

DISCOVER THE
AiR
HAPPINESS
SECRET



AiR
Atman in Ravi

19 Keys to Unlock the Door to Eternal Bliss



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By
AiR
Atman in Ravi
Ravi V. Melwani

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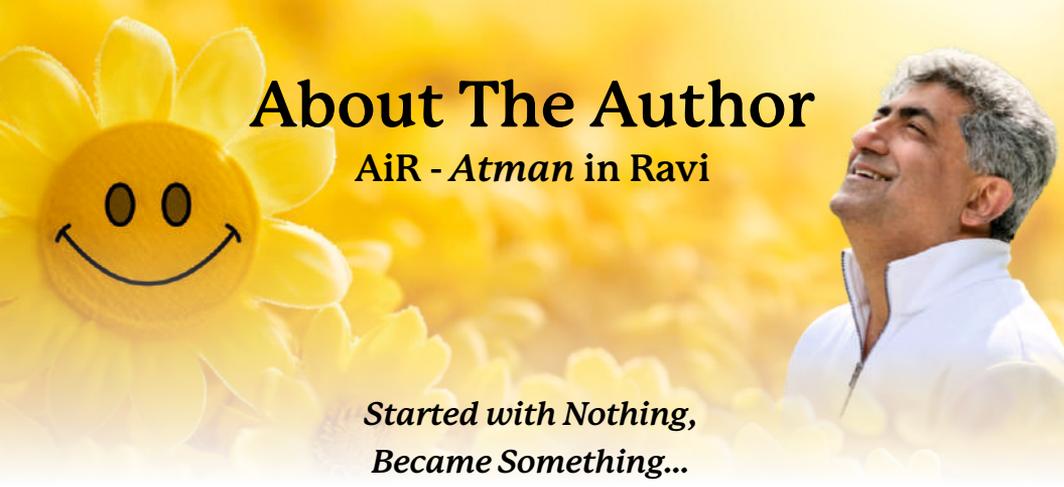
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About The Author

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

Preface



*What is the Happiness Secret that can create
Eternal Bliss?*

*Is there a way to eliminate all unhappiness?
I too shuttled like a Yoyo till I discovered this,
A way to Peace, to Love and to Bliss!*

For 25 years, I achieved success after success, trying to climb the peak of happiness. I enjoyed all the pleasures of the world – money, wealth, name and fame, clothes, cars, mobile phones and I travelled the world. I had all the pleasures that I could dream of. But I did not discover the true treasure of Eternal Peace and Everlasting Bliss. Somehow, I was taught the lie that success is happiness. It was only after 25 years that I realized that success was not happiness. As long as my life was full of misery and stress, how could I say that I had attained happiness?

It was only at 40 that I decided to take an exit from the highway called achievement. I discovered a new peak that I called fulfillment. It was a state of contentment, where I was fully satisfied. Then I discovered peace, the very foundation of happiness. I realized that *happiness doesn't come from what you have. It comes from how you feel. I discovered that all successful people were not happy, but all happy people were successful.* I could see through and through that some of the rich people were glad, but many of them were sad! They were even committing suicide. And so, it became clear to me that money was not happiness.

Of course, we need money. And money can create pleasure. And pleasure creates happiness. But will more and more money create more and more happiness? Will more money eliminate all our misery and stress? On the contrary. More money can make our life a mess! We need enough money to live a happy life, but thereafter, money can lock us in a prison of pleasures, possessions and people and ultimately, can create stress and much unhappiness.

What then is the secret to Eternal Bliss? How can we achieve that state of Everlasting Happiness? I started a quest with the help of my Spiritual Master. I discovered the AiR Happiness Secret. I realized that we are all trying to become happy. We can't! We have to learn the art of being happy. Happiness is a state of being. There are people who have everything but are still unhappy, just as there are people who have nothing, but are quite happy. What makes this so?

I realized that happiness does not come from trinkets and treasures. Of course, we all have senses that need gratification and we become happy when we see something good, hear good music, smell a good fragrance, taste something delicious or touch someone we love. These are the simplest ways of being happy. But it is not always about gratifying our senses and being happy. If our expectations are not achieved, we can easily become unhappy.

Life, as a common man experiences in this world, is a combination of being sad and being glad. But if we are sad, we are not glad. And when we are glad, then obviously we are not sad. *Unfortunately, life is like a merry-go-round and we experience both pleasure and pain, loss and gain, sun and rain. This repeats again and again.* I was blessed to discover the Happiness Secret that can make us happy again and again. This Secret could eliminate all misery, all sorrow, if only we live in the present moment and we do not shuttle from yesterday to tomorrow because then, we become unhappy.

What was my profound Realization? I realized that while nobody can go to a past that is gone and a future not yet born, we human beings are living with regret, shame and guilt of what is over. We are living with fear, worry, stress and anxiety

of what is still to come. What is the cause of this unhappiness? It is our own mind. When I went in search of the mind, where was the mind? I could not find! When I analyzed what was causing anger, hate, revenge and jealousy, I discovered it was the ego. When I progressed on my quest, my search for the true meaning and purpose of life, I realized that the ego that said 'I' was a lie. This led me to the third and ultimate peak of happiness, Enlightenment.

Enlightenment is Realization of the Truth. It is switching on the light within. It is self-discovery. *'Who am I? Am I this body that suffers physical pain? Am I the mind that creates fear, worry, stress and anxiety and makes me blind? Am I the ego that experiences the anguish of anger, hate, revenge and jealousy?'*

My quest led me to that state of Self-Realization. I discovered that I was not the body that would die. The body was created over nine months after I was conceived. One day, my loved ones will destroy this body and say that I passed away. When I tried to search if I was the mind, I searched hard, but where was the mind, I could not find. I could see the heart, the brain, the kidneys, but there was no mind. It was just a bundle of thoughts. Then, I discovered that if I was not the body or the mind, who was I? I realized, *'I am not 'I'. I am the Soul, that Spark Of Unique Life.'*

When my ego, that stood tall like a wall, was Enlightened, it experienced a fall, and I experienced the Divine in one and all. This led me to that state of Eternal Happiness, that ecstasy of joy called Ananda or Nirvana. It not only gave me pleasure and peace, but it also revealed the purpose of my existence.

Thus, I decided to write my 81st book, revealing the AiR Happiness Secret. What was my happiness journey? It was about how I evolved from pleasure to peace and finally, discovered purpose that gave me Eternal Bliss. I decided to share the simple way to Everlasting Happiness, how we could experience Divine Love and not cry with heartache and a heartbreak. There is a way to smile all the while, but this is a choice. If we don't choose to be happy, then we can lose the gift of happiness. It all comes within the AiR Happiness Secret which I am going to share.

Do you want to be happy? Do you want to experience that state of Eternal Peace, Divine Love and Everlasting Bliss? The good news is you can. You can live every moment of life being happy, without any misery and sorrow. You can fill every moment with joy and not suffer in yesterday and tomorrow. This book will teach you the secret of how to be happy every day, in every way!



Introduction

*Isn't it true that we don't want to feel bad?
We all want to be happy, we all want to be glad!
Then why so often, do we become sad?
We forget the Happiness Secret, aren't we mad?*



It has taken me 10 years after I awakened to the truth to discover the Happiness Secret. After writing dozens of books on happiness, out of the 80 books that have flowed through me, I was blessed with a secret that can give us Eternal Peace, Divine Love and Everlasting Bliss. Yes, there is a way to live with seamless happiness. There is a way to be free from all misery and sorrow. But for this, we must learn to be in Consciousness, living in the present moment, not shuttling between yesterday and tomorrow.

Like anybody else, I too wanted to be happy. I have enjoyed all the pleasures of the world and I was told that to get to the next level of happiness, I have to leave the world of entertainment and discover the world of Enlightenment. I was fortunate to have a Spiritual Master, Dada, who showed me the path to be happy in this world but not be consumed by it. He led me on a quest and in this book, I will share the Secret of Happiness that I discovered.

This book is not a book of theory. It is my practical experience with life, how I too struggled with the challenges and problems of everyday life and then found a way to be liberated from all misery and sorrow. I too experienced pain again and again, till I realized that I was living in vain! I too was running after success and achievement, till my Guru taught me how to leave the race and live with grace. I was caught in a maze of desires and passions. I was caught in a chase for money and wealth. I wanted to be an ace because I thought that success and achievement will give me more happiness. I realized that to be happy, we must always be in Consciousness. We must overcome our ignorance and live with intelligence. And unless we rejoice in life, we will continue to remain unhappy.

In this book, I share my practical experiences of how we can enjoy pleasure without losing the greater treasure of peace. We can enjoy achievement but evolve, grow and go to that ultimate peak of Enlightenment. Enlightenment is not some spiritual jargon. It is about Enlightening ourselves, it is to bring in the light of truth and to overcome the darkness of ignorance which makes us suffer. I will share how I live as the happiest man on the planet as I share the AiR Happiness Secret, being a Happiness Ambassador. Everything in this book is my own experience with life and how I live today with peace, love and bliss, without any unhappiness.

Bad things happen in life. Can anybody deny it? But why do such things happen? When I discovered that all trauma was because of Karma, I started to enjoy the drama. Karma is a Universal Law. It's the Law of Action and Reaction. Everything that was unfolding in my life was not luck. I realized that I would pluck what I planted. *Just like the seeds we plant decide the fruit on the tree, my deeds would decide my destiny.* So, I learned to joyously accept what was happening without protesting and being disgruntled. I had the choice to do my present actions and I did my best. Then, I learned to surrender. I would sing, '*Que sera sera, whatever will be will be.*'

I learned that the future would unfold based on the combination of my present actions, which I can change and my past Karma, which I can't. So, I learned the art of being happy. I made a small switch. Earlier, I would expect. Now I learnt to accept and my life changed.

What is happiness? It is not about what you *have*. It is about how you *feel*. We can have everything and be unhappy, just as

we may have little, but if we count our blessings, we can be joyous. I learned to live with faith, hope and trust and this created so much enthusiasm in life. *I would smile all the while, without letting the problems which were longer than the Nile, take away my smile.*

Who doesn't have problems? We all do. But just because we have problems, there is no reason to be unhappy. I learned the art of flipping over from NEP to PEP. I replaced Negative Energy Poison with Positive Energy Power. I replaced doubt with faith and threw fear, worry, stress out of my gate. This took me from pleasure, which comes from achievement to peace, which comes from fulfillment.

I too wanted peace of mind and then I discovered that peace, we cannot find! Peace is always within. All we have to do is still the mind. It is the mind that makes us blind as happiness is left behind.

We all want love. Love is a fountain of joy. But we don't realize what True Love is. We believe the lie that love is a hug and a kiss. I too went through many heartaches and heartbreaks, till I discovered Divine Eternal Soulful Love. Now I am able to experience the ecstasy of True Love, a euphoria of bliss.

I never believed that there could be a life with pleasure and no pain. I never believed that we could be happy again and again. I would often live hopelessly, thinking that life has no sunshine, only rain. When I went on a quest, then the truth I could gain. It is simple and plain. If we realize that we are not this body, mind and ego that suffers, then we can eliminate the misery of the mind and the monsters of the ego that create

agony and anguish. I learned how not to react but rather to respond. I learned the secret of peace and tranquillity as I eliminated all worry and anxiety.

In this book, the AiR Happppiness Secret, I have created a simple secret that works. It is guaranteed to work, but only if you change the spelling, along with your understanding of happppiness. My Happppiness has 3 Ps and my Secret is an acronym of 19 letters. If you are committed to living life with this acronym of the AiR Happppiness Secret, you can live a life of peace, love and bliss. You can discover a way to Eternal Happppiness. You can sweep away all misery and pain, as toxic thoughts of the mind will no more pop up again and again.

Are you seeking to find the Happppiness Secret that can make you happy forever? Then, the treasure is in your hands. You can continue to enjoy pleasure as you base your joy on the foundation of peace. Then all your miseries will cease, as you seize every moment of life and discover the purpose of your existence peacefully, joyously and blissfully!



Chapter - 1

'AiR HAPPINESS SECRET'

The Acronym

*Happiness is not a sometime thing,
You can be Happy all the while!
You can overcome all misery and sorrow,
And live each moment with a Smile!*

We all experience bliss. We all enjoy moments of joy. Every human being wants to be happy and often is. But somehow, we have been programmed to believe that life is a journey of both bliss and unhappiness. We have accepted the fact that sometimes we will be glad and sometimes sad. It has been compared to living with both the sun and the rain, so that there is loss and gain, as we experience pleasure and pain. This is life!

So, is there a way to Eternal Bliss? The good news is that there is. Those who discover the AiR Happiness Secret, learn the art of being in seamless joy. They rejoice every moment of life as they experience the ecstasy of Eternal Peace, Divine Love and Everlasting Bliss. How can we achieve this?

We can reach this state if we discover the AiR Happiness Secret. This Happiness has 3 Ps and it is the secret to that state of uninterrupted peace and happiness. It is formed as an acronym so that it is remembered and lived. It has to become part of our life and if it does, misery and sorrow will become a thing of the past. What is the AiR Happiness Secret acronym? What is the recipe for Eternal Bliss that can put together a life that is full of smiles and laughter? Is it that such a life will have no problems? Of course, life will have challenges, but those who live the AiR Happiness Secret, will be unaffected by what unfolds moment after moment. They will live a life that is transformed and the trials and tribulations of the mundane mortal world will not affect them. What is the acronym?

THE AiR HAPPINESS SECRET ACRONYM

A - Always in Consciousness
i - Intelligence over Ignorance
R - Rejoice Life

H - Having Enthusiasm
A - Acceptance
P - Pleasure
P - Peace
P - Purpose
I - In the 'Now'
N - NEP to PEP
E - Ecstasy of Divine Love
S - Surrender
S - *Sat Chit Ananda*

S - Smile, All the While
E - Eliminate the Mind
C - Choose to be Happy
R - Respond, Don't React
E - Enlighten the Ego
T - Transcend *Bhoga*, Live in Yoga

There are 19 pieces that will complete the AiR Happiness Secret puzzle. Once the pieces are put together, there is no way that one can be unhappy. One can enjoy the momentary pleasures of life as one lives in that state of Eternal Peace. The AiR Happiness Secret shows us the way to live life, moment by moment.

What is Life? Life is made up of moments. It is these moments that create hours, days, weeks, months and years that fill our

life. There is no way to live a happy life other than living each moment with bliss. The AiR Happiness Secret teaches us this.

Unfortunately, we become unhappy. We lose our peace of mind to our own mind. Those who learn the art of Eternal Bliss through the Secret of Happiness learn to kill the mind. It is very easy. We just have to still the mind. By doing this, we will also eliminate the false ego that fills our life with anger and jealousy, revenge and hate. Once the mind and ego are outside our gate, there is no more wait.

The body will suffer physical pain and many of us become unhappy because of aches and pains as the body will decay and experience disease. Can anybody escape this? Every 'body' will die and those who learn the AiR Happiness Secret, learn the art of accepting our mortality. Just as we accept physical pain, we don't live in vain, because we gain the profound wisdom that we are the immortal Soul.

The Soul has no suffering. It experiences *Sat Chit Ananda*, that state of Eternal Bliss that comes in Truth Consciousness. But how can we reach this state? This is the Happiness Secret.

What is life all about? Life is a drama and in this drama, there is so much trauma. But those who discover the AiR Happiness Secret, enjoy the drama without trauma because they discover that everything is Karma. Everything that is happening in life is a reaction to our past action. The secret reveals to us that this world is unfolding, based on the principle of cause and effect. Life is like a boomerang. What goes around comes around. What we give is what we will get. Those who discover the AiR Happiness Secret, joyously accept. They surrender the results

of their actions to the Divine governance of the universe and live each moment peacefully and blissfully.

What constitutes happiness in essence? It is peace, love and bliss. The AiR Happiness Secret teaches us to choose these. We master the art of living with peace as we make miseries cease and seize every moment of life and fill it with love. Love often creates heartaches and heartbreaks, but the AiR Happiness Secret reveals to us, true love that is bliss. It is not just a kiss. How can love create Eternal Happiness? Once we learn to live with peace and love, then this secret will take us to that state of seamless bliss, where we enjoy pleasures as little treasures that fill the journey of life.

You too can experience Eternal Happiness. You can fill your life with peace and bliss. You can love without breaking your heart and creating unhappiness. But for this, you must be a Master of the AiR Happiness Secret. You must learn to live with enthusiasm at the very beginning and to end, you must choose to live your life with the AiR Happiness Secret every moment. There is nothing more important than this!



Chapter - 2

Always In Consciousness

From the Mind State, Return to Consciousness

*There is a way to be in Eternal Bliss.
It's simple - Always be in Consciousness!
The one who steals our Bliss is the Mind,
Flip to Consciousness and leave the Mind behind!*



We all go through the cycle of pleasure and pain. Who is the one that makes us miserable again and again? It is the M I N D – Misery, Ignorance, Negativity, Desires. The mind is nothing but a bundle of toxic thoughts. Although we cannot find the mind, it appears and steals our happiness. What is the secret to Eternal Bliss? Kill the mind before the mind kills you!

How can we kill the mind that does not exist? It is, in modern day terms, 'virtual reality'. It is not real but appears to be. The moment we move to a state of Consciousness, a state of Awareness, there is no mind.

Peace is the Foundation of Happiness. If we want to be happy, we have to find peace of mind. But peace, we don't have to find. It is within. We just have to still the mind, then we will find peace, that source of Eternal Bliss. But how to find peace of mind? When there is a piece of mind, there is no peace of mind. The only way is Consciousness. Always be in Consciousness!

Therefore, the first letter in the Secret of Happiness – AiR Happiness Secret, is A – Always in Consciousness, not sometimes, not once in a way. It is not being in Consciousness occasionally. It is always being in Consciousness because the moment we unlock the door of our head, we are dead! The mind will enter our door and push us on the floor. Then happiness will be no more. The mind will shoot at us, bullets of toxic thoughts! However, if we are always in Consciousness, then we have locked the door and the mind can enter no more! In Consciousness, we have no toxic thought in which we are caught. The intellect is activated and we become the masters of our life.

Always In Consciousness

From the Mind State, Return to Consciousness

The ancient Indian scriptures tell us that life is about using our five senses effectively. They are like the five horses that drive our life chariot. More important than our senses, is the mind. The mind is the reigns of the horses. But more important than the mind, the reigns, is the charioteer, the intellect. The intellect can only take charge if we are always in Consciousness. The moment we lose Consciousness, the mind takes over. It controls the senses and then, everything goes wild! When the mind rides our life horse, it becomes our boss and then there is a great loss of happiness. But if Consciousness is in command, then we can reach that state of Eternal Bliss.

Do you want to learn the AiR Happiness Secret? Then remember this – always be in Consciousness. Don't let the mind take charge of your thoughts. Then these toxic thoughts will pour like rain and make you miserable again and again. But if we are always in Consciousness, then in this state of Awareness, we enjoy Eternal Bliss. This is the Secret of Happiness.

How can we always be in Consciousness? By being aware. By being conscious. The moment the mind starts to shoot us with toxic thoughts, become aware of the arrival of the mind. Still it. Kill it! Come back to Consciousness. When we are in Consciousness, there is happiness. The moment there is no happiness, it means the mind has taken over our Consciousness.

Consciousness is like the beautiful blue sky. The mind is like the dark clouds that cover the beautiful sky. If we are not always in Consciousness, we will not be happy every day.

We will be filled with thoughts that are cloudy and grey. We will be worried about what people will say. We will have fear of what might come our way. However, remember that we can choose to be happy every day. We can wipe away the clouds of doubt and throw the mind out! We can eliminate anxiety and stress, which is caused by toxic thoughts that create a mess! We must be in love with the blue sky of Consciousness. Always be in Consciousness.

