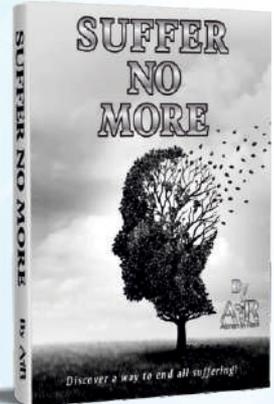
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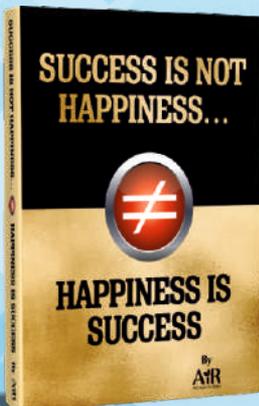
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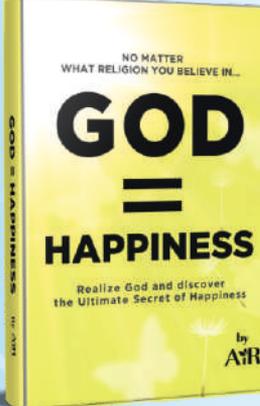
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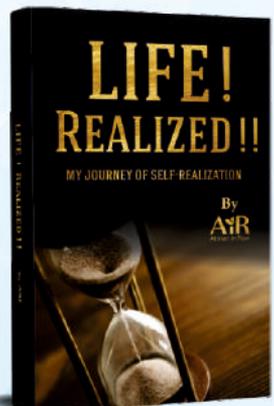
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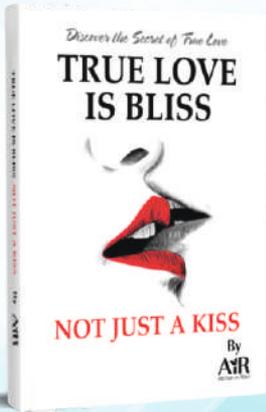
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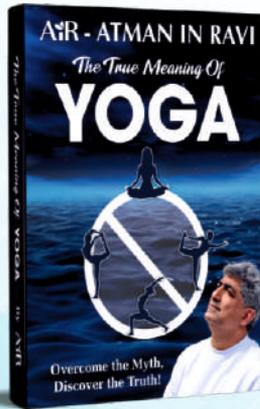
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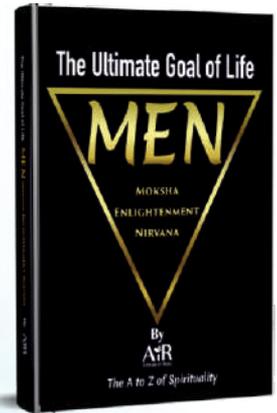
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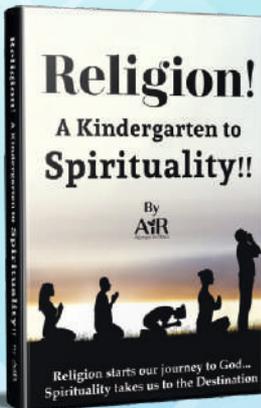
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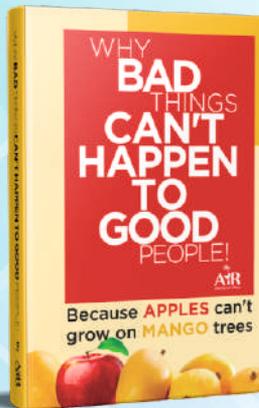
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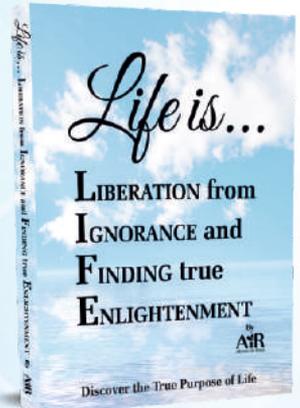
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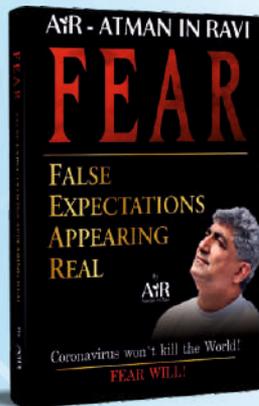
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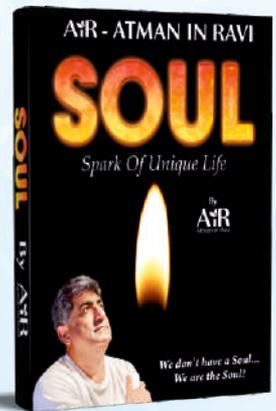
