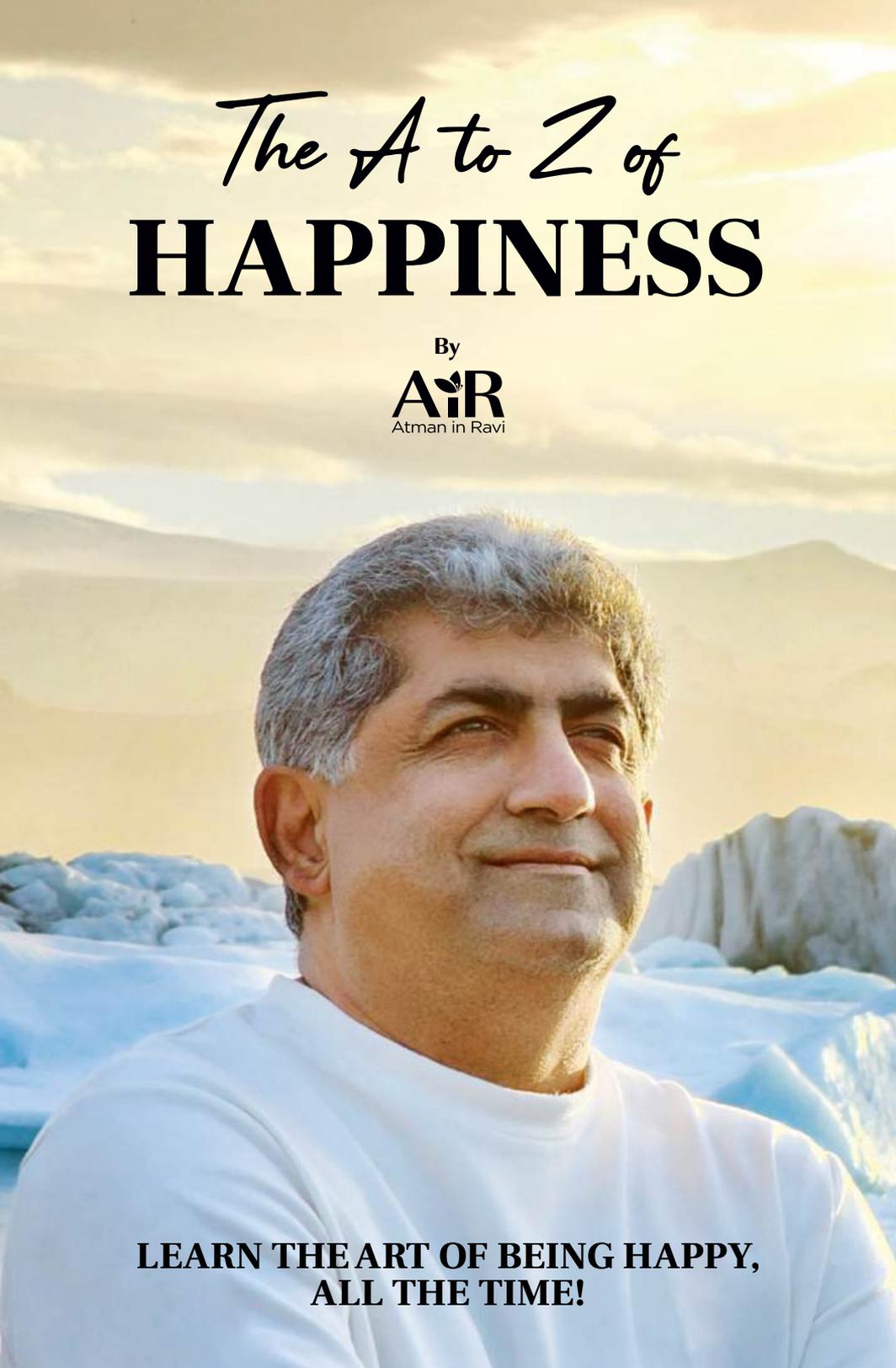


# *The A to Z of* **HAPPINESS**

By

**AiR**  
Atman in Ravi



**LEARN THE ART OF BEING HAPPY,  
ALL THE TIME!**

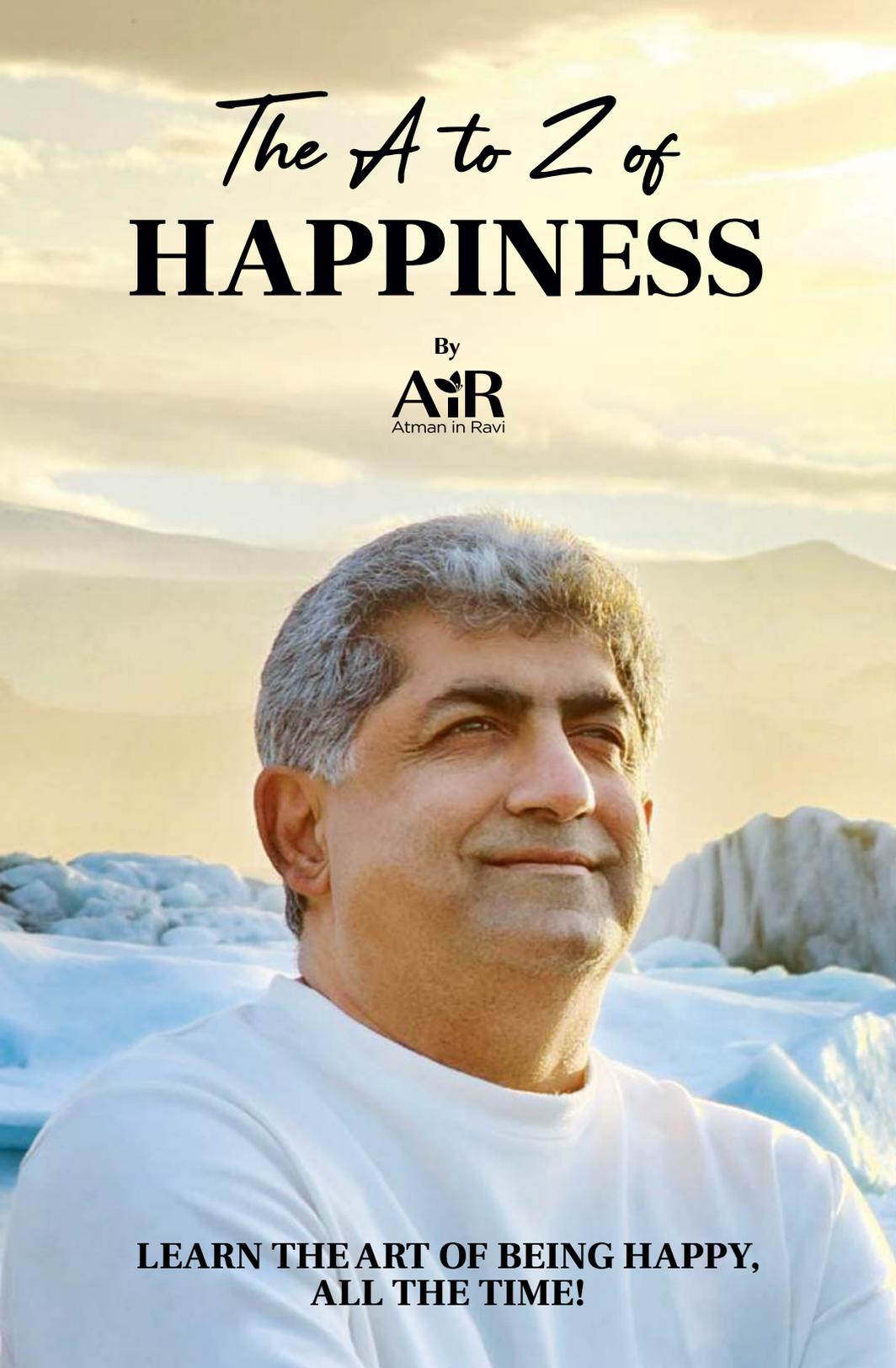




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Atman in Ravi  
Ravi V. Melwani

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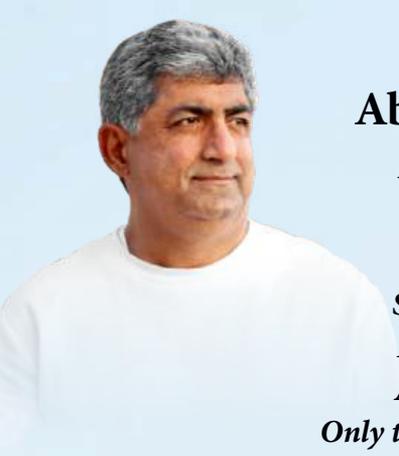
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## About the Author

*AiR - Atman in Ravi*

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

AiR — *Atman in Ravi*, is a Spiritual Mentor, Transformational Author, Singer and a Philanthropist. He is on a mission to help people discover the way to Eternal Happiness through Enlightenment.

AiR lived a life of success, fame, fortune and achievement. But that was before he took the road less travelled. He 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 three destitute homes known as AiR Humanitarian Homes spread across Bengaluru, that today, care for over 800 homeless and needy people - their food, clothing, medicines and hospitalization. They are all a part of the AiR family!

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 God, doing His Divine Will.

On his mission to spread Eternal Happiness through Enlightenment, AiR has founded the AiR Institute of Realization to reach out to the global community of seekers. He has also established the AiR Centre of Enlightenment, which is envisaged as an Abode of Spirituality, especially for seekers, who are new in their Spiritual journey, eager to learn and explore Spirituality and evolve on their path towards Enlightenment. Not restricted to seekers of Enlightenment, it would also welcome and give various pursuits to those who seek joy, peace, happiness and solace.

Based on his Realizations, AiR has authored over 65 books, composed and sung about 1400 *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. AiR believes that success cannot lead to happiness; only happiness can lead to success. To him, happiness has three peaks – Achievement, Fulfilment and the ultimate peak, Enlightenment, where one is liberated from all misery and sorrow and attains Eternal Bliss in the Consciousness of the Truth.

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

**YOU CAN DIRECTLY**

**Ask AiR**  
at 8 pm every day



**Meeting ID: 85021104431**

**Connect with AiR - Atman in Ravi at:**

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## WHAT IS TRUE HAPPINESS?

*True Happiness is a State of Being Happy.  
It is Being Joyous, Blissful, Peaceful, Cheerful.  
It is Being Free of all Misery and Stress.  
It is a State of Eternal Bliss that Comes from  
Being in Truth Consciousness.*

# PREFACE

*Everybody wants to be Happy. Who wants misery and pain?  
But we lose our moment of Joy and become unhappy again.*

Another book on 'Happiness'! After writing so many books on Peace, Bliss and Love, I realized that there was a need to put everything about Happiness, together in one book. Everybody wants to be Happy. Nobody wants to be unhappy. But what is that way to Eternal Happiness?

What is Happiness, actually? Is it Achievement? When I wrote the book, 'The 3 Peaks of Happiness', I realized that we have to evolve from pleasure, which is ephemeral and momentary. Our bliss must be based on peace. And more importantly, we should be free from all misery and suffering. Is this even possible? The good news is, Yes, it is!

If we look around us, everybody in this world wants to be Happy and because we have been taught in school that Success is Happiness, we live like a fool running behind money and achievement. In the end, our glass of life becomes empty and even though we may have a lot of success and money, are we happy? Most often, no! It is because happiness is not just about name, fame, money and wealth. Happiness is a state of being. *All successful people are not happy but all happy people are successful.* Therefore, I decided to write a book with everything about happiness and named it, 'The A to Z of Happiness'.

Who steals our Bliss? Who creates misery and stress and fills our life with unhappiness? It is our own Mind. A mind that we cannot find. Then we get agonized by the Ego and live with anger, hate, revenge and jealousy. How can we be truly happy if our mind creates fear, worry, stress, anxiety, regret, shame and guilt? Unless we flip over from NEP to PEP, from Negative Energy that is Poison to Positive Energy that is Power, we will never be able to reach the state of True Happiness.

Happiness is about being happy in the 'now'. Most of us are lost in a yesterday that is gone and a tomorrow, not yet born. We don't learn the art of being Happy in the 'Now', living in 'Today'. We don't learn how to live in a state of Consciousness, where we still the mind and kill the mind so that we can experience True Bliss.

*'There is Greater Bliss in Truth Consciousness than any other Happiness.'* I have written several books that explain this but this book will put it all together in a simple and easy way. We can be happy, all the time. We can eliminate all misery and unhappiness. We can fill our life with peace, joy and love, provided we learn what happiness truly is. If only we discover the true meaning of life, if we overcome ignorance and become enlightened with the truth, we will be able to reach 'Destination Happiness'. Then, we can live each moment of each day with peace and joy. So, are you ready to start your Happiness Journey?

# INTRODUCTION

*True Happiness comes with Peace, not just with Pleasure,  
When we are Enlightened, we experience the Real Treasure!*

What is Happiness? We all want to be happy but have we paused to understand what True Happiness is? Is it just pleasure, food and fun or is it something more? Peace is the foundation of happiness. When there is no Peace, there can be no Joy or Bliss. Still, we are running behind momentary happiness.

We all experience pleasure, just as we experience pain. There is sun and rain, loss and gain and we pass through this cycle, again and again. Is there a way to be free from all sorrow and pain or is the pursuit of Eternal Happiness, just a dream that will end in vain? The good news is that there is a way to Everlasting Bliss and True Happiness, where there is no misery and sorrow. It can be experienced when we stop shuttling from 'yesterday' to 'tomorrow'. Happiness is in the 'Now'. We have to learn to live in 'Today'. Only then, can we learn the art of *being* happy. We all are trying to *become* happy but we can't. We have to *be* happy, *now*. Are we ready to take this vow?

To be happy, first, we have to kill the mind. This is possible only if we still the mind. For, when there are no thoughts, we reach a state of Consciousness. It is in this state that we experience bliss that is greater than any other happiness. So, how can we arrive at this state of Eternal Bliss?

We must learn the 'Happy Mantra'. It is a Mantra that teaches us, how we can choose to be happy, how we must not lose our life to negative, toxic thoughts and emotions and how can we flip over from NEP to PEP, from mind to Consciousness. There is a way to do all this. In the pages that follow, we can learn the way to joy and peace. But for that, we have to unlearn many things. We have been taught that success is happiness but it is a lie. We try to reach the sky, in terms of achievement, money, wealth, name and fame but after all achievement, is there true fulfilment? True Happiness comes from contentment and ultimately, from Enlightenment, overcoming ignorance and realizing the truth. So, instead of experiencing Divine Bliss as the Soul, which is our true identity, we live as the body, mind and ego and suffer. It is time to take an exit from the road of sorrow so that we can make tomorrow, a day of joy. It is not so difficult to be happy if we learn the true meaning of happiness and follow the right path.

The A to Z of Happiness will teach us a simple way to be happy, every day. Happiness is not so difficult but we complicate it. *We can smile, all the while but isn't it strange that when we can be glad, we choose to be sad? Aren't we mad?* Let us make misery and suffering, a thing of the past and find a way that will make bliss, peace and joy, last. Let us realize that happiness is neither a destination nor a journey. Happiness is Now. Let us learn to be happy, in the 'Now'.

## DO YOU REALLY WANT TO BE HAPPY?



*Happiness is a choice,  
But this, only the wise realize.*

Everybody wants to be Happy. There is nobody who enjoys misery and pain. Still, we become unhappy, again and again. Life is like a merry-go-round. We go round and round, passing pleasure and pain, loss and gain, sun and rain and the irony is that this happens, again and again. We don't realize that there is a way to Eternal Happiness. We can overcome all misery and suffering and live a life of bliss, joy and peace.

So, do you really want to be Happy? Are you looking for that ultimate state of Bliss? Are you looking for a life that is full of Peace and Tranquillity? If you are, then, you have a treasure in your hand. You can retreat to a Happy Land. You can discover a way to Eternal Happiness, Divine Love and Everlasting Peace.

There is a 'Happy Mantra' that can make us happy, every day. We all experience joy, once in a way but then, why do we become miserable so soon? Don't we experience fear, worry, stress, anxiety? Don't we sink into anger, hate, revenge and jealousy? What causes us to live with regret, guilt and shame? Do we even know the cause of our unhappiness? Who becomes unhappy and why?

If you really want to start a quest to that ultimate peak of happiness, you must learn the true meaning of happiness. I spent 25 years of my life, seeking pleasure and thinking that success is happiness. I went from one peak of success to another and enjoyed every possible pleasure, till I realized that pleasure is not happiness. Happiness is not a 'sometimes' thing. It is built on the foundation of Peace. Still, I did not reach the ultimate peak. Then, I went on a quest to find a way to Eternal Bliss. I was amazed at the fact that when I discovered the meaning of existence and the purpose of my life, I experienced the ultimate state of *Ananda* – seamless, Eternal Bliss.

Are you sincerely looking for a life that is filled with bliss, where there is no misery, no pain, no agony or suffering? Then, you can discover this bliss and a way to Eternal Happiness. The good news is that it is possible to be free from all suffering. It is possible to live each day with joy. It is possible to live every moment in bliss. This is the truth. It is not a myth. Life can be a journey in which we can smile, all the while. If only we realize the truth about life, we will be liberated from all suffering on earth. We can dance, sing and find joy in everything. But for this, we have to unlearn many things. We have to wipe out many a lie and realize the truth of 'Who am I?' The body may suffer but I will not die. I am the Divine Soul. When we realize this, we will attain that ultimate goal of Eternal Happiness. Are you ready to start this journey? Suffering will be a thing of the past, as you embark on a new journey that is filled with peace and has sprouts of love and sparks of joy.

## CAN WE BE HAPPY, ALL THE TIME?



*Anybody can Smile, once in a while,  
Let's learn to Smile, all the while!*

Somehow, we all have grown up with the belief that being glad and being sad is very normal. That is the way of life. Just like there is day and there is night, sometimes we cry and sometimes, we smile bright. Little do we realize that there is a way to smile, all the while. Yes, you have made no mistake in reading the above statement. You can be happy and smiling, all the time. If you discover the A to Z of Happiness, you can eliminate all misery, pain and suffering and live a life of Eternal Bliss and Happiness.

Those who are unhappy will immediately question, 'How is this possible?' Yes, it is impossible to be happy, all the time. There are days when we are glad, with our friends and loved ones, and when there is good news but there are also days when we feel sad and unhappy. There may be problems or we may hear some bad news of a near or dear one falling sick or dying. Somebody may have hurt or deceived us. We are constantly caught in this battle of pleasure and pain and this repeats itself, again and again. Trying to be happy all the time, is an effort that will go in vain. Isn't this what most of us think? Soon, we will learn the art of happiness. By the end of this book, we will have

the recipe to cook Eternal Bliss for our meal, every day. We will find a way to peace and tranquillity, the foundation of happiness. We will discover a way to live with true love, the fountain of joy. Yes, there is a way to be happy, all day and to repeat it, every day. Do you want to discover this way? It is called Enlightenment.

As long as we are on a journey where we think that happiness is pleasure and we are chasing success and achievement, we will experience only momentary happiness. We will be glad and sad in cycles. But if we realize that happiness is neither pleasure nor success or achievement, then we will evolve to a state of peace that becomes the foundation of Eternal Bliss. We will learn to live with contentment and fulfilment.

Will we be happy all the while or will problems take away our smile? Problems seem to be a part of life. Who is free from misery and strife? 'There is no way to be happy, every day. To smile and to be glad, all the way.' This is what people say! But the good news is that there is a way to Eternal Happiness. We can be liberated from all suffering on earth. We must first believe it. Only then, can we achieve it.

I lived a life of pleasure, going from one success to another. I did this for 25 years and I was happy but I wanted to attain a state of Eternal Bliss. I went on a quest to achieve that state of Everlasting Happiness. When I discovered the very purpose of my existence, when I discovered, 'Who am I and why am I here?' not only was I able to attain freedom from all misery and pain but I also learned the art of being happy, again and again. My life is now filled with joy, peace, love and I live in the bliss of Truth Consciousness and this happiness is greater than any other happiness.

## WHAT IS HAPPINESS?



***Is Happiness just Pleasure or a state of Eternal Peace and Bliss?  
Let us discover the True meaning of Happiness.***

If you search for the true meaning of Happiness, you will find that it is a state of being happy. But what is it to be happy? Is being happy just about attaining pleasure, success, name, fame, wealth, love and relationships? Or is it about attaining peace, tranquillity, God and spirituality? What is real Happiness?

Anything that makes you happy creates happiness but whatever makes one person happy, may not make the other person, happy. I may love to sit in silence on a beach for hours but you may love to be in a shopping mall. Different things create happiness for different people but we all know the meaning of happiness. When we are happy, there is a smile on our face. There is a positive aura that vibrates around a happy person. Just as we understand happiness, can we understand unhappiness? Yes! When there are tears and fears, instead of cheers, it is a sign of unhappiness. A sad person will cry and their misery will spread around them. We all know what it is to be glad and what it is to be sad. We often relate glad and sad to pleasure and pain. Everybody wants to be happy. Nobody wants to be unhappy.