Are you ready to start living with the AiR Happiness Secret? Then, right now, come back to Consciousness. Become aware that you can be happy all the while. Smile! Choose to be happy. Use the 19-letter AiR Happiness Secret to be in Eternal Bliss just as you wipe out all unhappiness. You have the AiR Happiness Secret in your hands, which is a treasure greater than any pleasure. Live the 3 Ps of the AiR Happiness Secret as you evolve through the three peaks of life, from Pleasure to Peace and ultimately, to discover your life Purpose.

Congratulations! You have already started the journey of Eternal Bliss with the AiR Happiness Secret. Now, you will *be* happy for the rest of your life.



Chapter - 3

Intelligence Over Ignorance

Discriminate What is Wrong.
Choose What Is Right

*We believe in fairy tales. We are filled with ignorance.
Happiness is overcoming this with our intelligence.
Activate the Intellect. Discover what is wrong and right.
To be Happy, know Life, all of it, black and white.*

RIGHT



WRONG



If we want to be happy, we must first eliminate all ignorance. We remain a fool because of what we are taught in school! We believe the lies that God lives in the skies. Just because we were told that practice makes perfect, we try to be perfect and we become miserable. Practice makes improvement and we must try to improve. Otherwise, in the pursuit of perfection, we will lose our peace and our bliss. Haven't you heard parents telling their children that success is happiness? Success is not happiness. In fact, the opposite is true, 'Happiness is success.' The whole world is trying to be successful so that they can be happy. But if you are happy, then you are already successful! Therefore, why not learn the art of being happy? Why not learn the AiR Happiness Secret for Eternal Bliss?

We are filled with ignorance and the way to happiness is to overcome this ignorance. The human being is the only one who is blessed with a fully developed intellect. It can discriminate black from white, wrong from right. The moment the intellect is in command, our intelligence replaces our ignorance and we can choose to be happy. Unfortunately, the intellect can only be activated in Consciousness. Therefore, the first letter of the AiR Happiness Secret tells us to always be in Consciousness. In this state of Consciousness, the intellect is activated. When the intellect is activated, ignorance is eliminated. It is like when the sun shines, there is no darkness. Ignorance is darkness. How can you remove ignorance that causes misery and sorrow?

Can you sweep away the darkness in a room with a broom? You can't! You need light. The light is intelligence. The moment the light of intelligence shines, automatically, the

Intelligence Over Ignorance

Discriminate What is Wrong. Choose What Is Right

darkness of ignorance vanishes. So, the second letter of the AiR Happiness Secret is, Intelligence over Ignorance. If we can be glad, but we choose to be sad, aren't we mad? It is true that happiness is a choice. We have to choose to be happy. But happiness is not only pleasure. This is another lie that makes us cry. We want to increase our desires, not realizing that they will not quench our thirst. They will only make us burst. Intelligence replaces our greed with need. It makes us content and satisfied. We find peace and fulfillment. We replace anxiety with tranquillity. This is a secret to happiness.

Look around you. You will find very few people enjoying that state of Eternal Bliss. Most people live in a merry-go-round, passing happiness and unhappiness. They have not activated their intelligence to smile all the while. They don't even know that it's possible. But it is! If we are always in Consciousness and we put our intelligence in charge of our life, we will overcome the ignorance of fear, worry, stress and anxiety, and our life will be full of peace, love, bliss and tranquillity. But this needs intelligence. It needs us to wipe out our ignorance. Otherwise, we will just look up at the sky, cry and question, 'Why?' We will not learn the art of acceptance and surrender. Hate will enter our gate, and the mind will make us jump into a yesterday and tomorrow, creating misery and sorrow. Activate intelligence! Overcome ignorance and be happy always.



Chapter - 4

Rejoice Life

Re-Choice To Rejoice

*Life is a Gift. It is our Choice.
We can be miserable or we can Rejoice!
We can be Blissful every moment of Life,
Or Live with fear, worry, anger and strife!*



Life is a gift. It comes to us but once. It's up to us to do what we want to do with our life. It is a journey between birth and death. It is for us to make use of every breath. We know the fact that we were born and one day, we will be gone! Everybody who is alive wants to be happy. Everybody wants pleasure. Nobody wants pain. Still, we become so unhappy, again and again. Why don't we make our life full of sunshine? Why do we let sorrow rain?

Unfortunately, we have not learnt the AiR Happiness Secret. Those who discover this secret learn the art of living with Everlasting Bliss, Divine Love and Eternal Peace. Yes, it's possible, if only you learn the 19-letter AiR Happiness Secret. Then you will learn to rejoice life! You will make life a celebration and not let it be moments of desperation. You will replace depression with inspiration. You will not let the mind make you blind. You will always be in Consciousness, you will activate the intelligence and overcome ignorance. *This will make you happy, all day, no matter what comes your way. And in spite of what people say, you will rejoice every moment, every day!*

Ask yourself the question, 'Why should I be unhappy?' This journey of life is to be peaceful and blissful. Life is just a show. We are mere actors who come and go. We bring nothing to this world and when we go, we cannot even take a pin! All we can do is rejoice every moment. After all, life is made up of moments. And if we don't rejoice in the moment, not only will we lose the moment, but we will also lose life. So, stop now and make a commitment to celebrate life. Make it your life philosophy that you will rejoice life. You will not open the door for the rascal mind to bring in sorrow and strife. You will not let anything affect your life. Then you can be happy, all the while.

Don't we see people who have everything but still, they are unhappy? Just as we see people who have nothing but they are happy. They count their blessings as they live with fulfillment. They rejoice life. What is the truth? Life will unfold! Part of it is because of our past actions, the seeds we have already planted. Those deeds will unfold as per our Karma. We have to accept and rejoice. We don't have to regret and cry. Then we can do our best and having done that, surrender the rest. We can then rejoice and be happy.

What is life all about? It is to live, to laugh and to love. But we haven't learnt this simple secret. We live and we die, and many of us cry. Very few learn to love and laugh. Those who do, are the ones who truly live. This world is a Cosmic Illusion. It's a drama. Nothing matters! Then why be unhappy? Every moment is an opportunity to rejoice. We must make the right choice. Sometimes, we have to re-choice to rejoice. We have to make some changes. If we keep on doing what we are doing, we will keep on getting what we are getting. We must either love what we do, or re-choice and do what we love. Then, rejoice life. Resolve today that you will rejoice life. You will choose to be happy. You will use the 19-letter AiR Happiness Secret to create Eternal Peace, Divine Love and Everlasting Peace. Seize the AiR Happiness Secret and rejoice!



Chapter - 5

Having Enthusiasm Live With Faith, Hope And Trust

*'Entheos' means 'In God'.
And Enthusiasm creates Bliss.
Faith, Hope and Trust in God,
Gives us Happiness!*

How often do we use the term, enthusiasm and refer it to people who are gung-ho, cheerful and happy? Not all of us realize that the word 'enthusiasm' is rooted in the words '*en theos*' which means 'in God'. When we have faith in God, when we live with hope and we trust God completely, this state of enthusiasm creates happiness. Therefore, it is a critical pillar of the AiR Happiness Secret.

A person with enthusiasm lives with courage and confidence and throws all doubt out of his life. He fills his life with **FAITH** – **Full Assurance In The Heart**. There is no iota of doubt. This creates **HOPE**, **Having Only Positive Expectations**. All negativity is rooted out. He lives with **TRUST**, **Total Reliance Unconditional Surrender To the Almighty**. Thus, there is no space for misery and sorrow in his life. He hands over his life to the Almighty, as he lives with enthusiasm that creates an ecstasy of joy.

Do you want to be happy? Then, fill your life with enthusiasm. Learn to have faith in God. Believe in God. Trust that there is a Power that is Supreme, that is in control, in charge of everything. When I was a kid, I used to repeat these words, '*Lord, help me to remember that nothing will happen tomorrow that you and I cannot handle together.*' This autosuggestion became a one-line prayer that made me enthusiastic in all I did. It replaced my pessimism with optimism. I was convinced that I was not alone, God was with me and this only increased my enthusiasm and my state of peace and bliss.

'If God is for us, then who can be against us?' Some people use such quotes or verses from scriptures that build faith and enthusiasm and radiate joy. They rejoice because they know

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that they are children of God. This is a great way to begin the happiness journey. A friend of mine used to love that little passage on Footprints. It goes like this - *Whenever I used to walk, I would see behind me two sets of footprints, one mine, and the other God's. I always knew that God was walking with me. Once, during my toughest times, I looked back and was aghast that there was only one set of footprints. I cried to God, 'O Lord. In my toughest hour, why have you deserted me?' God replied, 'I will never desert you. When you saw one set of footprints in your worst hour, it was because at that time, I was carrying you across the challenges in your life!'* Those who believe completely in God, live with hope. They cope through life without negative dope destroying them. They catch hold of the rope of hope and enthusiasm and they are happy.

Enthusiasm is magical. It makes us believe in our God more than we believe in ourselves. It reminds us that with God, all things are possible. It inculcates in us the faith that God can perform miracles that can make anything happen. Those with enthusiasm say, *'For men it might be impossible but for God, all things are possible.'* It is this faith in God that creates an unshakeable pillar in our life, which leads us to that state of confidence and courage that makes us happy despite the problems and challenges in life.

Why are some people depressed and hopeless? We are hopeless because we have no hope, no enthusiasm. Hope is automatically generated when we believe and we trust and this often reveals itself when we pray. What is prayer? It is not just mumbling some words we don't understand. Prayer is building a connection with God which makes us strong. Those who live life without enthusiasm, lack that joy and cheer because they doubt themselves. They let their problems defeat

them. They quit as they cry and they die. But those with enthusiasm pray as they believe that God will never leave them. What keeps them going? Their enthusiasm which makes them repeat, '*Winners don't quit and quitters don't win!*' This positive attitude is an effect that flows by being enthusiastic. And how can we be enthusiastic?

Enthusiasm is a choice. You can choose faith or doubt, hope or hopelessness, trust or fear. When we have enthusiasm, then we fill our life with positive energetic Divine emotions that come from God. My enthusiasm led me beyond just faith, hope and trust. I started to love God so much that my enthusiasm led me to believe that God lives in the temple of my heart. Ultimately, I discovered that the Kingdom of God is within. This blessing is only for those whose enthusiasm grows so deep that they start to love God beyond anything else. Such powerful enthusiasm leads one to discover God and ultimately, realize God. Then, that enthusiasm glows on the face of the self-realized ones as they are liberated from all misery and sorrow. But this is the ultimate goal of enthusiasm. Even living with that attitude of gung-ho and being '*enthu*' is a great start in the happiness voyage.

Look around you and you will find people of faith living with gratitude. There are many who live humble lives, but they count their blessings. They believe, they pray, and they say, '*O Lord, thy will be done.*' These people are simple people but their enthusiasm makes their face glow. Problems and troubles don't defeat them. Such is the shield of enthusiasm. It protects one from the trials and tribulations of life. It makes us start each day with faith, live with hope and sleep with trust in the Lord. How can one whose life is filled with enthusiasm be unhappy?

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Enthusiasm is sunshine. It is like a happiness tonic and a spoon of it, with every breakfast, lunch and dinner can make us happy with a smile, no matter what! In contrast, those who have no enthusiasm live dull and miserable lives. Even though they may be rich as millionaires but when it comes to happiness, they are bankrupt because their bank account of faith, hope and trust is empty. Of what use is such wealth if there is no enthusiasm that gives peace and bliss? We must choose enthusiasm and fill our lives with the Divine presence. Tough times will become good times for the enthusiasts as they surrender their life, telling themselves the simple truth, '*I shall do my best. God will do the rest.*' This is enthusiasm, bliss that creates happiness.



Chapter - 6

Acceptance

Accept, Don't Protest.
Life Is Karma

*Accept without protest and enjoy the Life Drama.
Don't be unhappy, don't create any trauma,
Just do your best, just do your Dharma
Know whatever is unfolding is nothing but Karma!*



Acceptance

Accept, Don't Protest. Life Is Karma

To be happy, learn to accept. Whatever happens, do not protest. Do not question. Do not create self-pity. Do not curse God. This will make you miserable. The secret of being happy is to accept.

'But how can we accept when life is unfair to us?' Don't we ask this? Yes, we do out of ignorance. We do not realize that life is Karma. Life is controlled by this Universal Law of Action and Reaction. Everything in this universe is governed by Divine laws. That is why the earth rotates once every 24 hours precisely, causing day and night. Does it ever make a mistake? The earth revolves around the sun in 365 $\frac{1}{4}$ days. What is controlling all this? These are Universal Laws. One such law is the Law of Karma.

Have you ever seen apples growing on a mango tree? *'Impossible!'* you would say. Why? Because the Universal Law of Karma will not permit this. The law is based on the principle, *'As you sow, so shall you reap.'* If you plant apples, you cannot get mangoes. And if you are getting mangoes, it only reveals that you have planted mango seeds. Can we doubt this? No, we can't! Then why do we become miserable and question everything that is happening in life. We become unhappy because we do not realize that everything is Karma.

Those who understand the Law of Karma, accept without protest. They do not lose their peace of mind and cry and look up at the sky and question why. If something happens, they know that it is not luck. They will only pluck what they plant. They go beyond the fairy tale of bad luck which mystifies most of the world. Thus, we go to astrologers and palmists to understand what our destiny is going to be and why we are

suffering. Is it true that the stars foretell our future? This is a lie, just like another lie, that God lives in the sky. No star up in the sky, based on its position, can decide your state of being happy or sad. Don't we realize that we have very little knowledge of outer space and can only perceive what we can see from the earth? But can't we see what is happening with our birth? Can't we see that we are born not by choice but by Karma?

We did not choose our parents nor did we choose our gender, nationality or religion. Who decides how we were born? Everything is decided by Karma, the Universal Law. Still, we have people who curse and rehearse, '*Why was I not born as a boy?*' We have to learn to accept because whatever has happened is a reaction to our own action. Then why repeat the same song of sorrow? Why not just accept and be happy?

Life is a boomerang. What goes around comes around. We seem to know or understand this. But if we realized this truth, we would overcome all sorrow and not worry about tomorrow. We would accept. Not only accept but we would also joyously celebrate every aspect of life, be it good or bad. In fact, nothing is good or bad. Everything is perfect. It is for us to understand Karma, accept the law and then rejoice, accepting everything that happens. After all, these are our own actions, returning to us as reactions.

Karma is the Law of Cause and Effect. Whatever is happening is an effect. We have no choice but to accept. Is the cause predetermined? Are we doomed to suffer forever? No! because Karma is of two types. The Karma that is already done by us in the past, are deeds that are already done. They are like

Acceptance

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seeds that have been already planted. They must bear fruit and we must joyously accept. But what about the deeds that we are doing today? We human beings are blessed to choose with our intellect and our free will. The deeds that we do today will determine the destiny of tomorrow. Therefore, we can change our destiny by changing our actions. We don't have to complain about what is happening. Rather, we can change our actions and change our life. But we cannot change those deeds that are already done in the past. All we can do is to do good deeds that will negate the effects of those past bad Karma. Thus, we can change our destiny.

Many people are unhappy because they feel like they are puppets and think that there is no point in living because life is full of misery and sorrow. They do not take charge of their actions and their life. This is ignorance. Thus, they are unhappy. If only we do two things, first, we accept everything that is happening joyously, knowing that it is our past Karma and then, we do good actions, good Karma. Then we are programming the future of our life to be blissful and peaceful. This is the way to live with joy.

Life is a drama. This earth is like a humongous stage. We are mere actors who come and go. This is just a show. But because we are ignorant, we suffer. We face trauma because we do not understand Karma and thus, we don't enjoy the drama called life. Those who discover that everything in life is Karma, not only rejoice in whatever is happening but also do their *Dharma*. They live a virtuous life, with morals and ethics and take charge of their destiny. We all can! But because we do not understand Karma, we cut corners, we compromise and thus, we suffer. Not only do we suffer the results of our past Karma

which we cannot change but we also suffer due to doing bad Karma in the present moment, which is very much in our hands. Therefore, whether we are happy or unhappy, it is all up to us.

To be happy, learn to accept. Never protest. Rejoice in the Divine Will that is unfolding as per Karma. And if you are blessed, you can go beyond this journey of Karma and transcend all Karma. This is not for everybody. But those who become a Master in Karma, are not only liberated from all misery on earth but they are also free from the cycle of death and rebirth. But this is only for those who graduate with a Master's in Karma. The rest must just do good Karma and be happy. It is as simple as this. Don't cry over spilt milk, we have learned. But also let us learn not to spill any more milk. Take charge of life and be happy. Happiness is a choice and it all depends on what you do, for what you do, comes back to you.



Chapter - 7

Pleasure

Pull Happiness Triggers But Don't Sink

*There are 3 Ps in the word, 'Happiness'
They are Pleasure, Peace and Purpose.*

*Pleasure is momentary. It is just entertainment.
It is fun that comes from Success and Achievement.*



To discover the Secret of Happiness, we must first discover that the AiR Happiness Secret doesn't just have 2 Ps. It has 3. The first P in the secret of Happiness is pleasure.

We all want to be happy but to most of us, happiness is fun and excitement. It is joy and entertainment. It is all about things that money can buy. Unfortunately, from the time we were kids, we were taught that success is happiness. The more successful we are, the happier we can be. No doubt, this is true but only to some extent. It is true that without money and success, we can become unhappy. We need to fulfil the basic needs of life – food, shelter and clothing. But once we achieve noteworthy success, once we have enough achievements, enough resources to take care of our basic needs, then fulfilling our greed cannot make us happy. At first, desires do quench our thirst but ultimately, they make us burst. No doubt, pleasure is the first peak of happiness but the true treasure is something else.

The whole world finds happiness in sensual pleasures. It is in satisfying our five senses that we become happy. But is just sense gratification, happiness? The eyes see something and become happy. The ears get into ecstasy with good music. The nose experiences euphoria with an amazing fragrance. The tongue enjoys delicious food and is excited. And the skin gets aroused and makes us happy.

'*What else is happiness?*' we wonder. The mind is the 6th sense. It creates thoughts that become desires and passions and we think that this is happiness. In fact, very often, a passion can become an addiction. But are these really making us happy?

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In the beginning they do. But ultimately, we become a slave, and we go through this cycle of pleasure and pain, till we reach our grave. How can we go beyond just pleasure to be happy?

If only pleasure was happiness then all the rich people in this world should be glad. If we study the lives of the rich and famous, we notice that many of them are sad. They are so miserable that they even commit suicide. Why is this so? They have all the pleasures in the world. They have all the money and can buy all the merchandise, the trinkets that can create joy. But instead, they cry! It is often the wealthy who are miserable because of their unfulfilled desires. They are never happy!

Does it mean that we should not enjoy the pleasures of life? Of course, we should. We must enjoy good food and the beauty of this world, an enchanting sunrise or sunset. We must love our friends and dear ones. We must not only accept and enjoy the beautiful pleasures of life but we must also know what makes us happy and pull those happiness triggers. It may be going for a long drive or playing with our pet dog!

To be happy, it is a good idea to make a list of the 10 things that will make us happy. We can pull any trigger that gives us pleasure but we must not become a slave to them. These triggers should make us glad, never sad. The lack of pleasure should not rob us of our treasure of being happy. We must accept happiness as it flows into our life and pull happiness triggers whenever possible. However, running after success, achievement, entertainment, material things and thinking that these will make us happy is nothing but an illusion. These are ephemeral. They are temporary. We can let these be the

accessories of our bliss but we must discover the foundation of happiness.

I too lived a life of success and achievement. I enjoyed every pleasure that I could dream of. I had all the fun, till I was done, 25 years of moving from one peak of success to another. There was money and more money. Food, clothes, all kinds of shopping and travelling around the world. Was I happy? Yes and no! I needed money to fuel my pleasures. What did this lead to? It caused so much stress and anxiety. It robbed me of my peace and tranquillity. I became a machine and for me, pleasures became mundane material triggers that no more made me happy. I started finding happiness in picking up those who were suffering on the street and helping them get back on their feet. I found more joy in enthusiasm, living with faith, hope and trust. So, after running down that lane of achievement for 25 years, pleasure no more gave me the kick. But I discovered the trick. I took an exit from the highway of achievement after 25 years of success and pleasure and started to live a different life, a life that was far more satisfying, far more peaceful and blissful.

