

AiR - ATMAN IN RAVI

UNHAPPINESS *IS A CHOICE!*

AiR
Atman in Ravi



HAPPINESS
IS A CHOICE TOO

AiR - ATMAN IN RAVI

UNHAPPINESS *IS A CHOICE!*

AiR
Atman in Ravi



HAPPINESS IS A CHOICE TOO

HAPPINESS

UNHAPPINESS

is a Choice!

HAPPINESS

IS A CHOICE TOO

By

AiR

Atman in Ravi

Ravi V. Melwani

Copyright © AiR Institute of Realization 2025

AiR asserts the moral right to be identified as the author of this book.

ISBN 978-93-342-2114-5

All rights reserved.

No part of the content of this publication (except images) may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the publisher.

Printed by: The Safire Offset Printers

Publisher: AiR - *Atman* in Ravi (Ravi V. Melwani)

Kemp Fort Mall, No-97, Old Airport Road, Bangalore-560017

**CHOOSE
TO BE
HAPPY!**





***Unhappiness is a Choice.
Be Happy!
Learn to Rejoice!***

CONTENTS

ABOUT THE AUTHOR	1
PREFACE	4
INTRODUCTION	5

Chapters

1. What Is Unhappiness?	7
2. Why Do We Become Unhappy?	8
3. Dog Sitting On A Nail	9
4. We Choose To Be Unhappy	10
5. Are We Destined To Be Unhappy?	11
6. Two Prisoners In A Jail	12
7. Who Steals Our Happiness?	13
8. Have You Ever Seen The Mind?	14
9. FEAR – False Expectation Appearing Real	15
10. How To Overcome Worry?	16
11. Don't Let Stress Create A Mess!	18
12. Replace Anxiety With Tranquillity	19
13. Of What Use Is It To Regret?	20
14. Shame Can Spoil Our Game!	21
15. Is Guilt On Which Our Life Is Built?	22



16. How To Kill The Mind	23
17. The Ego Creates Monsters Of Unhappiness	24
18. Let's Transcend The Ego	25
19. Burn Anger Before Anger Burns You	26
20. Keep Hate Outside The Gate	27
21. Revenge Happens Only With Duality	29
22. Why Be Jealous?	30
23. Pride Can Make Us Miserable	31
24. Replace Greed With Need	32
25. The Ego Creates Selfishness	33
26. Aren't We Choosing Unhappiness?	34
27. The Old Lady And Her Wild Animals	35
28. Can We Choose To Be Happy?	36
29. Some Things, We Can't Change!	37
30. The Art Of Acceptance	38
31. Learning To Surrender	40
32. Be Happy. Don't Try To Become Happy	41
33. Are You Running After Success?	42
34. Money Can't Buy Happiness	43
35. Happiness Has 3 Ps	44



36. Happiness Is A Choice	45
37. The Monkey Is Always Unhappy	46
38. Douse The Fire Called Desire	47
39. Count Your Blessings	48
40. Change The Way You Spell HAPPY	49
41. Peace Is The Foundation Of Happiness	51
42. How To Find Peace Of Mind	52
43. From Achievement To Enlightenment	53
44. Does Love Make You Unhappy?	54
45. The Art Of Detached Attachment	55
46. Love Is Of The Soul	56
47. Nothing Is Ours	57
48. Understand Who Suffers	58
49. Are We The Body?	59
50. Do We Have A Mind?	60
51. I Am Not 'I'	62
52. We Can Eliminate The Triple Suffering	63
53. Do You Lock The Door?	64
54. Are You Stupid?	65
55. Stop It, Crop It, Chop It, Drop It!	66



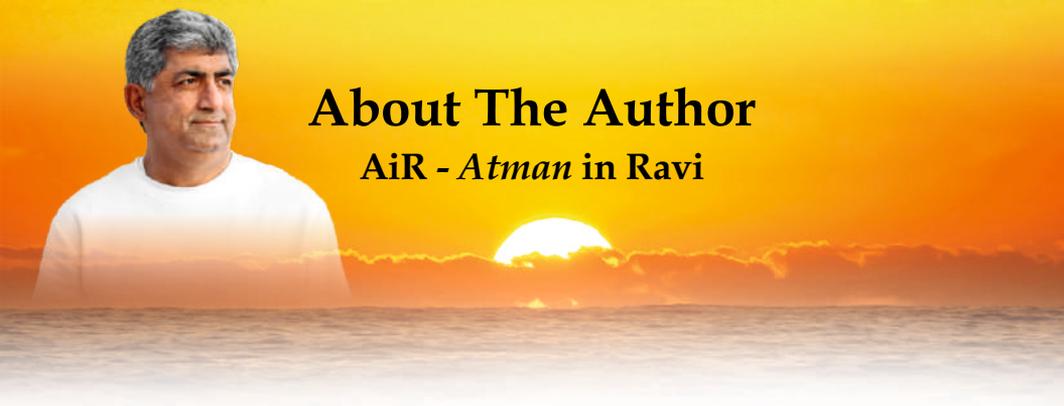
56. You Are Not The Sufferer	67
57. Choose Your Mood	68
58. Heaven Is Not In The Sky	69
59. The Law Of Karma Controls Our Happiness	70
60. Where Is Your Happiness Card?	71
61. What Are Your Joy Stealers?	73
62. Remember, Nothing Matters	74
63. The World Is Just A Show	75
64. It's OK!	76
65. Unhappiness Is A Choice	77
66. It's Not Our Bad Luck	78
67. Don't Have A Crab Mentality	79
68. Are You Really Depressed?	80
69. The Boy Who Wanted To Commit Suicide	81
70. Overcome The Lies	82
71. You Have The Right To Be Happy	84
72. Life Is A Boomerang	85
73. Problems Don't Last Forever	86
74. Use The 'Problem Sheet'	87
75. The Magic Of Silence	88



76. The AiR Happiness Secret
 77. A - Always In Consciousness
 78. i - Intelligence Over Ignorance
 79. R- Rejoice Life
 80. H - Having Enthusiasm
 81. A - Acceptance
 82. P - Pleasure - Enjoy Life
 83. P - Peace - Still The Mind
 84. P - Purpose - Realize The Truth
 85. I - In The 'Now'
 86. N - Negative To Positive, NEP To PEP
 87. E - Ecstasy Of Divine Love
 88. S - Surrender
 89. S - *SatChitAnanda*
 90. S - Smile, All The While
 91. E - Eliminate The Mind
 92. C - Choose To Be Happy
 93. R - Respond, Don't React
 94. E - Enlighten The Ego
 95. T - Transcend *Bhoga*, Live In Yoga
- 

96. Stop Saying, 'I Want To Be Happy'	111
97. Resolve To Be Happy!	112
98. Refuse To Be Unhappy	113
99. God Doesn't Create Your Unhappiness!	114
100. Transform Your Life	115
AFTERWORD	117
POEM	118
OTHER BOOKS BY AiR	123





About The Author

AiR - Atman in Ravi

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

AiR – *Atman in Ravi*, is an Awakened Soul, Transformational Author, Singer, Philanthropist, 'Happiness' Ambassador and a Messenger of True Love. He is on a mission to help people discover the way to Eternal Happiness through Enlightenment. AiR spells the words 'Happy' and 'Happiness' with 3 Ps, because he has realized that True Happiness is evolving from Pleasure from achievement, to Peace from fulfillment and ultimately to Purpose from Enlightenment. This is to live a life of True Happiness!

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

Like anybody else, AiR started his life being religious. He built a Shiva temple in 1995. Subsequently, inspired by his Guru, he realized that God lives in the temple of our heart and he changed the name of the temple to *Shivoham Shiva Temple*. Now, he doesn't pray *to* Shiva but prays *through* Shiva, to SIP, the Supreme Immortal Power that is nameless and formless, birthless and deathless, the Divine Power that is everywhere, in everything. His Realizations resulted in his own metamorphosis as he realized that we are the Soul, the *Atman*, a part of the Supreme Immortal Power. He let go of his given name and called himself AiR – *Atman* in Ravi, which means, the Soul embodied as Ravi. AiR, now, lives as an instrument of the Divine, doing His Divine Will.

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

Based on his Realizations, AiR has authored over 85 books, composed and sung about 1470 *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.

Connect with AiR - *Atman* in Ravi at:



Website: air.ind.in/



Speakingtree.in/air-atmaninravi/



[Linkedin.com/company/air-institute-of-realization/](https://www.linkedin.com/company/air-institute-of-realization/)



[Instagram.com/airatmaninravi/](https://www.instagram.com/airatmaninravi/)



[Facebook.com/airatmaninravi/](https://www.facebook.com/airatmaninravi/)



[Youtube.com/channel/air-atmaninravi/](https://www.youtube.com/channel/air-atmaninravi/)



[In.pinterest.com/airatmaninravi/](https://in.pinterest.com/airatmaninravi/)



You can directly WhatsApp AiR on +91 98451 55555



AiR Linktree

PREFACE



After writing 86 books on Life, Enlightenment and Happiness, I realized that people don't want to be unhappy. They don't want problems. They want to be happy. But somehow, they believe that they are destined to be unhappy. They feel that their Happiness is not in their hands and this makes them even more unhappy, frustrated and depressed.

Here is some good news! We can be happy! We can choose to be happy. But for this, we must realize that we don't have to be unhappy. There are easy ways to overcome unhappiness. Most importantly, we must realize that unhappiness is a choice.

If we are unhappy, we must know that it is because we have chosen to be unhappy. No doubt, we cannot control what is happening outside us but we can be totally in command of what is happening inside us. We cannot control other people's actions but we can control our reactions. We cannot control what happens in the world but we can change the way we react to what is happening. We have a choice. If we don't exercise our choice, we are not wise! Unhappiness is a choice. So is Happiness!

I decided to write this book because I wanted to remind the world that we don't have to be unhappy. We can refuse to be unhappy, no matter what. We can choose to be happy. Happiness is in our hands!

INTRODUCTION



Why do we become unhappy? Who becomes unhappy? Sometimes, we don't even realize what the cause is but we just become unhappy. We become depressed and frustrated and remain that way, dragging ourselves through this most precious gift called human life.