What is the real meaning of happiness? Is happiness just the temporary pleasure that comes and goes? Or is it a bliss that

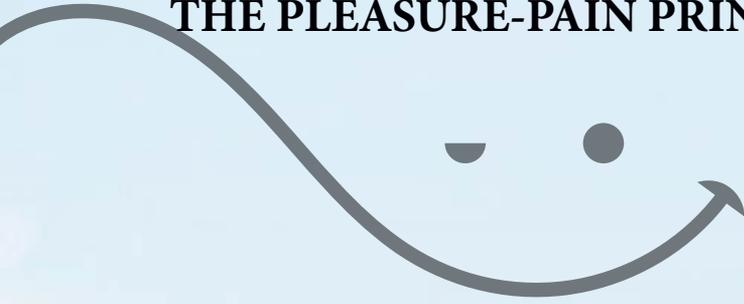
eternally flows? You may love to eat a pizza and you may even be happy as you finish your margarita but when the waiter brings another pizza to the table, you say, 'Oh My God! I don't want another pizza!' You would have had enough of it. So, how come the pizza that made you so excited earlier, doesn't give you joy in the later rounds? It made you happy because it was just pleasure. Happiness is beyond pleasure.

Have you noticed how a little child gets excited in a toy shop? The child runs around, screams and shouts in joy but we adults have grown out of it. We are no longer happy with toys. That is the difference between men and boys. Men want to buy their own car or even a private jet and are no longer interested in toy cars, jets and trains but is all this real happiness? Imagine, if you had all the things money could buy but you lost your eyesight. Would you be happy? Would you be ready to sell your eyes for a million dollars? Not at all! What use are a million dollars if you can't see?

So, what is real happiness? Real happiness is beyond pleasures and possessions. Happiness is a state of being that peace and tranquillity bring, for peace is the foundation of happiness. In the absence of peace, there can be no bliss or joy. So, can we be truly happy? Sure we can be happy by enjoying pleasure but it must be built on the base of peace. That will be real happiness. It is beyond achievement. It is living with contentment and fulfilment.

Can you be happy without love? Love is a fountain of joy. Happiness is not just pleasure and peace. It is also love. How can we live in peace, joy and love all the time? This is the challenge. If we can learn this art, we can be happy all the time. We must discover a way to enjoy pleasure and not lose our peace while living with love. Then our life would be filled with bliss. We will have smiles and cheers and we would do away with tears and fears. This is Happiness.

## THE PLEASURE-PAIN PRINCIPLE



***This world is governed by the Principle of Pleasure and Pain,  
We become Happy and Sad, again and again!***

Have you heard of the Pleasure-Pain Principle? It is the principle by which we all live. We all want pleasure. We don't want pain. Everybody wants to be glad. Nobody wants to be sad. Then why do we experience pleasure and pain, again and again?

The mountains, the seas and the clouds are free of this principle because neither do they experience pleasure nor pain but every living creature is gifted with both, joy and sorrow. It is not just you and me but also a cat, rat, dog, frog, butterfly and bee. It seems that every creature in nature enjoys moments of bliss just as they experience pain and unhappiness. Haven't you heard your pet cry in pain? Haven't you seen a little dog in joy, wagging its tail? It seems that any creature that is alive experiences pleasure and pain but once they are dead, they don't feel anything. So, what is this principle of pleasure and pain all about?

While we all experience being happy and unhappy, little do we realize what it has to do with us. Happiness is inside us but we become happy or unhappy based on our external circumstances. Often, our happiness is influenced by people and possessions

but we do not realize that happiness comes and goes. Joy and sorrow flow in circles. How many of us go in quest of understanding the true meaning of happiness? How many of us discover how the Pleasure-Pain Principle works? How many of us want to find out why are things happening around us? Is it because God is kind or cruel? Is there a God sitting in the skies who is deciding, who must be happy and who should be unhappy out of the 8 billion people and the trillions of animals, birds and insects? Pleasure and pain unfold again and again, based on our Karma, our actions. There is a Law of Karma which states, 'As you sow, so shall you reap.' Therefore, if something is unfolding that is causing pleasure or pain, we must remember that these are our own deeds, the seeds that we planted that are bearing fruits.

Are all joys and sorrows because of Karma? Yes, to a great extent, they are. But we human beings also have intelligence and a free will. We can choose our actions and become happy or unhappy. We can even choose the thoughts that create misery or bliss. It's all up to us. While we all seek pleasure and shun pain, unless we discover the true meaning of happiness, we may enjoy pleasure but soon, we will experience pain too. We must evolve beyond the Pleasure-Pain Principle and learn the art of Eternal Happiness. We must realize that achievement or success is not happiness. Instead, happiness is success. We may achieve all the pleasures and still be in pain or we may achieve peace and make all our miseries cease. It's time to unlearn the myth that we have grown up with. It is time to discover the state of Eternal Bliss that comes from Truth Consciousness that is greater than any happiness. Let us not live like other animals, experiencing pleasure and pain, again and again. Let us discover the way to Eternal Happiness.

## SUCCESS IS NOT HAPPINESS



***Success is not Happiness, rather, Happiness is Success,  
Those who don't Realize this Truth, end their life in a mess!***

From the time we are kids, we are told, 'You must be a winner. You must be an achiever!' We are taught to come first in class, to be the school captain and not just be a topper in studies but also be involved actively in sports, arts and just about everything. We have been programmed to believe that success is not the main thing, rather it is the *only* thing. We grow up believing that success will give us happiness. No doubt, success will create name, fame and accumulate money in the bank but all this will give momentary pleasure. Success does not create lasting happiness. In fact, success can create unhappiness.

In the pursuit of success, there is so much stress and so much anxiety that they rob us of our peace, the very foundation of happiness. Sometimes, we win and sometimes, we lose. Nobody can be successful, all the time. Therefore, there are disappointments and heartbreaks. We become miserable when we fail. But who doesn't see the failure milestone on the highway of success? Everybody does. We also get bored of success and the pleasures that come from achievement.

So, can we say that success is happiness? No! The purpose of success is to be happy. Nobody would chase success if it were to

give them misery and pain but unfortunately, we experience sorrow in the pursuit of success, again and again. If the objective of success is happiness, then, why not just be happy? Why try to be successful to be happy, when we can be happy without being successful?

Remember this - All successful people are not happy but all happy people are successful. Let us correct the equation that we have been taught. Success is not happiness. Happiness is success. Those who are successful, continue to live lives of jealousy, hate, anger and revenge because success is all about inflating one's ego and the ego is the master of agony. Successful people are always worried about protecting their wealth and title which is sure to fade away, one day. Then, all the glory that is gone, creates an emptiness and that very success becomes a reason for pain. Those who realize the truth that success is not happiness, learn the art of happiness that does not depend upon success.

So, is success the cause of unhappiness? Of course, not! We must all achieve noteworthy success and have enough money to fulfil our needs but not let success transport us to a world of greed, for when desires become our master, they never quench our thirst. And ultimately, they make us burst. Therefore, let success not be an obsession. Let not the passion for fame and wealth, destroy the very purpose of success, that is happiness. Let us learn the art of being happy and enjoying the pleasures of the world but not sinking in them. Let our life's bliss be based on contentment, fulfilment and not just achievement. This is the way to live with joy and peace.

## WHY ARE PEOPLE, UNHAPPY?



*Why is it that people are living in misery and stress?  
It is because they haven't learned the Art of Happiness!*

Look around you! You will find that there are people who are glad and people who are sad. Sometimes, people are happy and sometimes, they are unhappy. Have you ever stopped to ponder what makes anyone happy and what is the cause of someone's misery?

In this world, some people are laughing, joking and enjoying their life. They are enjoying sense-pleasures or the pleasures that gratify the senses like our eyes, nose, ears, tongue and skin. So, there are people who go to restaurants, shopping malls and movie theatres. Unfortunately, we don't realize that all this gives pleasure but it also brings in pain. In the pursuit of achieving pleasure, we inadvertently experience pain. There is great joy in love but soon, hearts break and people cry. Similarly, there is fun in success but failure can bring tears after the cheers.

People keep running through this journey of life without learning the art of being happy. Isn't it ironical that people are unhappy because they are running behind happiness? They don't realize that happiness is like a shadow, the more you

chase it, the further it goes away. People are unhappy because they are not content. Instead of counting their blessings, they are counting only their troubles! Therefore, we see people living life like a roller coaster, screaming with joy and shouting with pain.

Most of us are unhappy because we experience the triple suffering on earth – pain of the body, misery of the mind and agony of the ego. We do not learn to still the mind and because we don't tame the monkey mind, it creates fear, worry, stress, anxiety and makes us unhappy. Then, comes the ego that creates anger that burns us within. We live in hatred, revenge and jealousy and these steal our joy. People are unhappy because they haven't learned how to live in peace and tranquillity and because there is no peace of mind, we become miserable, we find. There are many reasons why people become unhappy but most of the reasons are connected to the mind. Our mind is our biggest enemy. It can make our heaven, a hell. Therefore, to be happy, we must master the mind.

Happiness is a state of being. Unfortunately, instead of being happy, we are trying to become happy and in the process, we end up becoming unhappy. Happiness is in the moment but we live in a 'yesterday' that is gone, a 'tomorrow' that is not yet born and become unhappy. When will we learn the art of being glad, eliminating all that makes us sad?

People are unhappy because they have not learned how to be happy. They haven't made happiness the priority of their life. They are chasing success, money and pleasure which may make them smile momentarily but these will not make them happy, all the while. So, stop and give them a smile!

## PULL THE HAPPINESS TRIGGERS



***Do you want to be Happy? Then pull a Happiness Trigger!  
Make that Happiness List and your life will be full of Vigour!***

Those who want to start their happiness journey must stop and find out what makes them happy. Ironically, most people don't know what makes them glad and thus, soon they are sad. Then, they wonder, 'Why?' They look at the sky and begin to cry. It is because they have not learned the art of pulling Happiness Triggers.

What is a Happiness Trigger? When a gun is triggered, it shoots a bullet. Just like that, happiness triggers release the happiness hormones like dopamine and serotonin into our blood. However, to get happiness into our system, we have to pull the triggers. So, what are these Happiness Triggers?

Each one of us is unique. What makes me glad may make you sad. Going to a disco with loud music and friends may give me excitement but it may cause you depression. Hence, different things make different people, happy. Therefore, the first thing to do in the happiness journey, the 'A' of the A to Z of Happiness is that you should make your 'Happiness List', by writing down all the things that make you happy. You can do it now! Take a sheet of paper and write down ten to twenty things

that make you really happy. It may be going to a spa or for a long drive or listening to music. For some people, it could be being with their friends, just as for others, it could be playing with their pets. Whatever gives you happiness, write it down in your 'Happiness List'. It may be sitting on the beach and reading a book. Only you know what makes you happy. This list of happiness is unique to you. Therefore, if you really want to be happy, make your 'Happiness List', now. Try to prioritize it to ten things that can be on your fingertips. Will you become happy by making this list? Of course not! Now, it is time to pull the trigger.

To be happy, know your 'Happiness List'. Keep your 'Happiness List' in your pocket or your mobile phone and whenever you feel that you want some happiness in your life, pull one of these happiness triggers. It will surely work. I have used this method earlier in life and many people find that this is a simple way to be happy. Of course, it is not the A to Z of Happiness but it is sure to give you joy, especially in those times when you are disturbed, stressed or unhappy. So, whenever you want a dose of happiness, just pull one Happiness Trigger from your 'Happiness List' and you will experience bliss. This is a simple way to Happiness.

Many of us may think that this is too simple a way to be happy. But well, it works! Unless we have a goal of being happy and unless we start with these small steps, we will not trigger happiness into our lives. Some people are living such miserable lives, full of fear, worry and stress that there is no sight of happiness. It's time you to help them make their 'Happiness List' and help them pull a trigger or two. You will see how their unhappiness is instantly transformed to Peace and Bliss.

## PLEASURE IS MOMENTARY HAPPINESS



***Pleasure is not Eternal Bliss; it is Momentary Happiness,  
In one moment, we are Glad and in the next, we are sad!***

Are you seeking Real Happiness? If you are, then realize the simple truth that pleasure is not happiness. In fact, pleasure is like an illusion. It appears to be happiness but before you can grab hold of it, it's gone! Pleasure does make us happy but it is ephemeral. It doesn't last for long. It just comes and goes. However, happiness should be something that not only makes us smile but keeps us cheerful, for a while. If I am happy because I got a new mobile phone but the next moment, that pleasure is gone because my secretary brought the same mobile phone, then how can that be happiness?

Many things give us pleasure, like the food that we eat, the movies that we see and even the songs that we may hear but these are just sensory pleasures. They gratify our senses for the moment and make us happy but their happiness doesn't last. That happiness comes and goes. So, how can we have that happiness which forever flows? How can there be Eternal Bliss? How can we eliminate suffering that interferes with our joy and peace? For this, we must realize that pleasure is not happiness.

Many of us keep on chasing success, achievement, name, fame, money and wealth, along with others. We believe that achievement will give us fulfilment. Unfortunately, there is no contentment in achievement. When one desire is fulfilled, it sure gives us pleasure but it does not quench our thirst. Seeking pleasure, we create more desires and then, we burst. We become unhappy when pleasure eludes us. Ironically, the same pleasure can stop giving us happiness if we get an overdose of it. Such is the happiness that comes from pleasure. It is temporary. It is momentary. If we truly want to be happy, we must not base our happiness only on pleasures.

Then, does it mean that we should not enjoy pleasures? No, by all means, we should but we should not base our happiness on pleasure. Pleasure is the first peak of happiness. We must evolve to peace, which is the very foundation of bliss and then go beyond. The treasure called 'peace' is greater than pleasure. Unfortunately, because we are so caught up in achievement, we don't learn the art of living peacefully, in fulfilment. So, what must we do?

To be happy, let us not make pleasure our master. Let us not be constantly chasing pleasures. If we do, we are sure to become unhappy. Let us enjoy sensory pleasures without becoming a slave to them. And most importantly, let us realize that the pleasure will soon be gone. Let us not become unhappy when there is no pleasure. Then, we can evolve beyond this momentary happiness and learn to be in a state of peace and bliss. If our happiness is completely dependent on gratifying our senses, then we will live like a yo-yo that goes up and down. Sometimes, we will be sad and sometimes, glad!

## TAKING AN EXIT FROM THE ACHIEVEMENT HIGHWAY



***To be Happy, don't zoom down the highway of Achievement,  
Take an exit to Fulfilment and Live with Contentment!***

Do you want to be happy? Then, you must do something that has never been said before. 'Stop chasing success! Stop lighting a fire to your passions! Stop your desires and dreams from going wild!' These may promise you happiness for some moments but you will end up in misery and stress. Success is not happiness. Achievement will not give you true bliss. And if you really want to be happy, first realize this!

Most of us have been brainwashed into believing that achievers are the ones who are happy. Look around you and you will find many rich and famous people living miserable lives. If achievement could make people happy, then the rich would be glad all the time but many of them are sad. The achievers are living with great stress and anxiety. Either they are worried about losing their money and wealth or they live with the fear of losing their image or title. So, what is the truth? The truth is that nothing belongs to us. We come to this world empty-handed and we will depart without taking anything from here. Then, why are we clinging to material possessions, which will never be ours? This is the ignorance that makes us crave more and more. Success is like a drug. We get addicted to it. Then, we

go from one summit of achievement to another without realizing that there is no peak called achievement. It finally leads to a cliff called death. We will ultimately fall off and our journey will be over.

Those who are living a life of achievement are so enamoured by pleasure, money, name and fame that they have no time to be happy. Sure, their life seems to be filled with excitement but that is not real happiness. They wear designer clothes, drive expensive cars, show off their exotic jewels and live in costly homes but deep within, are they happy? Money and success cannot buy Happiness. To be truly blissful, the first task is to get out of the pursuit of achievement. Take an exit from the success highway. As long as we are zooming towards success, we will be those who go from womb to tomb, without experiencing true bliss and happiness.

Talk to some of the most successful people in the world and ask what they regret the most, in their life. After many years of being an achiever, they will never talk about success, money or pleasure. They will always regret that they did not do those things that they love to do. They will admit that they had no time to enjoy peace and bliss, for peace and bliss don't exist in a world of achievements. In the arena of the achievers, all that matters is, 'Who has more money? Whose private jet is the best? Who has their own yacht?' and so on. Sure, these exotic trinkets and treasures create some pleasures but they can definitely not create happiness. If you really want to be happy, don't just try to be an achiever, for even if you are one, you will be a loser when it comes to peace and happiness, the real wealth of life. It is time to stop chasing success, pause, reflect and choose a path that will give true Eternal Bliss and Peace.

## CHAPTER - 10

# THE SECOND PEAK IS FULFILMENT



*To be really Happy, we must learn to live with Contentment,  
For, greater than Achievement is the peak of Fulfilment!*

Not many people know this, but fulfilment can give far more happiness than achievement. Everybody who scales the peak of achievement does not live with fulfilment but those who live with fulfilment, have the greatest achievement. What is the use of having everything in the world but not having peace, joy and bliss? But if you have contentment and peace, you will have everything. Unfortunately, we don't realize this. Therefore, not many people scale the peak of fulfilment, which is the second peak of happiness and is loftier than the peak of success and achievement.

What is it to live with fulfilment? It is the ability to be fully satisfied and content. The best way is to live life with the FULFILMENT acronym:

- F** - Full Satisfaction and Contentment
- U** - Universal Connection
- L** - Living with Meaning and Purpose
- F** - Faith, Hope, Surrender
- I** - Inspiration, Energy and Enthusiasm
- L** - Liberation and Freedom, Laughter and Love

**M** – Making a Difference

**E** – Emotionally Positive

**N** – Noteworthy Success and Achievement

**T** – Tranquillity and Peace

Those who live with the FULFILMENT acronym given above are sure to be the happiest people in the world because true happiness is not achievement but living with contentment and fulfilment.

We all feel happy when we fulfil a need but when a need becomes a greed, we can never be happy indeed! Why? Because greed can never be fulfilled. It is like a bottomless well that will suck us into unhappiness. Therefore, it is wise to choose fulfilment over achievement.

Many people act as though success and achievements are the greatest joys of life. Sure, it gives them pleasure but they have not tasted the peace and tranquillity that comes from fulfilment. They are so zapped by glitz, gold, glitters and gizmos of life that they live and die in excitement, without tasting fulfilment. Their lives are devoid of peace, the very foundation of happiness. Many of them develop mental disorders as they become nervous wrecks running behind success. Blessed are those who give up the chase for material wealth and become rich with Spiritual health. They are the ones who may finally, go beyond the second peak of fulfilment to the third and ultimate peak of happiness. Unless we first choose to live with fulfilment, we will be busy running a race trying to be an ace and in that fast pace, we will get caught in the maze. Live with fulfilment and it will give you joy that will appear as grace on your face.

## CHAPTER - 11

# COUNT YOUR BLESSINGS AND BE GRATEFUL



***To be Happy, Count your Blessings, one by one,  
You will be Grateful and Blissful, for what the Lord has done!***

There is a simple way to be happy. It is to just count your blessings. Most of the time, we are counting our troubles. We are not grateful for what we have with us and instead, are unhappy because of whatever we have lost.

It is a simple fact for us to realize. We have eyes to see, ears to hear, feet to take us down the street and hands to grasp. These should make us happy if only we are grateful for these blessings. But we often take these for granted. As Denis Waitley said,

*I had the blues because I had no shoes.  
Until upon the street, I found a man, who had no feet!*

While we can be happy by counting our blessings, why do we become unhappy? It is because of our mind. As long as we let our mind control our life, we are sure to be unhappy. As we go forward in the journey of happiness, we will learn that our mind is our biggest enemy.

*Once upon a time, a King went out to make all his people, happy.  
Different people wanted different things and the King gave them*

*whatever they needed – money, land and food. There was one beggar, sitting near a gutter, who looked extremely miserable. The King went up to him and asked him what he wanted. He replied, 'I have nothing!' So, the King gave him a big gold coin. The beggar was overjoyed and started playing with the coin. He kept throwing it up into the sky and catching it in the excitement that he was now, rich. As the King finished his first round of giving, he noticed that the beggar was still unhappy. 'What happened?' asked the King. The beggar had one hand inside the gutter and cried, 'Oh! My gold coin fell into the gutter and I am unable to find it.' The King decided to give him two gold coins as the beggar seemed to be the unhappiest of all. Now, the beggar was overjoyed. He seemed to be the happiest of all! The King went for the final round of giving and as he returned, he saw the beggar still looking disappointed, with his hand in the gutter. 'What happened, now?' asked the King. The beggar said, 'I am still looking for the first gold coin that you gave.' Aren't most of us like this beggar? Even though we have enough to enjoy, our hand is still in the gutter, trying to get back something that is already lost and gone. When will we learn to live by counting our blessings?*

To be happy, we must learn to be grateful. We must learn to thank the universe for whatever we have. *It is the attitude of gratitude that will raise our happiness altitude.* Otherwise, despite having many things in life, we will still remain unhappy. We must make it a habit to count our blessings, just as we should make a habit of saying a gratitude prayer at the end of each day, expressing how happy and grateful we are for all our blessings. This is a sure way to be happy.

Happiness doesn't depend on what you have. It depends on how you feel about what you have. You may have everything and still, be unhappy or you may have little or nothing but still, you may be happy. Develop an attitude of gratitude!