Even today, many people tell me that I am the happiest man in the world because I have a lot of money. No doubt, I have enough and more than I need, but there are many like me who are miserable because they are trapped in their greed. They have much more money than me, the millionaires and the billionaires but their pleasures have become ineffective in creating happiness. My rich and successful friends have filled their lives with Rolex watches, Mercedes Benz and BMW cars and some of them even have a private jet and a yacht. Are they happy? Their shelves are filled with the most expensive

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perfumes but the fragrance of joy is missing in their life. Their exotic travels to unique destinations create so much entertainment but their life lacks fulfillment. Those who live with such pleasure enjoy happiness that comes and goes. They do not experience that bliss that forever flows.

Pleasure makes us glad but soon we become sad. When we see our neighbour getting a better car, our envy makes us unhappy. The chase to become an ace creates stress in the race and we do not enjoy pleasure as we worry through the maze of life. Because we are running after pleasure, we do not experience the true grace of being blissful. Happiness is not in things. We may have everything in the world but we may be unhappy because we are trying to become happy. We haven't learned the Secret of Happiness. You can't become happy. You have to be happy. Happiness is a state of being. Those who are trying to become happy, do not discover the simple truth – happiness is like a shadow. The more you chase it, the further it goes away. Those who learn to be happy, learn to remain still and enjoy the bliss of true happiness.



Chapter - 8

Peace

It's The Foundation Of Happiness

*Peace is within. We don't have to find.
We just have to still the rascal mind.
Without Peace, our Happiness will cease
How then can our Bliss increase?*



If we want to reach that state of Eternal Bliss, we need peace of mind. But it is strange. Wherever there is the mind, there is no peace. And where there is peace, there is no mind. How can we find peace and why do we need it?

Peace is the foundation of happiness. Those who don't have peace cannot be happy. All our celebrations are built on a premise of a peaceful life. A stressful life cannot create happiness. Either one of the two will exist in our life, anxiety or tranquillity. But it is only tranquillity that enjoys the quality of joy and bliss.

Imagine, you were having a big celebration and you got the news that your house was on fire or somebody near and dear died or you lost your most prized possession. What would happen? Not only would you lose peace but in that very moment, your happiness would cease. While many people do not give so much importance to peace, the truth is that peace is essential for happiness. We may have all the pleasures in the world and enjoy success and achievement, name and fame but without peace of mind, we will suffer misery that will corrode our happiness. Those who are in quest of happiness, those who truly want to *be* happy, must discover that far more than achievement, happiness comes from contentment and fulfillment that comes with peace.

It is unfortunate that we call it peace of mind. In reality, there is no mind. If you try to find the mind, where is the mind, you cannot find! What is the mind? It is nothing but a bundle of toxic thoughts that steals our peace, the very foundation of happiness.

Toxic thoughts of the mind create fear, worry, stress and anxiety. These eliminate positive happy thoughts. We can either choose thoughts that make us glad or thoughts that make us sad. Unfortunately, the mind only makes us sad. The MIND in reality is nothing but Misery, Ignorance, Negativity and Desire. Its thoughts are toxic. It may occasionally fool us with a happy thought but in essence, the mind creates misery and sorrow.

Therefore, if we want peace, we must still the mind. When we still the mind, we kill the mind because the mind disappears when there are no toxic thoughts. It is not easy. But those who learn the art, live a life of peace and bliss.

Why is peace so important for happiness? Because with peace, we are able to live like a monk. What happens when the monk starts to desire and to yearn? What happens when the monk gets lost in the noise of the world? When our thoughts create that state of Ever-Yelling and Ever-Yearning, this EY becomes a tail that gets added to the monk and makes us a monkey! The monkey mind, as it is well known, does not stay still. It jumps to a yesterday that is gone and then to a tomorrow that is not yet born. By jumping into the past and the future, the monkey mind steals our present moment of peace and bliss. As a monk, our life is like a still lake, peaceful and blissful. But the monkey mind creates ripples of toxic thoughts that steal our happiness.

Having understood so much about how the mind robs us of our peace and how we must live peacefully as a monk, we must understand why peace is more important than pleasure. Pleasure only makes us happy for the moment, it comes and

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goes. But peace is that state of bliss where we enjoy seamless Eternal Happiness. *When we enjoy pleasure, it is soon interrupted by pain. But when there is peace, we can be happy again and again.*

How does this happen? This happens because when we do not still the mind, the mind bombards us with up to 50 thoughts a minute. These poisonous thoughts create stress and anxiety. They create fear and make us worry. Therefore, we are unable to enjoy the pleasure seamlessly. However, when we learn the art of eliminating toxic thoughts of the mind, then we create a foundation of peace in which we can enjoy pleasure. This is the true treasure of happiness, to be glad without becoming sad, to remain happy all the while and to smile. Unfortunately, those who haven't learned the art of living with peace find that their pleasures soon cease. What is the cause of this unhappiness?

We all need money, success and achievement to enjoy the good things of life. But when we are fooled into believing that only pleasure is happiness, that only success and achievement is bliss, then we let our greed overtake our need. Instead of being satisfied and content, we continue to race and chase after more money, success and achievement. Will this give us more happiness? Unfortunately, no! These create stress, anxiety and fear that inadvertently steal our peace and our bliss. We don't realize this.

We don't realize that if the first peak of happiness is achievement, the second peak is fulfillment. The first level of happiness is pleasure and the second level of happiness is peace. Those who learn to live with peace not only enjoy pleasure but also enjoy the treasure of Eternal Bliss. Is this the

ultimate peak of happiness? No! There is another peak, the third and the final level of happiness but without peace, we cannot create that bridge that will lead us to living the AiR Happiness Secret.

Is your life filled with peace? Do you live with contentment and fulfillment? Do you count your blessings? If you have reached this state of peace, you are blessed to be amongst the happiest in the world. *What would it gain a man, if he gained the whole world but lost his peace? His happiness would cease!*

The AiR Happiness Secret teaches us to take an exit from the expressway of achievement and enjoy the bliss that comes from fulfillment. With peace and fulfillment, we live with faith and fun, with love and laughter, as we are liberated from the mind that steals our peace. Build your happiness on the foundation of peace!



Chapter - 9

Purpose

Discover The Truth.
Be Liberated From Sorrow

*Happiness is not just about pleasure.
It's not enjoying Life as if it is a circus!
We must attain Eternal Bliss, the real treasure
And this happens when we discover our Purpose.*



In the 'journey of happiness', people ask several questions on how we can be happy. The question that arises – Is happiness a journey or the destination? What is the ultimate peak of happiness? There is so much confusion! Let's get to the conclusion.

I spell happiness with 3 Ps. The world spells it as 'happiness.' Why do I spell it as HaPPiNess? Because I discovered that the first P of happiness is only Pleasure. It is joy that comes and goes. I discovered that the second P of happiness is Peace. Peace is the very foundation of happiness. But forever, peace never flows. It also comes and goes. While the fulfillment from peace is far greater than the achievement that gives pleasure, I discovered the secret that only pleasure and peace cannot give us Eternal Bliss. If we want to reach that state of Everlasting Happiness, we must discover the secret of Happiness that has 3 Ps. What is the third P of happiness?

The third P of the AiR Happiness Secret is Purpose. If we discover the purpose of our existence, we can reach that state of Everlasting Bliss. When we discover the purpose of our existence, we will be liberated from all misery and sorrow. But how can we discover our purpose? This is the third and ultimate peak of happiness and is called Enlightenment.

The first peak of happiness is achievement. We all enjoy the pleasure that comes from success and wealth, name and fame. These triggers that create a gratification of our senses, no doubt make us glad. But soon we become sad. We try to go from one peak to another peak and we believe the lie that we were taught, that success is happiness. But while it is true that money can give us pleasure, it is false to think that success will

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give happiness. And it is a greater tragedy to believe that more success will give more happiness. When we talk to the rich and famous, they will admit that what they lack in their happiness journey is peace. They live with stress and anxiety, fear and worry, and their life goes through the cycle of pleasure and pain, again and again.

The second peak of happiness is fulfillment, as we have already discovered. But even this state of peace is disturbed by the toxic thoughts of the mind and the anguish caused by the ego. We all need peace but we find that because of our mind, we lose our peace. How can we go beyond pleasure and peace? How can we discover purpose and reach the ultimate peak of happiness, Enlightenment?

Enlightenment in simple words, is switching on the light within. It is overcoming the darkness of ignorance. It is Realization of the truth about life. While we enjoy pleasure and peace, as we live with achievement and fulfillment, without Enlightenment, we become unhappy. If only we are Awakened or Enlightened, we will discover the secret that gives us Eternal Bliss. What is this secret of Enlightenment? The Realization that I am not this body that will die. This body came later. I was conceived nine months before the birth date on my certificate. This body will grow and one day, it will die. People will destroy this body and say that I passed away. Surely, I am not the body that is cremated or buried. If I was the body, would my loved ones destroy it? When we realize that we are not the body, we overcome all suffering caused by physical pain. The body will experience pain but we will not suffer and be unhappy. This will happen only when we are Enlightened that we are not the mind.

The mind creates toxic thoughts and even makes us believe that we are the body. Along with the senses, the mind desires and craves and makes us all miserable till we reach our graves. But where is the mind? Try to find! There is no mind! It is just a bundle of thoughts. To realize this, we need Enlightenment. When we still the mind in meditation, it disappears because it doesn't exist. The mind creates the false ego that says 'I'. But when the ego is Enlightened and we realize I am not 'I', then we overcome all unhappiness. Normally, we suffer the pain of the body, misery of the mind and agony of the ego. But with Enlightenment, we are free from the triple suffering. We realize that we are not this body and we don't suffer physical pain. When the toxic thoughts of the mind create fear, worry, stress and anxiety, we move from a state of mind, which we are not, to a state of Consciousness, and peace returns.

When the ego is Enlightened, we overcome the anguish of anger, hate, revenge and jealousy. The agony of the ego is dismissed on Enlightenment. Therefore, we become free from the triple suffering of the body, mind and ego. Further, we enjoy pleasure without stress and there is peace, there is no mess because the mind is dissolved in the light of Enlightenment.

Those who discover the third P, Purpose and evolve to the third peak of happiness, Enlightenment, achieve a state of Eternal Peace, Divine Love and Everlasting Happiness. But this is only possible if we live the AiR Happiness Secret. Discovering purpose in the third and ultimate peak of happiness means putting the Happiness Secret in action. Not only must we have enthusiasm and accept without protest, we must enjoy pleasure as a *Prasadam*, as a gift from

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the Divine. Then, we must live in peace, as we still the mind. Ultimately, when we discover, '*Who am I?*' we will discover the purpose and we will enjoy Eternal Bliss in Truth Consciousness.

The purpose of our life is first, to discover, '*Who am I?*' and then '*Why am I here?*' The moment we realize, '*I am not the body, mind and ego, I am the Divine Soul, the Spark Of Unique Life,*' we realize we are manifestations of the Divine. We discover God in the temple of our heart, just as we love every human being as God. This leads us to a state of ecstasy that is beyond definition and description. Only those who experience it, those who are Awakened or Enlightened, enjoy this state of *Ananda* or *Nirvana* unknown to the common man. Yes, it is that state of Eternal Happiness that has no sign of unhappiness.



Chapter - 10

In The 'Now'

Live Moment By Moment

*To be Happy, Live in the 'Now'.
Don't meaninglessly wander like a cow!
Not in Yesterday or Tomorrow, Live in the 'Now'
Make a Vow and make your Life, Wow!*



If you really want to be happy, learn the AiR Happiness Secret. While it starts with highlighting the need to always be in Consciousness and teaches us to accept without protest, it goes on to making us discover that happiness has 3 peaks. It is not just pleasure that comes and goes. Real happiness is peace that forever flows. But peace we cannot find. Because we do not learn to still the mind, we lose our bliss. Why does this happen?

To be peaceful and blissful, the AiR Happiness Secret teaches us to go beyond the first peak of achievement that gives pleasure, to the second peak of happiness, fulfillment that gives peace. Unfortunately, we are unable to live with contentment and fulfillment although we want to. Although we know that to enjoy seamless happiness, we need to live like a monk, still, peaceful and blissful, we are unable to live like a monk because our mind turns the monk in us into a monkey! What does the monkey mind do?

If you look at a monkey, it doesn't like to remain still. All the time, it is jumping from branch to branch, from tree to tree. It is searching for an opportunity to grab a banana or a bun. In fact, monkeys grab anything! So does our mind. Our monkey mind is Ever-Yelling and Ever-Yearning. When this tail, the EY gets added to the silent monk, that is, our peaceful self, then the monk becomes a monkey. Who made the monk into a monkey? The mind with its tail EY. What happens next?

When the monk in us loses its peace and its bliss by becoming a monkey, then the monkey mind jumps to a yesterday that is gone and to a tomorrow, not yet born. This jumping like a monkey steals the present moment of bliss, joy and peace. This is the secret.

The AiR Happiness Secret reveals that 'I' stands for being 'In the Now'. If we want to be happy, we should not shuttle to a yesterday that is gone and then to a tomorrow not yet born. When we shuttle, we lose our peace, the very foundation of happiness.

To be happy, the challenge is how to live in the now. It is not that we enjoy becoming miserable, living with regrets of the past and the fear of the future. Even though we know that nobody can go the past, it's done and dusted, we still become miserable going to the past. Although we know that we cannot control the future and it will unfold as it will, we still jump into the future and become unhappy. Who is taking us to a past that is gone and to a future not yet born? It is the monkey mind. Without the mind, no human being can ever go into the past or the future. It is impossible. Even if somebody gives you a million dollars to go and change yesterday, you can't! Even if somebody gives you a trillion dollars to go to tomorrow and make something happen, you cannot go to tomorrow. It is only when we realize this simple truth that we can learn to live in the present moment with peace and joy.

Can anybody deny that it is a fact that we can only live life moment by moment? Then, why do we lose the moment and become unhappy? Can anybody deny that our monkey mind takes us into yesterday and tomorrow and fills our life with misery and sorrow? We all experience this and we lose our happiness. What is the simple secret telling us? Learn to be in the now. Live in the now. In reality, we have no option but to do this. But because we let the monkey mind take charge, we become a donkey!

A man was riding a horse, and somebody asked him, 'Where are you going?' 'I don't know!' replied the man, 'Ask the horse!' When we let the mind become the boss, then we are at a great loss because then, the mind is riding us into the past and creating regret, shame and guilt. The mind is riding us into the future, creating fear, worry, stress and anxiety. If we let the monkey mind ride our life horse, how can we be happy? Do you ever wonder why you become unhappy? Just try to live life moment by moment. Imagine a life without fear, worry, stress and anxiety, regret, shame and guilt. Wouldn't your life be peaceful and blissful?

Isn't it unfortunate that we haven't learned the AiR Happiness Secret and haven't adopted its 'I' in our life? *Today, make a vow that you will live in the now. Don't just wander like a cow! If you want to make your life wow, then resolve to be in the now!*

Shut the door on yesterday and close the door on tomorrow. Live in day-tight compartments. Live today. Live now, moment by moment and you are sure to be happy. If only we learn this simple secret and live life moment by moment, we can make every moment peaceful and blissful. And so will our life be a life of bliss. This is not difficult.

Is it very difficult to be happy, just for the moment? *'Oh, that's easy!'* you will say. Then, just be happy now and resolve to be happy in the next moment and the next and the next. Don't let the mind steal your peace and bliss. Don't let joy stealers steal your happiness. It's a choice. You can live in the now and make your life wow or you can jump into yesterday and tomorrow and live with misery and sorrow. It's your choice!

The AiR Happiness Secret is simple. It is a practical way to be happy and while we all know that there is no way to go back to the past and change it, just as there is no way to control the future, we are unable to accept and surrender all because we are unable to live in the now. What is the secret to live in the now? Just tame the monkey mind. Make it a monk!

The MIND is Misery, Ignorance, Negativity and Desires. Just stop now and eliminate the mind. Then peace, you will find! If only you still the mind in this moment, you will kill the mind. When you kill the mind, you reach that state of Consciousness, in which you live life moment by moment. There is no mind, only thought. One by one, thoughts enter our Consciousness, and the intellect discriminates. This is the secret. If only we live in the moment, we can be happy and if we repeat this moment after moment, we will live the AiR Happiness Secret of Eternal Bliss and Everlasting Peace.



Chapter - 11

NEP To PEP

Flip From Negative To Positive

*To be Happy, there is one important step,
It is to make a flip from NEP to PEP.
Choose Positive Energy Power that creates PEP,
And eliminate Negative Emotions that create a web!*



The AiR Happiness Secret teaches us how we can flip over from negative to positive. The whole world talks of being positive, but how can we be positive? People say, '*Think positive!*' But how can we choose positive thoughts? When negative thoughts continue to flow into our head, we feel helpless, we feel dead! But we can get out of this and choose happiness instead. Let us discover the secret.

The subtle mind that appears to be is like a thought factory. It is constantly producing thoughts just like a popcorn machine. We can choose the kind of popcorn we want by choosing the seeds. If we feed the popcorn machine with salted seeds, we will get salted popcorn. But if we add caramel in the raw material, we will have sweet popcorn. So also, the mind is a factory. It will only produce thoughts, positive or negative based on the raw material we feed it. The raw material is the emotions we choose. If we choose positive emotions, our mind will be PEP, full of Positive Energy Power. But if we choose negative emotions, our mind will be NEP, Negative Energy Poison. We have to choose either PEP or NEP. And accordingly, our thought factory will produce thoughts.

It is impossible to think positively if we constantly feed our mind negative emotions. We must choose positive emotions. Then the mind has no option but to think positive thoughts. Unfortunately, if we do not feed the mind, by default, it will feed only on negative emotions. It will create toxic thoughts that make us unhappy. So what must we do?

To flip over from NEP to PEP, from that default state of negative toxic thoughts of the mind to positive thoughts, we must learn to choose positive emotions. What are some of the

positive emotions? They are faith, hope, trust, enthusiasm, courage, confidence, love, compassion, forgiveness and optimism. When such positive emotions become the raw material that we constantly feed the mind, positive thoughts will pop in our head, we will find! But if we don't feed this PEP, this positive energy in our head, we are doomed.

If we let the mind feed on negative emotions, without choosing PEP, the mind will remain in a state of NEP. It will produce negative thoughts that create poison. It will become a habit to feed on negative emotions like fear, worry, stress and anxiety, regret, shame and guilt, anger, hate, revenge and jealousy, pride, greed and selfishness. Just reading out these negative emotions can make one a pessimist and feel hopeless because these are the toxic emotions that create poisonous thoughts.

So, what is the secret to Eternal Happiness? It is to flip over from NEP to PEP. Whenever we are in a state of negative thinking, we have to consciously become aware of this NEP and then, flip over to PEP. We must consciously replace negative thoughts with positive thoughts. But this is not possible. To flip over from NEP to PEP, we must choose positive emotions. We must fill our life with PEP. We must stop feeding on NEP and start feeding on PEP. The result – our thought factory, our mind, will flip over and produce positive thoughts.

Many of us feel helpless with negative thinking. We feel hopeless because although we want to think positive, we are unable to because the mind makes us blind. Peace and bliss are left behind. The mind continues to bombard us with toxic

thoughts of NEP. It makes us believe that we have no option to flip over. But the good news is that we do. If we still the mind, we can move from a state of mind to Consciousness. In that state of Consciousness, we can activate our intellect which becomes the tool of discrimination. The intellect can choose positive over negative. It can flip over from NEP to PEP. But by constantly bombarding us with over 50 toxic thoughts every minute, the mind prevents us from moving into a state of Consciousness and so stops us from making that flip from NEP to PEP.