Who becomes unhappy? It is ME, the Mind and Ego. *Of course, we become unhappy when there is pain of the body but that pain passes through a vein to our brain and we can cut that chain of pain!* The pain that really causes us to drain is the pain of the mind, fear, worry, stress, anxiety, regret, shame and guilt. The other monsters that cause pain are created because of the ego. They are anger, hate, revenge, jealousy, pride, greed and selfishness. How can we deal with these miseries? There is a simple way. It is to be in Consciousness.

In this book, we will not only talk of why we become unhappy but we will find out how we can be happy, how we can flip over from negative to positive and how we need not suffer, worry and cry. We will find out who suffers and we will suffer, no more! Not only will we overcome unhappiness but we will also learn the art of being happy. By the end of this book, we should not be saying, '*I want to be happy,*' but rather, '*I am happy. I choose to be happy.*' Do we want to be unhappy? Nobody does! But not many realize that their unhappiness is their choice. We can refuse to be unhappy. Find out how!

*Unhappiness is a Choice.
But this is known only to the wise!
They Prioritize...
And Eliminate all lies.*



What Is Unhappiness?



Unhappiness is a state where we become unhappy. We lose our Happiness. It is a feeling that can be best understood as a negative or a toxic emotion taking over our life or just the moment. It may be fear, worry, stress or anxiety. It could also be anger, hate, revenge or jealousy. Any of these unhappy emotions can steal our peace and bliss and create unhappiness.

We all become unhappy every now and then. But to define unhappiness becomes difficult. We may be unhappy because we had a fall, fractured a bone, pulled a muscle or even tore a ligament. First, the physical pain causes unhappiness and then, we feel unhappy because we are stuck in bed for weeks or months. The thought that we cannot go to the mall, enjoy a movie or go for our evening walk can make us feel miserable. This feeling of being deprived and missing out on life makes us unhappy.

Unhappiness can also come from just being depressed, physically or mentally. Overeating can create unhappiness, just like a bad stomach. But we can become happy in moments when our fear is replaced by faith and our toxic thoughts dissolve, as problems are solved. Then the dark clouds of unhappiness are replaced by the light and joy of sunshine. Some people can become unhappy on a rainy day, just as some can burn in the heat. Each of us has our own reasons to be unhappy. But do we realize that unhappiness is a choice?

Why Do We Become Unhappy?



We are not always unhappy. We become unhappy. It is because we may have a desire that is not fulfilled or an expectation that is not met. We may have been happy just a moment ago but it seems like in the next moment, the dark shadow of misery has enveloped us in sorrow.

We sometimes become unhappy because we jump into a past that is gone and regret something that had happened. We feel guilty of what we did, even ashamed of ourselves. As if this is not enough, our mind jumps into a tomorrow and creates fear. We worry, get anxiety attacks and become stressed. In a moment, our Happiness is replaced with unhappiness.

What made us unhappy? Nothing! Nothing really happened. But our mind filled up with toxic thoughts and robbed us of our bliss. Just before this, we were happy, joking and celebrating but in a few minutes, we were overpowered by the toxic thoughts of the mind. The mind is the most common creator of unhappiness. MIND itself is Misery, Ignorance, Negativity and Desires. Without the mind, we could be happy. But when the mind appears, we become unhappy.

Not just the mind, but the ego, too, can make us unhappy. We become angry and the rage burns our bliss. We can hate, become jealous and miserable. Not just the mind and the ego, we know that our body can make us unhappy too. What we don't know is that unhappiness is a choice!

Dog Sitting On A Nail

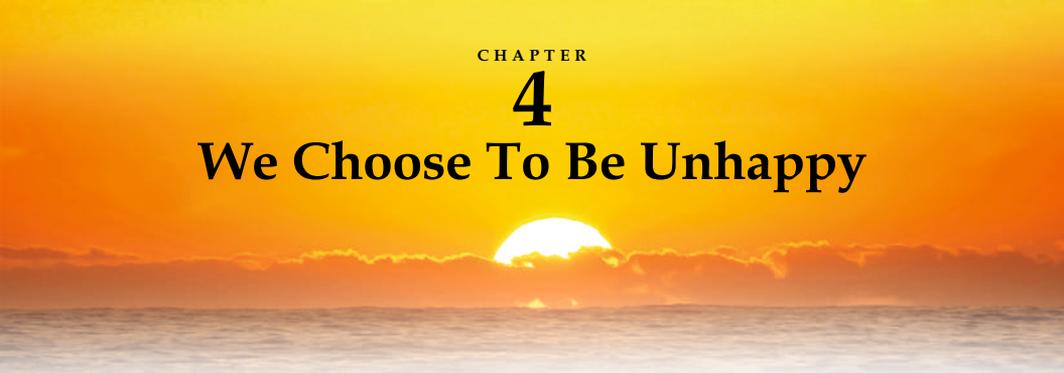


One day, when I went to meet my friend, Roger, I heard somebody groaning in pain, 'Grrr....grrr....grrr!' 'Hey Roger,' I asked, 'Who is groaning?' 'Oh, don't worry about that,' replied Roger, 'It's my old dog, Tommy.' Out of concern, I asked, 'Is he in some kind of pain?' 'No,' said Roger, 'He is just sitting on a nail.' Surprised, I asked him, 'Why? Why is Tommy sitting on a nail and groaning, grrr....grrr.....?' Roger replied, 'Oh! Because it is not hurting him that much!'

Aren't many of us like Tommy? We sit on a nail and then, we groan through life, 'Grrr....grrr...grrr! Oh, how I hate my job, grrr! My partner is so boring, grrr! The food is so yuck.. grrr! It's so hot. Grrr!' There are dozens of reasons why we groan and moan through life. But just like Tommy, we continue to sit on a nail and we moan and groan in pain. If Tommy wanted, he could have gotten up from that nail but it was not hurting that much! We, too, drag through life with our pain, misery and sorrow, because we are able to manage that unhappiness and don't snap out of it, even though we have a choice.

Unhappiness is a choice. We human beings have been blessed with both, an intellect to discriminate and a willpower to choose. We can either groan through life, 'Grrr.... grrr....grrrr!' or we can change and celebrate life. It is our choice. Unfortunately, we remain unhappy because we choose not to change.

We Choose To Be Unhappy



Life is a merry-go-round. Sometimes we are glad and sometimes we are sad. We all experience unhappiness every now and then. Some of us are unhappy all the time, while some of us experience sorrow once in a way. But have we realized that we become unhappy because we choose it? We don't realize it. '*Are we crazy?*' is the immediate response when we read - '*My unhappiness is my choice!*' But that is the reality. All our miseries and all our sorrows are because we choose to be unhappy.

Reflect on your unhappiness. Somebody says something rude and you become unhappy. You have some expectations, which are not met. You start to sulk. You have pain in your foot and you cry. You see somebody better off than you and become jealous. You get angry because somebody made a foolish mistake that hurt you. There are hundreds of examples of how we become unhappy. But the underlying fact is one - Unhappiness is a choice.

Can you control somebody's actions? You can't! But can you control your reaction? You can. When you react to somebody's rude talk, aren't you choosing to be unhappy? Every desire will lead to disappointment but still, you choose to desire. Every 'body' that grows tall, will have a fall. Accept, don't protest. The ego that says, 'I' will always compare and cry. Everything that makes us unhappy is a choice. Unhappiness is a choice!

Are We Destined To Be Unhappy?



Many of us believe that our misery is our destiny. We were born to cry. We came to earth to suffer this birth. But is this true?

No doubt that whoever is born, experiences the triple suffering - the pain of the body, misery of the mind and agony of the ego. But are we actually destined to be unhappy? No! This is a lie!

We come to this world because of our Karma, our past actions. If there were no Karma, we would not be born. We arrive on earth with a combination of good and bad deeds of the past. These deeds become seeds that unfold as our life. Just like the seeds we plant, decide what fruit will be on the tree, our deeds decide our destiny. But everything that is happening is not because of our past Karma, our past deeds. We have a choice. We can choose our deeds, plant new seeds and change our destiny.

Our life is a combination of two types of Karma - one Karma that we bring to earth and the other Karma that we do after our birth. Together, this Twin Karma unfolds as our destiny. While we can't change our past Karma, we can change our present Karma. That is our choice. If we are miserable, it only shows that we are not doing the right Karma, today. If we did, we would not be unhappy. Karma is our choice. We can choose our actions, our Happiness and our destiny.

Two Prisoners In A Jail

Once, there were two prisoners living in a jail, both in identical circumstances. However, one was happy and one very unhappy. What was the cause? One prisoner kept on appreciating everything that he received in the prison, while the second prisoner kept on complaining, whining and crying about whatever he got.

One day, the jailor asked each a question independently to understand the cause of their joy and sorrow. 'Why are you so unhappy?' he asked the second prisoner. The prisoner replied, 'While I was in the previous jail, there was so much space, I could roam around. There were fruit trees and I could pluck some mangoes and be free. The rooms were bigger and the toilets were cleaner. Everything was better!' When the jailor asked the first prisoner how come he was so happy, though he was in prison, the prisoner exclaimed, 'Oh. This prison is so nice. You are so nice. The food is so good. The cell is so comfortable. Earlier, I could not even stretch my body. It was so crowded. There were not enough toilets. We had to wait. We got such little food to eat. Everything is better here. So, I am happy.'

Strangely, both the prisoners were happy and unhappy because they were comparing their present situation with their past. Don't we too become unhappy because we keep on comparing our life with what has gone by? Instead of appreciating what we have and being happy, we complain and become unhappy.

Who Steals Our Happiness?



Every night, when you go to sleep, don't you carefully lock the door of your house? You make sure that it is tightly locked so that a thief does not enter. But you don't lock the door of your head. Before you know it, a thief enters and steals your Happiness and soon, you are dead. You are full of misery and sorrow. The biggest thief that we must beware of is the mind. It quietly enters into our Consciousness and creates toxic thoughts in which we are caught. Fear, worry, stress, anxiety, regret, shame and guilt are enough to wipe out all Happiness from our life.

The mind has another friend called the ego. It brings in the ego to become the Mind and Ego, ME. The ego creates anger, hate, revenge, jealousy, pride, greed and selfishness. These seven miseries of the mind and seven monsters of the ego are enough, not only to steal our Happiness but also to destroy our life. Unfortunately, what we don't realize is that the entry of the mind and ego into the garden of our joy and bliss is our choice. If we wanted, we could have locked the door of our life so that the mind and ego could not enter. Unfortunately, the shameless mind does not knock at the door. It pushes the door and enters, throws us on the floor and before we realize it, we are happy no more! We must learn to shut the door. How can we shut the door so that we can stop the mind and ego? We must eliminate the mind from our life and completely destroy it, kill it! When it comes to the ego, we have to Enlighten it, Awaken it. Then, we can be happy.