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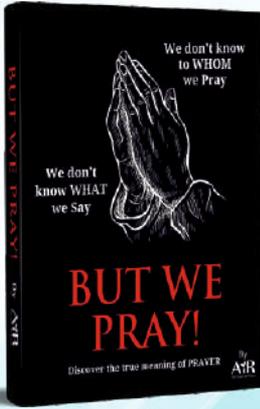
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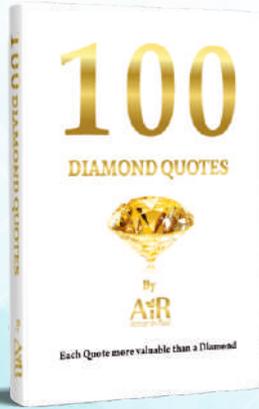
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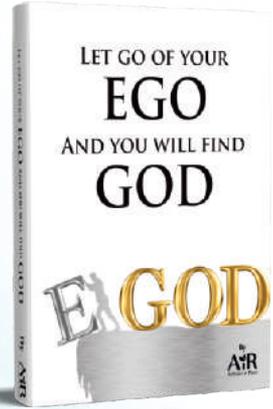
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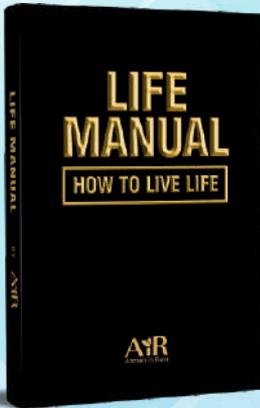
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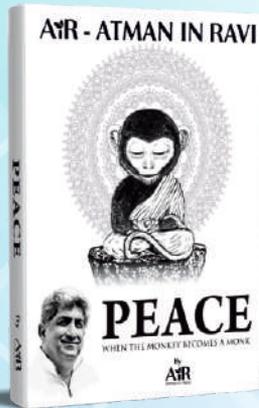
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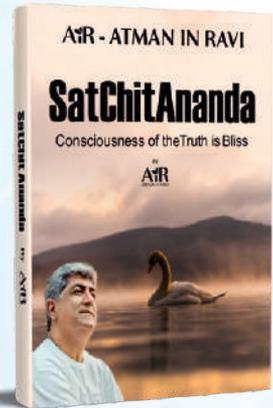
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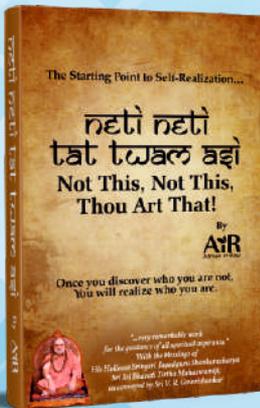
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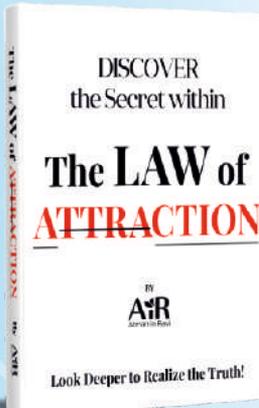
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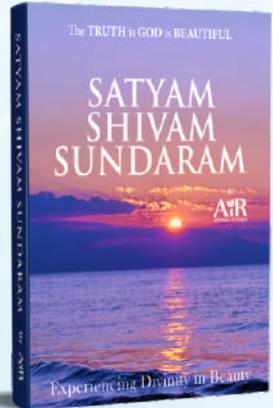
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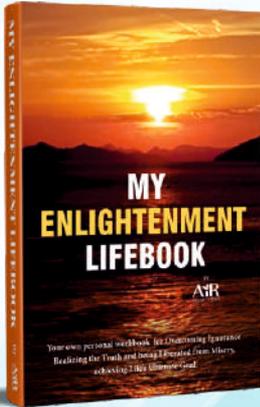
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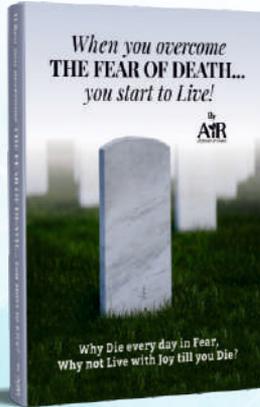