Sometimes, the mind bombards us with the same thought 50 times a minute. It drills us and kills us with either fear or stress, worry or anxiety. Whatever be that toxic thought, it is rooted in the emotions that we feed the mind. If only we flip from mind to Consciousness, from NEP to PEP and we choose optimism and faith, courage and confidence, we can be free from the toxic thoughts of NEP. When we are paralyzed by anger or hate, how can we think positively? It is only when we flip over to forgiveness and love that these emotions of PEP will flow through us and change our state of mind at least for the moment. It is unfortunate that we do not realize that by default, the mind is NEP. It is constantly producing negative toxic thoughts. Therefore, we have to make it a habit to live with PEP. We have to root out all NEP from our life. Just like we eliminate toxic food from our menu and we choose nourishing food that makes us healthy, the AiR Happppiness Secret teaches us to make PEP our life philosophy. No doubt, when the mind attacks us with negative thoughts, we must quickly flip over by choosing positive emotions. But unless we have already filled our being with positive emotions, we will lose the battle to the mind.

NEP To PEP

Flip From Negative To Positive

Therefore, to be happy, learn to flip from NEP to PEP. Eliminate all negative emotions from your life. Do not permit the emotion of fear to create roots that will create toxic thoughts of fear as shoots and fruits. Eliminate the cause of all negativity. When you live the AiR Happiness Secret, moment by moment, negativity will be uprooted from your life, and you will experience peace and bliss. But you must realize that it all depends on the choice of our emotions.

We human beings are blessed to choose between the positive and the negative, PEP or NEP. But if we fail to choose, we will lose to the mind and we will lose that state of Eternal Bliss because NEP fills us with unhappiness. Don't you see some people vibrating toxic energy? It is sad that they are filled with NEP. Let us learn to flip over and fill our life with PEP. It is a choice. Let us be wise. Let's get out of the negative web. Take that step!



Chapter - 12

Ecstasy Of Divine Love

Love Is A Fountain Of Joy

*Love makes us Happy.
Love creates Bliss.
But only they experience the ecstasy,
Who discover what True Love is.*



We have all experienced the happiness that comes from love. From the time we were kids, we loved our parents, we loved our friends. Wasn't that a way to be blissful? But we took love for granted. We never realized that it was love that created so much happiness in our life. Our parents loved us so much that they would do anything to make us happy. Our friends loved us but we never saw friendship as love. Somehow, we got conditioned into understanding love in a certain way. We thought that love was about falling in love. Most of the world thinks that love is nothing more than a hug and a kiss and while this no doubt creates happiness, this is not what true love is. True love is Divine.

Divine Love is an ecstasy of joy. It comes from deep within the Soul. True love is like a fountain of happiness and flows from the time one comes till the time one goes. What is the real meaning of **LOVE**?

L - Longing
O - Of the Soul
V - Very passionate
E - Ecstasy of Joy

If one discovers the acronym of **LOVE**, one will grow beyond love from skin to skin as one starts to love the Divine that dwells within. Unfortunately, because we do not discover the true meaning of love, we experience heartaches and heartbreaks and do not discover the love that can be a fountain of joy in our life.

In today's world, love is more to do with Valentine's Day, hugs and kisses. The symbol of love itself has become the red heart,

but red is only one of the colours of love. The colour red denotes physical love which the Greeks called *Eros*. It is more body-to-body love. It is infatuation caused by attraction more than genuine affection and while this is love, this is only one of the seven colours of love that create an ecstasy of joy.

If one wants to discover true love, one must discover the seven colours of love just like the rainbow has seven colours. Love manifests in our life from the moment we are born till the moment we are gone. Love emanates from the Soul. It is the Soul that gives us breath from birth to death that is the source of love. Nobody teaches a little child to love its mother. It is the soulful love that causes this. In the rainbow of love, this is the Violet love of VIBGYOR, the seven colours.

Just like the white light of the sun splits through droplets of water to create the seven colours VIBGYOR, so pure Divine soulful love is white love that manifests as the seven colours of love. As we grow, Violet Love grows into Indigo Love. Not only do we love our parents with Violet Love, but we also start to love our friends with Indigo Love. This grows into Blue Love which is innocent romance that young kids experience. We then move to Green Love, which is love for the self as we grow from a teenager to an adult. Love develops into Yellow Intellectual Love as we love the people who give us intellectual highs. Thereafter, there is Orange Emotional Love. Biologically, it is more in women, just as Red Physical Love is more in men. As human beings, we all experience this rainbow of love. We all go through the seven colours of love, but we don't discover the source of love. The source is the Soul within. It is the Soul that manifests as the seven colours of love that create the ecstasy of joy throughout our life.

To discover the AiR Happiness Secret, one must discover true love that is bliss. Love is an important source of happiness. Remove love and one cannot experience joy. Just like one needs air to breathe and food to eat, one also needs shelter to live. But we forget that the centre of our needs is love. Without love, one will shrivel and die. What is love? It is a natural longing of the Soul for a Soul that manifests in another. In reality, it is like two drops of mercury that naturally and instantly merge and bond. So, two Souls love each other without effort, but it is our conditioning of the body, mind and ego, that creates barriers in love.

In reality, all Souls will merge into that one Supreme Immortal Power, SIP which we all are, but unless we discover White Soulful Love, our longing is for the skin, and not for the Divine that dwells within. Those who discover White Divine Soulful Love, make a big jump forward in living the Happiness Secret. They discover what the Greeks called *Agape*, Divine Love. They experience what the Sufis call *Ishq-e-Haqiqi*. When they realize this Divine Love, they see God in one and all. They serve the Divine that manifests as beings that suffer and they love God as they see every Soul as a manifestation of God. This creates the ecstasy of love.

A famous Saint named *Namdev* was cooking *Chapati* (Indian bread) when a dog picked up the piece of bread and started to run. The Saint ran behind the dog with ghee, a form of butter and called out to the dog, '*Come here, let me spread butter on the bread!*' The Saint was blessed to see G O D in the D O G. This is to discover Divine Love.

Imagine life without love! The spark of bliss would be missing. Just like we need peace for happiness to sprout, we need love for the roots to grow into shoots and fruits. Happiness manifests in the form of love, but unfortunately, we have not discovered true love. We tell somebody, 'I love you', but is it true? It's only, 'I love you because I need you.' This love is based on expectations and conditions. When we find our love to be, 'I need you because I love you,' then this is true love that is bliss. It's not just love that is a hug and a kiss. Unfortunately, we have not discovered what true love is. So, we love and we hate, and the ecstasy of true love never enters our gate! Love can instantly create bliss and this joy is greater than any other happiness.

If we want to experience Eternal Bliss, we must realize that we need peace, love and bliss. All this cumulatively makes us live in that state of Eternal Happiness. But as long as we live in ignorance and the ego stands tall, we create a wall. When the 'I', the ego begins to fall, then we discover the Divine in one and all. Our love becomes a fragrance of joy. It is no more attachment and clinging for the skin. It is love for the Divine that dwells as the Soul within.

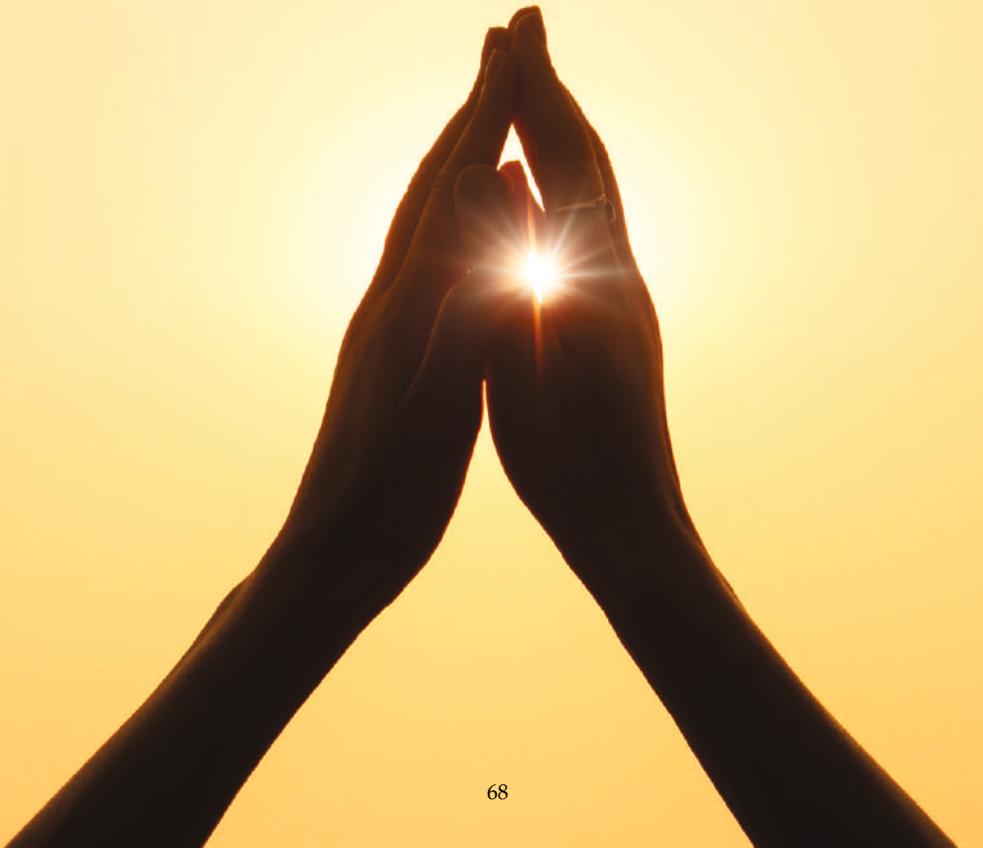


Chapter - 13

Surrender

Let Go. Just Flow

*When you don't Surrender, then you just wonder!
And you miss the moment of Peace and Bliss.
Why not realize what will be, will be?
Eliminate fear, worry, stress and unhappiness.*



To live a life of Eternal Bliss, we must learn to surrender. We must eliminate worry and stress from our life. We must uproot fear of the future. When we live life with fear, worry and anxiety, we destroy our peace and tranquillity and eliminate all joy and bliss. These toxic emotions steal the present moment and replace it with a fearful tomorrow. We become paranoid and wonder how we will deal with the troubles of tomorrow. The fact is that whatever will be tomorrow, will be. The seeds of tomorrow are already planted. The fruit will sprout. Everything is Karma and just as we accept without protest, we will learn to surrender.

Accept don't wonder, replace hope with surrender. Many of us think that HOPE is good because it is 'Having Only Positive Expectations'. But when we live a life always hoping for things to happen, for things to change, we create anxiety in our life. We may hope, but once we do, we must learn to surrender.

The best formula to live life is the formula **ABCD**. What does it contain?

A - Accept, don't Protest

B - Do your Best

C - Consciously Surrender

D - Be a Divine Instrument

When we live life with ABCD, we will be happy because we will not keep on complaining and whining about what has happened and what is going to happen. What is in our hands? To do our best. Once we do our best, we must surrender the rest to the universal Law of Karma for its fair governance. Then, we must live as a Divine instrument.

Those who learn to surrender completely, transcend the ego and realize, '*I am not this body and mind. I am a manifestation of the Supreme.*' Not only do they surrender gracefully, but they also live their life doing the Divine mission in Consciousness. They realize that this world is nothing but a show. We come and we go. We bring nothing and we take nothing. Then why lose our peace and bliss? Why not enjoy every moment with happiness?

I too lived a life of stress and worry, fear and anxiety. I would worry about everything, even whether it would rain tomorrow. Then I realized that we don't have control over what is going to happen outside us. But we have complete control of what is happening inside us. I learned to surrender with an attitude of acceptance. I knew that the reaction of my past actions would appear in the moments that unfold, and I learned to joyously accept everything. This total surrender eliminated all sorrow of tomorrow as I started to live moment by moment, with peace and bliss.

Why is surrender so important for happiness? Imagine we accept whatever has happened and we have enthusiasm, and enjoy the pleasures of life, living in the 'now' with love and affection, but we don't learn the art of surrendering. Then, we will not be happy because we will always anticipate that our fears will become dangers. A FEAR is a False Expectation Appearing Real. If it has to unfold as a danger, it will. But, if we constantly live with fear, how can we be happy? Suppose we have a symptom of a disease and we go and take a test. There are two options, to keep on worrying about the results and be anxious, or to surrender to what will be and be happy. Those who make it a habit to constantly live with anxiety make it a

habit to lose their tranquillity. Because they have not made surrender a habit, their life is filled with stress and thus, there is no happiness. We must eliminate all mess through the art of surrender. We must make surrender our philosophy. We must realize that we cannot control the world that is a cocktail of pleasure and pain. But if only we learn to surrender again and again, we will be able to deal with whatever happens with the right solution.

If we look back at life, we will realize that all our fears were not real dangers. Whatever we worried about passed away without killing us! Then why are we clinging to suffering by not surrendering? If something wrong is going to happen, we have an option. Either we can worry about it or if we can do something about it, then we should do it. If there is nothing we can do, then why worry? If there is a solution, we don't need to worry. And if there is no solution, we still don't need to worry. If we learn to surrender with faith and enthusiasm, then things will pass. The biggest problems in life will come and go. Such is the show!

The word '*problem*' stems from the Greek word '*proballein*' with '*pro*' meaning '*before*' and '*ballein*' meaning '*to throw*.' We can either let it be a stumbling block or a stepping stone. Those who surrender, live in Consciousness using their intellect. Where they must act, they do what they must. But thereafter, they just surrender. They don't let fear, worry, stress and anxiety rule their life.

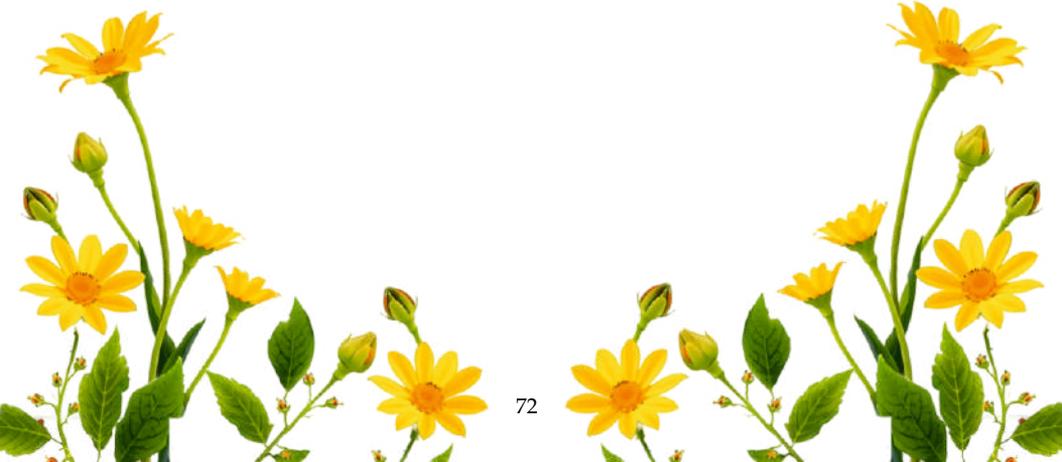
When we learn to live with surrender, we enjoy the present moment, without contaminating it with toxic thoughts. Life continues to flow without misery and sorrow because we live

counting our blessings, with an attitude of gratitude. The biggest way to surrender is to realize, '*I am nothing. I do nothing. Everything is unfolding as per a Divine plan, and I am a manifestation of the Divine.*' This Realization is the formula for the ultimate surrender. When the ego stands tall as a wall, then we are sure to fall. And all the suffering in this world will enter our door and push us on the floor. Most of us carry problems in our head which don't exist. We imagine fears that are not dangers. We worry instead of enjoying our curry, all because we don't let go! We don't surrender.

Remember, the famous song,

*Que sera, sera
Whatever will be, will be
The future's not ours to see
Que sera, sera
What will be, will be*

Life can be beautiful and blissful if we learn to surrender. All we must do is to enjoy the present moment with peace, love and bliss.



Chapter - 14

Sat Chit Ananda
Eternal Bliss In Truth
Consciousness

*There is a way to Eternal Bliss,
It is living in Truth Consciousness.
SatChitAnanda is the magic for this.
Sat-Chit-Ananda, Truth-Consciousness-Bliss*



What is *Sat Chit Ananda*? It is one word with 3 parts. *Sat* means truth. *Chit* means Consciousness. *Ananda* means Bliss. This bliss is not ordinary happiness that will come and go. This is Eternal Bliss that will forever flow.

What is this magic called *Sat Chit Ananda*? Is it just another mystical word that promises us happiness but finally, deceives us and deprives us of bliss? No! Those who experience this, live a life without any misery and sorrow. They live peacefully, in the moment, without jumping from yesterday to tomorrow. How can one attain this state of *Sat Chit Ananda*?

Ananda is *Nirvana*. There can be no greater joy. *Ananda* has all the 3 Ps of happiness. It is enjoying pleasure, living in peace and discovering the life purpose. It is evolving from achievement to fulfillment and climbing the peak of Enlightenment. It is not only reaching that state of Realization of the truth, but also living in Truth Consciousness. When one is in the *Chit* of *Sat*, the Consciousness of truth, then one experiences *Ananda*, Eternal Bliss. This is *Sat Chit Ananda*, Eternal Bliss that is experienced living in Truth Consciousness.

What is *Sat*, the truth? The truth is nothing but the truth. Nobody can deny it. If something is blue or green or red, it is this colour for all of us. I can't call something red and you call it blue. It is objectively the colour that it is. Isn't that true? There are many truths of life but it is also true that there is a lot of ignorance caused by the mind that makes us blind. The mind says that we will die but the truth is that we will never die. Only the body will die. The mind says, '*I am Robert*,' but the

truth is '*I am not Robert. My name is Robert.*' We cut a cake on a birth date, which is on our certificate. But the day we cut our cake is fake. The truth is that we were born when we were conceived 9 months before our so-called birthday. The truth is that nothing is mine, nobody is mine! We come alone and go alone! We bring nothing and we take nothing. But because we do not Realize the Truth, the *Sat*, we live believing in the lies, like God lives in the skies. Nobody has seen where God lives. Therefore, when we are able to discover *Sat*, when we are able to discriminate the truth, we have achieved the first part of *Sat Chit Ananda*.

There are many who prefer 'Ignorance is bliss' to this *Sat Chit Ananda* state. They do not go on a quest to discover the truth of, '*Who am 'I'? What will happen after I die? Why did I come to earth? What is the purpose of my human birth?*' They just live and ultimately die and when something goes wrong, they look up at the sky, and cry and question why. They never realize the truth. They do not discover the purpose. They only enjoy life thinking it is a circus. They never experience *Sat Chit Ananda*, that state of Eternal Bliss. Therefore, the first step in this part of the AiR Happiness Secret, *Sat Chit Ananda* is *Sat*, Realizing The Truth.

Many of us know the truth. We have knowledge, but we don't go beyond college to experience what the truth is all about. There is a difference between knowing and realizing. When we know it, we know it. But when we realize, we do it. Those who experience *Chit*, the Consciousness, live in that awareness. Therefore, when there is *Sat Chit*, there is Truth Consciousness. Not only do we discover what the truth is, but we also live in Consciousness of that truth. What does it mean being in *Sat Chit* or in Truth Consciousness?

We can either be in a state of mind or in a state of Consciousness. When we are in a mind state, we are bombarded by toxic thoughts. More than 50 thoughts a minute drill us and kill us – thoughts of fear and worry, stress and anxiety. The mind steals the *Sat*, the truth and fills us with *Mithya*, the untruth. In this state of mind, our most important weapon, the intellect, the tool of discrimination is locked. It does not function effectively. It is only when Consciousness shines and the mind dissolves, that the intellect is in command. *When we still the mind, we kill the mind, then thoughts don't pour like rain to make us miserable again and again, pushing us down the drain.* The intellect blocks the mind and locks the mind and fills our Consciousness with the truth. Therefore, when we are in this state of Consciousness, with the truth being realized, then, we enjoy the magic of *Sat Chit*, Truth Consciousness which leads to *Ananda*, Eternal Bliss.