Have You Ever Seen The Mind?



Have you seen your nose, your ears, your lips? Of course, unless you are blind. Still, you can touch them. You have also seen the picture of your heart and brain. It may be an X-ray or MRI. But have you ever seen the mind? What is its shape, its colour, its size?

If you contemplate what the mind looks like, you will be astonished to realize that you have never seen the mind. You can distinguish between the mind and the brain, which is a bundle of grey matter. But the mind is something you cannot find. How can you see the mind that does not exist?

Isn't it strange that although we haven't seen the mind, it seems to constantly create thoughts and steal our Happiness? In fact, we don't even know whether the mind only creates unhappiness or it can also create bliss. The mind fools us into believing that it is our best friend. In reality, it is a rascal, a thief, our biggest enemy!

What is the mind? The mind is nothing but a bundle of toxic thoughts. When a barrage of negative thoughts accumulates, it appears as the mind. Then, the mind can attack us with 50 toxic thoughts a minute. This can be a whopping 50,000 thoughts a day! Imagine being shot by this dangerous weapon, MK-50, the Mind Killer-50. It can be more dangerous than the AK-47. However, if we just still the mind, we can kill the mind because in reality, it does not exist.

FEAR – False Expectation Appearing Real

Doesn't fear paralyze us and steal our Happiness? It can sometimes create a phobia and make us paranoid. How can we stop fear from making us unhappy?

What is fear? F E A R is a False Expectation Appearing Real. Fear is not a real danger. It is just a toxic thought of the mind that stops us from being happy. Repeated thoughts of fear destroy our peace and our bliss. How can we eliminate this?

Smith started a new job in a new city. Everything was going great except he had a problem. Every day, when he would walk back home in the evening from the bus stop, a bulldog would chase him. He was frightened and miserable. He dreaded going back home every evening. One day, he learned that fears must be faced, 'Do the thing you fear, and the fear will disappear.' He decided to try it out. The next evening, as usual, the bulldog started chasing Smith. Halfway through, he turned to face and combat the bulldog with his arms stretched forward in a Karate position. There, the fierce-looking bulldog, with all its might, opened its big mouth. Smith was shocked. The bulldog had no teeth! Immediately, he picked a stick that lay nearby and started to chase the bulldog. This was the last chase that he had to make.

Fears, unlike dangers, have no teeth. They cannot bite. They are just illusory worries created by the mind. We must learn to eliminate fear before fear eliminates our Happiness.

How To Overcome Worry?



Don't we all worry? It may be a needless and meaningless thing like the possibility of rain tomorrow. But we worry. But what is worry and how does it affect our Happiness?

First of all, negative emotions like fear and worry are a choice. We must not choose them for when we do, they replace our peace and Happiness. Worry, for instance, is

W - Waste of Life

O - Overthinking

R - Repeating the Fear

R - Rehearsing the Problem

Y - Yearning for More

When we choose to overthink a fear or a problem, we create worry and lose our peace. *Toxic thoughts of the mind make us hurry, as we create worry and ultimately, we don't even enjoy our curry!* Nothing feels good because of the hurried fears and problems that zoom through our head. In reality, neither the fear is real, nor is the problem unmanageable. But the mind and its worry steal our peace and bliss. What can we do for this?

We must choose to eliminate worry, and for that matter, even fear from our life. It is a choice. We can either choose to worry or stop overthinking, repeating the fear, rehearsing the problem and enjoy our life. It's a choice, which if we don't choose, will fill us with strife! We don't have to worry. But we choose to worry till worry becomes a habit and so does unhappiness.



*Because of our Mind,
Our Happiness is left far behind!
But where is this rascal mind
that makes us blind?
We cannot find!*

Don't Let Stress Create A Mess!



If we want to be happy, we must choose Happiness. Not choose success that will create stress and make our life a mess! Life is not a race. Life is not to zoom from womb to tomb. We must not get caught in the maze. To be happy, we must live with grace. But why do we become unhappy? Because we don't choose Happiness! We can choose to be happy, by choosing fulfillment instead of achievement, by choosing Enlightenment instead of entertainment.

What is stress? STRESS is nothing but thoughts that are Sad, Toxic, Repetitive, Exhausting, Sadistic and Suffocating. Why is our life filled with stress? It is because we are made to believe that we should run till life is done. We run but we forget to enjoy life. We are not human *doings*. We are human *beings*. But there is no time to be, no time for silence, to be in Awareness and Consciousness. We don't experience Bliss in Truth Consciousness. Our life is a mess because we choose to create stress. However, we have a choice. We can learn to stop at our need and not let greed consume us. Happiness does not come from just making money. It comes from spending it. Most people are doing otherwise. We are climbing peak after peak, scaling new heights but we forget to see the beauty of the mountains and the splendour of the oceans. Life is beautiful! How many of us wake up to witness a glorious sunrise or a stunning sunset? Do we have time to listen to the songs of the birds? There is no stillness, no peace, the very foundation of Happiness. When will we realize that Happiness is success and not the other way round?

Replace Anxiety With Tranquillity



If we want to be happy, we must eliminate anxiety from our life and the only way to do it is to replace it with tranquillity. Unless we fill our life with peace, we will be running only after pleasure. Unless we take an exit from the highway of achievement, we will never scale the plateau of fulfillment. We will continue to remain a fool because of what we have been taught in school – that success is Happiness. We will believe that achievement is everything. We will continue to create stress and anxiety running after pleasure, thinking that pleasure is Happiness, when in reality, Happiness is just like a shadow. The more we chase it, the further it goes away. Therefore, Happiness will continue to remain a distant dream.

We are anxious about life, not realizing that life is just a drama. It's like a movie, a show. We are actors who come and go. Nothing is real. It is like a dream. Ultimately, nothing will be ours. Then, why are we full of anxiety? The sad news is that we choose to be anxious. If we want to be tranquil and peaceful, we can. We must learn to be satisfied. We must resolve to count our blessings. We must not let our wants replace our needs. Most of us have become like machines. We are so lost in the world's noise that the pandemonium of this world stops us from hearing the inner voice, the voice of peace, love and bliss.

If we want to be happy, we must choose tranquillity. We must not choose anxiety. For a moment, one will wonder, what fool chooses anxiety! We all do. We make what doesn't matter, matter. And what really matters, we don't have time for it.

Of What Use Is It To Regret?



Very often, we become unhappy because we think, '*I should have done it that way. I could have...I would have.*' We can't go back to yesterday. The past is gone. It's over, finished! But very often, we spoil a beautiful present moment when we live with regrets of the past. Can we go to yesterday and change it? It's impossible! Then, who creates regret? It is the mind. It is only the mind that can go back to what is gone and worry about what is not yet born. Because the mind creates thoughts of regret, we become unhappy. But this is a choice. We can choose to regret or we can change this.

Imagine, something bad happens. If we continue to nurse our hurt, curse our hurt and rehearse our hurt, we are choosing unhappiness. Instead, to choose Happiness, we must reverse our hurt. We must find a way to do something today that will wipe out the unpleasantness of yesterday. Just regretting will not make us happy. It will only create misery and sorrow, which very often, we will drag into our tomorrow.

Happiness is a choice. When we live with fear, worry, stress and anxiety, we create depression. We must replace this with inspiration. We must ask ourselves, '*What will we get out of regret?*' What is done and dusted is over and out. But what we don't realize is that we are losing our precious moments of joy, letting the mind create sorrow. We must eliminate the mind and with it, forget all regrets. Only then will our unhappiness turn to Happiness!

Shame Can Spoil Our Game!



Life is a game. What unfolds is Karma. Whatever is happening in our life, is a result of our deeds. We have planted some seeds. Now, those seeds will bear fruit. We have to learn to accept if we want to be happy. If we protest everything that is happening, we are only going to become unhappy.

Many of us spoil our life game because we live with shame. We feel ashamed of certain things in life. How can we be happy? We must eliminate shame and learn to play the game of Karma by doing the best we can. Once we have done our best, we must surrender the rest. There is no place for shame in life. Then, who is playing the 'shame' game? It is the mind! It humiliates us by making us think of our foolish behaviour in the past, which we cannot change, just as it stops us from changing our present behaviour which we can change. Toxic thoughts of the mind create regret and shame only to destroy our present moment of peace and joy. And when we permit our mind to create shame, we lose the game of Happiness.

Nobody is perfect. We all make mistakes but our biggest mistake is to feel ashamed of our mistakes. We must learn to accept and move on. Life is a journey and letting the mind play the 'shame' game is a sure way to end our day in a disaster. Shame reduces our self-esteem and self-confidence as we feel inferior about things that we have no control over.

Why not take control of the things that we can and be happy?

Is Guilt On Which Our Life Is Built?

So many things make us unhappy. Fear, worry, stress, anxiety, regret, shame and guilt but what we don't realize is that it is our choice on which these miseries are built. None of these are compulsory evils. We create sorrow and strife because we let the toxic mind take charge of our life. If we prefer, we can eliminate the mind and along with it the guilt that it fills us with.

Why do we feel guilty? Because we did something that seems to be wrong. Everybody does! Nobody is perfect and every time we do something wrong, we learn and then turn to change our actions, just as we try to undo the wrong that our action has created. But more often than not, we feel guilty, either because we can't reverse that action or our mind stops us from reversing the deed. But it doesn't stop us from repeating the guilt and so, misery is built! If only we take charge of our life, our mind and our guilt, we can move forward without going around in circles.

We human beings must realize that life is a journey, not of perfection but of progress. While in school, we were taught that practice makes a man perfect, nobody is perfect. But practice will make improvement and we can aspire for perfection as we progress on the path that discovers the purpose of our life. Life is Karma and if we do something wrong, it will be recorded and returned. No point in repeating the guilt. Instead, we must act. We can either undo what wrong we have done or plant positive new seeds through our good deeds. Then, we can be at peace.

How To Kill The Mind



The main cause of our unhappiness is our mind, a mind that we cannot find. But still, it is the toxic thoughts of the mind that push our Happiness behind. Nobody has seen the mind. Still, it appears to exist. It creates fear and worry, anxiety and stress. It makes our life a mess, filling it with unhappiness! What is the solution? We must kill the rascal mind!