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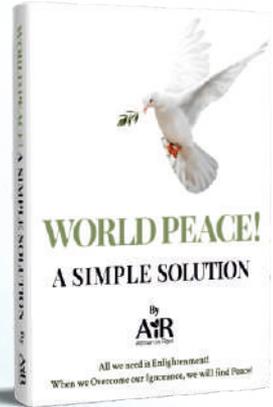
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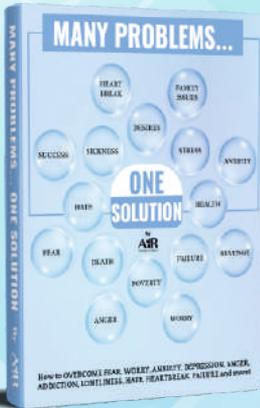
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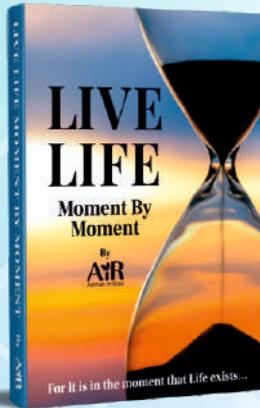
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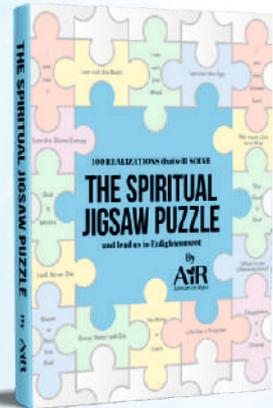
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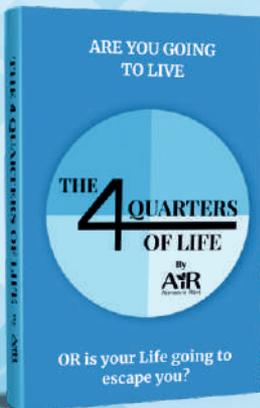
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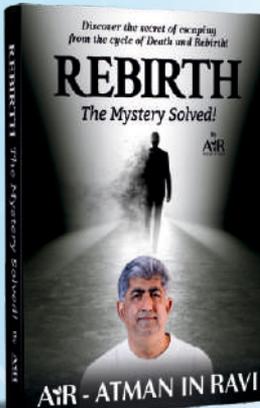
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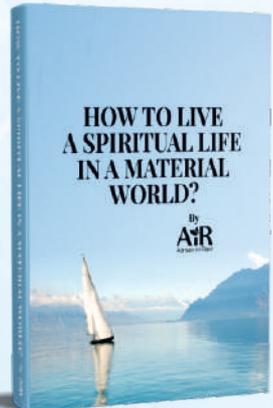
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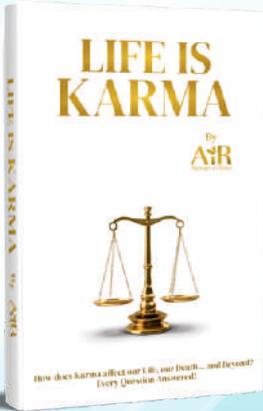
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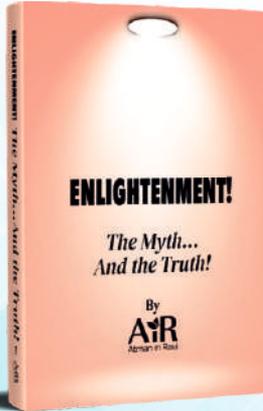
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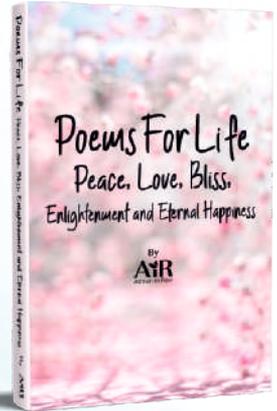
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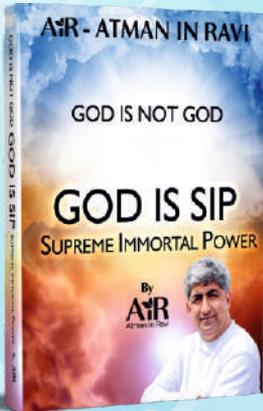