## CHAPTER - 12

# EVOLVING FROM PLEASURE TO PEACE



***Those who don't evolve from living with Pleasure to Peace,  
Are sure to find their Happiness, cease!***

Most of the world lives with their happiness based on pleasure. That is why, the world today, is filled with so much merchandise. Everybody is trying to motivate people to buy a new mobile, a laptop or a new car or go on an exotic vacation. Not only are the malls and stores filled with perfumes, cosmetics, clothes and shoes but even online businesses have grown beyond measure. Why? Because man is weak. He is a slave to his pleasures. Therefore, he is struggling through life, trying to make money, so that he can procure merchandise that will make him happy. Isn't man a fool? He doesn't have to run behind all these things to be happy, for these pleasures will not give him Everlasting Happiness. Unfortunately, man is a slave to his mind and his thoughts make him desire and crave. He, then, takes misery to his grave.

Today, man is living a life of stress and anxiety. Not only he has spent all his money acquiring things that give him pleasure but he has also used up his credit card limits and is now, worried about his finances. Not just that, he has bought everything on a loan - his house, car and even his children's education is purchased on an EMI. He is living life on a razor's edge and

even though he has all the pleasures, his life is full of stress and anxiety. What if he loses his job or lands in a situation where there is no profit? How will he pay back for all his pleasures? This is the time, he loses his peace.

If we have all the pleasures in this world but we don't have peace, can we be happy? No! It is time to realize that true happiness comes from peace and not from pleasure. It is time to flip over and live with peace. It is time to stop chasing pleasures. We must realize that we can be far happier this way. But unfortunately, man has become a slave. He has become addicted to pleasure and pleasure has become his habit. He does not know the meaning of peace. He is running in a race and cannot slow down his pace. Therefore, his life is full of stress and his happiness is in a mess. He tries to smile and laugh as he jokes but deep within, anxiety pokes him. He lives in fear and often slips into a state of depression. Such a man cannot be happy.

If we want to be truly happy, we must evolve from seeking pleasure to living with peace. We must realize that pleasures will not give us true happiness. We must come to terms with reality and choose peace over pleasure. Peace is the real treasure, for if we have peace, we will be happy no matter what. It hardly matters what car we drive and what model our mobile phone is. As long as our basic needs are met and we have peace, we can be far happier than those who drive the latest car, use the latest laptop, have all the pleasures but no peace. What would you choose - Pleasures that create momentary happiness or peace that can give Eternal Bliss?

## PEACE - THE FOUNDATION OF HAPPINESS



*To be in Eternal Happiness, one must live with Peace,  
Otherwise, there will be pleasure, but soon our Joy will cease.*

Peace is the foundation of happiness. Very few are blessed to realize this. Everybody wants to be happy but there will be no happiness if we lose our peace of mind. Think about it. When there is no peace of mind, can we experience joy?

Imagine, you are celebrating and having fun in a big party. Suddenly, you hear some tragic news that steals your peace. It may be the death of a near one, a fire in your premises or an accident of a family member. Can you continue to enjoy at the party once you lose your peace? No! The mind is a rascal. It makes us get caught in thought and once our thought gets toxic, there is no chance of happiness. Even the best of pleasures seem frivolous in the moment when our tranquillity is lost. So, what is the connection between peace and happiness?

While we are all seeking happiness, we do not realize the simple truth that peace is like a rock, the foundation on which the tower of happiness grows tall. Many things make us happy. They may be sensory pleasures, relationships, love, achievement or success but these are just pleasures. They manifest as joy because the base of our life is peaceful. A man

with a flourishing business could be flying in his private jet with his beautiful wife and children when he gets an e-mail with his laboratory reports that he has been diagnosed with cancer that is in its final stage. Nothing changes except that he loses his peace. He, now, feels that he is going to die and all the bliss and joy that made him so happy disappears in a flash. What was the reason? Simple! He lost his peace. When the foundation of peace crashes, all the happiness that we enjoyed falls like a stack of cards. If only we realize that peace is the foundation of happiness, we will be able to live far more fulfilling lives. We will be able to enjoy the journey of life, without experiencing the roller coaster of pleasure and pain.

Does this mean that we should give up all pleasures? No! We can enjoy pleasure but we must make living with contentment and fulfilment a priority over having achievement. We must let peace be the base of our bliss and not let pleasure control our happiness. In a state of peace, we will be able to enjoy Consciousness, in which we are not slaves of our mind. In Consciousness, we will activate our intellect and this will elevate us to a state of Eternal Bliss in Truth Consciousness, *SatChitAnanda*, that is greater than any happiness.

Anybody can become happy on hearing a joke or watching a comedy but only the one who lives with peace, can enjoy seamless bliss, in which he doesn't need pleasure to be happy. He can enjoy being in stillness, silence, without any sensory pleasure, person or a possession to make him happy. Such a person has discovered Bliss, which is True Happiness. Such a person doesn't become happy or unhappy in cycles.

## WHO ROBS OUR PEACE OF MIND?



***Who steals our Happiness? That Rascal, we must Find,  
The thief is none other than our own Monkey Mind!***

If peace is so important in our Happiness journey and if it is the very foundation of our joy and bliss, then, we must find out who robs us of our peace of mind.

Peace is a state of stillness and tranquillity when there is no tsunami, no cyclone, no hurricane, no earthquake and no volcanic eruption in our life. We are not talking of natural disasters. We are referring to mental disorders. When our mind bombards us with thoughts, it can start drilling us and killing us. This is worse than any disease or disaster because it not only destroys our peace and happiness but can destroy our life itself.

It is ironical that the thief is the mind but where is the mind, we cannot find! The mind is nothing but a bundle of thoughts. So, do thoughts rob our peace? No! As long as thoughts are regulated in a state of Consciousness or thoughtlessness, we do not lose our peace. But the moment the mind takes charge of our life and the moment our mind starts to pour thoughts like rain, then, our peace goes down the drain. And when our peace departs, there is no scope for happiness.

If the mind robs our peace of mind, what is the solution that we can find? We have to still the mind! We have to kill the mind but unfortunately, our mind makes us blind. The mind doesn't reveal the truth that it is the cause of all our suffering. Instead, it behaves like a king. Our mind behaves like it is the master of our life. Most of us believe that the mind is everything. We submit and surrender our life to our mind, without realizing that it is the mind that steals our peace and happiness.

Today, the world is filled with mental health disorders. The field of psychiatry is dealing with mental illnesses like depression and anxiety. Little do we realize that all this is because we let the mind steal our peace. The mind can not only lead us to a state of misery and unhappiness but it can also release hormones that can affect our physical health.

It is time to arrest the thief. It is time to kill the rascal mind. When we go in search of the mind, where is the mind, we cannot find. Therefore, the biggest achievement in the world is said to be the ability to still one's mind. The one who conquers his mind is said to be greater than the one who conquers the world. We must block the mind and lock the mind, otherwise we will definitely lose our peace, joy and bliss.

So, what is the way to kill the mind? What is the way to destroy that subtle entity that steals our bliss and happiness? Peace is within each one of us and unfortunately, we are trying to find peace of mind, outside. If only we eliminate the mind, then, the peace that is within, we will find. But the biggest challenge is, 'How to kill the mind?'

## TAMING THE MONKEY MIND



*Our Mind is like a Monkey, jumping from thought to thought,  
And so, we become helpless and in misery, we are caught!*

Why is the mind often called a monkey? It is because just like a monkey, the mind is also constantly jumping. A monkey jumps from branch to branch because it is mischievous and greedy. As its behaviour is guided by its instincts, it doesn't just snatch one banana from your hand but tries to grab as many as it can.

Our mind is no better than a monkey. It jumps from one thought to another. It jumps to a 'yesterday' that is gone and then to a 'tomorrow' that is not yet born. It keeps on bombarding us with thoughts. It is capable of thinking a new thought, every second. This often becomes around 50 thoughts a minute, cumulating to a humongous 50,000 thoughts in a day. Just imagine the monkey mind shooting thoughts at us with an automatic thought gun, where the thoughts don't stop at all. They drill us and kill us as the monkey sits on our head and makes us miserable, till we are dead. The monkey mind steals our peace and with toxic thoughts, we sink into misery and lose our bliss. So, what is the way out of all this?

If you notice the word 'MonkEY', it has a tail, 'EY', that is Ever-Yelling and Ever-Yearning. As long as the monkey mind is

yelling and yearning, there can be no peace and therefore, no bliss. If we truly seek Happiness, we have to tame the monkey mind. We have to cut off the monkey mind's tail, EY, that is Ever-Yelling and Ever-Yearning which causes us to drown in our thoughts and tame the monkey into a 'monk'. If only we stop this yelling and yearning, there will be no bombarding of thoughts and in that state of thoughtlessness, the mind ceases to exist. It is true that when we still the mind, we kill the mind. Then peace we will find. And with peace, there will be bliss and happiness. Therefore, our challenge is to tame the monkey mind into a monk.

How do you cut the tail that is ever yelling and ever yearning? How do you tame the monkey and make it into a monk? For the monkey to be a monk, we must eliminate all the junk. We must remove all junk thoughts that come into our mind. If we succeed in eliminating rotten thoughts, we will move from a state of mind to a state of Consciousness and in this state, the monkey mind does not survive and instead, we experience a state of a monk that lets us live with peace and tranquillity. This assures us happiness that flows, instead of pleasure that comes and goes.

The monkey mind motivates us to be happy through pleasures as it creates thoughts and desires. It makes us scream as it inspires us to fulfil our dream. But without our knowledge, it steals our peace. We must not be fooled by the monkey mind. If we are seeking Eternal Happiness, we must tame the monkey and live like a monk. We must master our mind. Then, not only will we find peace but we will also be transported to a state of bliss and joy.

## CHAPTER - 16

### RDR, NO RDX



*When we React and we don't Respond,  
Then, our sorrow and misery, go beyond!*

What makes us miserable? What creates so much sorrow? What fills our life with unhappiness, not just 'today' but every 'tomorrow'? It is RDX. The world knows of RDX as the Royal Demolition eXplosive. But for us, the explosive is our reaction. RDX means React, Destroy and eXplode. Unfortunately, because of RDX, we become miserable and lose our bliss. If we replace RDX with RDR, we will be peaceful.

What is RDR? RDR means 'Respond, Don't React'. In our day-to-day life, things are constantly happening as life is unfolding. Some circumstances are pleasant whereas some are unpleasant. As human beings, we think that it is natural to react but reacting can be harmful. If we react, we can destroy everything around us because many of our reactions are mere explosions. So first, we react and then we regret but we can do nothing about it because what is done, is done. It has created misery and stolen our peace and bliss. Why does this happen? Again, it is because of our mind. Because in thought we are caught, there is no time to act intelligently. There is no time for us to reflect and respond. Thus, we need RDR in our life. We must respond and not react to situations. We have to eliminate RDX from our life.

Look around you! You will find that people are unhappy because they are living with anger, hate, feelings of revenge, jealousy and other toxic emotions. All these are reactions of the ego and all of them are triggered by the mind. As long as there is RDX, there will be stress and anxiety and that will rob our peace and tranquillity. Explosions create war whereas, calm responses create peace. When we still the monkey mind, we move towards the state of being a monk, who doesn't live with RDX. It is not easy but through practice, one can learn to live in a state of RDR. If one disciplines oneself to not react spontaneously, they have activated their intellect and the intellect discriminates between right and wrong before the thought leads to an action. All this happens in a flash of a second. If we are in a state of RDR, we deactivate the RDX and become a master of our thoughts, ruled by our intellect. But if we let RDX be in command of our life, then, we would have deactivated our intellect and the biggest treasure of discrimination is wasted.

A truly happy person eliminates RDX and lives with RDR. He realizes that everything that is unfolding is because of Karma, his own past actions. So, he accepts without protest. He calmly does his best and surrenders the rest to the Divine, knowing that ultimately, life is just a show. We are mere actors, who come and go. Such a realized person, living with RDR, enjoys Divine Peace and Tranquillity. He is free from the explosive anxiety that steals his bliss. He makes it a conscious choice to respond and not to react to situations. He is in command of his life, just as he is in command of his peace and happiness. We must make a wise choice.

## IGNORANCE MAKES US SUFFER



***What is the cause of our misery? What makes life, a mess?  
Ignorance makes us suffer and creates unhappiness!***

We all seek Happiness. Then, what is the cause of our unhappiness? It is ignorance. We are ignorant about the meaning of Happiness. We don't know how to be happy and what steals our bliss. We don't go on a quest for Eternal Happiness. We, human beings, believe that ignorance is bliss and we blissfully live in ignorance and suffer without discovering the way to Eternal Joy and Peace.

What is this ignorance that makes our life a mess? Ignorance does not let us realize the cause of our unhappiness. We do not find out who suffers and why, and because we live as the body, we suffer physical pain. Then we let our mind create misery. Finally, living as the ego we are agonized by anger, hate, revenge and jealousy. Why do we need to suffer so much? Why the stress and anxiety? Why this mess that is causing unhappiness? If only we realize the truth and overcome our ignorance, we can be truly happy.

Isn't it true that when we are born, we come with nothing and when we depart, we can take nothing with us? Still, throughout our life, we keep on saying 'I', 'me' and 'mine'. This is ignorance

that causes us to suffer. We come alone and we go alone and yet we are attached to people because we do not realize the truth. Ignorance envelops us in darkness and makes us believe in the myth that we have grown up with. We look up at the sky because we believe in the lie that God lives in the sky. We just cry and question, 'Why?' When we realize that God is within, then we don't need to search for God outside. Similarly, we keep chasing happiness without realizing that happiness is within. When will we overcome ignorance? The moment we overcome our ignorance, we will be liberated from all suffering and experience bliss.

Very few people realize the truth that they are the Divine Soul. The Soul has no suffering and it is in a state of *Ananda*. Unfortunately, we do not realize that we are bliss and that is why we are in search of pleasure and happiness outside us. Although we know that pleasures are momentary, we run after pleasures because of our ignorance. And even though we know that peace is the foundation of happiness, our foolish mind makes us blind and imprisons us in ignorance. If only we could be free from our ignorance and realize the truth, we could be liberated from all suffering in this world and live a life of Eternal Bliss. This is the secret to True Happiness.

Happiness is not just pleasure. We foolishly believe that pleasure is the way to enjoy life. We do not discover peace. We live in darkness and do not discover the purpose of our existence. Therefore, we just live and we die. Not only do we suffer the triple suffering on earth but our ignorance makes us return in a rebirth again and again only to suffer repeatedly. When will we overcome ignorance?

## CHAPTER - 18

# ELIMINATE THE JOY STEALERS



*Who are the thieves that steal your Peace and Happiness?  
Are they fear, shame, regret, anger or just anxiety and stress?*

We all have joy stealers in our life. They are like any other robber. The only difference is that they directly come to steal our most important treasure. They not only steal our pleasure but also our peace, they seize.

Reflect upon the greatest thefts of your life. You were so happy and suddenly, somebody robbed you of your bliss. Perhaps, you were with your friends and something unpleasant happened and you got angry. You got so angry that you exploded and walked away from your friends. Your bad mood ended all your celebrations and that was the end of your happiness! Hasn't anger, so often, stolen your bliss? On other occasions, it may be worry or fear. The mind is a big thief when it comes to peace and happiness. But it is not just these subtle thieves. Your joy stealers may be many more.

For my mother, the biggest joy stealer is the television. She gets caught watching some rotten movies and the tragedy on the screen steals her peace of mind. She will be happy talking to me for one minute but in a few minutes, the television becomes her joy stealer.

Sometimes, people steal our happiness. Some people enter our life when we are blissful. In their presence, everything becomes stressful and when they leave, we are left miserable. Why do we let people steal our peace and joy? Should we not be alert about these joy stealers? Don't you lock your house door, every day? Don't you lock your valuables in a safe, carefully? Why do you do it? You do it because you don't want robbers to steal your possessions from your house or valuables from the safe. Why, then, are we not cautious of joy stealers that rob our happiness? Is not bliss the most important treasure of our life?

We all want to be happy but somehow, we sink into a valley of gloom. We seek to be peaceful but inadvertently, we do not realize that we are losing our happiness to joy stealers. For instance, I know that when I go to a particular function, I get irritated with the conversations that happen there but still, I agree to go when I am invited. But when I arrive at the designated place, I immediately start regretting my decision. I keep thinking, 'Why did I come to a place which I very well know, has created misery in the past and is sure to make me unhappy again?' We fail to say, 'No!' when the joy stealers knock at our door. If we want to be really happy, we have to learn to shut the door when the joy stealers try to enter. For this, we must first identify, 'What are those joy stealers?' I know somebody whose joy stealer is a particular type of food. The spices and chillies make him miserable but knowingly, he eats spicy food, suffers and becomes unhappy, again and again. Is this the way to be happy? If we are committed to being happy and peaceful, we must stop all joy stealers, all those thieves that rob our peace and our bliss. What are the joy stealers of your life? Identify them, now and put a 'No Entry' sign on them. Keep reminding yourself that these joy stealers are prohibited to enter your life.

## WHO SUFFERS?



*To be really Happy, from misery, we must be free,  
Who suffers? The Body, the Mind, the Ego, these three!*

On the happiness journey, we must remember that there are two sides to the happiness coin. The side that must face us is that of bliss and the other side that we don't want is that of sorrow, misery and unhappiness. We all enjoy pleasure and we don't like pain but we become unhappy so often and it happens, again and again. To reach a state of Eternal Bliss, not only must we learn to be happy but we must also learn the art of liberation from all misery and suffering. To be free from all suffering, it is important to identify, 'Who suffers?' We, human beings, experience physical pain and suffering of the body, the misery caused by the mind and we are anguished by our own ego. Every human being suffers from this triple suffering. As long as we do not address these three, from sorrow, we can never be free.

Haven't you experienced physical pain of the body? We all fall as we grow tall and after an age, the body is sure to experience disease and decay. Who hasn't experienced physical pain? Who hasn't suffered from challenges faced by the body? Throughout life, this will happen. Fortunately, we have medications that can address every pain. A simple drug like paracetamol or a complex drug like morphine can treat almost any and every

pain. I have experienced so much pain doing root canal treatment but because of anesthesia, even that pain could be overcome. So, if we want to be free from suffering physical pain, we must learn to kill the pain before the pain kills us. While we can address every physical pain, what about the misery caused by the mind?

The mind makes us miserable. It creates fear, worry, anxiety, stress, regret, misery, guilt, shame and many more negative emotions that steal our happiness. The strange thing is that when we try to find the mind, where it is, we cannot find. Our mind is nothing but a bundle of thoughts. When there are no thoughts, we are peaceful. Then, how can we be free from the misery caused by the mind? This is a big challenge. Some people meditate, while others contemplate different ways to still the mind so that they can kill the mind and eliminate all the misery that it causes.

The third suffering is the agony caused by the ego. The ego is 'I' or 'me' that says, 'mine'. As long as there is ego, 'I' becomes separate from 'you'. Thereafter, there is anger, hate, revenge and jealousy. These can cause so much agony that they can create permanent damage to our happiness.

To be happy, we must therefore learn to deal with the triple suffering – pain of the body, misery of the mind and agony of the ego. The moment we learn the art of being happy and how to deal with these three domains of misery, we are on our way to the state of Ultimate Bliss and Peace. If we do not address this triple suffering, our joy is sure to cease. Therefore, to be happy we must first identify, 'Who suffers?' It is the body, mind and ego that suffer.

## CHAPTER - 20

# FLIP OVER, FROM NEP TO PEP



***To be Happy, we have to continue taking this step,  
Whenever there is NEP, we must flip over to PEP!***

Those who are reading this for the first time will wonder, 'What is NEP and what is PEP?' NEP is Negative Energy Poison. PEP is Positive Energy Power. We all experience positive and negative emotions. Negative emotions make us sad, just as positive emotions make us glad. These emotions are the raw material for our thought factory, the mind. While we cannot control the mind and its thoughts directly, we can at least, control our emotions.

Emotion is Energy in Motion. It moves into our life and becomes the source of what the mind produces. Just like a bottle factory will produce plastic bottles if the raw material is plastic and glass bottles if it is supplied with glass, our mind will produce toxic thoughts if it is fed with NEP and nourishing thoughts if it is fed with PEP.

NEP or Negative Energy Poison or some negative emotions are fear, worry, stress, anxiety, depression, misery, regret, shame, guilt, anger, hate, revenge, jealousy and pessimism. The list of negative emotions is much longer but just reading the names of these few negative emotions is enough to drain our energy. So,

when we live with these toxic emotions, what do you expect our thoughts to be? Not just thoughts but our actions and our life will be doomed too. Thoughts create feelings and feelings create action. These actions create habits and habits create our character. Character, ultimately, shapes our destiny. Therefore, if we want to have a happy life, we need positive habits that are based on PEP or Positive Energy Power and not NEP.

PEP are Positive Emotions that create Power. These positive emotions create positive energy in our life. Let's list a few PEP or positive emotions - faith, hope, trust, belief, enthusiasm, courage, confidence, compassion, forgiveness, love, optimism. What happens when these positive emotions fill our life? We can be sure that we will have positive thoughts, will always react with a positive attitude and will have a happy life.