How can we kill a mind that does not exist? While the mind has no tangible existence like the brain or the heart, it appears out of bundles of toxic thoughts. Then it shoots at us, those negative thoughts. Therefore, although the mind has an illusory existence, it seems to be present. How do we kill it? For that, we must still it. The moment we still our toxic thoughts, either through meditation or just silence, the mind ceases to exist. As we slow down the pace of thoughts, the face of the mind disappears and Consciousness appears. The rascal that hitherto was shooting at us 50 toxic thoughts every minute, is no more! In Consciousness, thoughts appear gently, one by one, submitting them to our intellect, which is activated in Consciousness, and takes the place of the mind.

The one who has killed the mind has eliminated the source of unhappiness. It is the mind that gives existence to the false ego and creates anger and hate, revenge and jealousy. In Consciousness, the ego is Awakened and there is peace, love and bliss. Kill the mind before the mind kills you and you will find Happiness.

The Ego Creates Monsters Of Unhappiness

We all talk of the ego. But do we realize that the ego creates at least 7 known monsters of unhappiness? It creates anger, hate, revenge and jealousy, just as it makes us suffer with pride, greed and selfishness.

What is the ego? It is the identity of 'I'. It is the 'me' and the 'mine' that makes us think that we are different from others. *'I have a name. I am this body. This is my house, my car, my family. They are all mine. What is wrong with that?'* questions the ego. The problem is that as long as our ego is in bloom, there will be no Happiness in the room. The ego is so self-centred that it disregards others. We focus only on ourselves and thus, we create misery and stress.

Why do we get angry? Only because there is 'I' and 'you'. The moment we realize that we are all Divine manifestations, which is not easy to realize, we transcend the ego and overcome anger. Not only do we get angry because of the ego but we also let hate inside our gate because there is you and I. 'I hate 'you'. If there is no 'you', there is no hate! Why does the left eye not hate the right eye? Why does the right leg never kick the left leg? Because of the wisdom that both eyes and legs belong to me. But because we think we are this body and we are different from others, we continue to let the ego become jealous and we even take revenge. All these monsters caused by the ego, pride, greed and selfishness, are the very root, the cause of our unhappiness.

Let's Transcend The Ego



If we want to be truly happy, we have to work on our ego and ultimately, Awaken it, Enlighten it and transcend it. Then, we can be happy. But how can we do this?

We must begin with the question, '*Who am I?*' If only we are able to still the mind and be in Consciousness, we can realize the simple truth that we are not this body that will die. This body appears later. We are conceived 9 months before as the single-celled zygote. At that time, although the ego has started its journey, it has not created the supremacy of 'I' that makes us cry. But a few years after our birth, our ego builds pride, greed and selfishness, and we become unhappy. If only we realize that we are not this body, we can transcend the ego. One day, this body will die and people will say that we passed away. Our family and our loved ones will be so sure of this that they will destroy the dead body and it will return to dust. Then, where did the 'I' go? When we realize that we are not the body that will die and the mind that we cannot find, then the ego that says, '*I,*' becomes a lie! We are the Divine Soul. This Realization makes us transcend the ego and transports us to a state of peace, love and bliss. We overcome all unhappiness as we go beyond the monsters of anger, hate, revenge and jealousy.

If we want to be happy, we must Awaken the ego. If we Enlighten it, we can transcend it and go beyond the agony and anguish of the ego.

Burn Anger Before Anger Burns You

Anger is like a fire. It can destroy! It is aimed at hurling an agitated response to others in return for being disappointed or upset. But unfortunately, what we don't realize is that first, anger burns us. Then, the fire reaches the other. It is like trying to throw burning charcoal at somebody because we are angry. First, our hands that hold the burning charcoal will get burnt. We must beware. We must burn anger before anger burns us!

Anger is an agony caused by the ego. As long as the ego remains with the false identity, '*I am 'I' and you are 'you'*', there will always be a possibility of anger. But the moment the ego is Enlightened to realize that we are not separate, we are not the different bodies we wear, we are, in reality, the Divine Soul, we are one, then not only will the ego be Awakened but our anger will also disappear.

The tongue never gets angry with the teeth when the teeth bite the tongue by mistake. Do we smash our teeth because of this? Ridiculous! But what if somebody else, by mistake steps on our feet? Instinctively, we react with anger. We grow up with the ego of 'I' and 'you', and this makes us burn in anger till our life is through. Blessed are those who learn to see the Divine Soul in others. They choose to be happy, for they choose to live with the Enlightened Ego. Instead of reacting with anger, their life is filled with peace and forgiveness. It's a choice.

Keep Hate Outside The Gate

We can invite hate or throw it outside our gate. It's a choice. But unfortunately, we continue to hate because of our ego. For hate to exist, there must be 'I' and 'you' - 'I hate you.' If there is no 'you', there can be no hate. The ego must be Awakened for us to choose Happiness.

Why do we live with the anguish of hate? Why do we dislike somebody so much that it creates agony within us? Do we tend to hate ourselves so much? We, sometimes, may be disappointed at our behaviour or our actions. But a human being intrinsically loves himself the most. We want to protect, provide and pamper ourselves more than anybody else. Why? Because of our ego.

In a recent experiment, a monkey and its little baby were put in a slippery plastic well and water was poured into it. The monkey immediately picked up its baby whom it loved. As the water kept increasing, the monkey kept raising the baby above to save it. Ultimately, the water reached the face of the monkey. It struggled as it raised the baby. Finally, when it could not save the baby, it put the baby down under its feet to stand on it and save itself. Then, the experiment was paused. We love ourselves the most and it is not easy to love others. But the problem with Happiness is that because we hate others, we not only make others unhappy but we also become unhappy. We must replace hate with love if we want to be happy forever.



*The Ego is a Monster,
That creates agony and anguish!
When the Ego is Enlightened,
Anger, hate, revenge and jealousy,
we extinguish!*

Revenge Happens Only With Duality

Haven't you found people becoming miserable because they are trying to take revenge? Strange, isn't it? Revenge makes us miserable. But still, we choose revenge over forgiveness. Why? It is because of the foolish ego.

The ego is a monster and it creates the monsters of agony and anguish. Revenge is one of the primary monsters that steals our Happiness. Have you ever seen somebody truly being happy after taking revenge? The ego may make it look like a celebration when we avenge the wrongdoing of another. But deep inside, we lose our peace, the very foundation of Happiness. Those who let the ego reign supreme, won't hesitate to destroy somebody, even kill another to inflate their ego. But in the bargain, is there any doubt that they will lose Happiness?

What is the cause of war in the world today? It is because of the ego wanting revenge. Is this a solution? Never! The agony will only create a reaction of more conflict, revenge and hate. Unless the ego is Enlightened to realize that we are all part of one Divine creation, unless there is non-duality, the world will never see peace, and we will always remain unhappy.

Today, the world is practically seeing the possibility of a World War III. Why? It is because the foolish ego wants revenge! It continues to hate and anger dominates our lives. Alas, we choose to lose our peace and bliss!

Why Be Jealous?



Don't we experience jealousy? Is it a pleasant feeling? It never is. It instantly makes us unhappy. Why, then, do we let this negative emotion take charge of our life and Happiness? The answer is the ego. We don't realize how much agony and anguish the ego creates. We don't realize that it is in our hands to live with the false ego and be sad or to Enlighten the ego and be glad.

Peter had just bought a Mercedes Benz and he had celebrated the day with family and friends. The next day, he was rejoicing with his office team. But on the third day, his Happiness vanished! He woke up to see his neighbour with the latest limited edition BMW that looked spectacular. He became jealous. His celebrations were over. He immediately called the car salesman to enquire how he could exchange his car for a car that was better than his neighbour's. Jealousy took charge of his life! When jealousy enters, Happiness exits.

How can we eliminate jealousy from our life? By being happy in the Happiness of others. By eliminating competition that makes us chase things, success and money in order to be an ace. Caught in this race, we lose our grace. The ego creates a maze and then in anguish, we hide our face. We must awaken to get rid of these monsters of the ego. Of what use is it to live with jealousy and be unhappy? Why not choose to be happy, as we count our blessings for the good things that we have rather than focus on what others have?

Pride Can Make Us Miserable

How can pride create unhappiness? The moment the ego says 'I', it not only says it but also starts believing, *'I am the most important person in the world.'* Pride makes us think that this whole world is revolving around us. But this is a myth created by pride. What are we, in reality? We are not even a speck of a speck of this universe. We, as individuals, are a speck of our community. Our community is a speck of our city. Our city is a speck in our country. Our country is a speck in this world. The world is a speck in this universe. When will we realize that we are nothing? Till such time, our pride is going to make us miserable.

Pride is created by the ego and somehow, once pride is in command of our life, we start believing that we are better than everybody else. We start expecting preferential treatment and we become disappointed. Pride makes us angry, just as we start hating people. Unless the ego that stands tall like a wall has a fall and we can respect one and all, our pride is going to exist and cause us misery and unhappiness.

What is the solution? To replace pride with humility, to realize, *'I am nothing,'* and to realize, *'We are all manifestations of the one Divine.'* Unless we transcend the ego, humility will not replace pride and peace, and bliss will hide behind our pride. The moment pride disappears, Happiness appears. Don't be tied with pride.

Replace Greed With Need



While we can choose to be happy, why do we so often become unhappy? It is because we let our need become greed. We all need to fulfil our need. We need air, water and food to live. But when we start seeking exotic things to drink and eat, brands to wear, luxury cars and gadgets to live with, then, we have changed our need and started to live with greed. Greed can never be satisfied. It is a bottomless well that is sure to make us unhappy! If we want to be happy, we must replace greed with need.

Ajay was wealthy but he was greedy. He had over a dozen luxury cars but he wanted more. He drove himself to live a life filled with stress and anxiety. He lost his peace and bliss. His greed didn't stop at luxury cars. He was contemplating buying a private jet and even a yacht. His greed wanted him to have more holiday homes around the world. While he was adding to his pleasures that gave him Happiness, what he did not realize was that his greed was causing far more unhappiness. He had no contentment and fulfillment and all his achievements got sucked into his greed, which made him miserable indeed!