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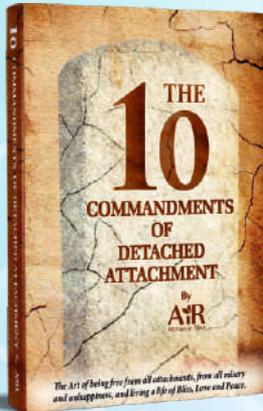
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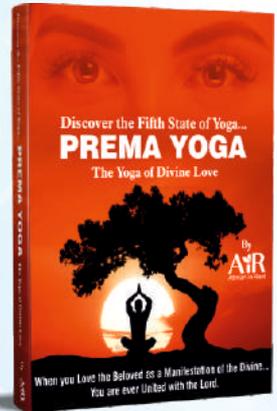
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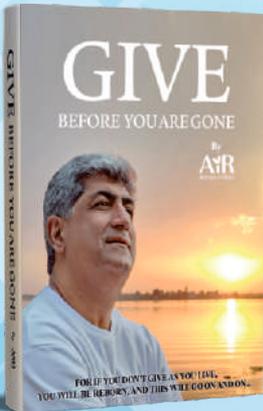
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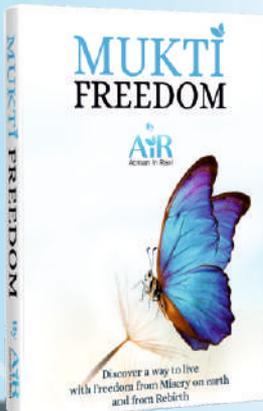
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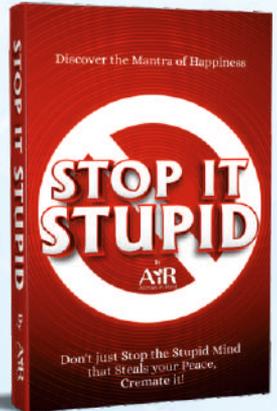
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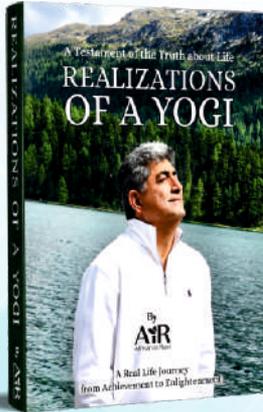


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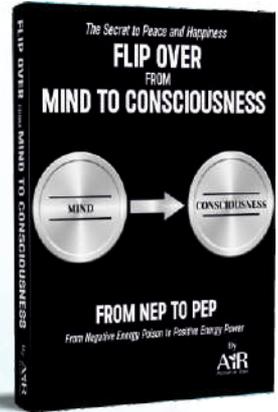
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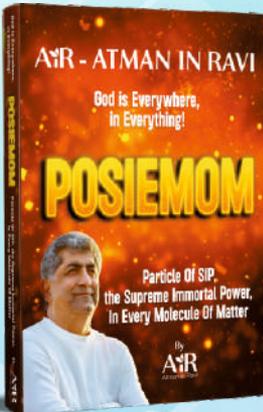
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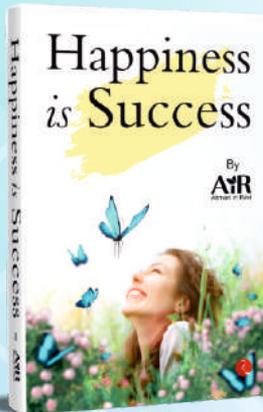
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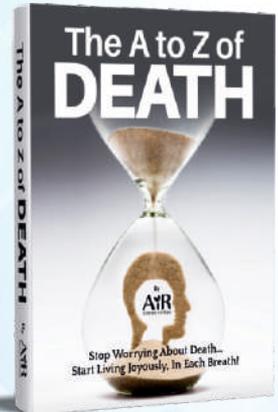
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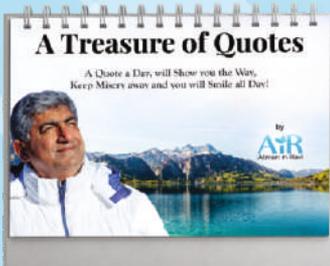
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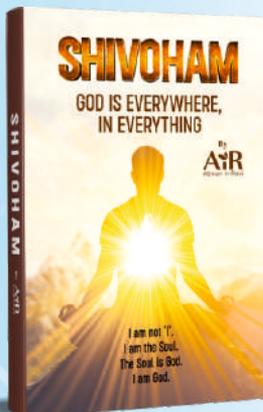