Do you want to be happy? Then, learn the art of flipping over from NEP to PEP. You have no choice but to flip because if you do not feed your mind with PEP, then by default, your mind will draw NEP into your life. It is natural for the mind to make us miserable. So, if we are sitting quietly, the mind will create fear. It will jump to a 'yesterday', create regret and then to a 'tomorrow' and create worry. What if you don't let this happen? What if you flip over to PEP before the mind can fill you with NEP? Then, you will eliminate all negativity from your life. By flipping and consciously feeding the mind with PEP or Positive Energy Power or positive emotions that inspire you to be happy, you will eliminate the opportunity for the mind to make you unhappy. So, if you ever find NEP becoming a raw material for your thought factory, the mind, stop! It is not difficult. Then, replace NEP with PEP by bringing in positive emotions, which you can choose. Flip over and be happy!

## CHAPTER - 21

# FLIP OVER, FROM MIND TO CONSCIOUSNESS



*If you want to be Happy, first, kill your mind,  
Flip to Consciousness and Peace and Bliss you will find!*

We cannot be truly happy unless we move out of the mind state. Somehow, we have been taught that our mind is king, it is everything! Without the mind, we can do nothing. The wise realize that their mind is the cause of their suffering. Thus they tame their monkey mind by flipping over from a state of mind to a state of Consciousness. How do we do this and why?

As long as we are in the state of the mind, the mind bombards us with thoughts. These can be up to 50 thoughts a minute. They are thoughts of fear, worry, stress and anxiety. Then, the mind, along with the ego, creates anger, hate, revenge and jealousy.

First, let us be clear that we need to still the mind and kill the mind. Then, we can learn the art of flipping from mind to Consciousness. How do we do it? The mind is nothing but a bundle of thoughts. It shoots a barrage of thoughts and in a way, paralyzes us from being in peace. When we are caught in thought, we just cannot be happy. We are sure to be stressed out as worry, shame, regret and guilt fill our life. These are unnecessary emotions and we don't need to entertain them but as long as the mind is in command, we will find these emotions

along with the mind. To flip from mind to Consciousness, we have to reach a state of thoughtlessness. Does it mean that there will be no thoughts at all? No! There will be thoughts but those thoughts will not come from the mind. As long as thoughts come from the mind, they will pour like rain and push us down the misery drain. There are a few things we must do to be in Consciousness. First, we must *be in silence*. Some refer to it as meditation. For the mind to be still, we must *tame our five senses*. Otherwise, they will be looking outwards and we will have more and more thoughts. Next, we must *consciously stop thinking*, just like we stop talking, walking, or eating. How can one do that? We must *observe our thoughts*. When there are many thoughts, we should be still. Then, we should watch each thought as it comes and goes. These steps will reduce the MTR or the Mental Thought Rate.

Soon, we will notice that we are no more in the mind state and have command over our thoughts. Thoughts, now fall gently like snowflakes, one by one. We observe only one thought at a time appearing in our Consciousness, just like a fish slowly swims into the ocean. The moment we are in command of our thoughts, we have flipped over from mind to Consciousness. Is it very easy? No! It is not because the mind does not want to sit still. It is a rascal. The monkey mind will try to jump again but if we are determined to be in Consciousness, we can. Soon, there will be no mind. There will just be gentle thoughts that flow through our Consciousness under the control of our intellect, which is activated once we flip from mind to Consciousness. Those who truly want to be happy, learn this art of being in Consciousness or mindfulness. Then, they are not only in charge of their thoughts but also their bliss and peace.

## ACTIVATING THE INTELLECT



***When in Consciousness, our thoughts we can discriminate,  
We still the mind and activate our Intellect!***

What creates happiness that comes in Consciousness? What happens when we still the mind? When the mind is still, no toxic thoughts come from the Mind and Ego, ME. In that state of Consciousness, we activate our intellect. Man is the only creature alive who is blessed with a fully developed intellect. The intellect is a tool of discrimination. It can differentiate black from white, just as it can determine what is wrong and what is right. The moment we are in the state of Consciousness, we activate our intellect and we eliminate many joy stealers, like Fear, which is nothing but a False Expectation Appearing Real. The intellect realizes that thought is not a real danger. That thought is merely a fear. When the mind tries to drill us and kill us with worry, the intellect intervenes. It flushes out the thought with a judgement that there is no need to worry.

In a state of Consciousness, our intellect becomes the boss. The mind is no more riding our life horse. The intellect does not permit any thoughts to randomly create misery and sorrow. Our mind is an expert in making us miserable with toxic thoughts. However, in a state of Consciousness, the intellect locks the mind and does not permit thoughts to create

unhappiness. Once the intellect rules our head, many thoughts are dead. Only limited thoughts appear and that too, under the governance of the intellect. If we are strong in our Consciousness, then we have locked ourselves into this state of the intellect being in command. The mind may try to appear but it will soon disappear. There will be thoughts that disturb our Consciousness but if our intellect is activated, such thoughts will be brushed away and we will remain in a state of peace and bliss.

The key to being happy is to activate the intellect. We all have the intellect but because the mind is in command, the intellect is enveloped in thought. It occasionally performs in the mind state but in the state of Consciousness, it discriminates every thought. It cuts through miseries and sorrow and delivers tranquillity and bliss. But how can we be in this state of happiness?

If you want to experience Eternal Bliss, you must reach the state of Truth Consciousness. It is a state where there is no mind. Not only do you flip over to Consciousness but you also have a fully activated intellect that overcomes the myth and realizes the truth. The intellect helps us live with detachment for it knows that nothing is mine and nobody will go with me. Therefore, in Truth Consciousness the intellect activates peace, the very foundation of happiness. The intellect does not let us run behind pleasure that is momentary happiness, rather, it discriminates our life purpose and we live with meaning, enlightened with the truth. This creates Eternal Happiness. Therefore, to be happy, we must be in Consciousness, living with the intellect.

## GO ON A QUEST AND DISCOVER THE PURPOSE OF LIFE



*Why go on a Quest to discover the Purpose of life?*

*The Purpose will give meaning, just as it will liberate us from strife!*

Many people wonder, 'Why is it necessary to go on a quest?' Why should we ask questions? Why should we find meaning in life? Why not have fun, till life is done? 'Enjoy life!' — Haven't you heard this before? Everybody wants to enjoy life but then, if we do not understand what life is, what the purpose of our existence is, how can we be truly happy?

Life is a journey between the moment of birth and the moment of death. We cannot be happy before birth, just as we can't seek bliss after we die. So, what is this journey all about? Why did we come to earth? Why did we take a human birth? Why are some people born blind? Is it because there is a God who is not kind? Why are there pleasure and pain? Why do we suffer, again and again? Why do bad things happen to good people? There are many questions about life that we do not bother to ponder upon and so, we do not find answers.

Very few among us go on a quest to discover what life is all about. They find the real meaning of life and by finding meaning, not only are they free from all misery and strife but

they discover peace, the very foundation of happiness. They learn the art of Eternal Bliss that comes from Consciousness.

When we go on a quest, we realize that we are not the body, mind and ego that suffer. We realize that we are the Divine Soul. But all of this doesn't happen until we go on a quest. As long as we live as the body, we experience physical pain. If we think we are the mind, we become miserable again and again. And if we live as the ego, we will have anger and hate, just as revenge and jealousy will stand at our gate. But the moment we realize that we are none of these and we are a manifestation of the Divine, we discover that the purpose of life is not just to be happy and free from the triple suffering on earth but also to be free from the cycle of death and rebirth. Going on a quest kindles the light of truth and makes us realize that we are a Soul. Unless we go on a quest, we can never achieve this goal.

So, to be happy, we must start our quest. We must ask questions. Questions like, 'What is the way to Eternal Happiness?' When we will evolve beyond achievement and fulfilment, our quest will lead us to Enlightenment, the ultimate peak of happiness. But none of this will happen until we start a quest. As long as we don't know, who we truly are and why we are here, we will wander here and there, trying to be happy through pleasure and be in peace but soon, our joy will cease. Self-Realization will lead to Life-Realization and once we realize life, there will be Eternal Bliss, Divine love and Everlasting Peace. There will be no unhappiness. A tiny fraction of humanity is fortunate to reach this ultimate peak of happiness. This happens only if we go on a quest, put all our beliefs to test and overcome the myth and realize the truth.

## TO BE HAPPY, ACCEPT WITHOUT PROTEST



*Accept without protest; it is all a drama,  
Everything that is happening, is our own Karma!*

In this drama called 'life', Karma governs everything that happens on Earth right from birth. Whatever is happening is not luck. We pluck the fruits of the seeds that we plant. All our deeds are recorded by Karma and they unfold unto us, one by one. If we want to be happy, we have to learn to accept. If we protest, cry, look at the sky and ask 'Why?' then we are only going to be miserable.

The truly happy ones, understand life. They realize that no God is sitting up in heaven inflicting misery upon us. They realize that Karma makes no mistake. What you give, is what you get. What you do, comes back to you. Therefore, if something is happening in life, we have to accept it. We have no choice. Of course, we have a choice to change our actions, now. Once we perform fresh actions, these become new Karma and they will be the new seeds that will bear fresh, new fruits. If we plant cactus, we can't expect tulips. So, if misery is growing in the garden of our life, we have no one else to blame, except ourselves.

Therefore, those who are happy, don't expect. They accept! For when you expect, you become unhappy but when you accept,

you live with joy and peace. Acceptance is a gift to the wise for they realize that to accept, is to be happy. Not only do they accept but they also accept whatever happens, joyously. They do not protest because if some things have happened that were not so pleasant, they understand that they have redeemed their past deeds and now, they do not have to suffer for them, again. To be happy, one must be a master in understanding the Law of Karma. Only then, one can learn to accept.

Many of us live bitter lives. We live in the past and are full of regret, shame and guilt. How will this help us? What is done, is done. We can't change it but because there is no acceptance, we are miserable. Those who understand Karma, move on in life. They know that the past is over. Not only do they accept without protest but they also do their best in whatever actions they perform and then, surrender everything to the Divine. However, those who don't accept, cling to their miseries and sorrows and happiness escapes them.

Do you really want to be happy? If yes, then, make it a habit to accept and be grateful for whatever is happening in your life. Trust in the Divine and believe in the Universal Laws. Take out all the bitterness from life. Whatever has happened, has happened. Don't cry over spilt milk because what was to be, is over. Accept without protest and smile. This can change the present and improve your future. But if you do not accept and you protest, you will be living in a miserable past, without peace and bliss. So, today, resolve that you will accept whatever happens, knowing it is your Karma and that you will enjoy this drama called 'life'.

## KARMA AND HAPPINESS



***Happiness or unhappiness unfolds as per our Karma,  
Those who realize this, truly enjoy the life drama!***

Are you in complete control of your happiness and unhappiness? While you have the willpower, the power to choose to be happy and do things that make you happy, still some things happen beyond your control that make you unhappy. Why is this so? To understand this, we must understand the Law of Karma.

Everything in this universe is governed by Universal Laws. One such law is known as Karma. It is the Law of Action and Reaction, the Law of Cause and Effect. It works like a boomerang. What goes around, comes around. Karma is based on the principle, 'As you sow, so shall you reap.' Whatever is happening in our life, which seems to be beyond our control, is happening as per our Karma, our deeds. Our past deeds become like seeds that are planted and just like every seed bears fruit, every deed results in happiness or unhappiness. Every good deed will unfold as a reward and give us pleasure and similarly, every bad deed will punish us with pain. This unfolding of Karma happens, again and again and we have no control over it.

Of course, we have some control over Karma. The word 'Karma' means action. We, human beings, are blessed to choose our actions. We have been given a fully developed intellect and can discriminate and choose but once the choice is made and the action is performed, we have no control over its reaction. We have full control over our deeds but we have no control over the fruit or the reward of those deeds that will unfold. Therefore, everything that is happening in our life, is happening because of Karma. Many of us accept Karma today but not many of us understand that our happiness or unhappiness is largely because of our own Karma.

Did you control your birth and how you came to earth? No, you did not. Karma did! Similarly, Karma will decide our death too. Karma is a combination of Twin Karma – the past Karma, over which we have no control and the present Karma that is under our control. Once our actions are done, they get merged with the past Karma and all our deeds become seeds that bear fruit. Karma makes no mistake. If you do good Karma, you will get happy circumstances. Just like that, every bad Karma will unfold as suffering.

So, as long as we live as the body that is driven by the Mind and Ego, ME, we will create both good and bad Karma. We will return in a rebirth and experience heaven and hell right here on earth. Whoever takes birth on earth, must suffer. Such is the nature of the body, mind and ego. Only a rare few who realize that they are not the body, mind and ego, are free from the triple suffering on earth and the cycle of rebirth. Unfortunately, not many of us understand Karma. Most of us believe that we must do good Karma. Little do we realize that even good Karma will ultimately, make us suffer because it makes us return to earth.

## YOU ARE NOT THE BODY, MIND AND EGO, THAT SUFFER



*The Body suffers pain and miserable becomes the Mind,  
The Ego is agonized but you are none of these, you will find!*

Those who go on a quest to be happy will discover the greatest secret of their life. They will realize the truth that they can attain a state of Eternal Happiness if they live, not as the body, mind or ego. What is it when one realizes this truth? It is called Realization.

Of course, the body experiences physical pain but why should we suffer the pain of the body? The body is like a vehicle that we use, to drive through the highway called life. We are conceived first and the body is formed later. Nine months before our arrival day on the earth, known as our birthday, we start as a zygote that comes alive with a Spark Of Unique Life, the SOUL. Thereafter, our organs are formed. Blood, bone and skin are created within the womb of our mother. And because we think that we are this body, we suffer physical pain. If only we realize that we are the Spark Of Unique Life, the Soul that kindled life in the very first cell of our existence, we would not suffer physical pain. Therefore, we must realize the truth that we are not the body. Surely, the body will have aches and pains and it will eventually decay and be diseased but we should not suffer this pain. Every pain has a remedy and we must kill the pain before the pain kills us. This is the way to overcome physical pain.

While we can overcome the pain of the body, what about the misery of the mind? The mind is a messenger of misery. Whenever it knocks at our door, it brings along with it fear, guilt, shame, regret, stress, worry, anxiety and more negative emotions. How do we get rid of the mind? It is this very mind that makes us blind. It makes us ignorant and makes us suffer. Not only does it make us suffer but it also inflates the ego that says 'I', 'me' and 'mine'. Then we get agonized with anger, hate, revenge and jealousy. If only we realize that we are not the mind and the ego is a false identity, we will be free from all this misery and anguish.

Try to find your mind! Where is the mind, you will not be able to find because the mind is nothing but a bundle of thoughts. When there are no thoughts, there is no mind. Therefore, if we overcome the ignorance created by the mind that makes us believe we are ME, the Mind and Ego in this body, we shall be free from all misery. If we realize the truth that we are not the body, which is sure to die, after which, people would say that we passed away, if we realize that we are that spark of life that departs at death and we are neither the mind, nor the ego, then we will be free from the anguish of the ego that says 'I'. In the moment of Realization that we are not the body, mind and ego, we can be free from all suffering. Unfortunately, the majority of us are trapped in this ignorance, this Cosmic Illusion and we suffer. Not only do we suffer as the body, mind and ego as we live but when the body dies, the Mind and Ego, ME carries our unsettled Karma or deeds and we return to earth in a rebirth once again, to suffer another journey of life. When will we be free from this body, mind and ego and enjoy true bliss?

## THE THIRD PEAK IS ENLIGHTENMENT



*Most of us are caught, scaling the peak of Achievement,  
A rare few evolve to the Ultimate peak of Enlightenment!*

The world believes that success is happiness. It believes that achievement is everything in life. The more the achievements, the happier we will be. But this is a lie. If this was true, then all the achievers would have been the happiest people in the world. Are they? No! We can list several millionaires, billionaires and world-famous celebrities, who have committed suicide. Some people are stars, have name, fame and wealth, and complain of depression and anxiety because they are unhappy. They have scaled the peak of achievement and beyond. Then, why do they suffer misery and sorrow?

Happiness doesn't come from success and achievement. Unfortunately, this is a myth that we have grown up with. We have been taught that we must be achievers to be happy. Therefore, we zoom from our womb to our tomb, collecting money, wealth, name and fame which gives us pleasure but does not give us true bliss and peace. Little do we realize that these ephemeral possessions do not belong to us. We come to this earth without anything and we will depart without anything. We all know this truth but we don't realize it. The realization of the truth is called 'Enlightenment'.

Achievement gives pleasure. There is no doubt about it. There are many things money can buy but money cannot buy happiness. It can only buy pleasure that is temporary. Those who realize this, evolve from achievement, which is the first peak of happiness to fulfilment, the second peak. They live with contentment and peace replaces pleasure as their source of happiness. Still, they suffer the triple suffering of the body, mind and ego. Only a rare few, go beyond the second peak and are liberated from all sorrow. They scale the third and ultimate peak of happiness, which is Enlightenment.

Pleasure gives temporary happiness and peace is the foundation of bliss. But to be happy all the time, one needs Enlightenment, the third peak that comes from discovering the purpose of life. When we realize, 'Who am I?' we arrive at the Realization that we are the Divine Soul. This Realization is Enlightenment. This Realization goes beyond pleasure and peace and we reach a state of *Ananda*, which is Eternal Bliss, Divine Love and Everlasting Peace. A state, where there is no misery or suffering. Is such happiness even possible? Yes, it is. It is experienced by those who evolve to the third and the Ultimate Peak of Happiness, which is Enlightenment. Enlightenment comes only with the Realization of the truth. It happens when we discover the purpose of our existence - Why are we here on Earth? And why have we taken this human birth? When we discover that we are the Divine Soul, not the body, mind and ego, we reach a state of Eternal Bliss, which comes from the Consciousness of the truth. So, why doesn't the world experience this Eternal Bliss? They don't because they do not go on a quest. They are so caught up on the first peak of happiness, achievement or the second peak of fulfilment that they do not discover the ultimate peak of Enlightenment.

## ETERNAL BLISS IS IN TRUTH CONSCIOUSNESS



*When we live in the Consciousness of the Truth,  
Then, Happiness flows from the bottom of our root!*

We all like to be happy and we are all happy most of the time but we also experience pain, again and again. Why is that so? It is because we do not live in the Consciousness of the truth and hence, we suffer. No sooner than we experience pleasure, we experience pain and then the cycle repeats again and again. In one moment, we are glad and in the next, we are sad. This is because we have not realized the truth about this journey called 'life'. We chase success and achievement. We do not even attain the state of contentment and fulfilment. Even though, we still our mind and peace we may find but we lose the state of bliss, as the mind makes us blind. Happy are those who live in Truth Consciousness. They are the ones who enjoy Eternal Bliss.

What is it to be in the Consciousness of the truth? The truth is that we are not this body that suffers. This body came later. We are not even the mind because the mind is something that we cannot find. And finally, we are not the ego that says, 'I'. We do not realize this truth until we reach the third peak of happiness, Enlightenment. The moment we are enlightened with the truth, we realize that we are the Divine Soul that does not experience

any suffering. Unfortunately, very few amongst us reach the third and ultimate peak of happiness, Enlightenment.

It is not enough to be just enlightened with the truth. We need to live in the Consciousness of it. Only then, will we experience Eternal Bliss, known as *SatChitAnanda*. *Sat* means truth, *Chit* is Consciousness and *Ananda* is bliss. The one who is conscious that they are the Divine Soul and not the body, mind and ego, not only are they free from the triple suffering but they enjoy bliss and happiness unknown to the common man. They realize that they are a Spark Of Unique Life that is incapable of suffering. This spark comes from SIP, the Supreme Immortal Power that we all call, God. Such a realized Soul lives in the Consciousness of the truth and experiences an ecstasy of joy, a euphoria of bliss that is greater than any pleasure. While such a person lives in peace and tranquillity, there is love, joy and bliss in their life that cannot be explained in words. It is not pleasure that comes and goes. *Ananda* is bliss that forever flows. This Eternal Bliss in Consciousness is seamless happiness that is not interrupted by any suffering of the body, mind or ego.

The one who lives in Truth Consciousness lives in a body that experiences pain but they don't suffer because they realize that they are not the body. The body will suffer pain but living as the Soul within the body, the one in Consciousness transcends all pain. Such a person realizes that the mind is a myth. It is nothing but thought, in which they are not caught. They live in a state of Consciousness and reach thoughtlessness that gives peace and serenity. Transcending the body and mind, such a person also transcends the ego. There is no 'I', 'me' and 'mine'. Enlightenment makes them realize that they are none of these. They are the Soul and thus they live in a state of Eternal Bliss and Everlasting Peace.

## HAPPINESS SPARKS FROM THE SOUL



***True Happiness is within, It sparks from the Soul,  
To achieve this Eternal Bliss, is our life goal!***

Anybody can be happy, once in a while. Most of us enjoy pleasures and even peace but very few of us enjoy the Divine Bliss that is beyond the pleasure of the skin. Very few of us experience the ecstasy of joy that sparks from the Soul within.

We all want to become happy but little do we realize that we are not meant to become happy. We *are* happiness. We get lost in this material world and we think that pleasure is happiness. We chase the sensory pleasures of life and think that we will become happy through the gratification of our senses. Of course, we will but this happiness won't last long. It comes and it goes. So, how can we attain the state of happiness that flows without being interrupted by misery and sorrow? Let us find out. Many of us discover that peace is the foundation of happiness. We live with contentment and enjoy the bliss but still, we don't experience *Ananda* or the state of bliss that knows no unhappiness. How can we reach that state of Eternal Happiness?