What is the way to Happiness? To count our blessings as we fulfil our need and not create a fire of desire with our greed. Greed can never be fulfilled. It can never make us happy. But unless the ego is transcended, greed will overtake need and create unhappiness.

The Ego Creates Selfishness



Our ego creates agony and anguish. Not only does it create anger, hate, revenge and jealousy but it also creates pride and greed, which are rooted in selfishness. Because it makes us selfish, living as 'I' with 'me' and 'mine', we forget the secret of Happiness - living selflessly.

What is selfishness? It is not having any compassion and consideration for others and excessively focusing on ourselves. We are not bothered about the welfare of others. All we want is our pleasure, lust and greed to be satiated. Ultimately, what does selfishness do? It may raise our monetary wealth but it destroys our mental health. When we are selfish, we create worry, stress and anxiety in our life. We are trying to compete with others and end up being unhappy. What we don't remember is that ultimately, nothing belongs to us. We come empty-handed and we will go with nothing. Then, why be selfish to amass more than we need? It is because of the false ego.

The ego creates the anguish of selfishness and is so trapped in the mind that it does not realize the uselessness of selfishness. The ego does not permit us to experience compassion and kindness and stops us from being charitable and philanthropic. We are so obsessed with making money that we never experience what it feels like to make a difference. We don't learn to give as we live. We focus on 'I', we cry and we die.

Aren't We Choosing Unhappiness?

Look around you. You will find that people are unhappy because they don't choose to be happy. We can be happy if we wish but we are unhappy because we are not satisfied. In fact, we are choosing unhappiness by trying to change what we don't have, instead of appreciating what we have. Obviously, we become unhappy.

People in the Western world have white skin. But they are unhappy. They want a tan. People in the Indian subcontinent, on the other hand, who have a tan, apply all types of creams to create fair skin. Isn't it ironic that one is trying to look better than oneself to be happy? People in Africa are trying to do everything possible to make curly hair straight, while those in other parts of the world are trying to make their straight hair curly. Why can't we learn to be happy by choosing to be content and satisfied with what we have? We unnecessarily become unhappy as we yearn for things beyond our control and capacity. Then, we are disappointed and miserable. Let us change this.

If we want to be happy, we must choose Happiness. Let us not choose to be unhappy by choosing what we don't have. If only we learn to choose what we have, we can become content. We can become happy. Therefore, Happiness is a choice. If you are not happy today, stop seeking what you don't have and start enjoying what you have. Then, your life will turn around from a life of misery and stress to one of peace and Happiness.

The Old Lady And Her Wild Animals

There was once an old lady who used to tell her nephew that she was going up the hill to tame her wild animals. She would be gone in the morning and be back in the evening. One day, her nephew decided to follow her. Reaching the top, he observed that she sat in silence, closing her eyes. Then, after an hour, she opened her eyes to sip a little water. The nephew took the opportunity to come out of hiding and asked her, 'Where are your wild animals? I don't see any!' She smiled and replied, 'Oh, I have two eagles, two hawks, a snake, two wild rabbits, a monkey, a donkey and a lion to tame.' The nephew was confused and looked around to see. There were no animals around.

The wise old aunt explained, 'I have to tame the two hawks that are my eyes that look here and there and make me miserable. I have to tame the two eagles - my hands. Like claws, they try to grab everything and anything they can. I have to tame the snake, my tongue, from vicious words behind the 32 teeth that I am blessed with. I have to tame this lazy donkey, my body, just as I have to tame the two wild rabbits that are running here and there, my feet. Finally, I have to tame that chimpanzee, my monkey mind that wanders into yesterday and tomorrow and the king of them all, the lion, the arrogant ego that rules me. Because of this zoo that is within, I cannot find out who I truly am and I become unhappy.' The nephew understood that the secret of peace and bliss was to be still and find Happiness by taming the animals that were within.

Can We Choose To Be Happy?

If Happiness is a choice, why are so many people unhappy? If it is so easy that we can choose Happiness and be happy, what makes Happiness such a big challenge? We become unhappy because instead of *choosing* Happiness, we *want* Happiness. Thus, Happiness becomes elusive. Happiness is like a shadow, the more we chase it, the further it goes away. But if we remain still, we can be happy.

People say, '*I want to be happy.*' The moment there is 'I', the ego enters and Happiness exits. The moment we *want* Happiness, desire appears and Happiness disappears. The desire and the passion that are seeking Happiness lead us to disappointment, which is the root cause of unhappiness. Therefore, we must change. We must not say, '*I want to be happy.*' We must say, '*I choose to be happy.*' If only we choose to be happy, nothing can make us unhappy. Nobody can make us unhappy. But what if we choose to be unhappy?

Happiness is a choice. Happiness doesn't depend on what you have but on how you feel. You may have everything and be unhappy. You may have nothing and still be happy. How does it work? Happiness is a state of being. We must not try to *become* happy. When we try to become happy, we become unhappy. But if we choose to *be* happy, we can always be happy. Unhappiness cannot enter our life if our choice is peace, love and bliss.

Some Things, We Can't Change!



Suppose there are apples growing on a tree in your garden. What can you do to change them to mangoes? You can't! It is impossible! The fruit on the tree depends on the roots. These create shoots and fruits. If you want to change the roots, you must change the seeds. But the seeds are already planted. You can plant new seeds for a new tree but you can't change the fruit on the tree. *As you sow, so shall you reap* - This is the Universal Law called Karma.

We don't realize that we come to this planet, we take birth on this earth because of the Karma that we have already done. The deeds of our past have become the seeds that we planted in the garden of Karma. Those seeds will bear fruit. We can't change this. There may be good deeds and bad deeds. Both are planted in the garden of our life. They will create roots, shoots and fruits which becomes our destiny.

Therefore, are we doomed for life? No! We are not. We can't change our past deeds but we have full control over our present actions. We have free will and we can act sensibly to create good Karma which become good seeds. A combination of both - our past deeds or past Karma and our present actions or our present Karma - become the combined Twin-Karma that is unfolding as the destiny of our life. Therefore, whatever is happening, good or bad, which we can't change, we have to joyously accept. It is Karma that is unfolding as our life.

The Art Of Acceptance



To be happy, one must understand that life is Karma and we must accept it joyously. One must not protest and resist whatever unfolds in life. That will only make us unhappy. Therefore, the art of Happiness is to accept, joyously accept, knowing that we can't change our past actions. Then, we must do the best possible we can in the present circumstances. Once this is done, we must peacefully accept whatever unfolds in life for it is beyond our control.

Our present actions are very much under our control but it is not necessary that whatever we are doing now will come back to us immediately. What may be coming back to us could be our past deeds, which we may have no clue about. They may be the deeds of a distant past or even a previous life, which we are unaware of. However, we have no choice but to accept. Karma makes no mistake. The Law of Action and Reaction is very precise. Every effect that is unfolding has a cause. Without the cause, nothing will unfold in our life. Those who understand how Karma works, live joyously, with peace and learn to accept. This art of acceptance is the secret of Happiness. There is no resistance to whatever is happening because we realize that nothing happens by chance or by luck. We pluck what we plant. What is coming to us is exactly what we deserve. Life is a boomerang. We should accept, we should not wonder! And after doing our best, we should not hope, we should just surrender. This is the way to live a life of Eternal Peace and Everlasting Happiness.



*The seeds we plant
decide the fruit on the tree.
The deeds we plant
unfold as our destiny.
Because we don't understand that
Life is Karma,
we remain unhappy.*

Learning To Surrender



Why are many people unhappy? Because they have not learned to surrender. They just wonder. They look up at the sky, they cry, and they question, 'Why?' They don't realize that we have no option but to surrender once we have done whatever we have done. We have planted the seed. Now, we have no control over the fruit. It will appear as it should. All our deeds, past and present, together unfold as our destiny. There is no magic. It is simple logic. But because we do not understand, we do not surrender, we do not accept and we become unhappy.

If we want to be happy, we must learn to accept whatever has happened and surrender to whatever is going to happen. What happens when we don't surrender? We live a life of fear and worry, stress and anxiety. We get depressed. There is no need for these toxic thoughts of the mind to exist. When we learn to tell ourselves, '*Que sera sera, whatever will be will be, the future is not ours to see,*' we will learn to be happy. Imagine planting mangoes and then hoping and praying that we get apples on the tree. Such stress is needless. We have finished taking our exams but we are worrying about the results. Such worry is meaningless. When we replace fear, worry and stress with surrender, our life is no more a mess. Unfortunately, we have not learned how to surrender. We cling and this becomes the cause of our suffering. *We must learn to let go, realizing that life is just a show. Doing our best, let us flow.*

Be Happy. Don't Try To Become Happy

Most of us are unhappy because we are trying to become happy. We believe that achievement is Happiness. We are running after success because from the time we are children, we are taught to come first in class and win quizzes competitions or debates. Only then, we are told, can we become 'happy'. But this is a sure way of being happy and unhappy in cycles. Nobody can be a winner all the time. But we can be happy, all the time. How?

If we want to choose to be happy, we must learn the art of being happy, not *becoming happy*. *Becoming happy* means getting something to be happy. But true Happiness is not in things. It is not in pleasures, people and possessions. No doubt, these can make us happy. But such Happiness will come and go. Such is the nature of the Happiness show. How can we learn the art of being happy?

To be happy, learn to accept without protest. Learn to surrender. Learn to count your blessings. Learn to be satisfied, fulfilling your need, not your greed. Don't get caught in the race, trying to be an ace. Learn to live with grace. Happiness does not depend on things. It is a choice. If you decide to be happy, nobody can make you unhappy. But first, learn the art of being happy. Happiness is a state of *being*, not *becoming*. You can choose to smile, believe, trust, and live with hope. You can enjoy the sun, moon, stars, birds, animals and flowers and just be happy!

Are You Running After Success?



In the journey of Happiness, the biggest deception is success. From the time we are kids, we are taught that success is Happiness. But is it true? If success was Happiness, all successful people should have been happy. Why are so many successful people so unhappy that they even contemplate suicide? There are many who have ended their life, though they were successful. Success is not Happiness.