Sat Chit Ananda cannot happen only with *Chit* or Consciousness. Our *Chit* must have *Sat*. We must have Truth Consciousness to experience Eternal Bliss. Therefore, if we do not discover the truth of life, then Consciousness will still the mind and give us peace, but we will not experience *Ananda*, that comes from *Sat Chit Ananda*. Therefore, we need both. We need to be in *Chit* or Consciousness and we also need *Sat*, the truth to be realized.

What happens when we have both, *Sat* and *Chit*? What happens when we Realize the Truth and we live in Truth Consciousness? Nothing! We just experience pure, Divine, Soulful, Eternal Happiness. *Sat Chit Ananda* is that state where we overcome all misery and sorrow. We enjoy Eternal Peace, Divine Love and Everlasting Happiness. This is logically understood by those who transcend the mind and its

miseries, the ego and its monsters. Having transcended the 14 joy stealers and having killed the mind, such a person lives in Consciousness, aware of the truth that we are nothing but manifestations of the Divine.

This Truth Consciousness fills our life with *Ananda*, Eternal Bliss. We enjoy the treasure of every pleasure, without getting into the cycle of pleasure and pain, loss and gain. We enjoy both sun and rain, being in Consciousness, realizing that nothing is good or bad. Everything is perfect. Life is a *Leela*, a drama. Everything is *Maya*, a Cosmic Illusion, a projection, a manifestation. We experience Divine Love as we realize that each Soul, each Spark Of Unique Life is SIP, the Supreme Immortal Power. *Thus, we see God in all, we love God in all, we serve God in all, enjoying Eternal Bliss, that flows in Truth Consciousness. Sat Chit Ananda is the highest state of bliss. There can be no greater happiness. But to experience this Ananda, we must discover this and live in Truth Consciousness.*



Chapter - 15

Smile, All The While

Be Happy

And Make Others Happy

*Not just for the moment,
you can be Happy all the while,
if only you learn the simple Secret,
to always have a Smile!*



We all smile. But do we smile all the while? I remember when I was in school, we had a teacher who once pulled up a student and said, '*Why are you smiling always? What's wrong with you!*' Little did I realize that my classmate was probably gifted and definitely blessed to have a smile on his lips all the while. The problem was not with him, but perhaps with the teacher who carried a load of misery that seemed to be longer than the Nile!

Pause for a moment and think how beautiful it is to smile. How do you feel when somebody gives you a smile? How much does it cost? Nothing! But still, we hesitate to smile. We think there must be a reason to smile. Why? Why should there be a reason to smile? But the reason why we should smile is because a smile creates bliss. A smile is a trigger to happiness. Then, why not just smile! Those who discover the secret of being happy all the while, learn to smile. It doesn't matter if their life has problems.

A smile is a shock absorber. It absorbs the miseries of life. It reduces the effects of problems. For a simple person, a smile is just a reaction to a happy moment. But to one who has mastered the art of happiness, a smile is a key that opens the door to bliss.

When do we normally smile? When there are moments of displeasure, if somebody hurts us, hates us, and hurls at us a bad comment, foul language, would we smile? No! We would drown in misery and that would appear as a frown on our face. We only smile if somebody gives us a compliment, if somebody shares a joke or if somebody makes us happy. A smile is a symbol of joy. Therefore, if somebody sends you a

positive message on WhatsApp, you may respond with a smile emoji. What does it show? That you are happy. While smile indicates happiness, little do we realize that a smile also creates bliss. Because we have not learned the art of smiling, we have not discovered this.

A smile has the power not only to make us happy but also to spread sunshine. How would you feel if there was a frown on your face all the time instead of a smile? Your smile tells you that you are happy, just as your frown sends a message to you that something is wrong. So also, you judge others depending on whether they smile or frown. You can understand a person's mood by their expression. A person who is cheerful, laughing, smiling is in a mode of bliss. So also, when a person seems nervous, fearful, stress or tensed, the lack of a smile on their face reveals their anxiety. Therefore, a smile becomes a happiness indicator.

Not only is a smile a happiness indicator but a smile is also a trigger of bliss. Just try this. When you meet somebody who seems to be very busy, occupied, stressed out, just pause and give them a smile. There are two possibilities. They may be so drowned in misery that they may not return your smile but if they are not so unhappy, they will spontaneously return your smile with a smile. And what does this do? It creates an aura of happiness. Such is the magic of a smile!

Many people talk of being wealthy in terms of how much money they have in the bank, how many cars they possess and houses and villas they own. But true wealth depends on whether you can smile all the while or not. If you can't smile, then you are bankrupt because it indicates that you are not

happy and happiness is the true wealth of life. What are we seeking money, achievement and wealth for? It is to be happy. And the happiness indicator is the smile. If you are a rich person with a poor smile, then you are deep in poverty, for all your money and wealth hasn't been successful in putting a smile on your face.

So, learn to smile and don't just smile once in a way. Smile all the while. Smiling is a sign of enthusiasm. It is an expression of faith. It reveals a person has hope, just as it indicates trust. When we frown, it reveals we are fearful with regret, shame and guilt. We are stressed and anxious. When we smile, it shows we are happy to accept whatever is happening around us. If we were in a protest mode, there would be a scowl on our face.

What does it mean when we see somebody cry and sob? Does it indicate pleasure? No, of course not! When we weep, it only shows that we are experiencing a sweep of pain. When we are peaceful, will we have a frown or a smile? If we are filled with worry, would we be laughing and be cheerful? We all experience how worry makes the smile disappear from our face.

All toxic emotions lead us away from a smile. Whether it is anger, hate, revenge and jealousy, these only eliminate the smile from our life. But just replace these with forgiveness and love, with compassion and kindness, the smile automatically appears from nowhere.

The AiR Happiness Secret is to realize this, that a smile is not just an indicator of happiness. It is a creator of bliss.

Therefore, if you want to be happy all the while, learn to smile, for when you smile, despite your problems and circumstances, you will generate happiness where there is none!

*A smile will make you happy and gay!
Although the skies may be filled with clouds that are grey
A smile just pushes despair away!*

Therefore, we must learn to smile every day. Not just every day, we must smile all the while, for every smile only increases our pile of bliss, cheer and joy.

Those who have discovered the secret of Eternal Happiness, not only accept and surrender, not only live in the present moment, but they also resolve to be happy by fixing a smile on their face. To the truly happy ones, more important than the clothes they wear on their body, and the perfumes, creams and cosmetics they have on their skin is the smile they wear on their face. It is a smile that makes a person truly beautiful. This is the AiR Happiness Secret that we need to remember all the while. We must not let a moment in our life pass without a smile!



Chapter - 16

Eliminate The Mind And Its Seven Miseries

*The AiR Happiness Secret is living with Cheer,
Removing stress, worry, anxiety and fear,
Eliminating the seven miseries of the mind,
That leave Peace and Happiness behind.*



To be happy, the simple secret is that we must not be unhappy. For when we are sad, there is no way to be glad! How can we eliminate all those things that make us sad? The way is to kill the mind that makes us mad! The mind can make us crazy with its toxic thoughts. Thoughts that create fear and worry, stress and anxiety, thoughts that fill us with regret, shame and guilt. How can any happiness be built on a foundation of thoughts that are toxic? There is a simple magic. Eliminate the mind and we can eliminate all the poisonous thoughts that create misery and sorrow.

If we try to eliminate each of the miseries one by one, we will find it impossible because these negative joy stealers are constantly developing with the toxic thoughts of the mind. If we try to find the mind, where is the mind, we cannot find! The mind is nothing but the accumulation of these negative thoughts that create misery. If only we learn how to kill the mind, we can eliminate all the misery of life. But how can we kill the mind?

What is **FEAR**? It is a **F**alse **E**xpectation **A**ppearing **R**eal. What is **WORRY**? It is a **W**aste of **L**ife, **O**verthinking, **R**epeating the fear, **R**ehearsing the problem and **Y**earning. What is **STRESS**? It is nothing but **S**ad thoughts, **T**oxic thoughts, **R**epetitive thoughts, **E**xhausting thoughts, **S**adistic thoughts and **S**uffocating thoughts. When we have fear, worry and stress, we create anxiety. What is creating this? It is our own mind that is causing unhappiness. It is only the mind that can go into yesterday and make us regret and feel ashamed and guilty. If only we learn to eliminate the mind, we can eliminate all unhappiness and live a life of Eternal Bliss.

A king once went to a wise man and told him, 'My mind is full of fear and worry. I am stressed and anxious. Can you please help me remove this poison from my head?' The wise man was Enlightened. 'Sure', he replied, 'Just come tomorrow morning at 5 am and don't forget to bring your mind.' The king was confused, 'How can I forget to bring my mind?' He discussed this with his queen. The queen was intelligent, and she advised him to meet the saint the next morning. At 5 am, when the king met the wise man, the first thing he was asked was, 'Have you brought your mind?' The king could not control himself and blurted out, 'My dear wise man, how could I come here without my mind?' The wise man smiled and said, "That's good. Please be ready with your mind. After the meditation session, I will come to you and solve your problem.'

After an hour, the wise man met the king again and asked, 'What is your problem?' The king repeated, 'My mind is full of fear, worry, stress and anxiety.' The wise man got into action and asked, 'Tell me where your mind is, and I will eliminate all of the misery.' The king tried hard to find the mind. But he could not. Thoughts were coming to him from all over but they were only thoughts, no mind! So, the wise man explained to the king, 'Now, sit in silence for one hour. When you still the mind, you kill the mind! When there are no thoughts, then where is the question of fear or worry, stress or anxiety?'

The king learned how to find peace. He realized that peace already existed but because of the mind, there was no peace. He learned to still the mind and he learnt to eliminate the toxic thoughts caused by the mind.

How can we kill the mind and thus, eliminate regret, shame and guilt? We must move from a state of mind to a state of Consciousness. A state of Consciousness is that state of

thoughtlessness, also known as mindfulness. In this state, we become the witness, the observer and there is complete awareness of thought. We are no longer caught in thought. We block the mind and lock the mind with our intellect which awakens in Consciousness. A normal person hasn't learned the art of killing the mind. They don't realize that they can still the mind and reach Consciousness. In this state of Consciousness, thoughts don't pour like rain to create fear, worry, stress and anxiety, again and again. Thoughts appear gently, one by one, like cable cars on a ropeway, and there is peace. *Where there is a piece of mind, there can be no peace of mind.* When we learn to be still, then not only do we kill the mind, but we also destroy the seven miseries of fear, worry, stress and anxiety, regret, shame and guilt.

Who hasn't experienced these seven miseries that make us regret what happened yesterday and fear what will happen tomorrow? Who hasn't experienced worry, stress and anxiety that creates sorrow? We are all victims of the mind. But not all of us realize that the mind is nothing but a bundle of toxic thoughts. The moment we are able to quieten the mind, we eliminate all misery from our life.

We all dread the AK-47, a dangerous weapon used by terrorists that kill. But we are not cautious enough to stay away from MK-50, the Mind Killer 50 that shoots at us 50 toxic thoughts every minute. It can shoot us with 50,000 poisonous bullets every day. When will we eliminate the MK-50 from our life and learn to be happy? The secret is simple. Still the mind. Kill the mind. And eliminate all the seven miseries that create so much sorrow.

The mind is meant to create misery. It fools us into believing that it is our friend and some of us try to make the mind, our best friend. We shouldn't because we can't! We have to replace the mind with the intellect, the tool of discrimination and the tool of willpower. When we still the mind and reach that state of Consciousness, it is in that state that the intellect shines. As long as the mind is pouring thoughts, it is like a gushing river that does not permit us to build a dam to hold back the gushing thoughts. When the intellect is active, we can lock the mind and we can block, fear, worry, stress and anxiety from stealing our tranquillity. There is no question of regret, shame and guilt because there is no mind in which these are built. Kill the mind, before the mind kills you! The simple secret of living a life of Eternal Bliss is to eliminate the seven miseries that cause unhappiness.

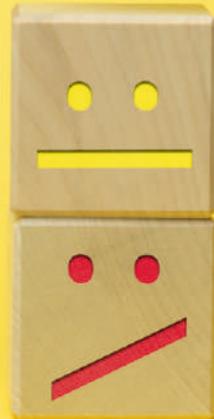


Choose To Be Happy

Happiness Is A Choice

*Happiness is something you can never lose,
Because Happiness is something that
you can always choose.*

*So, if you can be Glad, but you choose to be Sad,
You haven't got to the Happiness Secret,
you are mad!*



Anybody can be happy. Happiness is not a complicated thing. But you have to choose happiness. And if you don't choose to be in that state of bliss, then you are sure to experience unhappiness. Those who are unhappy will argue that this is not so, *'If you were in my shoes, you too would be so miserable!'* But unfortunately, they have not discovered the true meaning of happiness.

Who doesn't have problems? Everybody has problems. But what is the way to be happy despite having problems? It is being aware that problems are part of life. A problem will come and a problem will go. Such is this show. But just because there are problems, we don't have to be unhappy. We can choose to smile. Though our problems may be longer than the Nile, can anybody stop our smile?

Every problem has a limited life span. It is like a train. It will come but it will go. We have to learn to enjoy the show. We have to understand that life is a drama and everything that is happening is nothing but our Karma, returning to us. When we realize it is a drama, there will be no trauma.

It's not only problems that make us unhappy. We all experience the triple suffering in life – the pain of the body, misery of the mind and agony of the ego. If only we choose to realize that we are not the body, mind and ego, then though we have physical pain, there will be no suffering. Another cause of misery is clinging because of the Mind and Ego, ME. But if we eliminate the mind, then we will eliminate the seven miseries it causes. The ego stands tall like a wall. Until we realize I am not 'I', the ego will not fall. But once it does, its seven monsters can't grow tall. Having overcome the body,

mind and ego, and problems, how can we then choose to be happy? It is all in the AiR Happiness Secret. We can choose faith or doubt. We can choose hope and enthusiasm, or let our pessimism make us shout. Optimism is a choice. We can choose Positive Emotions, PEP over Negative Emotions, NEP. Everything in life is a choice. But who makes this choice?

We human beings are uniquely blessed with a faculty of intelligence. We can choose. But to activate this power of intellect, we must choose Consciousness over mind. As long as the mind is riding our life horse, the intellect cannot be the boss! But when we choose to still the mind, we lock it and block it, then the intellect can shine in that state of Consciousness. But this is also a choice.

The intellect can choose to *be* happy. The intellect can choose pleasure over pain, loss over gain and enjoy the moment, whether there is sunshine or rain. Once we are in that state of Consciousness, we can experience Eternal Peace, Divine Love and Everlasting Bliss. But do most of us enjoy this? Our lives are filled with unhappiness.

Although we can choose to be happy, why are most people unhappy? Very few people even believe that there is a way to Eternal Happiness. Very few people discover the secret that can make them smile all the while. It is those who have the secret in their hand, who can live in a happy land, despite their city or country. There are people who will whine all the while. They are experts in counting their troubles! They have never learned to count their blessings. How can they be happy?

One such person was cribbing, saying, 'I am so deep in poverty. I am the most miserable, the poorest of all! I have nothing!' A wise man asked him, 'I will give you one lakh for each eye!' 'No!' exclaimed the poor man. 'Ok, then give me your two hands and I will give you two lakhs,' said the wise man. 'What nonsense!' shouted the whiner. 'Ok, then give me your two feet for a lakh each,' the wise man said again. 'Are you joking?' asked the poor man. Then the wise man told him, 'You said you have nothing. You are worthless, penniless. But you seem to be rich in reality. With eyes hand and feet, you can go and make a living and enjoy your life.'

Most of us live life, but we don't enjoy every moment of it. We worry about a 'yesterday' that is gone and a 'tomorrow' not yet born. We don't enjoy the present moment, our biggest gift, the present. We don't learn to accept, instead we protest. We don't choose to surrender. We continue to wonder! How can we be happy? While we have a choice to be happy, we remain miserable.

Our happiness escapes us because of what we were taught in school. Therefore, we remain a fool. We were taught that success is happiness and we think only money can buy happiness. Instead of enjoying our life, we yearn for things beyond our reach and become miserable. Even the richest people are unhappy because they compare themselves to those richer than them. Instead of learning to be happy, fulfilling our need, we become unhappy with unfulfilled greed. The AiR Happiness Secret is a simple way to live with peace, love and bliss. But we don't discover this!

When we discover the Happiness Secret, we can learn to be happy all the while. We can smile and not let miseries pile! We can choose bliss over all unhappiness. But it's a choice.

Even after we have the AiR Happiness Secret, we may remain unhappy. Even though we can enjoy the ecstasy of love, we may choose to be attached and experience despair. We can choose to be in mind state although we can still the mind and be in that state of Consciousness, where there is bliss.

Happinness is a choice. But this is only known to the wise! The rest, they just cry and they die! They continue to crave till they reach their grave, without realizing the simple truth that we come with nothing and we will go with nothing! We remain unhappy because we choose to run after success, rather than just be happy. We don't want to realize that happiness is a state of being. We can be happy, no matter what! If only we can build our life on the foundation of peace, and the pillars of faith, hope, trust and enthusiasm, then the tower of happiness can stand strong and it can shine as we discover, in one and all, the presence of the Divine. We can choose bliss, it is as simple as this!



Chapter - 18

Respond, Don't React Choose RDR, Not RDX

*If we want to be Happy, we must stay calm,
We must not create a storm!
Respond, don't React to anything,
Let it be, just sing!*



One of the biggest reasons of our unhappiness is that we react. We don't enjoy life like a song. We don't sing along. Things will happen. Let them happen! We can't control other people's actions, but we can control our own reactions. When we are in charge of our life, we can be peaceful and blissful. The Happiness *Mantra* is RDR, not RDX - Respond, Don't React. Don't React, Destroy and Explode!

Have you heard of RDX? RDX is an abbreviation for a powerful exploding compound popularly known as Hexogen Cyclonite. While its chemical composition is not important, it is known as the Royal Demolition eXplosive. Several military forces use it and it has been widely used since World War II. Of course, RDX is poisonous to a human's nervous system but it is more dangerous when the term RDX relates to our life and our happiness.

RDX in the AiR Happiness Secret is React, Destroy and eXplode. Whenever there is a situation in life, we have two options. Either we can choose to RDR, Respond, Don't React or we can choose to RDX, React, Destroy and eXplode. Why is this one of the important principles of the AiR Happiness Secret?

Things happen in life and we are constantly responding and reacting. It is a very natural process for us to react to people and to circumstances. But when we react, we are replying through the mind. It means that our response is just a thought, a feeling and an action. We are not intercepting the thought chain with our intellect that shines in Consciousness. Therefore, our reaction is not an intelligent response and it becomes another seed that will bear fruit.

How often do we regret what we have said or done? But unfortunately, it is already done. Not only is the Karma over, and it will receive appropriate reaction but we are also filled with remorse, regret, shame and guilt for our own action. What is the cause? It is because we did not pause. We just let the thought become an action. We did not use, 'RDR, don't RDX'.

The normal thought chain is as follows. We all have thoughts. These thoughts become feelings and these feelings become actions. When we are under the influence of the mind, then we have toxic thoughts. Very often, thoughts are driven by anger, hate, revenge and jealousy. We let these thoughts germinate as seeds in our head. These become feelings and actions. Then, we are dead! Our reaction, rather than our response, has left us and gone either to a person or into the world. It becomes our bad Karma, and our bad Karma is going to return to us to make us unhappy. If only we intercept the thought chain and move from a state of mind to a state of Consciousness, then a thought will not flow into feeling and action. The thought will enter our Consciousness and submit itself to the intellect. We will discriminate before we act. If it is inappropriate, if there is a doubt, we will throw that thought out. If the thought is intellectually approved by the intellect, that thought will be permitted to become an action. Thus, we will respond and not react.