To be in that state of Eternal Joy, one must get to the depth of the Soul, for True Happiness comes from the Soul. Unfortunately,

because we live as the body, mind and ego, we are caught in the pleasures of this world. Not just that, we also experience pain of the body, misery of the mind and agony of the ego. We just live and die, without realizing that we are Divine Soul and therefore, we suffer. We do not experience the euphoria of *Ananda* that comes from truth Consciousness. It is only when we are enlightened with the truth that we are the Divine Soul, we experience the ultimate state of Ananda. Enlightenment reveals that we are immortal Souls, not the mortal body that experiences physical pain. We are not the mind that becomes miserable, again and again. We are not the ego that is agonized and anguished. We are the Divine Soul. When we realize this, we are transported into a state of heavenly joy. We are liberated from all suffering. We discover the secret of our existence and the purpose of our birth on Earth. This Realization or Enlightenment that we are the Soul, creates a spark of seamless happiness. We no more need to become happy. We are happy in every moment that unfolds in our life. We accept and surrender, just as we enjoy the pleasures of the world without sinking in them. We become free from the mind and its misery. We transcend the ego and all its anguish. Enlightenment begins our journey as the Soul and the Soul is always in Eternal Bliss, Divine Love and Everlasting Peace. This is the state of *Ananda*.

To be truly happy, one has to go beyond the pleasures of the body, mind and ego. One has to be enlightened that we are the Divine Soul. Then, that spark of joy will fill every moment of our life. We will seek nothing because we will realize the truth of life and the purpose of our existence. We will live as a Blissful Divine Soul.

## ENLIGHTENMENT IS BLISS



***What is the way to Divine Love, Everlasting Peace and Eternal Bliss?  
Enlightenment is the way to this Everlasting Happiness.***

Is there something like Everlasting Happiness in this world? Can there be a state of joy with no sorrow? Is it possible to experience pleasure and not experience pain and repeat it, again and again? The good news is, 'Yes! There is!' If one reaches the ultimate peak of happiness – Enlightenment, then one can live a life of Eternal Bliss, Divine Love and Everlasting Peace where all miseries cease. Unfortunately, most of the world does not know of Enlightenment, the ultimate peak of happiness. Most of us are zooming down the highway of achievement. Just a few of us take an exit from this highway of achievement to live with fulfilment. But hardly anybody achieves Enlightenment. This is because only less than 1% of the world goes on a quest to discover the purpose of life and be enlightened.

Enlightenment is bliss. The moment we are enlightened that we are not the body, mind and ego, we are free from the pain of the body, misery of the mind and agony of the ego. When we realize the truth that we are the Divine Soul, we also realize that the Soul or the Spark Of Unique Life, is none other than SIP, the Supreme Immortal Power that the world calls, 'God'. The

Realization that we are a Divine manifestation catapults us into an ecstasy of bliss, unknown to the common man. Most of us are running behind happiness, which is so trivial and momentary and that is why, we do not reach the state of Eternal Bliss that comes from the Realization that we are a Soul. The spark of the Soul gets camouflaged and enveloped in the body-mind-ego complex that we all believe ourselves to be. This is the ignorance that stops us from experiencing that Eternal Bliss known as *Ananda*. Those who are fortunate to be enlightened, remain in this state of Truth Consciousness and experience Eternal Bliss that is greater than any other happiness.

But to those who are caught in the world of achievement and petty pleasures of life, the experience of Eternal Bliss remains a distant dream. They think that it is non-existent while the truth is that a small minority who is blessed to overcome ignorance and realize the truth, enjoys the Divine Bliss that comes from Enlightenment.

We don't have to *become* happy, we just have to *be* happy! And to be happy, we must be in the state of Enlightenment. We must realize that we are not the body, mind and ego, that suffers. We must be enlightened that we are the Divine Soul, a manifestation of the supreme. This will create universal love, which will sprout as a fountain of joy. It will reveal the purpose of our life that will make us experience Eternal Peace and liberate us from all suffering, as we live in a state of seamless happiness. All of it is possible if we go on a quest to discover who we are not – the body, mind and ego and realize, who we are - the Divine Soul. Then, we will experience a state of Eternal Bliss, Peace and Everlasting Happiness.

## EVERYTHING IS *LEELA*, A MEGA COSMIC SHOW



*To be really Happy, Realize that life is just a Show,  
We must enjoy doing our role, as we come and go!*

If only we realize the simple truth that this world is just a *Leela*, a cosmic drama or a show, we will let go and let happiness flow. Because we don't realize the truth, we cling to everything and become miserable. Little do we realize that nothing is ours and nobody is ours. We are just actors, who come on the earth stage because of our Karma. We must do our role and achieve our goal of being liberated from suffering on earth and rebirth. Because we are ignorant, we think this world to be real and therefore, we suffer.

What happens when we go to a hotel? Do we believe that the bed, blanket and the pillow belong to us? No! We know that nothing is ours. We have just rented the room. We check-in, enjoy our stay without getting attached to the room or the restaurant or anything that is so magnificent and finally, check-out. While we realize that the hotel doesn't belong to us, we don't realize that this world doesn't belong to us either. Nothing in this world is ours. We come empty-handed to this world and when we depart, we can't take anything with us. We know it but don't realize it. We get attached to people, without realizing that nobody is ours. We come alone and we will go

alone. But we get attached to our near and dear ones and we suffer. If we realize that this world is nothing more than a show, a movie or a drama, we will enjoy it much more.

We all are manifestations of the Divine. We are not the body, mind and ego. We are the Divine Soul. But because we do not realize this, we live and die, smile, cry, carry our Karma and again return to the earth stage. As long as we have Karma, we will enjoy pleasure and pain on this Earth, in the form of a rebirth. We will have no choice but to return to this *Leela* or drama because of our Karma. If we want to be free from the merry-go-round of pleasure and pain, we have to attain *Moksha* or Liberation from the cycle of rebirth. This is possible only if we attain *Mukti* or freedom from ignorance. If we realize that this world is a drama and we are a Soul, then, we will attain this goal.

Unfortunately, very few of us realize that this world is a *Leela*. There is no doubt that it is nothing more than a drama. While nothing is mine, why do we say, 'My house, my car, my son or my mother'? We say that because we don't realize the truth. Imagine that your neighbour was acting as your wife in a drama. So, once the drama is over, will you go to the neighbour's house because she was your wife in the drama? Of course, not! It was just a drama. You participated in it and when the show got over, you went back home. In this world, because we don't realize that everything is a *Leela*, we don't enjoy it. We become miserable and unhappy as we get hurt by others. We have expectations and also get our hearts broken. We have unfulfilled desires that disappoint us. If only we realize that everything is a *Leela* or a cosmic drama, we will truly, enjoy the show.

## IT'S ALL MAYA, A COSMIC ILLUSION



*Nothing is real, it's all just a dream,  
Let us learn to enjoy it, not worry and scream.*

What happens when we wake up from a dream? If it is fantasy, we sheepishly rub our eyes and smile that it was just a dream and if it was a nightmare, we snap out of it like, our plane did not crash, the tiger did not attack us or there was no thief and no fire. We tell ourselves that it was just a dream. While we understand a dream to be a dream, what we don't realize is that this world is nothing more than a dream. It is *Maya*, a Cosmic Illusion. If we realize this, we will not suffer the delusion of things around us. Rather, we will enjoy the illusion as a Divine projection.

What is an illusion? It is something that appears to be real but is not. We have all seen a rainbow. A rainbow appears to be there and we can even capture it in a picture but can we catch it? No, we can't catch it because it is an optical illusion. It just appears to be there but it is not. It is an appearance just like a mirage in a desert. Those in search of an oasis, head towards the mirage but upon reaching there, it disappears. Little do we realize that everything in this world is an appearance. It is a projection, a Cosmic Illusion known as *Maya*. If only we realize that everything is *Maya*, a Cosmic illusion, life will become a celebration!

*Maya* has two powers. It conceals the truth and projects the myth. *Maya* can be easily understood if we think of a projector and a white screen. What does the projector do? It conceals the screen and projects the movie with actors, sound and special effects on the screen. Those who are watching the movie are enamoured and captivated by the scenes. Often, those who are watching the movie, cry when they see somebody die but did anybody actually, die? No! It was just a movie, a projection. So is life! Life is *Maya*. In the end, just like a movie in a theatre displays 'The End', *Maya* will display 'The End' at death. Can we doubt or deny this? No! Still, we think of this dream called 'life', as real. Instead of enjoying this wondrous *Maya* and realizing that everything is a projection of the Divine, we remain slaves of our ignorant mind and suffer. Those who realize the truth about life, let go, accept and surrender to this drama or *Leela*, which is nothing but an illusion, *Maya*.

If you really want to be happy, then realize the truth that life is just a *Leela*, a drama. It is a Cosmic Illusion, *Maya*. This is the way to live with Peace, Love and Bliss. There is no need to worry. But we needlessly worry. Even if there is no problem, we worry. And if there is a problem, which we can do nothing about, we become anxious. If there is a problem that has a solution, we are still, stressed. All this is because we don't realize the truth that everything is a *Leela*. It is *Maya*, an illusion. It is no more than a dream that will end at death and then, all problems will be solved but we live in anxiety and depression because we don't realize that everything is *Maya*, a Cosmic Illusion. When will we start to enjoy this Divine projection?

**GIVE!**  
**MAKE OTHERS HAPPY**



*To be Happy, make others Happy and Live,  
To do this, the simplest way is to Give!*

If we want to be happy, there is a very simple way. It is to make others, happy. How can we make others happy? It may be as simple as giving somebody a smile. If we get a smile in return, it makes us happy but there are better ways than giving somebody just a smile.

What happens when somebody gives us a toffee? We spontaneously ask, 'What is the celebration?' 'Oh, it's my birthday.' There is an instant exchange of happiness. But why should we restrict it to an occasion? I have made it a habit to give everybody a happiness ball and it works like magic. I can spread happiness and remain in a state of bliss. Therefore, we must be conscious of this instant Happiness Trigger - Give. We must make it a habit to make others happy.

Isn't it strange that we human beings keep on hoarding our money and wealth? The rich only want to become richer. What is the use of all the money and wealth, when ultimately we have to leave everything behind? What we earn, others will burn. But if we learn to spend before our end and if we learn to give as we live, we can live joyously. Sadly, we have not been taught the

art of giving. If only we develop this as a habit, our life will be filled with joy.

We all want to be happy and to be happy we try to create more wealth. For this, we use fair and foul means. We cheat our customers, the government, our business associates and even our employees to create more money which we will ultimately, leave behind. What is the use of all this? When will we realize that nothing belongs to us? We are trying to be happy but we are doing things that will ultimately, make us unhappy. We must realize that happiness doesn't come from earning money, rather it comes from spending it. We are doing the opposite. When will we learn to reverse this?

Look around you! You will find that many rich people die leaving loads of money behind. They could have used this money when they were alive, by giving it to noble causes but they were so attached to their wealth that they kept on hoarding it, till everything was snatched away in the moment of death. They could have used that money to create happiness for themselves and others but they lost the opportunity. Now, that they are gone, nothing belongs to them. Do we want to be like one of them? The richest man is he who is the happiest, giving away all that he has, before he is gone. When we give because we are enlightened about the truth of life, we will not even be reborn. We will be united with the Supreme. Hoarding money reveals our ignorance. We will not only suffer on earth but return in a rebirth, to suffer again. When will we learn to give as we live, to make others happy and in the process, become happy ourselves? We must learn to give before we are gone!

## LOVE - THE FOUNTAIN OF JOY



*Love is a fountain of Joy, True Love is Bliss,  
Divine Love for one and all creates Eternal Happiness!*

We have not understood the meaning of Love. We only understand, 'I love you.' To many of us, love is a very shallow relationship, even though we have experienced love from the time that we were born. Haven't we loved our parents so dearly? Haven't we experienced love for our friends in school and college? Why, then does the world think of love as mostly the love between a lover and a beloved? Why has love been misinterpreted as only an attraction between a man and a woman? Of course, there is love between man and woman but it is not the only love that exists. True Love is bliss, it is not just a kiss. True Love is a rainbow of seven colours. It is VIBGYOR.

The rainbow of love starts with Violet love between children and parents. Then, comes Indigo love between friends. We grow up in Blue love, the love of innocent romance. Who hasn't experienced Green love, love for oneself? Then, there is also Yellow or intellectual love, Orange or emotional love and Red or physical love. We experience all the seven colours of love during our lifetime but do we realize that all these seven colours of love sprout from the White love of the Soul or Spiritual love? Just like the white light from the sun splits

through droplets of water and produces the seven-coloured rainbow, love from the Divine Soul, manifests as the seven colours. Each colour of love spreads pleasure, joy and bliss in different ways. Unfortunately, we don't understand this happiness. We don't understand that Love is Divine. It comes from the Divine within and it is for the Divine in another. The moment we realize that love is God and God is love, love will become a fountain of happiness that grows and flows to one and all.

As long as we are petty and narrow-minded in our outlook of love, it will never manifest as the white, soulful, Divine Love that emerges as the seven colours. If we want love to create bliss, it is possible only if we can love one and all, with the Realization that everybody is SIP, the Supreme Immortal Power appearing in the body that they wear. Only when we love beyond the skin and when we love the Divine within, we will experience the fountain of joy in love.

We all know that love is a very powerful emotion. We also know that love can create bliss. But we have not learnt to love one and all. We have not realized that SIP, the Supreme Immortal Power exists as the Soul, the Spark Of Unique Life, in every living creature. When we will realize the Divine in one and all, then we will be able to love God as we love the Divine manifestations all around us. Those who discover True Love, do not love to gain. Love is not a transaction. Love is the flow of Divinity from one spark of the supreme to another. Then, this True Love is a fountain of joy and it becomes bliss that is greater than any other happiness. Today, let us discover what True Love is.

## SMILE - ALL THE WHILE



*In this journey of Happiness, we must learn to Smile,  
It costs nothing, it is a magical way to be Happy, all the while!*

If we have learned the A to Z of Happiness and we haven't learned to smile, we haven't learned everything about Happiness. A smile is a gift from the Divine. It is an expression of joy, a proof of bliss and a reflection of peace. We all can smile but do we smile, all the while? Maybe, not.

The best way to smile is to remind ourselves of the acronym of **SMILE** that says:

- S** - Spread Sunshine
- M** - Make Others Happy
- I** - Inspire Others to Rejoice
- L** - Lower Levels of Negativity
- E** - Ensure Personal Happiness

This acronym of smile will put a smile on our face and keep us smiling, all day.

**Spread Sunshine** - What does a smile do? The moment you give a smile to somebody, it is nothing less than the warm and bright rays of the sun that shine, creating joy. Nobody can

explain this. It is something Divine! Haven't you felt the warmth of a smile like sunshine when somebody smiled at you? Therefore, we should make it a habit to spread sunshine through our smiles. Whoever we meet, we must greet them first with a smile and only then, with anything else.

**Make Others Happy** - Haven't we learned that if we want to be happy, we must make others happy? What is the way to create bliss and happiness in anybody's life? There is nothing simpler than a smile. If someone is not in a state of joy, if they are carrying a load of stress and if they are caught in a negative thought, a smile can change it all. Haven't you noticed that even though you might be thinking about something that tires you but when somebody gives you a smile, you relax instantly?

**Inspire Others to Rejoice** - People are so busy in today's modern world that they have forgotten to be happy. Although they can smile, they hardly smile. They smile just once in a while. So, when you smile, you inspire everyone to smile. Isn't it so, that most often a smile is returned with a smile? What does a smile do? A smile inspires others to smile and it triggers one to be happy and rejoice.

**Lower Levels of Negativity** - People are stressed out and there is so much worry, tension, anxiety, regret, guilt and shame. How can one deal with these toxic thoughts that create so much negativity? A smile can make one flip over from the negative to the positive and deflate the negativity in one's life.

**Ensure Personal Happiness** - Can there be a better way to trigger bliss? No! None other than a smile creates instant happiness. So, smile and be happy.

## REACH THAT STATE OF ULTIMATE HAPPINESS



*Who doesn't enjoy Pleasure, every day?*

*The challenge is to experience Eternal Happiness, all day!*

The world doesn't really know the true meaning of Happiness. The whole world is running behind pleasure and running away from pain. Some of us succeed in being happy but we don't escape misery and sorrow. There are a few who discover peace, the foundation of happiness. They live content lives and yet, they are not free from pain. So, what is the secret of Eternal Happiness? What is it to be happy all day, every day that we live? If we want to reach the state of Ultimate Happiness, if we want to reach the state of Eternal Bliss and Joy, then we have to put the A to Z of Happiness together. Let us try to do that.

Happiness is not just pleasure. If we run behind pleasure, we will soon be unhappy because it is like running behind a shadow. What is the solution? We must learn to live with contentment and fulfilment. We must not let our need become a greed. We must not let our desires, burst. We must learn to quench our thirst by evolving beyond the body, mind and ego that suffer the triple suffering, to living as a Soul. Only then, can we achieve the goal of being happy.

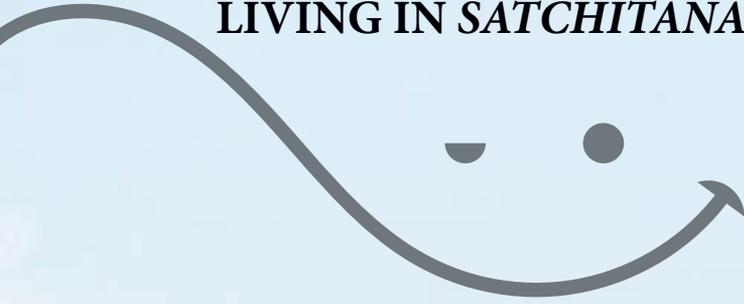
Happiness is in the 'now'. If we let the mind jump to a past that is gone and a future that is not yet born, we are sure to become unhappy. We must tame the monkey mind and live like a monk. In this state of Consciousness, we can flip from NEP to PEP, negative to positive and live with peace and bliss.

Happiness is not complicated. But those who think that success is happiness will never be truly happy. First, the stress and anxiety to achieve success and then, the paradox of becoming unhappy even though one is successful, will make an individual, miserable. We must realize that happiness is success, for when we are happy, we are already successful.

Those who are truly happy, learn the secrets that constitute the A to Z of Happiness. They love one and all, seeing the Divine in everyone and learning to give as they live. They realize that this world is a *Leela*, a drama. They are aware that everything is *Maya*, a Cosmic Illusion. Therefore, they learn to live a life of acceptance without protest, just as they surrender in Consciousness.

Do you want to reach that state of Ultimate Happiness? If yes, then evolve from achievement and fulfilment to Enlightenment. Learn to go from pleasure to peace and find the purpose of your life. This is the way to be happy, every day. If only we learn to be in Consciousness of the truth, we will enjoy *Ananda*, the Eternal Bliss that comes from being in a state of *SatChitAnanda*. But first, we must tame the monkey mind that is ever yelling and ever yearning and make it into a monk. We must eliminate all the junk. Only then, can we live a life of Eternal Bliss, Divine Love and Everlasting Peace.

## LIVING IN SATCHITANANDA



***SatChitAnanda is that state of Eternal Happiness,  
It is Bliss that comes from Truth Consciousness!***

To be in a state of Eternal Bliss, one must live in Truth Consciousness. What is this state of *SatChitAnanda*? How can it create *Ananda* or Happiness that not just comes and goes but a Bliss that forever flows?

We all become happy and unhappy like a yo-yo. Sometimes, we are glad and sometimes we are sad but there is a way to be happy, all the time and this will happen when we kill the mind. We need to flip over from a state of mind to a state of Consciousness. As long as we are in a mind state, we will find that the mind will make us blind and continue to pour misery on us. Even if we are happy, the mind will take us to the past and create regret, shame and guilt or it will take us to the future and create fear, worry and anxiety. If it cannot do this, then, it will incite the ego to create anger, hate, revenge or jealousy. We all experience the mind that makes us unhappy but when we are in a state of Consciousness, there is no mind. However, if we do not lock Consciousness with the truth and activate our intellect, the mind will return.

Consciousness is *Chit*. The truth is *Sat*. When we lock ourselves in *SatChit*, that is, in a state of Truth Consciousness with the intellect being the master, we experience *Ananda*. This is *SatChitAnanda*, a Bliss that flows when we live in Truth Consciousness.

How does one experience this *SatChitAnanda*? It comes from the Realization of the truth. We are not the body, mind and ego that suffer. We are the Divine Soul that is in Eternal Bliss. But the mind steals this Consciousness. It overpowers the truth by enveloping us in ignorance and thus we become miserable. But the one who is locked in Consciousness by activating the intellect cannot be defeated by the mind. They have learned to still the mind, to kill the mind and to fill their life with Consciousness of the truth. They realize that they are a manifestation of the Divine. Everything is *Leela*, a drama and *Maya*, an illusion. They live in bliss because there is Consciousness of the truth. They overcome ignorance and their intellect does not let their mind create darkness through negativity. Only then, can one enjoy this state of *SatChitAnanda* or Eternal Bliss.

If we reach a state of *SatChitAnanda* and we live as the *Atman*, the Soul, then we have mastered the art of being happy all the time. We must remember that *SatChitAnanda* is *Ananda* or Eternal Bliss that comes from *Chit* or the Consciousness of *Sat* or the truth. The moment we lose Consciousness, we will lose *SatChitAnanda* and we will lose *Ananda*. To reach this state of Eternal Bliss, Realization of the Truth is a prerequisite and subsequently, one has to be in the Consciousness of the Truth. Thereafter, nobody or nothing can take away our Happiness and Peace. We experience Eternal Joy.