The truth is that Happiness is success. If we are happy, we are already successful. *Robert was a millionaire. He had his private jet and personal yacht. One day, while getting off his yacht, he was introduced to Tom, the best fisherman of the company. Robert tried to motivate Tom who was playing with his son in a boat. 'Hi, Tom. You are the best fisherman we have.'* 'Thank you, Sir,' replied Tom. 'Why are you wasting time? Why don't you go catch some more fish?' asked Robert. 'Why?' asked Tom. 'Oh, then you can earn more,' replied Robert. 'But for what?' said Tom. 'You can buy a boat, hire more fishermen to work under you, buy a house and be rich like me,' said Robert. 'But why?' said Tom. 'So that you can be happy,' said Robert. Tom humbly replied, 'But I am already happy. Why should I do all this to become happy?'

Most of us are running after success thinking that success is Happiness. This is a lie. Success is not Happiness. Happiness is success. We can achieve noteworthy success but we must not continue to run after it.

Money Can't Buy Happiness



Can money buy Happiness? If money could buy Happiness, all the rich people would have been glad. But look around and you will find that many of them are sad. Money can buy pleasure. But pleasure is only the first step of Happiness. When we run after money, we create anxiety and stress, and it leads us to unhappiness. Therefore, let us not believe that money can give us Happiness.

We all need money. Money is required to fulfil our needs. But money cannot fulfil our greed. Therefore, we must respect money but never think that money is God. Many people think so, and they make money the only priority of their life. More money gives more pleasure but more pleasure will not give more Happiness. Let us learn that Happiness cannot be achieved by having more money in the bank. Just having more diamonds, more properties and more luxuries does not necessarily make a man happier. With money, you can buy medicine but you cannot buy health. You can buy a diamond ring but you cannot buy love. There are things that money can buy. But one thing money cannot buy is Happiness.

Most people who do not have enough money believe the myth that money is Happiness and grow up with it. All they aspire for is money, when in reality, deep down within, they are seeking money to be happy. Those who spend their entire life getting rich, ultimately realize that it is good to be rich but alas, money can't buy Happiness!

Happiness Has 3 Ps



Those who think that Happiness is pleasure will be surprised to know that pleasure is only the first P of Happiness. Because we don't realize this, we remain unhappy. Happiness has 3 Ps and unless we discover the 3 Ps of Happiness, unhappiness will visit us.

No doubt, the first P of Happiness is pleasure. We all enjoy pleasure and we should. But of what use is pleasure if there is no peace? Sometimes, we may be celebrating an achievement but the moment we get bad news, we become unhappy because we lose our peace of mind. Those who have peace may find Happiness without pleasure. But those who have pleasure without peace, will end up with unhappiness.

A seeker of Happiness must learn to evolve on the journey of the 3 Ps of Happiness. Only then will he be able to overcome unhappiness and be in that state of Eternal Bliss. Pleasure will come and pleasure will go. It will make us happy for a while but it is temporary, it is ephemeral. Will peace make us happy forever? Unfortunately not because even peace will leave the door open for the mind and ego to create misery and sorrow. One must evolve from pleasure to peace and ultimately, to purpose. When we discover, *'Who am I' and why am I here?'* then we are sure to find that state of Eternal Bliss, where there is no unhappiness. Let us learn the 3 Ps of Happiness.

Happiness Is A Choice



While unhappiness is a choice, so is Happiness. We can choose either and make our life glad or sad. How is this possible?

Unfortunately, the world has not understood the meaning of Happiness. We believe that shopping in a mall, going for a movie and going for a holiday is a sure way to be happy. There are many miserable people who are shopping, eating, travelling but still, are unhappy. What is the problem? The problem is that we don't realize that Happiness is a choice. We must choose to be happy. We must *be* happy. We can be happy, no matter what! If we have made Happiness the philosophy of our life, then nothing matters! We will live with peace, love and bliss. But if we do not understand the meaning of Happiness, if we do not realize that Happiness is not just pleasure, we will run after Happiness as though Happiness is a destination. It is not!

If Happiness is not a destination, is it a journey? Many people wonder how to make the journey of life blissful. What they don't realize is that Happiness is about 'now'. We must learn to be happy now and not think, '*I will be happy later.*' We cannot be happy tomorrow. We have got to be happy now. And if we are not happy now, we will never be happy. To be happy now, we must choose to be happy. If we don't, we will become unhappy. We must make a choice to be happy and not to be unhappy.

The Monkey Is Always Unhappy



While Happiness is a choice, why do we choose unhappiness? It is because of the monkey mind. The mind is like a monkey. It is always yearning, *'I want more. I want this and that!'* If you look deeper into the word 'Monkey', you will find the word, 'Monk'. How does the monk become a monkey? Because of the tail – EY. When we are Ever-Yelling and Ever-Yearning, we cannot enjoy the peace of a monk. We become a monkey and this is exactly what the mind does.

While we can choose Happiness by building our life on the foundation of peace, we create ripples of unhappiness because of the mind and its desires. The mind also activates the ego and we become agonized. The monkey doesn't stop there. It jumps to a yesterday that is gone and creates regret, shame and guilt. Then, it jumps to a tomorrow not yet born and creates fear, worry and anxiety. In essence, it is the nature of the monkey that makes a peaceful monk, unhappy. If only we live as a monk, without the noise and pandemonium and the voice of the hungry monkey, we can find Happiness. But we are unable to be peaceful because we are never content and satisfied. We don't learn to live with fulfillment. We are taught to run after achievement. We live and die as an unhappy monkey and never discover the peaceful monk that is our true nature and life escapes us. Monkey or monk, it's a choice. If we live like a monkey, we are sure to be unhappy. We must cut the monkey mind's tail and be peaceful like a monk. Then, we can be happy!

Douse The Fire Called Desire



If you want to escape from unhappiness, your first challenge is to overcome desire. *Gautama Buddha*, the enlightened one, spoke about this world being *Dukkha* – suffering, pain. What is the reason? The principal cause according to the *Buddha* was *Tanhā*, craving or desire. Because of our desire for sensual pleasures, for material gains and achievement, we go to any extent and ultimately, become unhappy.

Most of the world thinks that one needs desires and passions for achievement and success, which in turn leads to Happiness. This is a myth. Desire will ultimately lead us to disappointment. Desire is a fire and we must douse the fire of desire and rewire our life to live with contentment and fulfillment. There is no harm in the desire to fulfil our need. But instead, our desire creates greed. We become passionate and so obsessed that we lose our values and ethics and ultimately, our peace and bliss.

Who in the world can testify that they had desires and they were able to fulfil every desire? Which rich man will admit that he could walk away from all his riches, living with desire? It is only when we switch off the desire button that we can evolve and go from achievement to fulfillment. With desire, there is no contentment, no satisfaction. Therefore, there is no peace, the very foundation of Happiness. No doubt, desire will create pleasure but we will lose the greater treasure of peace and bliss. Eliminate desire to eliminate unhappiness.

Count Your Blessings

Why do people become unhappy? Because they count wrong! Instead of counting their blessings, they count their troubles. They keep on listing their problems and they keep on rehearsing their fears. That is why they remain unhappy. When I was a kid, I used to hum a beautiful hymn:

*Count your many blessings, name them one by one,
And it will surprise you what the Lord hath done.*

This changed my life because I started appreciating all the good things I had in my life and this inspired me to be happy.

There was a man who was miserable. He was struggling to fulfil his financial obligations and complained to a wise sage, 'I have nothing. I should die.' The wise sage questioned him, 'Should you not be grateful that you are so hale and hearty?' The man replied, 'It is better that I die. I have nothing!' Then the sage provoked him, 'Ok. I will give you two lakh rupees, give me your two eyes.' 'Are you crazy?' said the man, 'I need to see!' 'Ok, then you give me your feet or hands,' said the sage. Ultimately, the man realized that all his organs were worth millions and he was not counting his blessings and was unnecessarily miserable.

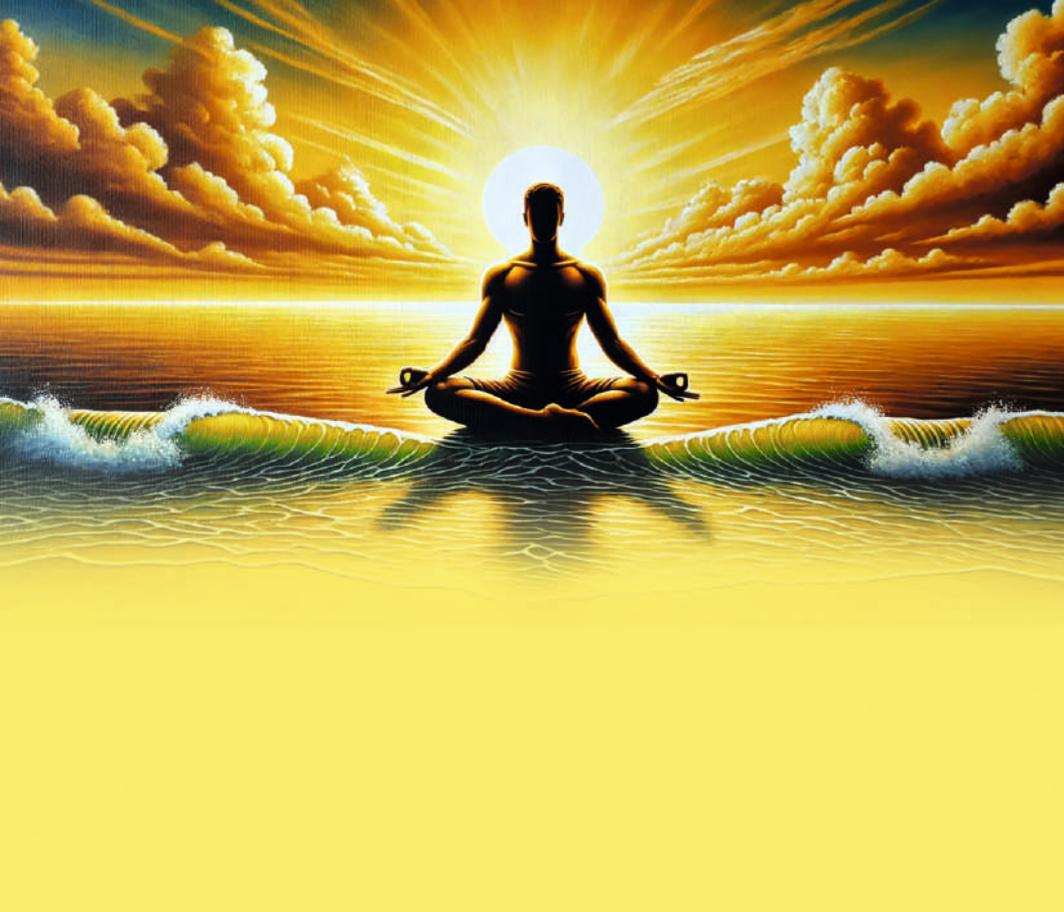
Isn't it true that we become unhappy because we have made it a habit to count our troubles rather than our blessings? If only we reverse this, we wouldn't be unhappy. Let us learn to count our blessings!