Nature has given us 32 doors to hold back the poisonous snake, our tongue! How often do we say something nasty, by letting words pass through our 32 teeth and react to something unwarranted? But the words have already been spoken and they can't be withdrawn. They have reached the ears, and the damage is done. We did not follow 'RDR, don't RDX.' Not only

have we created unhappiness in others but we have also made ourselves unhappy. It is a simple principle in life that if we want to be happy, make others happy and if we make others unhappy, we can be sure that we will be unhappy. The RDR in the secret of happiness is a very important practical tool to live life.

Some people use simple practical techniques not to react, but rather to respond. When they are in a compulsive situation with people they cannot avoid, like a boss, or an elderly family member, and they know they are going to be provoked for RDX, they do not react, destroy or explode. They do something else. They fill their mouth with a few sips of water. This not only compels them to be quiet but also cools them to respond appropriately. They repeat the exercise till the RDX possibility is over and they succeed to RDR, not RDX.

What happens when we react? We are replying without intelligent consideration. We are not discriminating the circumstances and giving enough scope to understand the facts. We are impulsively acting out of our mind, which is bombarding us with toxic thoughts. It may be fear, worry or anxiety that is causing us to react but our reaction is definitely RDX. Not only is it going to explode but also going to destroy!

We all speak of having a positive attitude but not all of us truly understand that our attitude is to do with RDX and RDR. Our attitude is our response, our reaction, our behaviour. Those with a negative attitude have RDX that erupts from the mind, but those with a positive attitude have RDR that comes from our Consciousness, our intellect. You can't control your attitude until you are a master of your mind, for if the mind is

the master, then you will only react faster and destroy and cause opportunities, relationships and life itself to explode.

To be happy, let us learn to RDR. Let us not RDX. Let us approach life with a game-playing attitude. There are some people who are even willing to fight or kill in a game. Others, who are more conscious, laugh over what happens in a game – after all, it's just a game! Those with RDR realize that life is no more than a game. We are players who come on to the field to play in the game of life. We want to enjoy the journey, every moment of it and not worry about the destination. We prefer to enjoy the game rather than to win it. This is a way to peace, to love and to bliss.

To succeed in achieving a state of Eternal Bliss, the AiR Happiness Secret calls upon us to follow each and every tip, for even if we slip in one point, then we will be opening the door for unhappiness to enter.



Chapter - 19

Enlighten The Ego And Destroy Its 7 Monsters

*The Ego creates agony and anguish,
It creates anger, revenge and hate.
How to eliminate pride, greed and selfishness?
Can we push the Ego out of the gate?*



EGGOD

Many philosophers talk about killing the ego, completely annihilating it. But is that even possible? The ego is nothing but our identity. It is the one that says 'I', 'me' and 'mine'. It refers to the one who is alive, a body that has a mind and intellect, a memory and a name. A human being is alive from birth to death and the ego seems to appear soon after we come out of the womb and experience a sense of being.

As we grow, we all experience the ego. *'This is my mother, my father, my car and my house.'* We all have an ego that expresses a sense of ownership. My body is different from your body. I am different from you. This is the conditioning that makes us grow and develop the ego. Unfortunately, what we don't realize is that the ego is like a tree, and automatically, it grows branches of anger, hate, revenge and jealousy. It develops pride, greed and selfishness. It is only natural for this to happen. The world encourages competition and right from the time we are in school, we become jealous of our classmates. Who hasn't experienced anger when our expectations are not met? Don't we all go through that phase of love and hate? We even think it is normal to take revenge for a wrong done unto us. Little do we realize that the ego is creating emotions that cause us agony. Anger creates a fire within us, just as hate becomes a thorn that constantly pricks deep within us. Don't these toxic emotions of the ego rob us of our happiness?

Studies reveal that the ego creates seven monsters that cause us so much anguish. These are not just anger, hate, revenge and jealousy, but also pride, greed and selfishness. Because 'I' want more, 'I' become greedy. 'I' have desires that are unfulfilled. Therefore, 'I' become unhappy. 'I' lose my peace of

mind. Because I think 'I am better than others, this superiority complex creates pride that leads to disappointment and anguish that causes my bliss to evaporate. Happiness comes when we give, but our ego makes us selfish and therefore, steals our happiness.

It is no secret that the agony and anguish created by the ego through its seven monsters kills our happiness. If we truly want to be happy, we must learn the art of eliminating the seven monsters of the ego, anger, hate, revenge, jealousy, pride, greed and selfishness. Is this possible?

It is rare to meet somebody who has no anger. It is common to see somebody lose their temper! We will say, *'But isn't that natural? Day in and day out, there are people who push us up the pole. They don't obey instructions. They do exactly the opposite of what they are supposed to do. They create so much disruption and loss. How can we control the anger that is natural to erupt?'* The question is: We may become angry at somebody, but does our right hand ever become angry at our left hand? Has our right leg ever kicked our left leg? Never! *'Ridiculous!'* you would say. Why? *'Because both are me. I can only get angry at somebody else.'* Therefore, the cause of the agony called anger is because of the ignorance that *I am separate from you. We seem to be two different bodies and so the fire of anger burns us. But what if we realize that we are not these bodies that we wear, we are the ones that wear the body, we are the Soul, the Spark of Unique Life.* Then we would not get angry because we realize, in essence, we are one. Not only anger, all the monsters of the ego will dissolve and disappear if only we realize, *'Who am I?'* When we realize that I am not this body that will die, we discover the first secret of, *'Who am I?'* Then, when we think we are the Mind and Ego that says, 'ME', and we try to find the mind, we realize that there is no mind!

It is this Realization that I am not the body, nor the mind that makes the ego fall. Earlier, it stood tall like a wall, unleashing the seven monsters that caused us agony and anguish. Now, when we realize, '*Who am I? I am not 'I'*,' the seven monsters will disappear and we will reach that stage of peace and bliss.

This is not an easy achievement. It can only happen when the ego is Enlightened. We have to transcend that ego which is the false ego and that gives birth to the seven monsters of agony and anguish. The moment the false ego is transformed and awakened, then there is no reason for us to hate or become jealous or even to take revenge. We discover a universal oneness, known as non-duality. We realize that we appear to be different from each other but we are not. We are like different waves of the ocean but ultimately, we are part of that one ocean. We are all Sparks Of Unique Life, Souls and finally, we return to SIP, the Supreme Immortal Power. The moment we Realize this Divine Truth, we are liberated from all agony and anguish.

As the seven monsters of the ego disappear like fog with the morning sun, when the light of truth shines, the seven monsters that appear as shadows, disappear and make way for peace, love and bliss to take charge of our life.

Do you really want to be happy? Do you want to experience that state of Eternal Bliss? Then this part of the AiR Happiness Secret is key because if you do not replace pride with humility, greed with contentment, selfishness with selflessness, you will never reach that state of tranquillity and joy. Happiness cannot coexist with anger and hate, revenge and jealousy. These are monsters that uproot our peace and bliss. There is no

other option but to realize this. Realize that I am not 'I'. I am part of the universal Consciousness. This Realization will liberate us from all the monsters of the ego as the ego is Enlightened.

The AiR Happiness Secret is not difficult to implement in our life. But as long as we don't implement each of the 19 triggers in the AiR Happiness Secret, we will have pleasure and pain but agony and anguish will return to us again and again. If we want to eliminate all pain, all misery and all sorrow, we have to first deal with ME, the Mind and Ego that together create the seven miseries and cause the seven monsters to destroy our bliss. When we transcend ME, we attain Eternal Happiness.



Chapter - 20

**Transcend *Bhoga*,
Live in Yoga**
Experience Peace, Love
And Bliss

*To be Happy, we must be in Yoga,
For we will be miserable in Bhoga!
Yoga is union with the Divine, it is Bliss.
Bhoga is sinking in the world of unhappiness!*



The ultimate point in the AiR Happiness Secret is to live a life of Yoga, not a life of *Bhoga*. Unfortunately, the whole world is talking of Yoga but very few people understand its true meaning.

The word Yoga comes from the word *Yuj*, which means union. It is the union of the Soul with the Supreme Soul. It is the union of our individual Consciousness with universal Consciousness. When this happens, we experience that state of Eternal Bliss that comes in Truth Consciousness. But first, we must understand Yoga and not slip into *Bhoga*.

The world thinks that Yoga is just *Asana*, physical exercise and *Pranayama*, breathing techniques. This is not Yoga. This cannot give Eternal Happiness. No doubt when we are practicing *Asana* and *Pranayama*, we experience moments where the mind dissolves and therefore, we find peace. But no sooner than we stop the practice, our tranquillity will cease. Thoughts will return to pour like rain and push us down the drain. This is because we are trying to *do* Yoga. We have to learn to *be* in Yoga, to be in union and this state of Yoga lingers on as long as we don't slip into *Bhoga* or the desire for the material world.

How does one remain in Yoga? How can one be a *Yogi* and enjoy Eternal Bliss? The world talks of the four states of Yoga. *Dhyana* Yoga or meditation, *Bhakti* Yoga or devotion, *Karma* Yoga or action, *Gyana* Yoga or education. One can move from one state of Yoga to another and thus, escape from *Bhoga* and enjoy Divine peace and bliss. While we are in union or Yoga, we are so united with the Divine, so united in Consciousness, that there is no space and opportunity for the mind to bombard us with toxic thoughts of *Bhoga*. Therefore, we experience bliss.

What is *Bhoga*? *Bhoga* is lust, passion or worldly desire. Most of us are prisoners of pleasures, people and possessions. This is because we become slaves of our five senses, the eyes, ears, nose, tongue and skin. In the pursuit of joy and pleasure that comes from sensual gratification, led by the mind, we fall prey to this illusory world and its ephemeral momentary pleasures. We get so tied in *Bhoga* that we have no time to even think of Yoga, let alone be in Yoga. But we have to choose!

We human beings become miserable because of the **MIND** –

M – Misery

I – Ignorance

N – Negativity

D – Desires

The mind leads us into *Bhoga*, leading our five senses to desire material pleasures. As long as we are in *Bhoga*, we cannot enjoy true peace and bliss. Sure, we can enjoy temporary happiness but soon, our desires will make us burst. They will never quench our thirst. This happens if we remain in *Bhoga*. But what if we transcend *Bhoga* and are in Yoga? What if our thoughts are consciously filled with the *Yogic* states of meditation, devotion, action and education? Then, we enjoy a state of being that creates peace, the very foundation of happiness. When we are in Yoga, we are in a state of being. But when we are in *Bhoga*, we are like machines that are constantly doing something to be happy. It is sad that a human being becomes a human doing when he moves from the state of Yoga to the state of *Bhoga*.

If we want to be truly happy, we must make a choice to transcend *Bhoga* and be in Yoga. There is no end to *Bhoga*. Today, the world is filled with merchandise that will make us want more and more. But we must remember that this will make our happiness go out of the door. Is there any limit to the *Bhoga* of *Samsara* today, the pleasures of the material world? It is endless! Clothes and accessories, shoes, jewellery and watches, mobile phones, laptops and gadgets, creams and perfumes and other merchandise lure us with the promise of the wellbeing of our body and mind! Not only does this merchandise fill the shelves of stores and malls but we are also attracted to *Bhoga* through online shopping and even EMI and credit cards which make it possible for us to enjoy *Bhoga* even without paying for the merchandise immediately. What is the end result? We are constantly in *Bhoga*, constantly thinking of things that can make us happy. But happiness doesn't come from things. This is only pleasure that comes and goes and ultimately, it blows away our peace, our bliss! We have unpaid credit cards, undigestible EMIs and with this, stress, worry and anxiety that steals our peace and bliss. All this happens because we are in *Bhoga*. We are trying to use the material world of pleasure to create happiness. Ultimately, we land in a state of unhappiness. It's time to switch from *Bhoga* to Yoga.

When we are in Yoga, we move away from the senses of the body and the desires of the mind into that state of Consciousness where our Soul connects with the Supreme Soul and enjoys Eternal Bliss. Instead of being in a mind state, we remain in Consciousness and enjoy things that don't need money to create happiness. We enjoy the rain, the sunset and the skies. We enjoy loving our near and dear ones and resist the onslaught of *Bhoga*. Most of all, we live in love of God, the

Creator, the Supreme Immortal Power, SIP. When our Soul is united with SIP, we experience an ecstasy of joy that is greater than any sensual pleasure and this comes from Yoga. It's time to learn how to be in a *Yogic* state, living as a *Yogi* in Yoga.

I enjoyed the bliss of living like a *Yogi* and as I remained in Yoga, not *Bhoga*, moving from the Yoga of *Dhyana*, *Bhakti*, *Karma* and *Gyana*, I discovered *Prema* Yoga, the Yoga of Divine Love. I realized that God manifests as all the beauty in the world. God appears as SIP, the Supreme Immortal Power that is the Soul in every living creature. It became easy for me to love God as I loved the manifestations of the Supreme. This Divine *Prema* Yoga made me a *Yogi*, who lives in a state of Eternal Bliss. Anybody who chooses Yoga, rather than *Bhoga* can live a life of Eternal Peace, Divine Love and Everlasting Bliss.

This is the ultimate secret in the AiR Secret of Happiness. It reveals a way of how we can *be* happy all the time, without trying to *become* happy. Happiness needs no effort. It is a choice and for a true *Yogi*, happiness is not something that comes and goes. It is Eternal Bliss that forever flows. We must make an effort to transcend *Bhoga* and be in Yoga!



Chapter - 21

Making The AiR Happppiness Secret Work

*There is a way to Eternal Happppiness.
We can always enjoy Peace, Love and Bliss.
From one to nineteen, the Secret is this,
Those who follow will experience Bliss!*



Are you looking for Eternal Happiness? Search no more. You have arrived. You have discovered the AiR Secret to Happiness. Now it's up to you. Are you going to do all this or continue to experience unhappiness? The choice is yours! You can choose to live with misery and stress or decide to experience Eternal Bliss in Truth Consciousness.

The AiR Happiness Secret is an acronym. It has nineteen secrets within it. The word happiness in the Happiness Secret formula has 3 Ps. Never forget that you want to evolve through the 3 Ps, from Pleasure to Peace, till you discover your life Purpose. The secret guides us that we must take an exit from the highway of achievement and scale the peaks of fulfillment and ultimately, Enlightenment.

To do this, let us summarize what the AiR Happiness Secret is all about. **AiR HAPPINESS SECRET**

1. **A** - Always in Consciousness
2. **i** - Intelligence over Ignorance
3. **R** - Rejoice Life

4. **H** - Having Enthusiasm
5. **A** - Acceptance
6. **P** - Pleasure
7. **P** - Peace
8. **P** - Purpose
9. **I** - In the 'Now'
10. **N** - NEP to PEP
11. **E** - Ecstasy of Divine Love
12. **S** - Surrender
13. **S** - *Sat Chit Ananda*

14. **S** - Smile, all the while
15. **E** - Eliminate the Mind
16. **C** - Choose to be Happy
17. **R** - Respond, don't React
18. **E** - Enlighten the Ego
19. **T** - Transcend *Bhoga*, Live in Yoga

Anybody can be happy. You don't need to be a millionaire or billionaire, nor do you need to be a super successful person to experience this. There is a way, a secret to Eternal Happiness. Unfortunately, many of us think that we need to win an Oscar award to be happy! Some of us believe that we need some superpower to be a champion to experience bliss. Still others think that life will always have pleasure and pain, loss and gain, and so they do not pursue the Secret of Happiness. Now it's your choice! If you want to discover the AiR Happiness Secret, here it is. There is a method. If you follow it, you can be happy for the rest of your life. But if you don't, then you will live like a yoyo. Your life will be like a seesaw, sometimes up and sometimes down. Sometimes, you will smile, sometimes you will frown. The choice is yours! Let's get started. Let's summarize the entire AiR Happiness Secret so you don't have to read the book again to refresh the Secret of Happiness.

The first step in the AiR Happiness Secret is to Always be in Consciousness. Even if we slip into the mind state, we must return to being in Consciousness. The second step is Intelligence over Ignorance. We must discriminate the truth from the myth. The third step is Rejoice Life – we must celebrate life, every day!

Now, we move to the second part of the secret. The fourth step is to Have Enthusiasm. It is to live with faith, hope and trust.

This is magical! It's not difficult. We have to choose enthusiasm and cheerfulness over depression and hopelessness. Make that choice! To have enthusiasm, be enthusiastic. Choose to believe in that Power that governs the universe, and you will be happy.

The fifth step is Acceptance. Everything is unfolding as per Karma. Not only should we not protest but also joyously accept the unfolding of the Law of Action and Reaction. This is the way to happiness.

The sixth step in the AiR Happiness Secret is Pleasure. We don't have to give up pleasure. We have to enjoy all pleasure that comes to us as a *Prasadam*, a gift from the supreme. We must not run behind pleasure but enjoy every pleasure that comes our way. We must know the little things that make us happy and pull those triggers that give us pleasure whenever we can.

The seventh step in the AiR Happiness Secret is Peace. Peace you don't have to find. It is within. Learn to still the mind and peace you will find. It is the very foundation of happiness and will lead to fulfillment.

The eighth step is Purpose. We must discover, '*Who am I and why I am here?*' This will lead us to the greatest of cheer for we will realize that we are manifestations of the Divine and this bliss is more intoxicating than any wine. The next step is living in the now. If we want to be happy, we must not shuttle between yesterday and tomorrow. If we learn to live in the moment, there will be no misery and sorrow.

The tenth step in the AiR Happiness Secret is to flip from NEP to PEP, Negative Energy Poison to Positive Energy Power. We

must flip over from the negative to the positive. The eleventh step is the Ecstasy of Divine Love. We must discover true love that is bliss and not think love is a hug and kiss. The next step is to Surrender because if we do, we will replace worry and wonder with joy and surrender. The last step in the word Happiness is *Sat Chit Ananda*, Truth Consciousness Bliss. Yes, those who are in Consciousness of the truth, experience Eternal Bliss.

The AiR Happiness Secret acronym has three parts. We have covered AiR and HAPPINESS and the 13 steps to bliss. But there are six more steps that complete the secret of Happiness. Let's continue with the word SECRET.

The six steps in the word SECRET start with Smile, all the while. Don't smile sometimes. Make it a habit to always dress your face with the grace of a smile. The next step, the fifteenth step is to Eliminate the Mind and its seven miseries that steal our happiness – fear, worry, stress and anxiety, regret, shame and guilt. The sixteenth step is to choose to be happy. Happiness is a choice. Unless we Choose to be Happy, how can we ever be happy?

Then, we must move on to the next step, Respond, don't React. Don't react, destroy and explode. The eighteenth step of the Happiness Secret is to Enlighten the Ego and destroy its 7 monsters – anger, hate, revenge, jealousy, pride, greed and selfishness. We can't eliminate the ego, don't even try! But we can Enlighten the ego. The final step of the secret is Transcend *Bhoga*, Live in Yoga. These nineteen steps in the Happiness Secret can guarantee Eternal Bliss. If only we commit to use the AiR Happiness Secret to fill our life bucket, we will discover a ticket to Everlasting Happiness.

Afterword

*My life was a bouquet of pleasure and pain,
I was on a rollercoaster again and again.
To me life was all about Success and about achievement,
Till I discovered fulfillment and then Enlightenment.*



For 25 years, I enjoyed the rollercoaster of life, the thrill and excitement of success and achievement. I only knew this kind of happiness, pleasure, fun, name, fame and success! From the time I was a kid, I struggled to make it big. Throughout my early school life, I was a very average student but it was in the final examinations in high school that I passed out with flying colours. Thereafter, I knew nothing but success. I was a star in my college and every achievement created a thrill that excited me beyond what I thought happiness to be. I was an elected leader in college and topped my class. I even started a business when I was 16 and enjoyed success that very few would have tasted at that age. I bought my first car when I was 18 from the money I made working out of college during my free time. Wow! Wasn't I happy! I was so excited about life that I would barely sleep for 5 to 6 hours. I was working 18 hours a day, 7 days a week. But for me, it was not work, it was fun! And so, I was happy.