## MAKE A VOW, TO BE HAPPY IN THE 'NOW'



*Don't just exist, grazing like a cow,  
Make a Vow that you will be Happy, in the 'Now'!*

We have a choice. Either we can go through life accepting pleasure and pain, sun and rain and can be sad and glad in cycles or we can make a vow that we will be happy in the 'now'. Happiness is a choice. We can have everything and be unhappy or we can have nothing but still be happy. After realizing the A to Z of Happiness, it will be a pity if we still remain unhappy.

### **Some people make a vow:**

*I will be happy, today.  
Though the skies are cloudy and grey,  
No matter what comes my way,  
I will choose to be happy, today.*

Such people do not let unhappiness enter their life. When the messengers of misery knock at their door, they refuse to open it. The mind tries to create misery by trying to pour toxic emotions through negative thoughts but a person, who makes a vow to be happy, in the 'now', lives in the Consciousness of the truth. He realizes that the mind is a rascal and that the monkey mind is our biggest enemy. He does not let the mind steal his peace.

Living in peace and tranquillity, such a person enjoys *Ananda* by realizing the truth about life.

Is making a vow so magical? Yes, it is because the moment one finds happiness slipping away, one remembers their vow, 'I shall be happy now, I shall not be sad.' They flip over and become glad. They may use any happiness trigger but they will snap out of a bad mood that tries to capture them. They may count their blessings or just go and make somebody, happy. Sometimes, it is watching a comedy, listening to one's favourite song or just being with somebody positive. There are many ways to flip over from NEP to PEP, from negative to positive. People who make a vow to be happy, in the 'now', treasure every moment of life. They don't know how to live in the 'tomorrow' because for them, life is about 'today'. It is about 'now' and nothing is more precious than living life joyously, moment by moment.

What is life? Life is all about 'this' moment. Life unfolds, moment by moment. Unfortunately, we can't stop a moment from passing but we can spend it by living, smiling, and laughing. Why regret a 'yesterday' that is gone? Why fear a 'tomorrow' that is not yet born? Why not live 'today'? Why not enjoy the moment? If only we spend each moment with joy, our day will become blissful and our life will be filled with Eternal Happiness. Have you made the vow? If you haven't, 'Do it now!' Make a vow that you will be happy, in the 'now'. Promise yourself that you will never be unhappy, even if there is physical pain. You will kill the pain before the pain kills you. You will realize you are not the body, mind and ego that suffers. You are the Divine Soul. And when you live joyously as the Divine Soul, you are happy and you achieve your life goal.

**REJOICE IN 'TODAY',  
DON'T SUFFER  
IN 'TOMORROW'**



*Do you want to live in 'Today' or in 'Tomorrow'?*  
*Do you want Happiness or do you wish for sorrow?*

We have a choice. We can live in 'today' or we can live in 'tomorrow'. The past is gone. So, let us forget about it. If we live in the past, we are just wasting our life because nobody can go to the past except for our mind! Our mind can drag us into a 'yesterday' that is gone but many of us conquer the problem of the past. We realize that if the past was what we were meant to see, then behind, not in front, our eyes would be. We look forward, not backwards and so, we conquer the problem of the past, which will surely not let our happiness last. But what about the future?

Many of us are living in a 'tomorrow'. We are planning on how we will be happy 'tomorrow'. We are willing to let go of 'today', so that 'tomorrow' can be a celebration. But is there any guarantee about 'tomorrow'? Can we be sure of what is going to happen, in the days to come? No! Nobody can predict the future. Then, why live in 'tomorrow' and lose our 'today'? The moment we slip into the future, we let go of the present. The present is the only gift that belongs to us. We must not exchange our present for an imaginary future and in the bargain, lose our peace and bliss. Unfortunately, there can be no happiness in a

'tomorrow' because such happiness does not exist. Happiness can only be in the 'now'. We can be sad thinking about 'tomorrow' but we will be only glad, living in the 'today'. We must be wise and choose to live in the present.

'Today' is ours! We can make a choice and rejoice or we can sink as we blink and think about 'tomorrow' because there will be unlimited worries and fears about what may happen in the future. What is fear? **FEAR** is a **F**alse **E**xpectation **A**ppearing **R**eal. What is Worry? **WORRY** is **W**aste of life, **O**verthinking, **R**epeating the Fear, **R**ehearsing the Problem and **Y**earning. Where will all this get us to? How will fear and worry benefit us? They won't benefit us, rather, they will only stress us. If only we learn the art of being in the 'today', living life, moment by moment, we can rejoice because there is no misery in the present moment. However much difficult life may be, we are still good to go. We can smile. But when we slip into the future, our misery can be longer than the Nile. Mile after mile, problems can appear to be and we will never be free!

Let us snap out of living in the future. Let us learn to live in the present. Forget about 'tomorrow' and rejoice in 'today'. When 'tomorrow' comes, we will deal with it. We are blessed with enough strength to deal with a 'today' but because we keep on adding the burden of all the 'tomorrows', we become miserable.

Do you really want to be happy? If yes, then, you have 'The A to Z of Happiness' in your hand. You need nothing else. You just need to choose to be happy and you can. Your happiness is in your hands. Don't look at the grass that is greener on another's land. Rejoice 'today'! Don't suffer in the 'tomorrow'!

## DESIRES WON'T QUENCH OUR THIRST



*Desires fulfilled, create Happiness!  
Then, why are desires said to create unhappiness?*

We all want to be happy and many people believe that happiness is in pleasure. Therefore, they keep on seeking sensory pleasures in the form of good food, good clothes and entertainment. What do these do? They give us momentary pleasure. Every time we have a desire and the desire is fulfilled, we become happy.

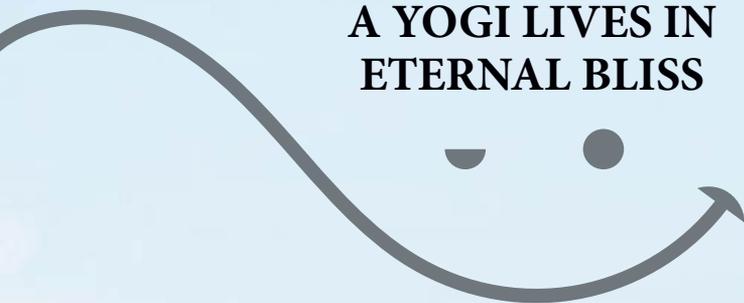
We may desire a new car. Once we buy that car, we will celebrate with ribbons and champagne. We may desire to go on a holiday. It may be a cruise or being near the ocean, strolling on white sands with turquoise waters. No doubt, the desires that are fulfilled, create happiness. Then, why have the sages and the saints warned us that desire is the root cause of all suffering? Let us understand.

Will desires quench our thirst? While a desire that is fulfilled, makes us happy, every desire cannot be fulfilled. When desires are unfulfilled, we become miserable and unhappy. This is bound to happen. It is natural for us to experience pleasure out of fulfilled desires and pain out of unfulfilled ones. The problem with desires is that they are like fire. Once we are

passionate, the fire rages. We can't control desires. And once we hand over our life to desires, our need becomes our greed. We want more and more and every time we don't get what we want, we are disappointed and feel defeated. We become disgruntled and misery and sorrow take control of our life. Therefore, the wise ones have said that we must not depend on desires to be happy. We should learn to be happy without having too many desires. Far happier is a man who has no desires than a man who has many desires but only a few fulfilled. Desires will never quench our thirst. They will always make us burst. And then, we will sink in misery and sorrow.

If we want to be happy, we must evolve from living with desires to living with contentment, for fulfilment will create far more peace and bliss than the achievement of a desire. Man is greedy. He is never satisfied. Once he goes down the path of desire, he loses control of his life. Even if he gets something that he always wanted, he becomes jealous if somebody else gets something better. Therefore, desires cannot make us happy. Fulfilled desires can give pleasure that is ephemeral but soon, we will be unhappy again. The thirst will return with our passion and we will ultimately, burst. Do you want to verify this? Look around you! Most people are running the race to become an ace and they get caught in the maze. They don't live with grace. They have no peace, which is the very foundation of happiness. The Bible says, 'What would it gain a man if he gained the whole world but lost his own Soul?' Why live life like a rat race? Even if you win, you are still, just a rat. Why not realize the true meaning of life and live in *Ananda*? Why not evolve from happiness that comes from pleasure to living with peace, finding a purpose in life and living in Eternal Bliss?

## A YOGI LIVES IN ETERNAL BLISS



*What is the Secret of a Yogi's Happiness?*

*Being ever-connected with the Divine, living in Peace and Bliss!*

Who is a real Yogi? A real Yogi is one who lives in Yoga or *Yuj* which means Union. A true Yogi lives in Consciousness and is connected with the Divine, just like a SIM card is always connected to the satellite. He transcends the body, mind and ego and lives as the Divine Soul, with the Realization that he is nothing. He is a manifestation of the Divine. He seeks nothing but the Supreme. He is free from desires and lust as he lives in that state of Eternal Union called Yoga.

A Yogi is not identified by the robes that he wears, a long beard or hair. A true Yogi spends his life being free from *Bhoga*, the sensory passions in which, man sinks. Having mastered the senses of the body, the monkey mind and the obsessed ego, a Yogi is free from the triple suffering. He lives in a state of peace and tranquillity, a state of Eternal Bliss.

Is it difficult to become a Yogi? Anybody who has a deep yearning for the Divine or Liberation can start the journey of Yoga. It means that we should live in one of the states of Yoga. It may be *Dhyana* Yoga or meditation, *Bhakti* Yoga or devotion, *Karma* Yoga or action or *Gyana* Yoga or gaining wisdom

through education, *Prema Yoga* or the Yoga of Divine love. A true Yogi moves from one state of Yoga to another, without falling for *Bhoga* or the desires of the material world. Thus he is free from misery and stress. Having tamed his monkey mind to be a monk, his thoughts are no more yelling and yearning for sensual pleasures. He seeks to become one with the Supreme. The one who succeeds in living in Yoga is a true Yogi.

A Yogi lives in Eternal Bliss. He has transcended pleasure and lives in peace. Because he has no passions, all his miseries cease. The life of a Yogi is better experienced than explained in words. This ecstasy of bliss and euphoria of joy is beyond the ordinary happiness of this world.

If one is truly seeking happiness, one must graduate to become a Yogi. It will start with a little practice of Yoga, not the physical exercises or *Asana* or the breathing techniques or *Pranayama*. These are good to start with, provided the mind is still. If the mind continues to be caught in material thought, then one cannot be in Yoga. The Yogic journey is a journey of bliss, provided one is united with the Divine. Otherwise, it is not Yoga. The world is full of Yoga institutes that do everything else but Yoga. Therefore, a true Yogi is difficult to find. He is free and liberated from the material world. As I lived in Yoga, I was blessed with the fifth state of Yoga called *Prema Yoga* or the Yoga of Divine Love. I love every Soul as the Lord. This keeps me in Yoga, all the time and gives me bliss that cannot be defined in words. A Yogi enjoys seamless happiness, as long as he moves from one state of Yoga to another, not falling in *Bhoga*.

## CHAPTER - 42

# LIVING WITH EXUBERANCE



***What makes one live with Exuberance?***

***It is Total Surrender and living with Acceptance!***

What is the way to live a life of joy and bliss? If we have a mind that makes us blind, steals our peace and makes our happiness cease, then how can we be happy? The one who goes on a quest to find the state of Eternal Happiness, reaches the ultimate peak. Eternal Happiness is living with acceptance and surrender. This creates an exuberance that is beyond ordinary happiness. One is excited about life and lives cheerfully, brimming with joy and enthusiasm that is contagious. What makes such a person live fearlessly? How does he escape from regret, shame and guilt? What is the magic that gives him freedom from anger, hate, revenge and jealousy? If one truly wants to live with exuberance, the secret is surrender and acceptance.

When will one accept life as it unfolds? Only when they realize that everything is unfolding as per Karma, they do not have desires that will imprison them in the cycle of *Samsara* or this world of pleasure and pain. They transcend the belief that success is happiness. Realizing that happiness is success, they live as a Yogi, ever-united with the Divine, realizing that they are not the body, mind and ego. They accept everything as *Leela*,

a Divine drama that is unfolding. They realize that everything is *Maya*, a Cosmic Illusion and therefore, surrender. Exuberance comes only after a state of total surrender and complete acceptance. Then, one starts to live as a Soul and not as a human being. They realize that they are not a human being having a spiritual experience but the Divine Soul, having a human experience. We all enjoy bursts of happiness, just as we slip down into the gloom of sorrow but the one who lives in exuberance, remains on the peak of happiness without slipping into the valley of sorrow. How can one keep this exuberance alive?

The only way to being exuberant is being enlightened. Without Enlightenment, no achievement can give you Eternal Joy and no fulfilment can liberate you from sorrow. The Realization of the truth leads you to Enlightenment and thereafter, living the Realization, transports you into a realm of exuberance. Such a joyous one lives like a feather in the air, like a leaf on the sea, with the mantra, 'I surrender to Thee! I surrender to Thee!' Such a person seeks nothing, for they realize that they need nothing. They surrender to the Divine Will and accept without protest because they know the way to bliss is total surrender and acceptance. Would you want to live with exuberance? Then, try living in surrender and total acceptance. Stop and realize the truth about life. Nothing is ours. Even this body has to be left behind when we go. We come alone and we go alone. This world is nothing but a show. If only this spark of light eliminates the darkness of ignorance we are enveloped in, we can experience the state of exuberance where happiness flows. It is not just pleasure that comes and goes but there is seamless love, joy and peace.

## ARE ALL SUCCESSFUL PEOPLE, HAPPY?



***Isn't it true that all Happy people are Successful?  
Then, why chase Success? Why not just be Blissful?***

One of the strangest facts of life is that the whole world is chasing success and happiness when in reality, success is not happiness. Happiness is success. Although we see that all successful people are not happy, we still fall into the success trap. By itself, there is nothing wrong with success. We can all do good with some noteworthy success and enough money to take care of our needs but success creates greed and instead of being blissful, our life becomes stressful.

Look around you! Are all successful people, happy? How often do you find somebody who is rich and famous, committing suicide? Don't you find that money creates evil? Actually, it is not money but the love for money and the passion for wealth that makes us blind to the reality of life. Somehow, we are made to believe that successful people are blissful and so, we waste our entire life trying to be successful. The objective of success is happiness but by chasing happiness, we lose all our bliss and peace.

We start with a glassful of life and a success glass that is empty. We often empty our life glass, while our success glass becomes

full. In the end, we have so much success but our life is over. We do not discover true happiness and misinterpret excitement as happiness, when in reality it is just a burst of pleasure that ultimately leaves us with a lot more pressure. Success creates anxiety and steals our joy and peace. When will we realize this truth?

Are you one of those who believes that success is happiness? Are you also on a chase to become an ace, so that you can have all the material pleasures that we imagine, will give us happiness? Or are you the one who has realized that pleasure is not happiness? Happiness is a state of being, whereas, success is not. We can't be successful, all the time but we can be happy, all the time. We have to make a choice.

Now, turn around and look at some of the really happy people. They may not be successful in a material sense but they are happy. Aren't they the ones who are truly successful? The ones who have achieved success, frown and growl as their ego sores. They are trapped in anger, hate, jealousy and revenge. How can they ever be happy? In this journey of life, which is so short, we must realize that the ultimate goal is not amassing wealth and success that we will ultimately leave behind. We have no choice! This is the Eternal Truth, which we all know but don't accept because we don't realize it.

Isn't it time that we switch over? Instead of trying to become successful, why not become peaceful and blissful? Why not understand the purpose of our existence? Why not stop running this mad race and start living with Divine grace? This is the way to Eternal Happiness. When will we realize this truth?

## THE THREE PEAKS OF HAPPINESS



***Pleasure comes from Achievement, Peace from Fulfilment,  
But Ananda or Eternal Bliss comes from Enlightenment!***

Who doesn't want to be happy? Everyone does but most people think that pleasure is happiness. They are stuck on the first peak of happiness that is achievement. They go on from summit to summit, thinking that more achievement is more happiness. They get caught in this myth and ultimately, they reach a cliff called death. Then, life is over! They were seeking to become happy but they never learned the simple secret - 'You can't *become* happy. You have to *be* happy!'

Only a small chunk of people take that road that is less travelled, away from success and achievement. They take an exit from the success highway and head towards the destination of fulfilment, the second peak of happiness, which comes from contentment. They are fully satisfied with whatever they have and are not prisoners of desires, lust and greed. They are happy, fulfilling their need. They live on the second peak of happiness, fulfilment. In terms of happiness, fulfilment is a loftier peak than achievement. Those on this peak, have peace. Their happiness doesn't stem from pleasure, which comes and goes. Their happiness flows as they count their blessings, living with faith, enthusiasm, love and laughter, building a universal connection

with the Divine. Such people escape the misery of the mind as they transcend the ego that makes them live with passion and desire. Therefore, they are free from worry and anxiety.

Unfortunately, even the ones who are at the fulfilment peak experience misery and sorrow. They also suffer the triple suffering of the body, mind and ego. Only those individuals who evolve to the third and ultimate peak of happiness, Enlightenment, live a life of bliss, liberated from all suffering.

We have already spoken about Enlightenment. It is a state of the Realization of the truth. It is the third and the ultimate peak of happiness. In the state of Enlightenment, one remains in a state of Eternal Bliss. He seeks nothing but to be happy. He just chooses to be happy. Realization is magic. It eliminates all that is tragic and the realized one lives as if everything is a dream, everything is a drama. He realizes that we are all sparks of the one Supreme. We may appear as different bodies but the fact is that we are all Souls that come from one source, SIP, the Supreme Immortal Power.

This Realization leads to Enlightenment and a state of Everlasting Bliss, Divine Love and Eternal Peace. Unfortunately, very few people are able to scale the peak of Enlightenment. People are afraid of this word as it seems impossible to get there but in reality, it is not so difficult. It is just about overcoming ignorance and realizing the truth. The truth is that we are not the body, mind and ego, that suffer. We are the Divine Soul. This is Enlightenment. But because of the mind, this Realization, we don't find! We just climb from the peak of achievement at most to the second peak of fulfilment but Enlightenment remains a dream.

## THE HAPPINESS PARADOX



***‘I want to be Happy’, is a Paradox of Happiness  
For when you pursue Bliss, you achieve unhappiness.***

When people say, ‘I want happiness,’ they are trapped in the Happiness Paradox. The moment we say ‘I’, we become the ego that can never reach that state of Eternal Happiness. The ego will experience anger, hate, revenge and jealousy and after that, if we want happiness, then it becomes a desire and all desires will not be fulfilled. Therefore, we cannot attain unadulterated happiness. If only we drop the ‘I want’, then what is left is ‘happiness’.

Happiness doesn’t need a pursuit. It is like a shadow. The more you chase it, the further it goes away. There is a popular folk tale that will help us understand this better. *Once, a kitten was trying to catch its tail. It was going round and round but was unable to do so. The wise mother cat asked the kitten, ‘What are you trying to do?’ The kitten replied, ‘I was told that my tail is happiness and I am trying to catch it!’ The mother cat explained, ‘I never do that. I just walk straight on and my tail follows.’* Happiness is very much like that. If we remain peaceful, bliss will follow. We don’t have to run behind happiness.

Sadly, people are trying to *become* happy. We cannot *become* happy. There is only one way to happiness. We have to *be* happy. We have to *be* happy 'today', in the 'now'. If we learn the art of *being* happy in the 'now', we will be happy forever.

The want for happiness is quite strange. *An Olympic gold medallist is screaming with joy but the silver medallist is crying, even though he is awarded the second prize. Further, the bronze medallist is celebrating too as he was not expecting any victory.* Expectations take away our happiness and though we are happy and have every reason to be, we become unhappy.

I love pizza and I am always happy while eating pizza but if you give me a second pizza, I will become unhappy. Happiness is not in the pizza. Happiness is within. We must learn to be happy, just as we have to learn not to become unhappy.

Therefore, happiness is a paradox. Even though we are happy, we are still seeking it. We don't need to seek it. We just have to be happy but we are unable to *be* happy because we are trying to *become* happy. When will we go beyond this happiness paradox and learn the art of being happy? Those who are trying to become happy, will never *become* happy and those who learn the art of *being* happy, don't need to become happy. They are already happy.

Let us learn the art of happiness. By learning the A to Z of Happiness, we will reach that state of *Ananda*, that state of bliss which is free of unhappiness. Let us live in this Consciousness.

## CHAPTER - 46

# THE HAPPY MANTRA



*The Happy Mantra can unlock the door to Eternal Bliss,  
Living with it can liberate us from all unhappiness!*

To be happy, one must adopt the 'Happy Mantra'. It is a simple mantra that will ensure that we are happy, all the time. What is this Happy Mantra?

- H** - Happiness is Success
- A** - Accept Without Protest
- P** - Peace is the Foundation of Happiness
- P** - Purpose Leads to Blissful Enlightenment
- Y** - Yearning of the Body, Mind, Ego Causes Misery

The one who lives with the Happy Mantra is always in bliss. They realize that **Happiness is Success**. They don't run after success and achievement because they realize that success and achievement will only give pleasure which is momentary happiness. Therefore, they choose to be happy rather than achieving success.