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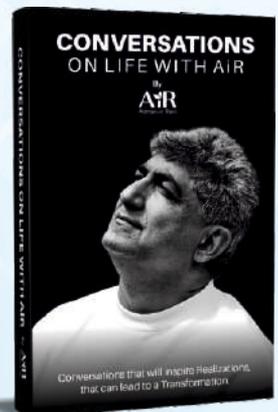
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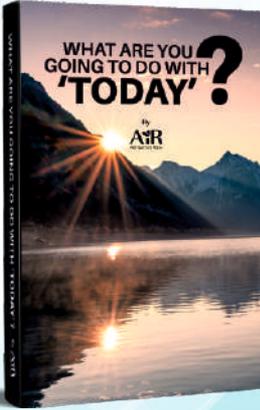
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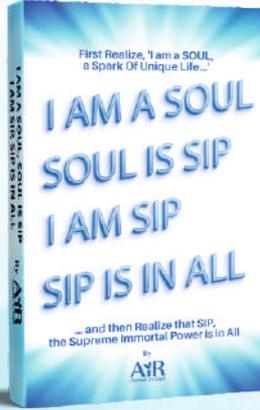
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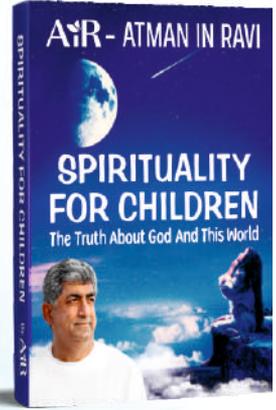
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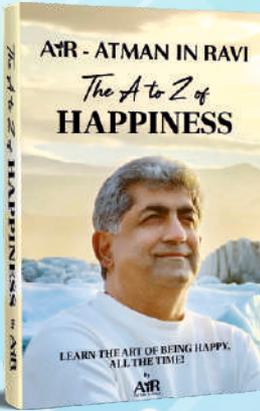
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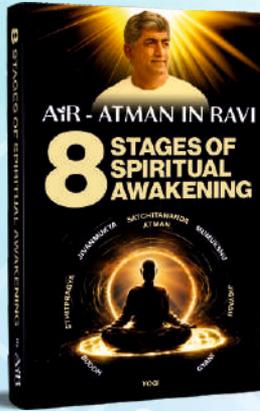
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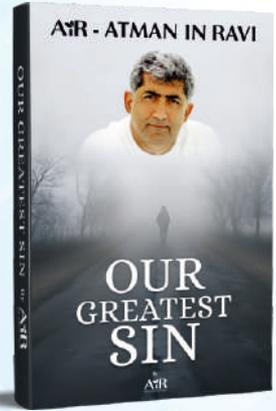
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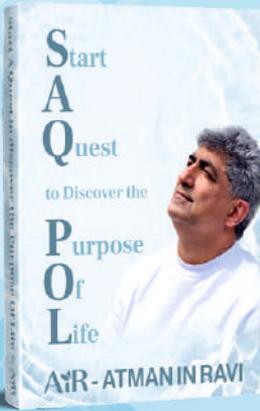
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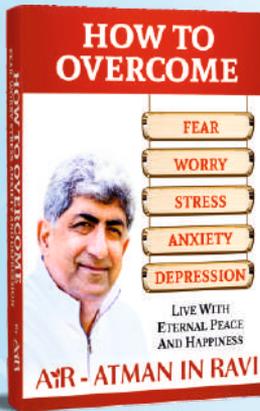
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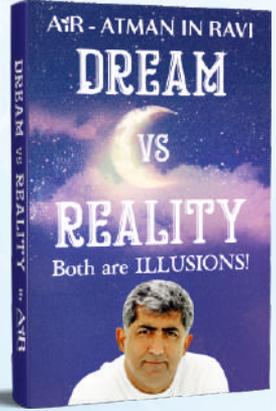
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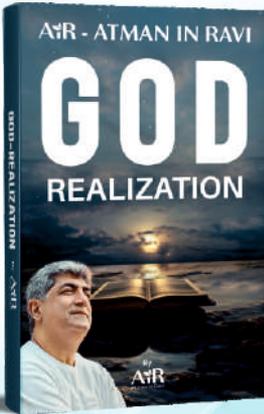