Life changed after I went on my first European tour when I was 17-years-old. 30 exotic cities in 30 days! I travelled from Madrid and Barcelona in Spain, through Paris, Rome, Venice, Amsterdam to London. What an amazing experience! It opened my eyes to see the world. Everything I did was so much fun. I joined my father in his business and was excited to add all my innovative ideas to its success. We went from one peak to another peak, one success to another and life was such a pleasure! I also collected treasure in terms of money. I could buy the fanciest cars through the next 2 decades. I worked very hard but life rewarded me equally as I thought that I had every possible happiness in the world.

Was my pleasure without pain? Of course not! Through the 25 years of my business life, there was also loss and again and this repeated again and again. I had so much anxiety and stress, not just because of my business but also because of my family life and all this created some unhappiness. But just like I saw day and night, I did my best to fight the challenges that I faced and was always victorious. 25 years of success and achievement, of wealth and pleasure! But I knew that this was not the *real treasure*. There was something missing in my life.

I was blessed to realize this because I started picking the destitute and discarded beggars and lepers from the street and helped them get back on their feet. I started my humanitarian work when I was barely 20 and throughout those early years of success, I enjoyed both the pleasure that came from achievement and the bliss that came from fulfillment while making a difference in the lives of the unfortunate. There was no comparison. The joy from serving others was far greater than the pleasure that excited my skin. While my business grew, I was blessed with the happiness from my monetary success, just as I enjoyed the bliss from my charitable work.

Then one day, it happened! At 40, I shut down my business because I decided that life was not meant just to earn. What I would earn, others would burn! So, I decided to turn and to yearn for the true purpose of life. It started with my Spiritual Mentor, my Guru, Dada, advising me to shut shop. Between 40 and 50, my life transitioned from achievement through fulfillment, as I travelled to over 100 new countries to discover the world. But then, I went on a quest for Enlightenment, the ultimate peak of happiness.

After 25 years of success, pleasure, entertainment and achievement, I spent over 5 years on the plateau of fulfillment, not only making a difference to the poor and needy but also motivating people to live, not just exist. I even built a mammoth statue of God and helped people live with faith, hope and trust. Little did I know that my pentad of fulfillment was in transit to my spiritual awakening, my Enlightenment.

On 31st August 2014, about 2 years after I started my spiritual quest, when I was 48 years old, I got that spark of awakening. I realized I was not Ravi. I was the *Atman*, the Soul in Ravi. I changed my name to AiR and evolved to that ultimate peak of Enlightenment, as I discovered the purpose of my existence. Little did I know that I would write 100 books on happiness and Enlightenment, that I would write, compose and sing 1500 songs on the meaning of life. But this journey of Spiritual Awakening has led me to realize that true happiness is not just pleasure. It is peace that is uninterrupted by any misery or sorrow and this happens when we discover the purpose of our existence. I was blessed to be awakened to the truth and evolved to that state of Eternal Bliss in Truth Consciousness, a state unknown to the world.

The world thinks that life is a struggle and we are meant to cry and to smile. The world doesn't know that there is a way to be happy all the while. I discovered the Happiness Secret as I lived through 10 years after my Spiritual Awakening. From 2014 when I got the spark of Enlightenment to 2024, I have experienced bliss that is the highest form of happiness. People call it *Nirvana* or *Ananda*. Yes, I term it, '*Sat Chit Ananda*,' that state of seamless joy wherein one lives with Eternal Peace, Divine Love and Everlasting Bliss.

The AiR Happiness Secret is not some theory. It is my personal experience as I traversed from pleasure through peace to discover purpose. It is my personal trek through the peaks of achievement, to the plateau of fulfillment, till I ultimately discovered the final peak of Enlightenment. I was able to overcome all the misery of the mind, the agony of the ego, just as the physical pain of the body could not make me suffer. I realized that I was the Divine Soul, Immortal and beyond the realm of human suffering. Anybody who is awakened to the truth can experience this. But even if there is no Enlightenment, no Spiritual Awakening, the AiR Happiness Secret still promises a way to Eternal Bliss. I have followed all the 19 steps written in the book and these have helped me live a life, enjoying pleasure without pain, experiencing Divine Love, as I live each day with Eternal Bliss, moment by moment, again and again.





POEM

Discover the AiR HAPPINESS SECRET

What is the Happiness Secret that we seek?

It is the way to the happiness peak

It is eliminating all misery and sorrow

It is peace, love and bliss, today and tomorrow

Every human being in this world wants to be glad

But it is unfortunate that we so often become sad!

We go through a life of pleasure and pain

And so unfolds life, again and again

But is there a way to Eternal Bliss?

Is it possible to eliminate all unhappiness?

Is there anybody who doesn't frown, always has a smile?

What is the secret to be happy all the while?

I too experienced pleasure, I too experienced pain

My life had both, loss and gain

Then one day, I discovered that it was peace,

The magic that made all miseries cease

*I evolved from a life of achievement
 And chose contentment that gave fulfillment
 It was tough, but I gave up entertainment
 But ultimately, discovered Eternal Bliss with Enlightenment*

*I decided to call this the Secret of Happiness
 It is the way to Eternal Bliss
 It shows us how to eliminate unhappiness
 And the gift is peace, love, bliss, all this*

*To learn the AiR Secret of Happiness
 We must learn to Always be in Consciousness
 Not to be in the state of mind
 And to leave all toxic thoughts behind*

*The second step in the Secret of Happiness
 Is to eliminate Ignorance through Intelligence
 Then we are able to discern myths and lies
 And the truth we are able to realize*

*We will be unhappy if we don't Rejoice
 We must remember that happiness is a choice
 Let's not live in misery, sadness and strife
 Each moment, we must choose to celebrate life*

*Then, to be happy, we must have faith
 Pushing every doubt out of the gate
 Enthusiasm that creates trust and hope
 And then, with life we can cope*

*Whatever happens, we must accept
Acceptance is key, do not protest!
Whatever happens is the Law of Karma
Enjoy the drama, ignore the trauma*

*The Secret of Happiness, has Ps three
Pleasure is fun, but doesn't set you free
We can enjoy sense gratification
But move forward in the happiness Realization*

*The second P of Happiness is Peace
When there is peace, miseries will cease
Without miseries, our happiness will increase
Then with peace, love and bliss we can seize*

*The third P of Happiness is Purpose
Without it, we suffer and life becomes a circus
Without meaning, we jump up and down
So, discover purpose, don't live like a clown!*

*The Secret of Happiness is living In the 'Now'
'I won't wander, ' we must take this vow!
Can regret and worry create happiness? How?
Live in today, in the moment! And make life wow!*

*To be happy, what is the next step?
It is a flip from NEP to PEP
Eliminate Negative Energy Poison, this is NEP
Live with Positive Energy Power, that is PEP*

*Who can deny that love is bliss?
 But why does love cause unhappiness?
 Because we think love is a hug and kiss
 We miss the Ecstasy of Divine Love that is bliss*

*The next step of the Happiness Secret is Surrender
 Live in Consciousness, don't just wonder!
 Whatever will be, will be, don't ponder
 This is the way to be happy forever*

*Sat Chit Ananda is the way to the ultimate bliss
 It is about living in Truth Consciousness
 It is overcoming ignorance and Realizing the Truth
 Then, being in Consciousness and enjoying the fruit!*

*The Happiness Secret has steps nineteen
 We have finished thirteen, there are more in between
 Don't forget the acronym of Happiness
 Then, that Secret that will give you bliss*

*The next step of the Secret is to Smile
 Not just sometime, but all the while
 For those who choose to live with a frown
 They are the ones who in misery drown*

*The next step is to Eliminate the Mind
It has seven miseries we find
Fear, worry, stress and anxiety create mess
Eliminate regret, shame and guilt, all unhappiness*

*Happiness is something we can always Choose
Thus, happiness we must never ever lose
If we can choose to be glad, but we choose to be sad
Then isn't it true that we are nothing but mad?*

*Unhappy are those who can't respond with their actions
They fall prey to their own reactions
Thus, Respond, don't React. RDR, no RDX
For when we react, destroy and explode, we become wrecks*

*The next step to bliss is about letting go
The seven monsters caused by the Ego
Eliminate anger, revenge, jealousy and hate
Pride, greed and selfishness from your plate*

*The last step of the Happiness Secret is Yoga
Don't drown in this world, Transcend Bhoga,
Be in Yoga if you seek bliss
This is the Secret of Happiness*

*The Happiness Secret looks so simple
Anyone can be happy, it's like blowing a whistle!
But nineteen steps are what you must do
If you want Eternal Bliss to flow to you*

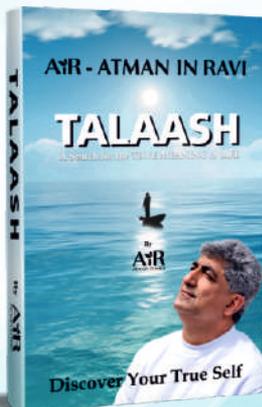
*The world doesn't know how forever we can laugh
We fall sick and then we cough
We are so lost in misery and pain
From the Happiness Secret, there's much to gain*

*There is way to be happy all the while
We can be peaceful, and we can smile
If only we remember the acronym of Happiness
We can live with peace, love and bliss*

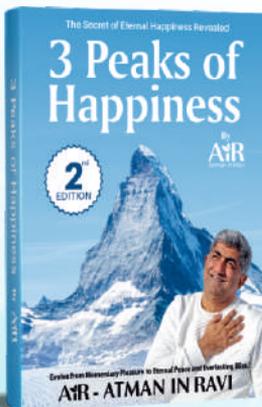
*The Happiness Secret is in your hand
Don't search for happiness in another land!
You can be happy every day, starting now
To follow the Happiness Secret, make a vow!*



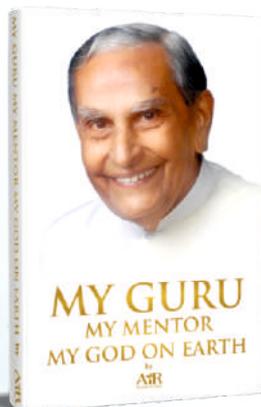
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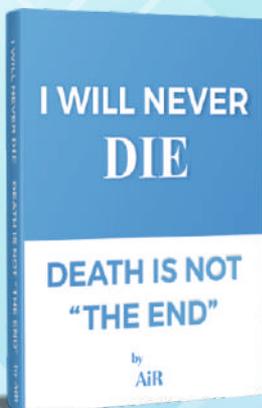
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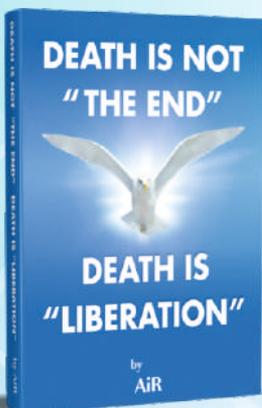
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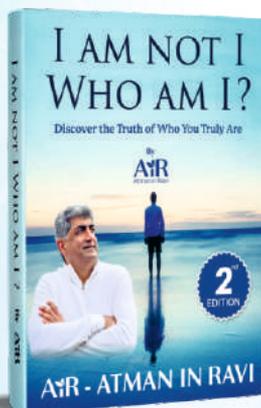
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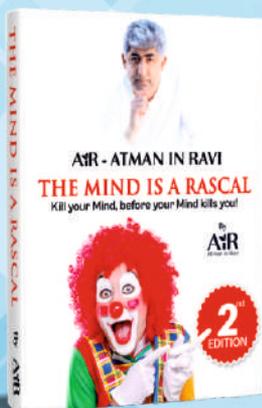
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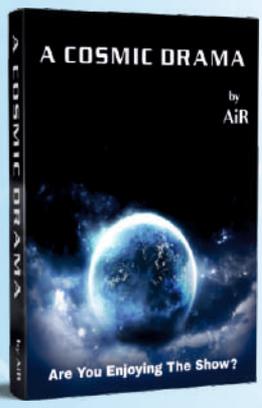
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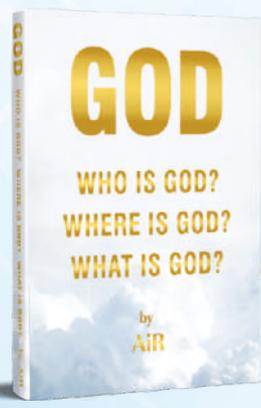
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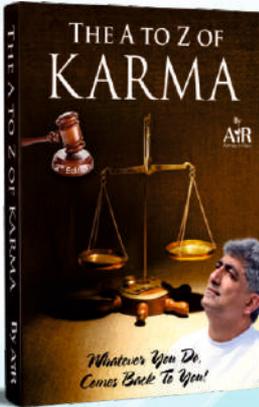
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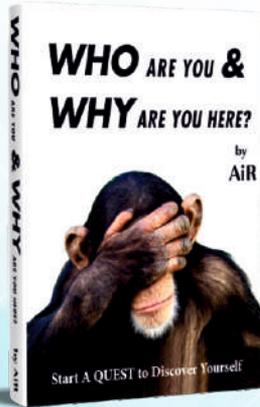
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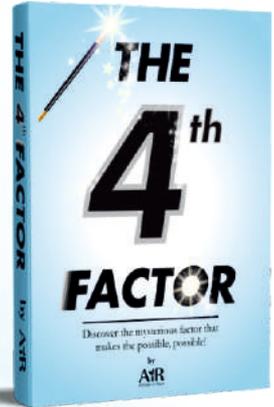
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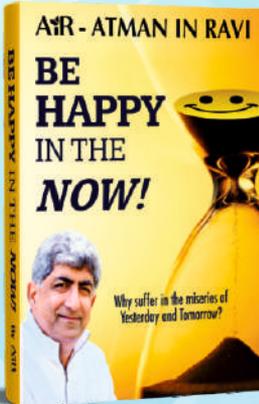
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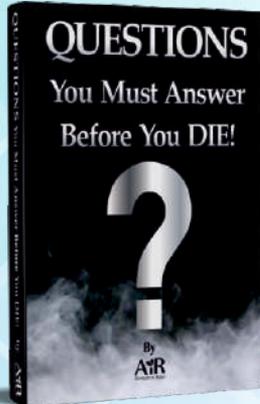
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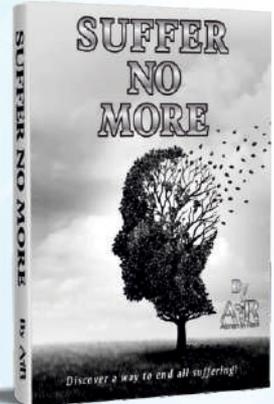
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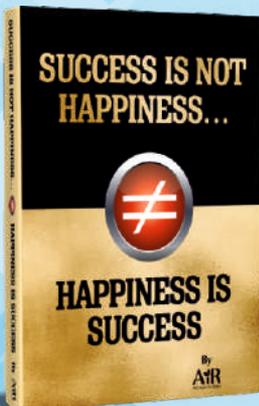
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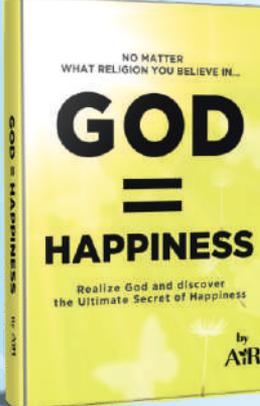
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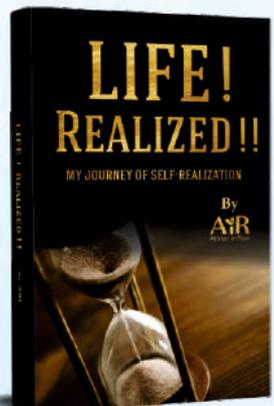
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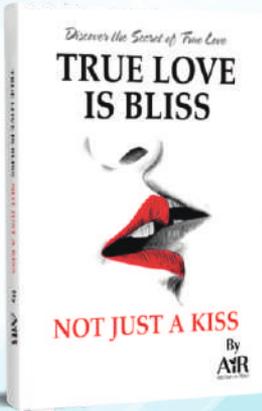
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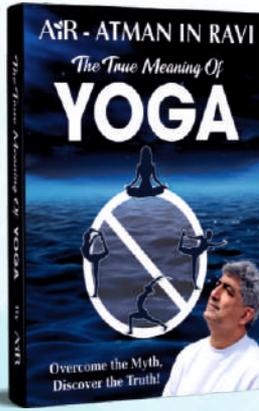
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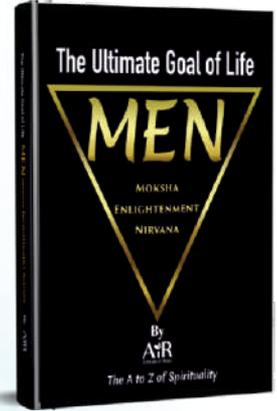
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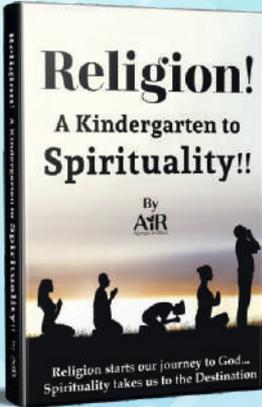
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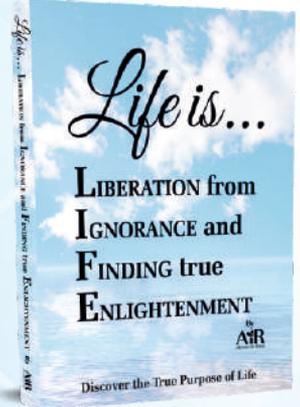
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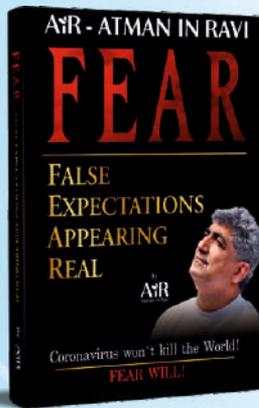
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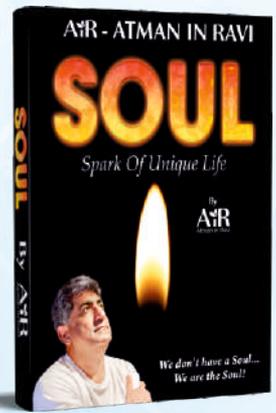
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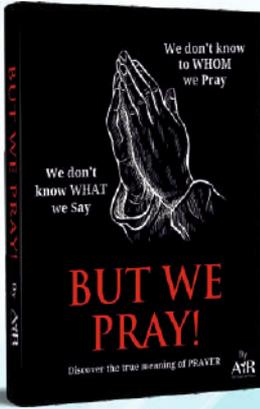
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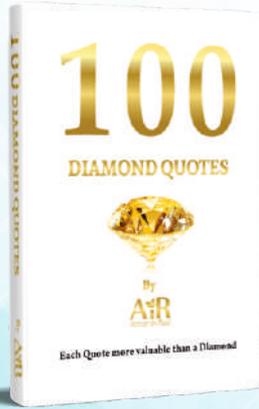
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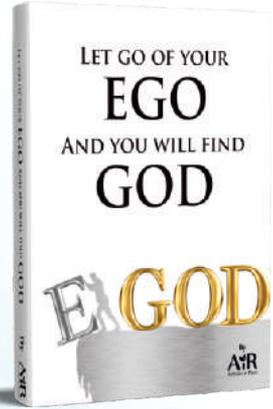
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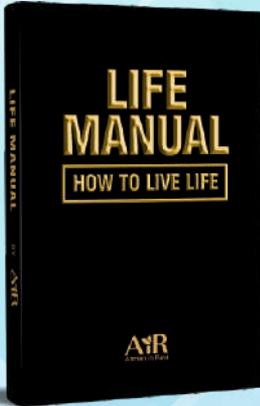
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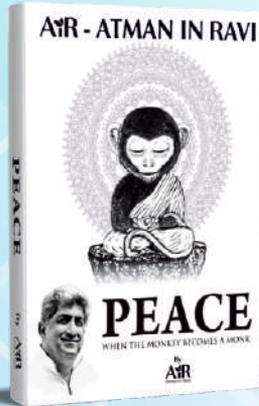
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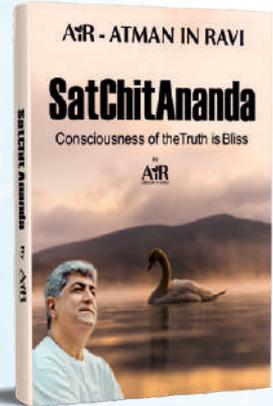
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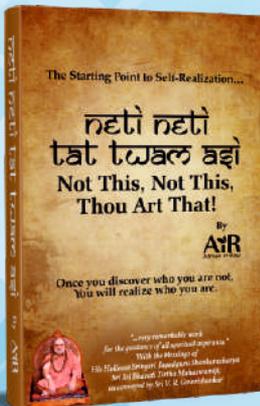
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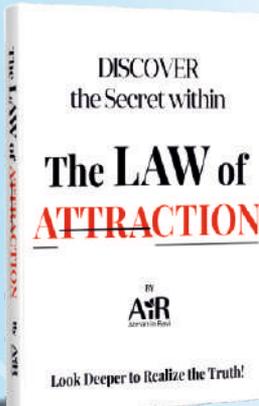
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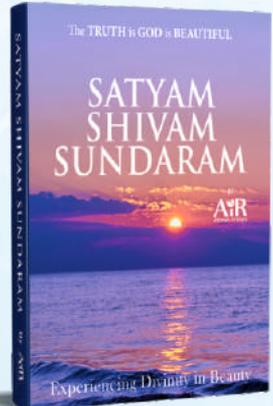
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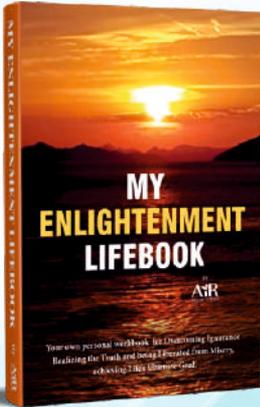