**Accept Without Protest** - If one wants to be happy, the Happy Mantra prescribes that one must accept whatever happens without any protest. After all, everything is unfolding as per Karma, our own past actions. So, to be happy, we can do our best but must surrender the rest with total acceptance.

**Peace is the Foundation of Happiness** - Those who learn the Happy Mantra, realize that pleasure is ephemeral but peace is the foundation of happiness. As long as we can still the mind, and kill the mind, peace, we will find! And in a state of peace, happiness blooms.

**Purpose Leads to Blissful Enlightenment** - The Happy Mantra teaches us to discover the purpose of our existence. Purpose leads to blissful Enlightenment. When we discover that we are not the body, mind and ego but the Divine Soul, we achieve our life goal. We become free from the triple suffering as we reach that state of *Ananda* where there is Eternal Bliss in Truth Consciousness. We are no more in pursuit of happiness. We realize the art of being happy 'today' and in the moment.

Finally, the Happy Mantra teaches us to be free from all suffering. Suffering is caused by the **Yearning of the Body, Mind and Ego**. The Happy Mantra helps us realize that we are not the body, mind and ego that suffers. Therefore, instead of yearning for the material world, we will yearn for the Divine, for Liberation and we will live in a state of Eternal Bliss, Divine Love and Everlasting Peace.

The A to Z of Happiness, ultimately teaches us to live with the Happy Mantra and to be happy no matter what, to live in acceptance and surrender, to flip from NEP to PEP, and to transcend the mind and live in Consciousness. All of this is possible! Happiness need not be a distant dream. We can be happy now and forever and nobody can steal our bliss and peace if only we follow the A to Z of Happiness. You have a choice to live in bliss or sink in unhappiness.

So, be Happy! Now, today and forever!

# AFTERWORD

*I was Happy but I was seeking Bliss, at its Best,  
I let go of all my pleasures and started a Quest!*

My happiness journey is my personal experience from pleasure to the state of Eternal Bliss. Like anybody else, I too wanted to be happy and for 25 years, I was chasing success and achievement because I believed that pleasure was happiness. It was after I shut down my business at 40 that I evolved from achievement to fulfilment. My happiness now emerged from peace and not pleasure. I was crazy about clothes, cars, gadgets and gizmos and like everybody else, I thought money was happiness. But when I discovered peace, I found the very foundation of bliss and joy.

For 25 years, I was chasing pleasure and for 8 years thereafter, I lived with peace. By then, I was 48. It was then that I discovered the ultimate peak of happiness. It was my Spiritual Mentor – Dada, who initiated my quest to discover the purpose of life. I realized that much more than pleasure or peace, Ultimate Happiness is living in the state of Truth Consciousness. In the state of Truth Consciousness, there is Eternal Bliss. As if by magic, I was liberated from the triple suffering of the body, mind and ego. This is because my quest led me to realize that I am the Divine Soul, and the Spark Of Unique Life never suffers. It was my Spiritual Awakening that transformed my life to that state of *Nirvana* or *Ananda*, where I experienced an ecstasy of joy unknown to man. The euphoria of Enlightenment cannot be

explained in words and my happiness journey is a testament of how one can live in Eternal Bliss without any unhappiness.

In this book, I have shared all my personal experiences. Nothing is theory. Every chapter is my own practical experience. Even today, I live in that state of acceptance and surrender. And so, I do not experience any trauma. I know life is a drama and everything is unfolding as per Karma. Nothing matters to me because I have transcended the mind. Therefore, there is no fear, worry, stress and anxiety. I have gone beyond the ego that would create anger, hate, revenge and jealousy. Being free from these toxic emotions, I live with peace and bliss. My Spiritual Awakening has led me to realize that God is SIP, the Supreme Immortal Power that manifests everywhere, in everything. I see God in all, love God in all and serve God in all. There can be no greater joy than this.

I am grateful that I discovered the A to Z of Happiness. While people think it is impossible to live a life of Eternal Bliss, I do. I live life, moment by moment and each day, I am happy and gay. It doesn't matter what comes my way. Sometimes, there is sunshine, sometimes the skies are grey. But I choose to be happy every day, living in Consciousness and free from all misery and stress. I don't try to become happy because I have learnt the art of being happy all the time. I have no expectations and therefore, I don't wait for my desire to be fulfilled. I am content and blissful and I live as a Yogi, ever-united with the Supreme. The secret to Eternal Bliss is not difficult and complicated. This book has it all. Discover the way to live in Truth Consciousness and experience *SatChitAnanda*, Peace, Love and Joy that is unknown to the world.

## POEM

# *The A to Z of* **HAPPINESS**

*Do you want to be Happy? Do you want to Smile?  
Do you want to remain in Bliss, all the while?  
Do you want to Discover, how to always be Glad?  
Do you want Freedom from being miserable and sad?  
Then, just follow the A to Z of Happiness  
And you will reach the state of Eternal Bliss*

*What is happiness? Do you even know?  
It's about that Smile that gives your face a glow  
It is being Joyous, it is being Blissful  
It is being Peaceful, it is being Cheerful  
True Happiness is being free from misery and stress  
It is Eternal Happiness that comes from Truth Consciousness*

*We have been taught that Happiness is Pleasure  
Believing in this myth, we have lost the Treasure!  
We believe that Success is Happiness and seek Achievement  
We don't realize that true Happiness is Fulfilment!  
We are so lost in a life of excitement  
We don't discover the ultimate peak of Enlightenment*

*Happiness is not Pleasure that comes from winning a race  
When will we get out of the anxiety of the chase?  
True Happiness is living in Tranquillity and Peace  
It is a state where all miseries cease  
The Truly Happy one discovers the Purpose of his Birth  
Blissful is he, who knows why he came to earth!*

*We all seek Pleasure, we don't want Pain  
But why do we become unhappy, again and again?  
We want to experience Peace, Love and Bliss  
But we live in Fear, Anxiety and Unhappiness!  
Little do we realize that the culprit is the Mind  
It steals our Joy and Peace, making us Blind!*

*If we want to be Happy, we must flip from NEP to PEP  
From Negative to Positive, first, we must take this step  
We must kill the Mind that says, it's King  
Still the monkey that causes suffering!  
We must pull the Triggers that will make us Glad  
And eliminate those Joy Stealers that make us Sad!*

*There is a way to be Happy, at all times  
It is not just about Money, Nickels and Dimes!  
Of course, Money can give us Pleasure, it can make us Smile  
But Money can't buy Happiness, all the while!  
If we want that state of Ultimate Happiness  
We must flip from Mind to Consciousness.*

POEM

*Let us learn the Secrets that can create Bliss  
Make others Happy and you can have Happiness  
We can be Happy if we Give before we are gone  
And not be miserable and again be Reborn!  
If we discover Karma, the Law of Action  
We can learn to be Happy without a toxic Reaction*

*The Secret of Happiness is to Accept, not to Wonder  
To eliminate all Hope and live in Surrender  
Happiness is neither in a 'Yesterday' that is gone  
Nor is Happiness in 'Tomorrow', not yet born!  
Truly Happy is the one who makes this vow  
He will be Happy, 'Today', living in the 'Now'*

*If you want Eternal Happiness, start a Quest  
Unlearn what you have learned, put your beliefs to test  
Happiness is something else, get to the root  
Overcome Ignorance and realize the Truth  
To be Happy, first tame your Monkey Mind  
Then, Bliss, Love and Peace, you will Find!*

*Eternal Happiness is when we discover the Purpose of Life  
Then, we are free from all misery and strife  
When we realize, we are not the Body, Ego or the Mind  
We are the Divine Soul, when this Truth we find  
Then, we are Liberated from the Triple Suffering on earth  
We can sing, dance and live with Mirth*

*To be Truly Happy, we must achieve this Goal  
 Not live as the Body or Mind but as the Soul  
 We must realize this world is a Leela, a Cosmic Show  
 We are mere actors, we come and we go  
 When we realize that everything is Maya, a Cosmic Illusion  
 Then, we escape from all sadness and delusion!*

*Enlightenment is the Ultimate Peak of Bliss, of Happiness  
 It is a state of living in Consciousness  
 It is living like a Yogi, in Eternal Bliss  
 United with the Divine, free from unhappiness  
 Just learn the Happy Mantra and live in Bliss  
 Just follow The A to Z of Happiness*

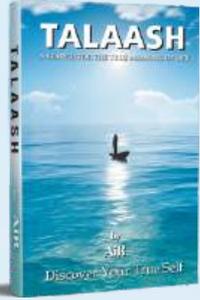
*Happiness is a Paradox, don't try to be Glad  
 'I want to be Happy!' this will make you Sad  
 Happiness is within, for Bliss, do not search  
 Don't think you will be Happy in a temple or a church  
 Rejoice in 'Today'! Don't think you will be Happy 'Tomorrow'!  
 Just choose to be Happy and wipe away all Sorrow*

*If you really want to be Happy, just listen to me!  
 For I have learned how, from Misery, to be Free!  
 I have myself evolved from Achievement to Fulfilment  
 I have experienced the Bliss that comes from Enlightenment  
 Just follow me and you are sure to live with a Smile  
 My A to Z will give you Bliss, all the while!*

# OTHER BOOKS BY AiR

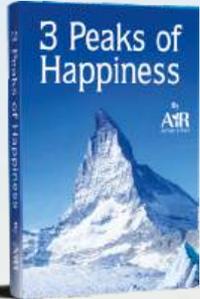
## 1. Talaash

Talaash means 'search' or a 'quest'. This book by AiR recounts his own Spiritual quest for the Ultimate Truth that led him to the Realization that we are neither the body nor the mind, but the Divine Soul.



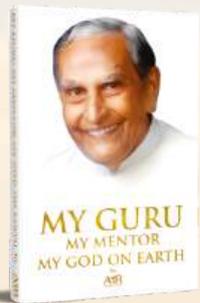
## 2. 3 Peaks of Happiness

This book talks about the universal quest of humanity – Happiness. It explains the ways through which people can reach the third peak of Happiness – Enlightenment which lies beyond the two peaks of Happiness – Achievement and Fulfilment. The third peak liberates us from the prisons of misery and sorrow and gives us Eternal Joy and Bliss.



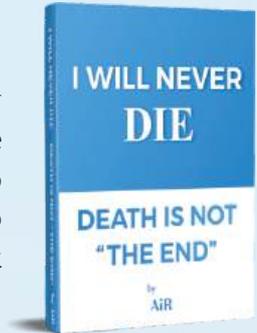
## 3. My Guru, My Mentor, My God on Earth

This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him to begin his Spiritual quest and bringing about the transformation in him.



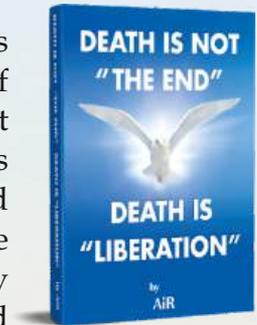
#### 4. I will Never Die, Death is Not “The End”

In the journey of his life, AiR Realized many truths. One of the truths is a revelation – we never die; Death is not the end but a bend to transcend. The body will die, but the one who lives in the body never dies. This book explains this truth in detail.



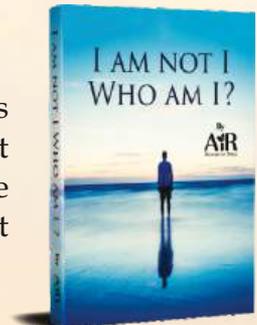
#### 5. Death is Not “The End.” Death is “Liberation”

The second book by AiR in the series of books on 'Death' touches upon the secret of Kathopanishad which talks about what happens after death. One of the two things can happen: if we think we are the body and mind as a doer, we are reborn, but if we realize that we are the Soul and not the body and mind, we are liberated to Eternal Joy and Peace.



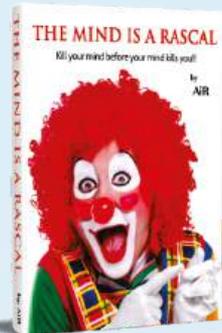
#### 6. I Am Not I. Who Am I?

This is an insightful book by AiR which talks of his quest and Realization that we are not who we think we are. We have a car but we are not the car. Similarly, we have a body but we are not the body. Then, who are we?



## 7. The Mind is a Rascal

You always thought that the mind is king – it is everything. But it's a rascal! Try this. Sit quietly for an hour, and try to find the mind. Where is it? You will realize that the mind doesn't exist. This book by AiR will show us how the mind makes us suffer. It is time to find the rascal and kill it before it kills us.



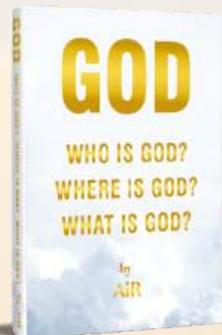
## 8. A Cosmic Drama

This book challenges the reader to explore the illusory nature of this world – whatever is happening in life is not real; it is nothing but a Cosmic Drama. If we understand this simple truth, we can enjoy the show called life.



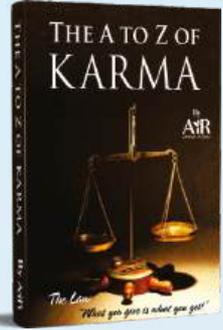
## 9. Who is God? Where is God? What is God?

These questions might seem simple enough but nobody really knows the answers. We all know that God exists. We pray to a God as per our Religion but what is the Truth about God? Has anybody seen God? Where is God? This book will change your perception and belief about God and help you Realize God.



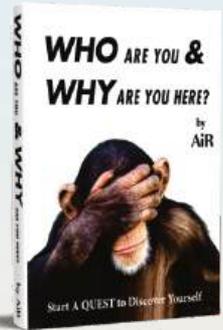
## 10. The A to Z Karma

Most people are aware of the concept of Karma – the Universal Law that states, 'What you give is what you get.' But not everybody knows the A to Z of Karma that we can actually transcend Karma, escape from all misery and sorrow, and ultimately attain Liberation or *Moksha*. This book reveals the secret of Eternal Joy and Peace – a life without any misery or suffering.



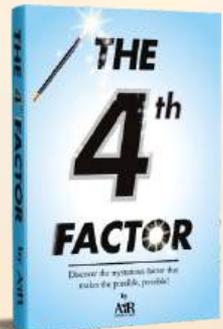
## 11. Who Are You and Why Are You Here?

This is a simple book that prompts us to ask the right questions to discover the secret of our life – who we are in reality and what the purpose of our life is. The answers to these questions hold the key to a meaningful and blissful life.



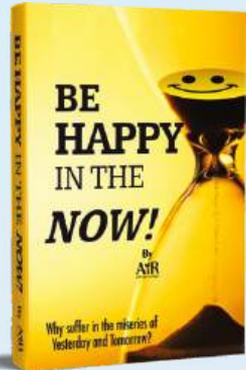
## 12. The 4<sup>th</sup> Factor

Man gets upset when his efforts don't bear fruit. This is because man is ignorant about the 4<sup>th</sup> Factor that is beyond human comprehension. Without its consent, even the possible becomes impossible. This is an informative book that makes the readers understand why things happen the way they happen!



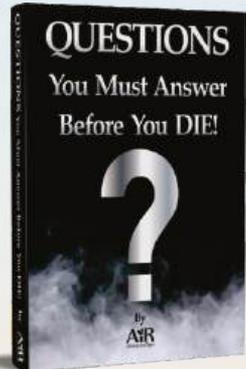
### 13. Be Happy in the NOW!

Every human being on earth wants to be happy. There is nobody who enjoys pain. But what is the secret of Eternal Joy, Bliss and Peace? It is being happy in the NOW. With this book, AiR hopes to inspire people to live life moment by moment if they really want to be happy.



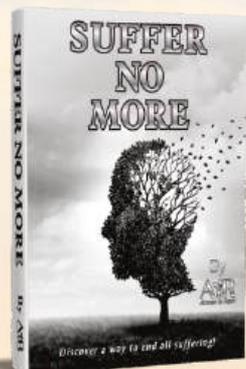
### 14. Questions You Must Answer before you Die!

Most of us live and die but we don't ask the question—Why? We just exist! This book presents a series of important questions with answers that can guide us to the Realization of the Truth and help us live with meaning, purpose, and joy.



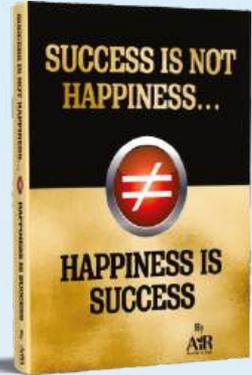
### 15. Suffer No More

'Suffer No More' is a personal experience of overcoming anguish, anxiety, distress, and grief. It is an analysis of suffering, what causes it and how we can overcome it. While there is pain, we can do away with suffering. This book will tell us how.



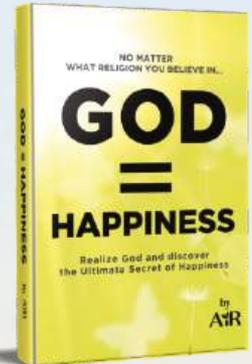
## 16. Success is not Happiness, Happiness is Success

People want to win because this makes them happy, just as failure makes them miserable. This book explains how success does not bring happiness and how this belief is only an illusion. In fact, instead of chasing success, we should try to be happy! That is true success.



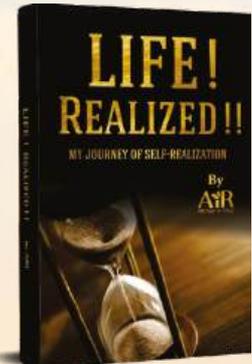
## 17. God = Happiness

In his quest to discover Truth and the purpose of life, the author realized that people didn't know where exactly to search for happiness. This is a book that takes us far beyond religion to Realize the Truth about God and how God is Happiness.



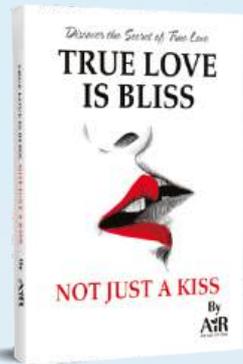
## 18. Life! Realized!!

This book is a personal reflection of the author on his several realizations while on his quest for the Truth about everything that matters in the journey of life.



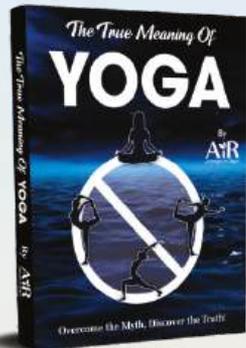
## 19. True Love is Bliss...Not Just a Kiss

Love, which is a source of joy and happiness, is not really understood by the world. This book is an attempt to explore True Love. True Love is White Divine Love from the Soul that manifests as the 7 colours of human love from the day we are born till the day we die.



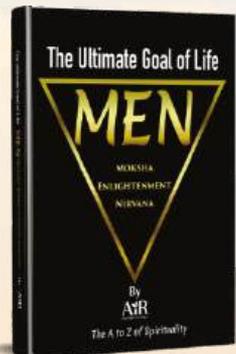
## 20. True Meaning of Yoga

Yoga, today, is primarily taught as a set of body postures and breathing exercises. But this is not true Yoga! Yoga, in reality, is a constant union with the Divine. This book attempts to explain how through Yoga one can be liberated from the cycle of death and rebirth.



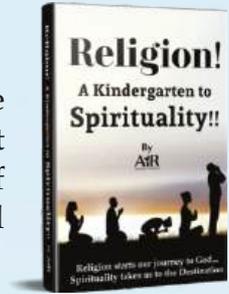
## 21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

The three most tenable concepts—*Moksha*, Enlightenment, *Nirvana* are discussed in this book that can help us reach our Ultimate Goal of Liberation and then Unification with the Divine.



## 22. Religion! A Kindergarten to Spirituality!!

This book discusses how Religion is only the first step towards God-realization. We do not realize that Religion is only a Kindergarten, of which Spirituality is the University, and together they can lead us to God-realization.



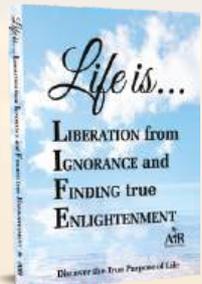
## 23. Why Bad Things Can't Happen to Good People!

This book helps us understand that this world has been created by the Divine and it operates through certain Universal Laws that need no intervention by the Creator. Bad things can never happen to good people, just as apples can't grow on mango trees!



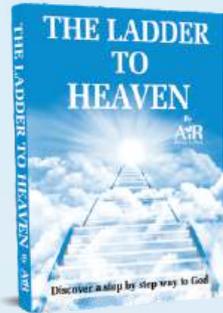
## 24. LIFE is...Liberation from Ignorance and Finding true Enlightenment

Most people just exist but they don't truly live. They just zoom from womb to tomb, and then life is over. They don't stop to think about their life's true purpose. In the pursuit of happiness, success and achievement, people don't realize that they lose their most precious gift—life itself. This book reveals what life is all about.



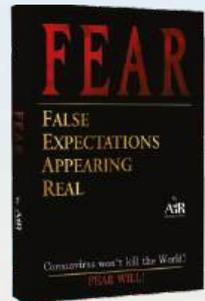
## 25. The Ladder to Heaven

Most people believe in God and aspire to go to their God in heaven one day. It doesn't matter what our religion is, there is a way to reach God. There is a Ladder that can take us to heaven but we need to ascend the rungs of the Ladder to Heaven. This book shows a step-by-step way to God-realization.