Change The Way You Spell HAPPY

While we have learned that Happiness has 3 Ps, it is not enough to know that. We must bring this Happiness into our lives. We must learn to enjoy pleasure, accepting it as a *Prasadam* or gift from God. Then we must still the mind and find peace. Ultimately, we must go on a quest to discover, '*Who am I and why am I here? What is my purpose?*'

If we truly want to eliminate unhappiness from our life and live with Eternal Bliss, we must change the way we spell Happiness. When we write '**Happy**', we must spell it with **3 Ps - HAPPY**. If you notice, in this book I have spelt Happiness and happy with 3 Ps. This is a way to remind us what true Happiness is all about. It is enjoying pleasure, living with peace and discovering purpose. A combination of these 3 Ps will completely eliminate all unhappiness from our life. It will also remind us not to be a prisoner of the 3 Ps - Pleasures, People and Possessions. Therefore, we must be conscious of the 3 Ps of Happiness.

If we don't spell Happy with 3 Ps, we will enjoy pleasure and may even discover peace, living with contentment and fulfillment. However, without purpose, we will never eliminate the mind and its miseries, fear, worry, stress, anxiety, regret, shame and guilt. We will always be agonized with anger, hate, revenge, jealousy, pride, greed and selfishness, created by the monster called ego. Realizing the purpose of life will dissolve the Mind and Ego, ME, and make us free from all misery.



*How to find Peace of Mind?
Peace, you don't have to find...
Peace is within,
Just still the mind.*

Peace Is The Foundation Of Happiness

Those who are searching for Happiness and live lives of misery and sorrow can discover a way to Eternal Bliss through peace. Peace is the very foundation of Happiness. But alas, because we think that Happiness is pleasure, we don't discover the real treasure.

What does the world think Happiness is all about? People think Happiness is success, money, achievement, pleasure, name, fame, fun, travel, sex, romance and the likes. No doubt, these create Happiness. But such Happiness is ephemeral. It is temporary. It comes and goes. The Happiness that forever flows comes from peace and peace, unlike pleasure, cannot be purchased. You can buy pleasure, a pizza or your favourite meal, designer clothes and accessories, even a fabulous holiday. These are fun but this Happiness doesn't last long. In fact, sometimes, these so-called pleasures can create anxiety and misery because they can create stress and our Happiness can be in a mess! If we want true Happiness, we have to exit the highway of achievement and scale that plateau of fulfillment where we will live with satisfaction and contentment, fulfilling our need and not get caught in greed. This is pure Happiness. It doesn't depend on anything. It is a state of being. Imagine a still lake with no ripples, peaceful and blissful. The moment you throw a stone, tranquillity is lost. So, pleasure from success creates anxiety and we lose the Eternal Bliss that comes from peace and tranquillity.

How To Find Peace Of Mind



Peace of mind, you cannot find. Peace is within. All you must do is to still your mind. While it is easy to read the above, it is very difficult to understand and achieve it. Why? Because we cannot find the mind. Then, how can we still it and kill it to find peace? Let us explore.

What is the mind? It is nothing but a bundle of toxic thoughts. It appears to exist as it creates in us fear, worry, stress and anxiety. But if we try to find the mind, where is the mind, we cannot find. Nobody has seen the mind. What is its shape, its size, its colour? Nobody knows. How can anybody know when it doesn't exist! The mind is nothing but a bundle of thoughts and when we slow down the pace of thoughts, which can be up to 50 thoughts a minute, we can still the mind. The result, peace, we will find.

To find peace of mind, we must eliminate the mind and lock ourselves in Consciousness. Where there is even a small piece of mind, there can be no peace of mind. And the only way to eliminate the mind is to still it by slowing down the MTR, the Mental Thought Rate. People use meditation or just silence to slow down the toxic thoughts of the mind. In this state of Thoughtlessness, we can contemplate in Consciousness because the intellect is activated. Then, we can shut the door and stop the mind from entering and stealing our peace. If the mind enters, peace will cease!

From Achievement To Enlightenment

The journey from unhappiness to Happiness is a very strange journey unknown to most people in this world. Most people believe that success is Happiness, that achievement will lead us to a state of bliss. But this is a big miss! Eternal Happiness does not come from success, money and achievement. With achievement, you can get entertainment but Eternal Happiness comes from Enlightenment.

The first peak of Happiness is achievement. It gives pleasure. I enjoyed this for 25 years. Then, I realized that here, there was no satisfaction. I shut down my business to live a life of contentment and fulfillment. I discovered the second peak of Happiness and this made me far happier. However, I still experienced fear, worry, stress, anxiety, anger and pride. I went on a quest to discover the ultimate peak of Happiness, a peak where there was no misery or sorrow. I discovered it! It is called Enlightenment.

Enlightenment is not just about God and Religion. It is about knowing who we are and why we are here, lighting the light within. As we live, we experience the triple suffering of the body, mind and ego but when we are Awakened, when we Realize the Truth of who we are, in that moment, we are liberated from all suffering and sorrow. We discover that we are the Divine Soul and with this Realization, which is known as Spiritual Awakening, we attain the state of Eternal Peace, Divine Love and Everlasting Bliss.

Does Love Make You Unhappy?

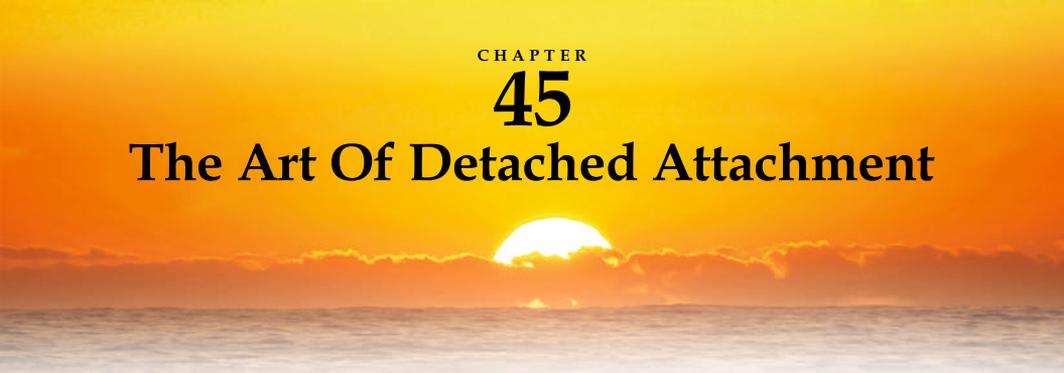


Many of us get heartbroken because of love. It is strange how the beautiful emotion of love can make one unhappy. But it does. It is only because we do not realize what the true meaning of love is. We think love is all about a hug and a kiss. We don't discover True Love that is bliss.

Love is not an attraction between skin and skin. Love is a Divine emotion that emerges from the Soul within. When we don't realize that L O V E is Longing Of the Soul, which is Very passionate and creates an Ecstasy of joy, then our Love creates heartaches and heartbreaks. In True Love, there can be no unhappiness, for True Love is a fountain of joy. But when love becomes possessive and we start getting attached to the ones we love, then there is no doubt that this clinging will create suffering. We must discover True Love to transcend the misery that comes from a heartbreak.

The world thinks that love comes from the heart but in reality, it does not. The heart is an organ that pumps blood and the reason we feel a rush of blood in the heart is because the emotion of love is so powerful that it can drive the body to heights that no other emotion can. Therefore, while we hear of so many sad songs in love, we also hear the happiest songs in love. It is a matter of choice whether we live with worldly love and become miserable or discover True Love and experience the ecstasy of Happiness.

The Art Of Detached Attachment



To be truly happy, we must learn the art of Detached Attachment. How can we be both attached and detached at the same time? This is the secret that can overcome unhappiness. We know how attachment can make us unhappy. We become miserable because we become possessive about the ones we love. There is clinging and this clinging causes suffering. What is the way to love but not cling? What is the secret to enjoy this ecstasy of romance but do away with the suffering of attachment?

Sometime back, I wrote a beautiful book called, 'The 10 Commandments of Detached Attachment'. In that book, I revealed the secret of how one can be madly in love and seem attached on the outside. But deep within, one is detached. This means that one realizes that ultimately, nobody is ours. We come alone and we go alone. And therefore, to cling to somebody is foolish. It is sure to make us unhappy. The one who discovers how to live with Detached Attachment enjoys the Divinity of love and the fun of romance, just as he overcomes the suffering that is otherwise, caused by heartbreaks and heartaches.

If we want to enjoy the ecstasy of love, the only way is to live with Detached Attachment. Make the ones you love feel that you are completely attached to them and sincerely love them too but on the inside, be completely detached. Have no expectations, no possessiveness, no clinging.

Love Is Of The Soul



As we discover the magic of love and realize that there can be nothing greater than love to make us happy, just as there can be nothing worse than love to make us unhappy, how can we discover that Divine love that creates Eternal Bliss?

Love emerges from the Soul. It is a Divine emotion. It is not a crush or an attraction that leads to lust. LUST is Love Underestimated as a Sexual Transaction. Sex and romance may manifest in True Divine Love but it is not necessary that these are always an effect or offshoot of the Divine emotion of love. They may give us pleasure but not Eternal Bliss that comes from Divine Love.

Divine Love is Soulful. It sparks from the Soul. It is not a crush from skin to skin. It is longing from the Soul that is within, to another Soul that manifests as a living being. Therefore, we may sometimes Divinely love our pet dog that wags its tail or a little bird that sings. This love emanates from the Soul. This is the Soulful love that can create bliss. In such love, there is no unhappiness because when love comes from the Soul, we are loving the source of all Souls, SIP, the Supreme Immortal Power we call God. Therefore, Divine Love is spiritual love for the Supreme. This cannot hurt. This can only create an ecstasy of joy. If your love is making you unhappy, if your love is causing attachment issues, then stop and let your love transcend to being the Divine Love of the Soul. Your unhappiness will turn to Eternal Bliss.