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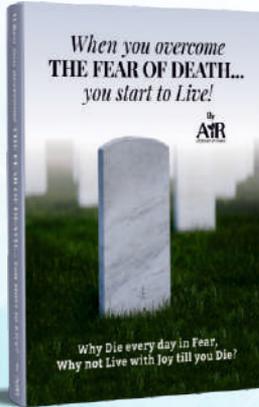


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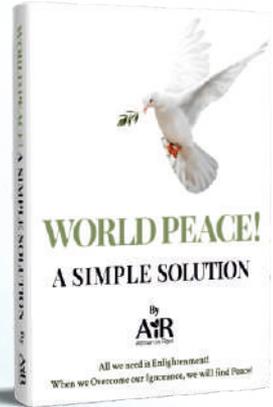
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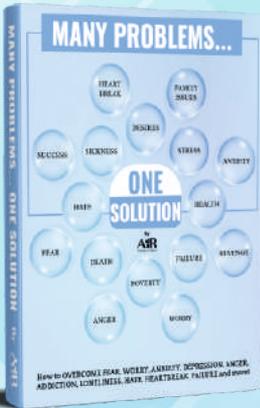
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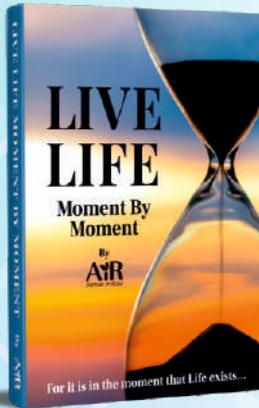
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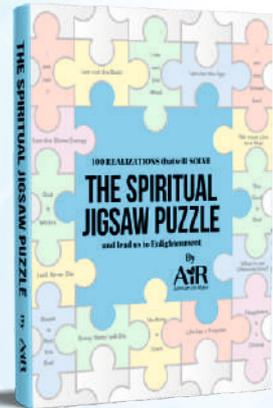
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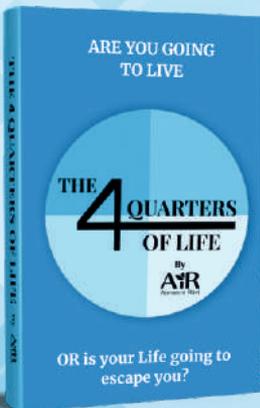
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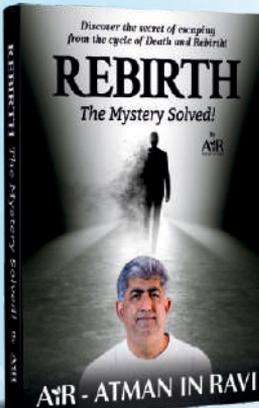
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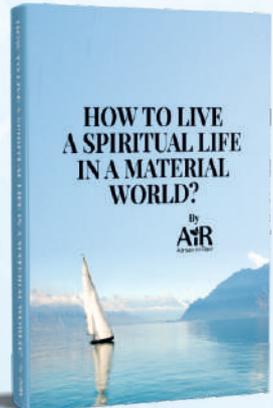
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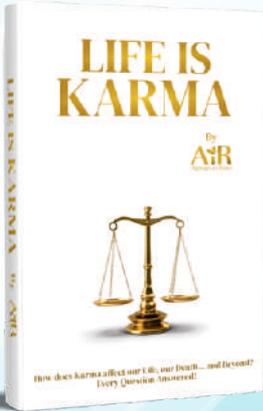
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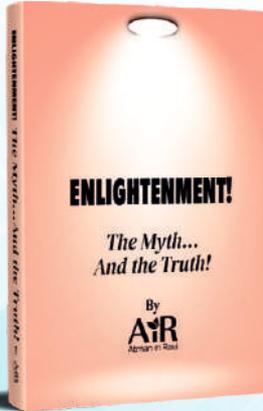
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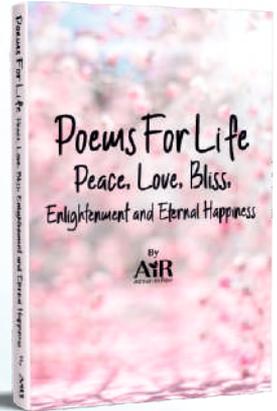
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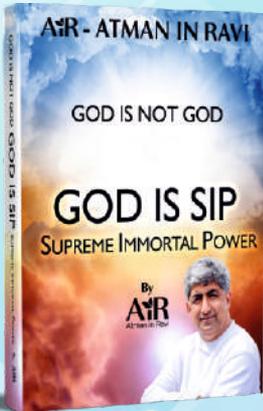
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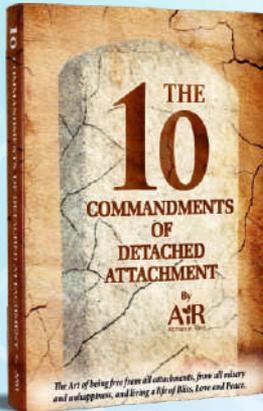
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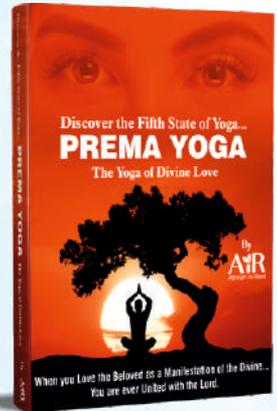
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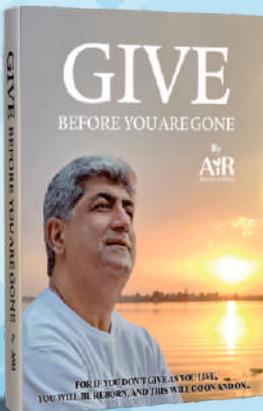
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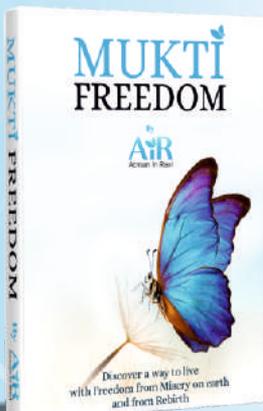
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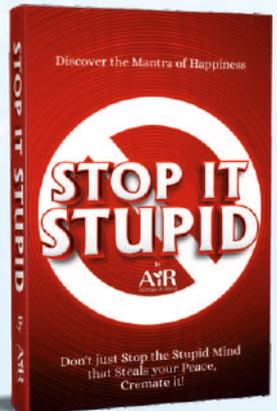
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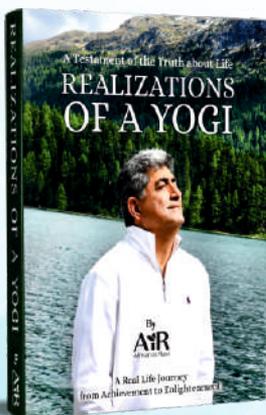
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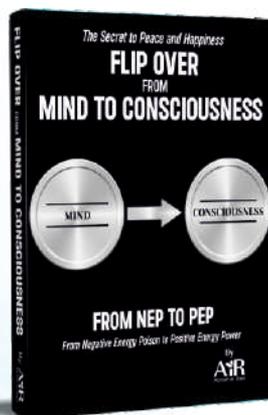
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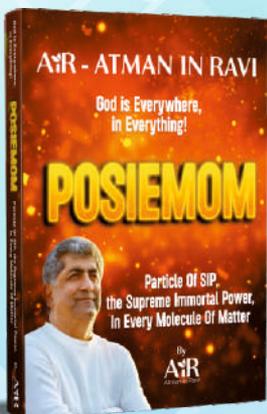
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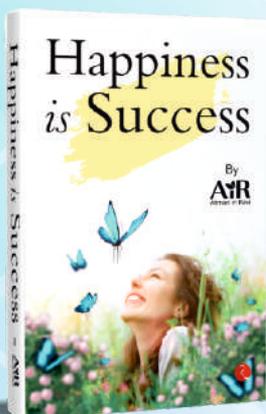
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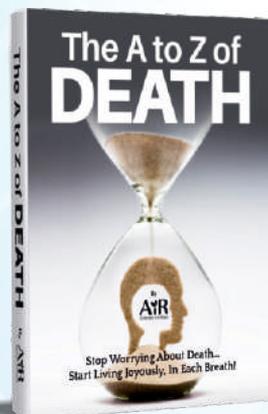
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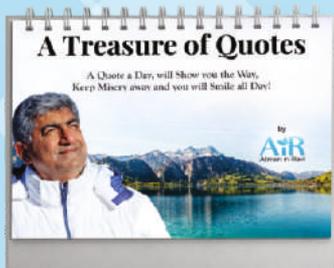
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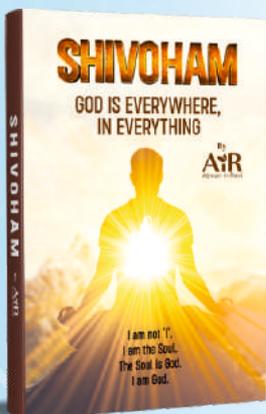
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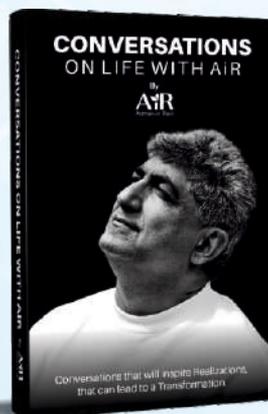
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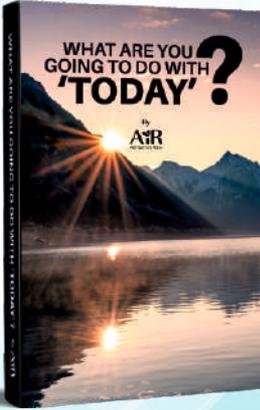
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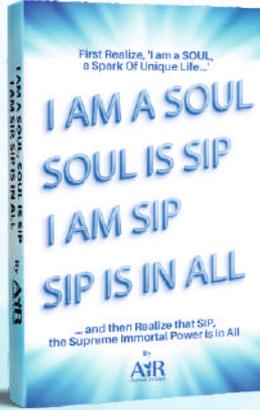
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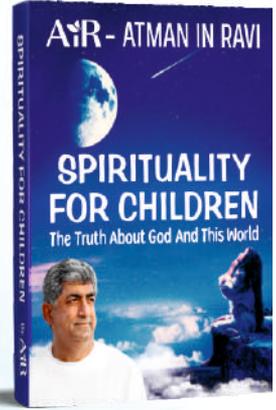
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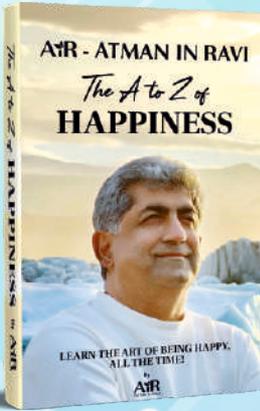
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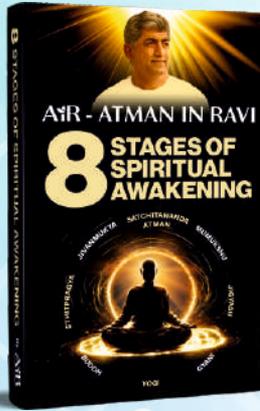
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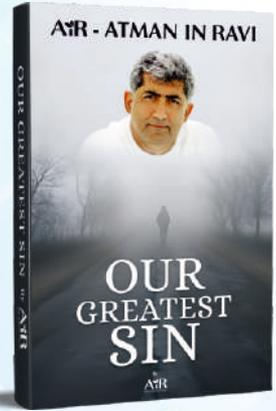
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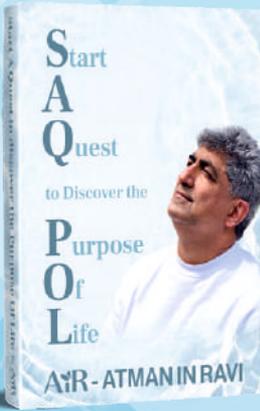
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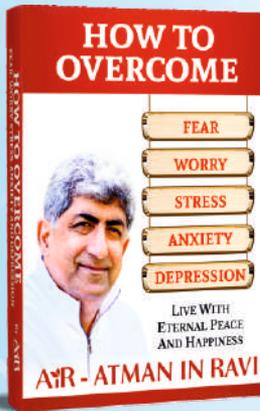
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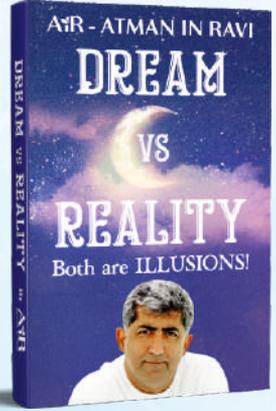
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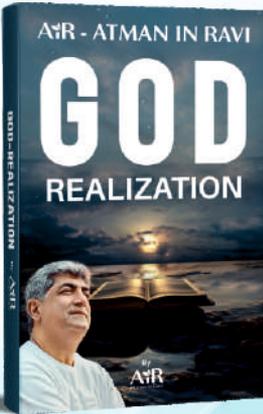
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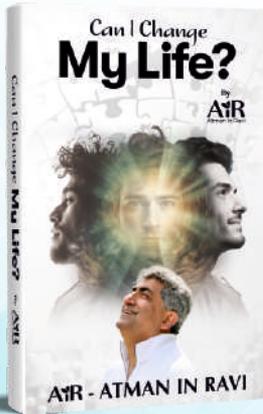
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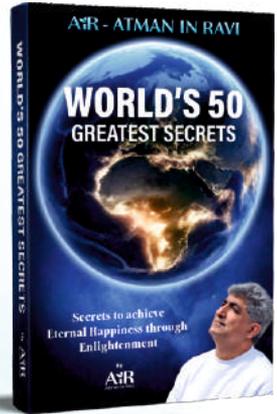
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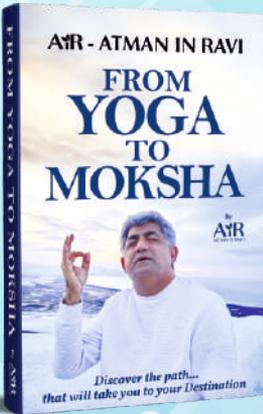
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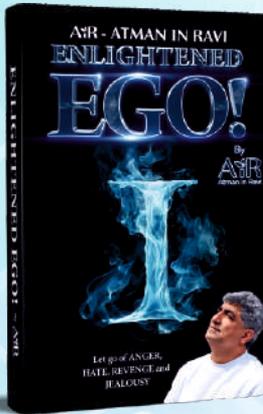
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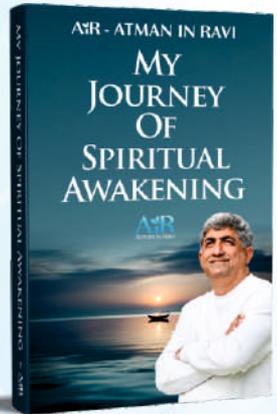
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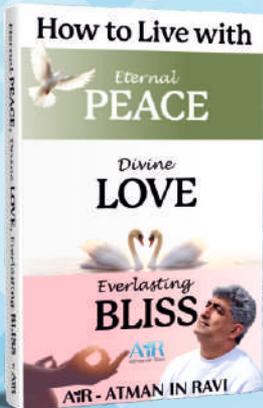
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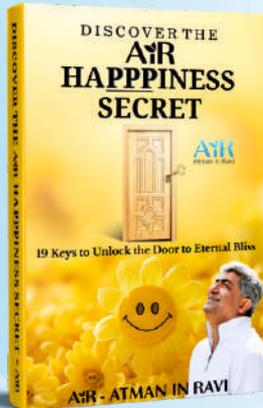
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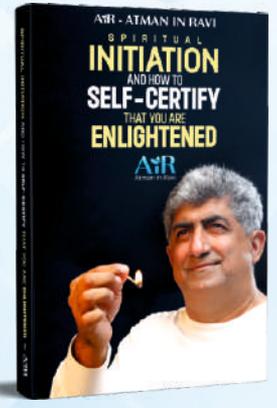
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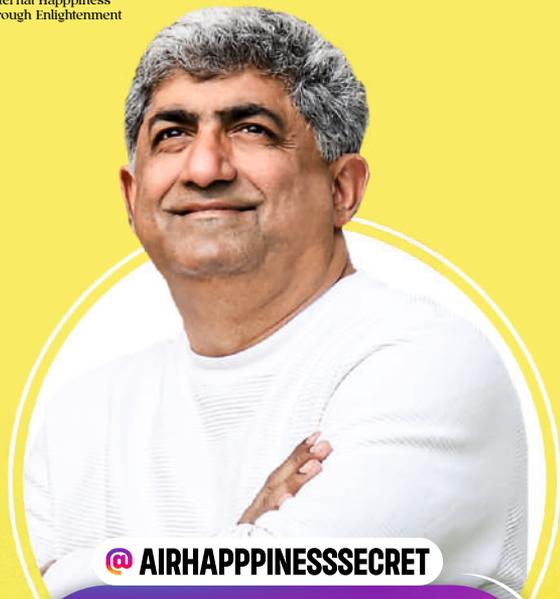
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