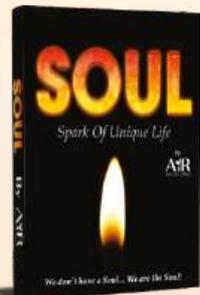
## 26. FEAR- False Expectations Appearing Real

The world has changed today because of Coronavirus. But it's up to us to live with FEAR or FAITH. There is a difference between Fear and Danger but most of humanity lives with the constant fear of disease and death. Through this book, the author inspires people to live with courage and not panic.



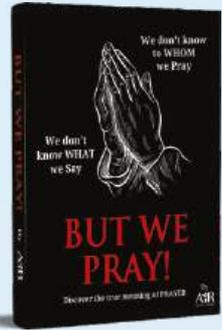
## 27. SOUL - Spark of Unique Life

The Soul is mysterious. We are alive because of our Soul. But what exactly is the Soul? We cannot see the Soul, but we all believe that we have one. This book will help genuine seekers of the truth to do some Soul searching and realize - we don't have a Soul...we are the Soul!



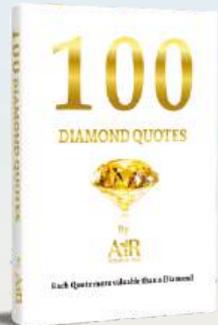
## 28. But We Pray!

The whole world prays to God. Every religion claims that their God is the real God and their prayer is the most effective form of prayer. Unfortunately, we don't even know the God we pray to nor do we understand what we say in prayer. This book will help us build a Divine connection through prayer.



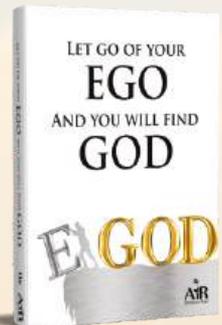
## 29. 100 Diamond Quotes

Our life needs a spark and a simple quote can make this difference. This book is a selection of AiR's inspiring quotes on Happiness, Liberation, Realization, Spirituality and Enlightenment that can trigger a metamorphosis in us in the quest for the true meaning of life, giving us more happiness than all the diamonds of this world.



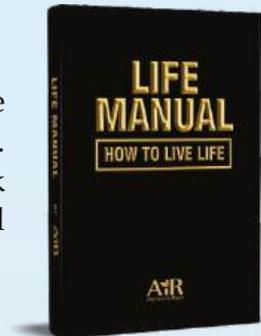
## 30. Let go of your Ego and you will find God

Are you seeking God? All you have to do is to let go of your Ego. Our biggest enemy, ME - Mind and the Ego, envelops us in ignorance and we go round in circles without discovering God within. This book will transform your life. It will show you the way to God just as it will guide you on how to let go of your Ego.



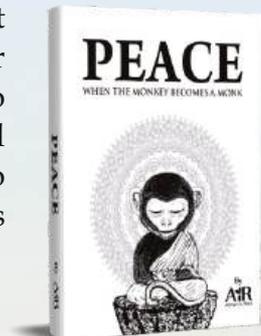
### 31. Life Manual - How to live life?

Whenever we get a new gadget, we read the operating manual before we start using it. But there is no such manual on life. This book is what we all need. It tells us what life is and how we should make the most of it.



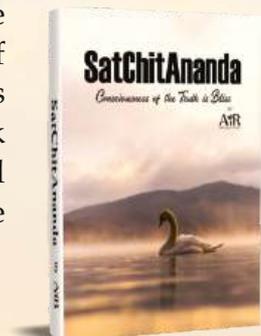
### 32. PEACE... When the Monkey becomes a Monk!

We all seek peace of mind but we don't realize that it is our own mind that steals our peace by constantly jumping from thought to thought. Unless we tame the monkey mind and make it a monk, we will never be able to experience true bliss. This book will show us the way.



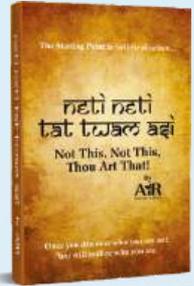
### 33. SatChitAnanda - Consciousness of the Truth is Bliss

Very few people go in search of the true meaning of life. If they become conscious of the truth, they experience *Ananda*, a bliss unknown to the common man. This book reveals the secret of *SatChitAnanda* and shows us the way to live every moment of life with seamless joy and peace.



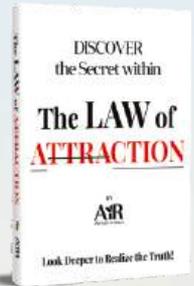
### 34. *Neti Neti, Tat Twam Asi* - Not This, Not This, Thou Art That

What is the way for a common man to be enlightened? This book reveals the key to opening the door to Enlightenment. It is *Neti Neti, Tat Twam Asi, Not This, Not This, Thou Art That*. To Realize the Truth of 'Who am I?' the first thing we must discover is 'Who I am not'.



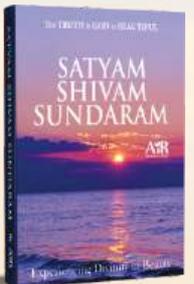
### 35. Discover the SECRET within The LAW of Attraction

Many of us believe in the Law of Attraction, that we can realize our dreams through this mystical, magical law. But not all people are able to realize their dreams. This book reveals the 'real secret' within the Law of Attraction that actually works. It is the Law of Action.



### 36. *Satyam Shivam Sundaram* - Experiencing Divinity in Beauty

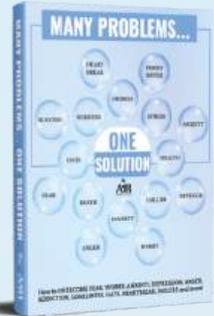
This book, based on the ancient chant *Satyam Shivam Sundaram* - the Truth is God is Beautiful, will help us realize a profound truth, that Beauty is Divinity. It will change the way we pray and build a closer connection with God, as we realize the Divine in the temple of our heart.





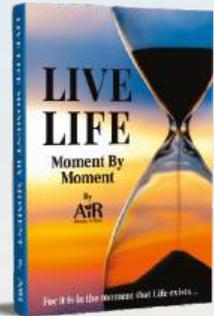
## 40. Many Problems, One Solution

Everybody has problems. Some people have money related problems, some face challenges due to health. There are people who live with fear, worry, jealousy, stress, anxiety, depression, even with the thought of suicide. The list is endless! Is there a way out of this suffering? This book has the secret!



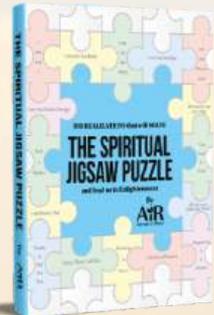
## 41. LIVE LIFE... Moment by Moment

Neither is life a journey from birth to death, nor is it the number of years we live on earth. Life is about 'now', this moment. If we lose this moment, we lose life. Unfortunately, most of us don't live, we just exist! This book will inspire you to Live life in the now, moment by moment!



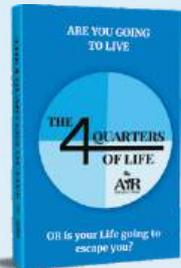
## 42. The Spiritual Jigsaw Puzzle

Are you seeking Eternal Happiness or searching for the ultimate purpose of life? Then this is the perfect book for you. The 100 Realizations in this book are the 100 pieces of the Spiritual Jigsaw Puzzle, that, once put together, will lead you to be enlightened with the Truth, and liberate you from all suffering to experience a Spiritual ecstasy unknown to common man.



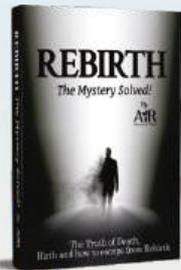
### 43. The 4 Quarters of Life

Read this book to discover the purpose of life. We must divide our life into 4 Quarters. The First Quarter is about Learning, while the Second is about Earning. The Third and the Fourth Quarter are meant for us to attain the ultimate goal of life, Enlightenment, which few people do.



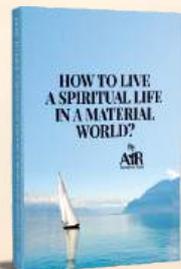
### 44. REBIRTH... The Mystery Solved!

Do you believe in rebirth or does the mystery of rebirth baffle you? We know that death is certain but is there something beyond death? While we witness births and deaths, we wonder whether rebirth is a reality or not. This book will help you decode the mystery of rebirth, just as it will reveal the secret of escaping from the cycle of Death and Rebirth.



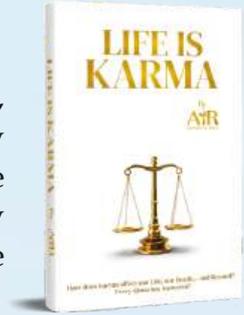
### 45. How to Live a Spiritual Life in a Material World?

Most of us are lost in the material world and only turn to Spirituality when suffering comes our way. We don't realize that a Spiritual life can liberate us from all misery and suffering. Is it even possible to live a Spiritual life in this material world? Of course, it is! Discover the secret revealed in this book.



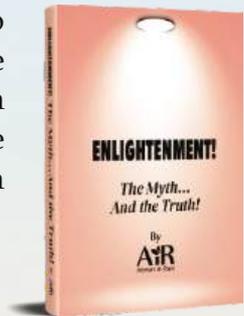
## 46. Life is Karma

Every time something happens in life, we say, 'Karma!' Yet, we still don't understand how Karma really works. This book has all the questions along with the answers and how you can transcend Karma and be free from the Karmic cycle of death and rebirth.



## 47. Enlightenment - The Myth and The Truth

We have been gifted with a human birth so that we can attain Enlightenment. For this we have to unlearn many lies that we have grown up with. This book will help you be enlightened as it discriminates the Truth from the Myth.

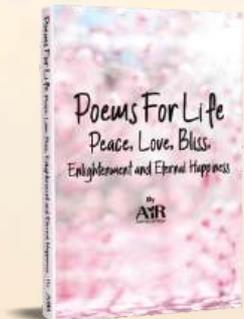


## 48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness

Never have you read a book of Poems like this, Poems that will give you Peace, Love and Happiness.

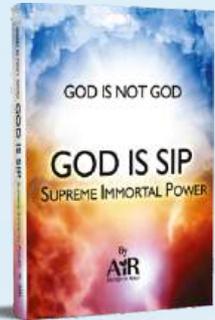
Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife!

So, if you ever want to read a book, choose this, These Poems have Meaning, and they are full of Bliss.



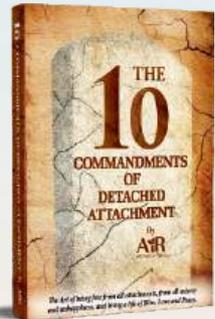
## 49. God is not God. God is SIP – Supreme Immortal Power

God is not God! When you read these words, you will be shocked but this is the Truth. When we say God, we think of the God we pray to every day. When you go in search of God, you realize that God is Supreme, Immortal, without birth and death. There is no God beyond God. That's why we don't call God, God. We say, God is SIP, the Supreme Immortal Power.



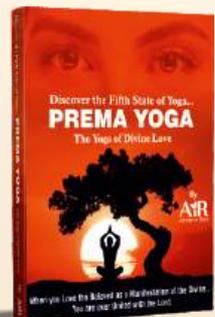
## 50. The 10 Commandments of Detached Attachment

There are the 10 Commandments which can liberate us from all attachments. If only we learn to live with detachment, we will be free. Follow these 10 Commandments and live a life of bliss and peace.



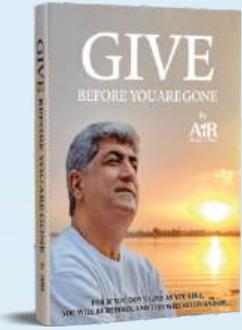
## 51. The Yoga of Divine Love - Prema Yoga

The world knows of the 4 states of Yoga: *Dhyana*, *Bhakti*, *Karma* and *Gyana* Yoga. The Yoga of Meditation, Devotion, Action and Education. *Prema* Yoga, the Yoga of Divine Love is the Fifth state of Yoga unknown to the world. When we go beyond loving the physical appearance of the Beloved, and love the Soul then we are actually loving God.



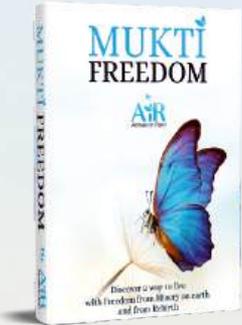
## 52. Give before you are Gone!

Give before you are gone. You don't have a choice. If you don't, it will anyway be snatched away. Open your eyes and realize that you come with nothing and you will go with nothing. Nothing belongs to you. Let us give as we live.



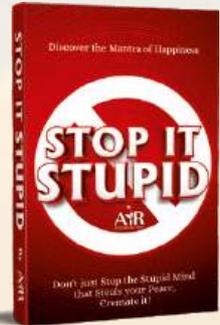
## 53. Mukti - Freedom

What is *Mukti*? It is Freedom - not only from all misery on earth but also Freedom from Rebirth. This book reveals that we not only need Freedom from all joy-stealers, but also Freedom from the cycle of death and Rebirth.



## 54. Stop it, Stupid!

How often have you felt that you have been stupid, and you could not stop the stupidity! If you want to put an end to your stupidity, this book is just the book for you. In this book, AiR shares a simple tool that will help you stop being a fool, a Mantra, we never learned in school! All you have to say is, 'Stop it, Stupid!' to yourself when you feel like a fool, and you will see the magic.



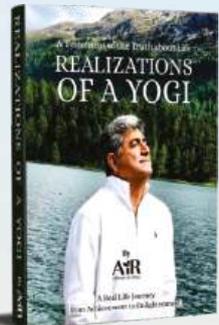
## 55. Don't cut a Cake ! Awake! Your Birthday is Fake!!!

Do you cut your birthday cake? Stop! Your birthday is fake! You were born inside your mother's womb nine months earlier. We are that Spark Of Unique Life, the SOUL that comes alive at conception.



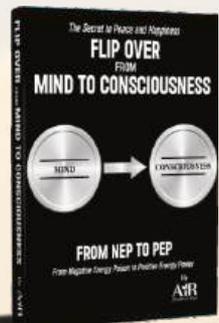
## 56. Realizations of a Yogi

This book is the real life journey of an achiever who realized the truth and became a Yogi. In this book, AiR shares how he experienced a metamorphosis and how he lives in Yoga to attain the ultimate goal of Liberation and Unification with the Divine.



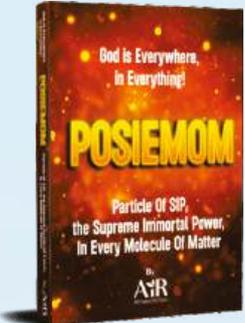
## 57. Flip Over! From Mind to Consciousness, from NEP to PEP

How do you flip your life over from being sad to being glad? There is a way. Flip over from a state of Mind to a state of Consciousness, from Thoughts to Thoughtlessness, from Negative Energy that is Poison, to Positive Energy that is Power. How? The solution is in this book!



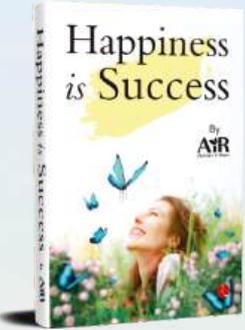
## 58. POSIEMOM - Particle Of SIP, the Supreme Immortal Power, In Every Molecule Of Matter

To the world, God lives somewhere far away in the sky. But God is SIP, the Supreme Immortal Power that is everywhere, in everything. SIP appears as the Soul in living beings and also manifests as every particle that fills this universe. Everything is energy. Even science agrees with this.



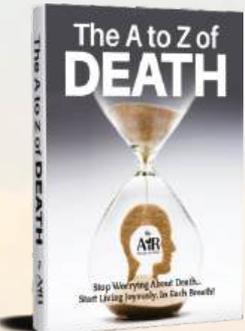
## 59. Happiness is Success

Success is not happiness, happiness is success. AiR lived for 25 years on the peak of Achievement, then Fulfilment, only to realize that the ultimate peak of happiness is beyond these. It is Enlightenment. This book can transform your life.



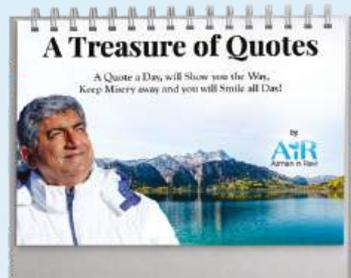
## 60. The A to Z of Death

Death is certain. Still, we fear death because we are ignorant about the truth of death. Death is not the end, it is just a bend. At death, either our Mind and Ego will be reborn based on our Karma or if we are enlightened with the truth, then we will be liberated and united with the Divine.



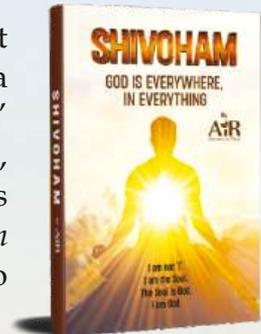
## 61. A Treasure of Quotes – Perpetual Calendar

‘A Treasure of Quotes’ is a Perpetual Calendar. It consists of 366 quotes on life, happiness, Karma, God, the purpose of life, one for each day of the year. At the end of the year, you can restart from the first page. Each page will inspire you to begin a Spiritual quest.



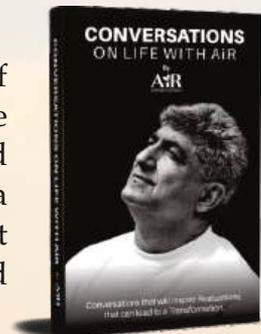
## 62. Shivoham

*Shivoham* means I am *Shiva*! Actually, it means ‘I am nothing but the Divine Soul, a part of the Supreme Immortal Power, SIP.’ Adi Shankara said in the 8<sup>th</sup> century, ‘*Chidananda Rupah Shivoham Shivoham.*’ This book will take you through from *Om Namah Shivaya* to *Shivoham*, from faith in God to realizing God.



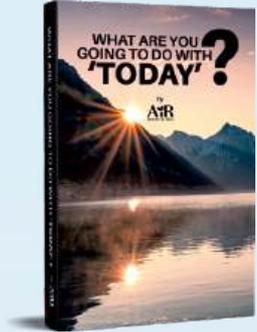
## 63. Conversations on Life with AiR

Conversations on life is a collection of discussions that AiR has had with people he has met on his travels or at conferences and talks. Any of these conversations can light a spark that can inspire you to go on a quest and be liberated from all misery and suffering.



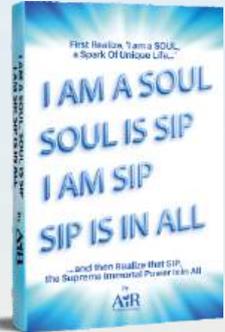
## 64. What Are You Going To Do With TODAY?

The biggest gift that we all have is the gift of 'Today'. That is why it is called 'The Present'. Unfortunately, we let 'Today' slip away and we don't realize that our life itself has escaped us. This book will inspire you to take charge of TODAY.



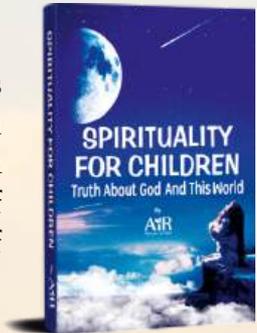
## 65. I am SOUL. SOUL is SIP. I am SIP. SIP is in All.

We live in ignorance and don't realize the truth that we are neither the Body nor the Mind and Ego, ME. In reality, we are the SOUL that is nothing but SIP, the Supreme Immortal Power that is everywhere, in everything. These four phrases are identical to the 4 Mahavakyas of the *Upanishads*. This book can help us attain the ultimate goal of life – *Moksha*.



## 66. Spirituality for Children

Here is a book that has a collection of stories that will help children learn and evolve in a new science, the science of the Spirit known as Spirituality. Let's change the mindset of children and help them take the path of Enlightenment.



OTHER BOOKS BY AiR

**AND NOW...**

**67. The A to Z of Happiness**

**COMING SOON...**

**68. 8 Stages Of Spiritual Awakening**

**69. Our Greatest Sin**

**70. Start A QUEST to Discover the Purpose of LIFE**



# The A to Z of HAPPINESS

Who doesn't want to be happy? We all enjoy pleasure and we think that it is bliss but we don't realize the way to Eternal Happiness.

'The A to Z of Happiness' is a result of over 10 books on Happiness. After 15 years of studying what happiness is all about, this is a collection of secrets that are guaranteed to take us to that Ultimate Peak of Happiness. We all enjoy pleasure and some of us are blessed with peace but very few of us discover the true purpose of our existence which opens the door to that state of ecstasy and bliss where we are liberated from all pain, sorrow and unhappiness. Do you want to reach that state of Ultimate Bliss? You can! Do you want that peace, where all miseries cease? There is a way to Eternal Bliss that comes from Truth Consciousness. Then, you can live a life of Everlasting Happiness, Divine Love and Eternal Peace.

This book has it all! It is not just another way to pleasure but it is a true Happiness Treasure. You no more need to be sad, for this book will show you a way to always be glad. Get ready to smile all the while, as you discover The A to Z of Happiness.



**AiR**  
Atman in Ravi

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