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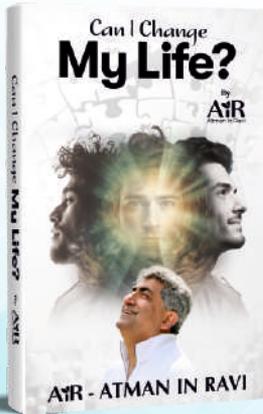
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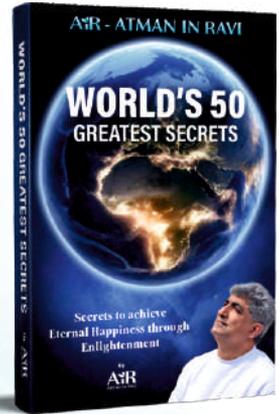
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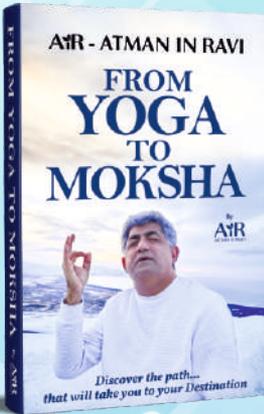
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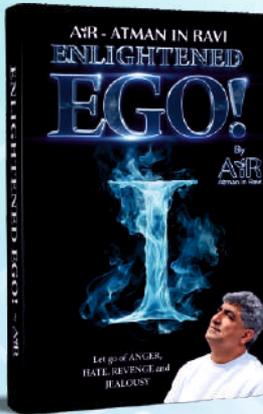
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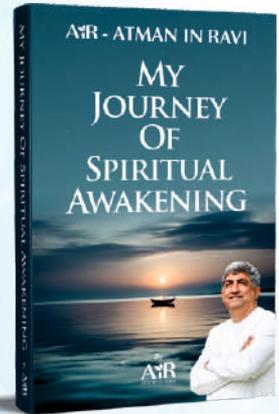
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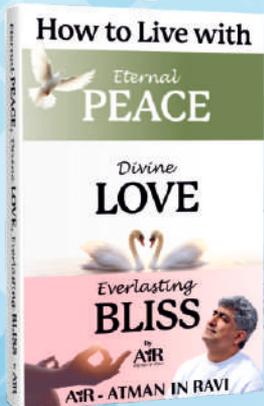
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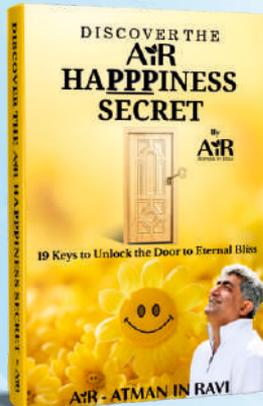
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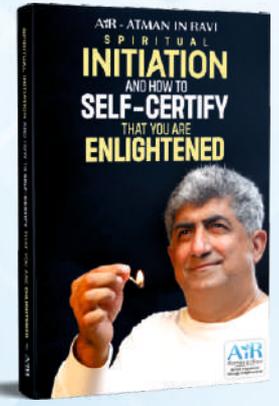
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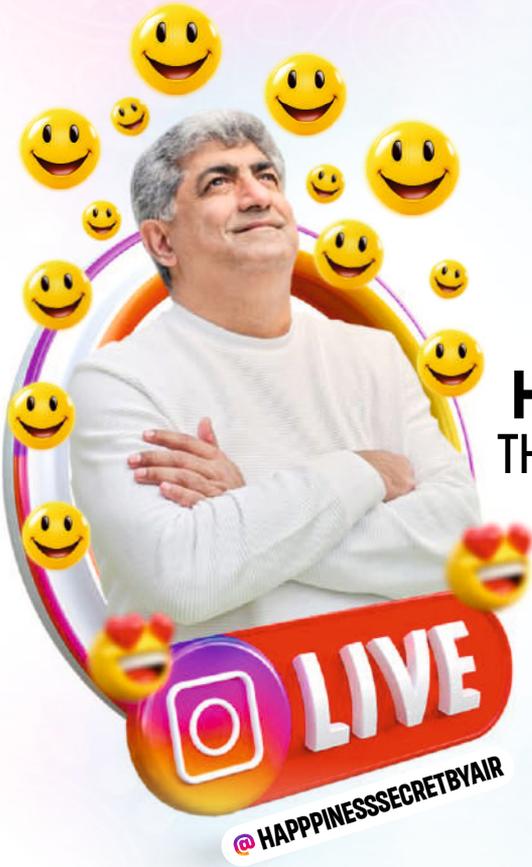
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81



EVERY EVENING AT  
**SEVEN,**  
FOR JUST MINUTES  
**ELEVEN,**  
DISCOVER THE  
**HAPPINESS SECRET,**  
THAT'S NOTHING LESS THAN  
**HEAVEN.**

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# AiR - ATMAN IN RAVI

## How to Live with Eternal Peace, Divine Love and Everlasting Bliss

This book is a Treasure that will make you experience an ecstasy of joy greater than any pleasure. It will unlock the door to fill your life with more Peace, Love and Bliss.

We all seek to be Happy but we don't realize that Peace is the foundation of Happiness. Peace, we don't have to find. It is within. We only have to still our mind. But how can we still our mind to experience Peace? We all want to experience Love but how can we be free from heartbreak? There is a way to enjoy Divine Love. We all want to be Happy. Why then do we become unhappy?

After discovering the secret of Eternal Happiness, after discovering the way to Eternal Bliss, AiR - *Atman* in Ravi, in this, his 80<sup>th</sup> book, reveals a simple but guaranteed method to enjoy the Treasures of Peace, Love and Bliss. If only we follow the path, we too can experience Eternal Happiness.



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