Nothing Is Ours



It is sad but we become unhappy in this world because we falsely believe that some things are 'mine'. '*This house is 'mine'.* *This business is 'mine'.* *This money is 'mine'.*' We tend to believe the relationships that we enjoy are our special relationships. Little do we realize that nothing is ours. When we come into this world, we come empty-handed and when we depart, we will take nothing. Don't we all know this? Of course, we do! But we don't realize it. That is why, throughout life, the ego creates agony when we lose something. Even the slightest hint that the value of our shares has gone down or the valuation of our assets has reduced is enough to give us a heart attack. Why? Ultimately, when we go, we cannot even take a penny with us. Then, what is this fuss about?

We live with the fear of the loss of all that we own, all that is known, when the icy hands of death will come upon us. But then, isn't death a reality? If only we realize this, we will give as we live, without the suffering of clinging to what we think is ours. Even our relationships will end one day. While they exist, let us enjoy them but let us not live with the constant fear of losing our dear ones. We all come alone and we go alone. This is the reality of life. But because we don't realize it, we become unhappy. The one who is intelligent enough to understand that we are not the body, mind and ego, we are the Divine Soul, is free from this clinging and thereafter, suffering. Such a person lives as an actor on the stage called earth, realizing that this is just a show.

Understand Who Suffers



We human beings become unhappy but have we thought about who the one is that actually suffers? Is it the body that undergoes physical pain? Is it the mind that experiences misery? Is it the ego that is so agonized? The truth is, all three suffer. We experience what is known as the triple suffering of the body, mind and ego. But unfortunately, we are not the one who suffers. If only we realize that we have a body but we are not the body, we appear to have a mind but in reality, there is no mind, the ego that says, '*I am 'I'*', is nothing but a big lie, we will be free from this triple suffering that we needlessly go through in life. The truth is that we are the Divine Soul and the Soul never suffers. But because we are ignorant about who we are, we suffer the triple suffering. One who realizes, '*I am the Divine Soul*,' is free from the triple suffering on earth. But such people are very few. Most people just live, cry and die without realizing '*Who am I?*'

Not only do we live and die after we cry but we also return to earth in a rebirth to suffer again and again, going through this cycle of pleasure and pain, loss and gain. Such is the drama called Life. When we contemplate who we are in reality, then, we are liberated from all misery and sorrow. But most of us are enveloped in ignorance. We do not Realize the Truth and thus, are caught in this *Samsara*, the cycle of birth, death and rebirth. In reality, we are the immortal Soul that never dies. But we return to the planet as the mind and ego to repeatedly suffer.

Are We The Body?



While the body suffers, is it difficult to realize that we are not this body? This body was not there when we were born. We were born 9 months before the birth date on our birth certificate. Once conceived in our mother's womb, can we ever change our mother? Then, one day, after 9 months, the body arrives on this earth. It grows from a zygote to an embryo and then, a foetus till we arrive on earth as a baby and are given our name. We start thinking, '*This is me.*' We look at a picture and point out, '*That's me!*' when in reality, that is only our body.

One day, this body will die, and our loved ones will say that we passed away. They will destroy the body because they are absolutely sure that we have departed. While this is a reality, we still suffer the pain of the body. Of course, the body may experience pain. Of course, we will have a fall as we grow tall! Every 'body' grows old, ultimately decays and dies. But why should we suffer? Because we identify ourselves as the body, we are unable to accept the pain of the body as only the body's pain, not ours and therefore, we suffer. The moment we realize that the body is only like a garment that we wear, even though the body will suffer physical pain, we will be able to bear the pain without the suffering that causes so much unhappiness.

Don't people get paranoid when they get cancer? Don't they fear disease and death? What if they realize that they are the immortal Soul that is free from disease and death?

Do We Have A Mind?



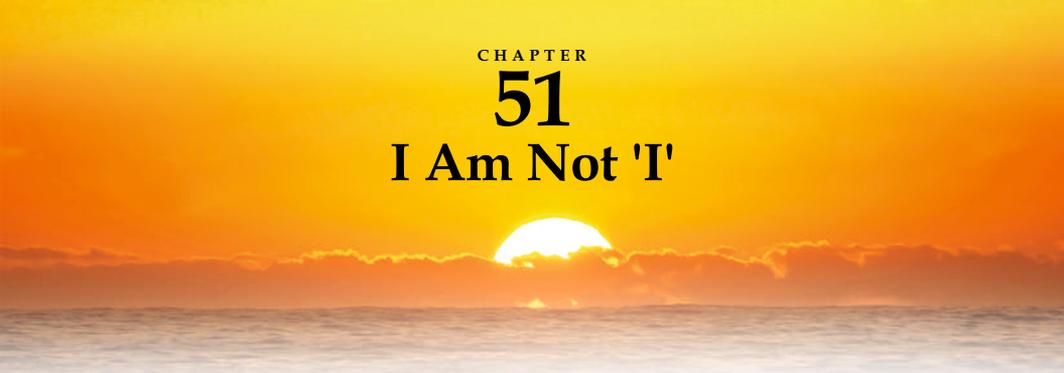
If somebody asks you, '*Do you have a mind?*' your spontaneous answer would be, '*Are you out of your mind?*' But the truth is, has anybody seen the mind? Where is the mind? What is its size, shape, colour? Nobody in this world has ever seen the mind because the truth is that there is no mind!

What is the mind? The mind is nothing but a bundle of thoughts and while it does not have a gross physical existence, it is said to be a part of the software of the human body. Just like a computer has hardware and software, our body is the hardware and the mind is the software. Nobody can deny that there are bones and skin and all the other organs within. Just like a computer has a screen, keyboard and hard disk but it cannot work without a software, so also, the human computer works with a software which is the mind, ego, memory and intellect. The software cannot exist without the hardware. You need to load the software into the hardware. And so, the mind and ego cannot exist without the body. You need the physical body for the mind and ego to manifest. But while the software has true existence, the mind has no real existence. It is nothing but a bundle of thoughts. The moment we still these toxic thoughts, the mind ceases to exist. But unfortunately, the mind is like a Phoenix. Although we still it and kill it, it reappears. Such is the nature of the rascal mind, a mind that we cannot find! Still, it creates fear, worry, stress, anxiety, regret, shame and guilt and leaves our Happiness behind!

*What is the cause of unhappiness?
The main cause is the Mind!
It steals our Peace, it steals our Bliss,
And in misery, leaves us behind!*



I Am Not 'I'



If we want to overcome all unhappiness in life, we have to get to the bottom of the root. We have to Realize the Truth. We have learned that we are not the body, although we have a body. We realize that the mind doesn't really exist. If this is true, who is the 'I' that keeps saying, 'I'? Who is the 'I' that says, '*I am unhappy*'? If we get to this point of realizing, '*Who am I?*' we can overcome all unhappiness. Unfortunately, we live and die and we continue to cry because we think, '*I am 'I*.' The moment we realize, '*I am not 'I*,' we become free from all misery and sorrow. The moment we get to the Realization that I am the Divine Soul, in that moment, we reach a state of Eternal Peace, Divine Love and Everlasting Bliss.

Who suffers? 'I' suffer. But when I am not 'I', then why should I suffer? If I am not the body that suffers physical pain and there is no mind, it is only the toxic thoughts of fear, worry, stress, anxiety, regret, shame and guilt that are making me unhappy, then why should the ego suffer anger, hate, revenge, jealousy, pride, greed and selfishness? The moment we get this spark called Realization, we are free from all misery and sorrow.

It is strange that all of humanity is chasing Happiness as 'I', the body, the mind, the ego, when in reality, we are none of these. We are the Divine Soul but because we don't realize our true identity, we continue to suffer.

We Can Eliminate The Triple Suffering

If we want to eliminate suffering, we must find out what are the different types of suffering in this world. All suffering is ultimately, one of the three – pain of the body, misery of the mind and agony of the ego. If we eliminate these three, we can be free from all unhappiness.

Let us try to analyze the various ways we become miserable, we become unhappy. We fall sick. We experience physical pain or we get a disease. We worry about something that is going to happen, though it may not happen. We have real problems. They may be financial or personal. We suffer because of love. It may be because we are rejected or we are hurt because we are disappointed. We suffer because of poverty. We don't have enough to eat or survive. We also become unhappy when we see others more successful or better off than us. Sometimes, we become unhappy for nothing. We just sink into depression. It seems like we are in a bad mood!

All these sufferings can be very clearly attributed to the pain of the body, misery of the mind or agony of the ego. Because we believe that we are who we think we are, we suffer. We think that this world is real and we take it too seriously. If only we realize that we are the Divine Soul, if we understand that this world is a show and we all come and go, we can eliminate the triple suffering of the body, mind and ego, which we are not and live a life of Eternal Bliss.

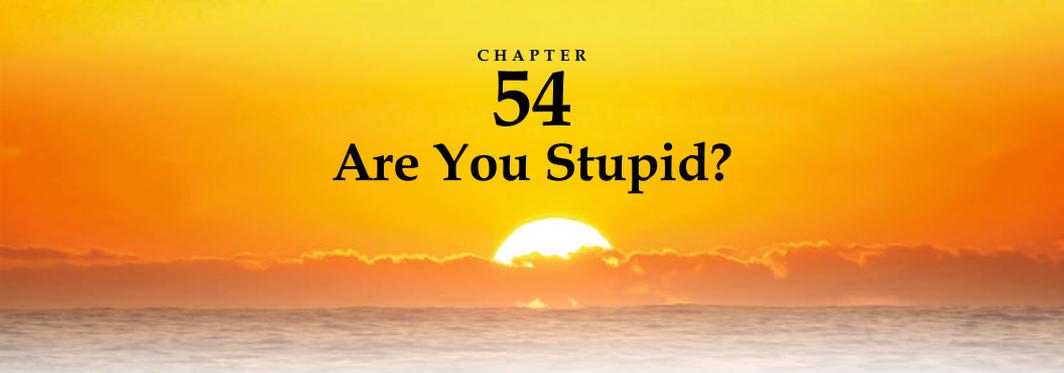
Do You Lock The Door?



Every night, when you go to sleep, do you lock the door of your house? Silly question, isn't it? Of course, we all do! Otherwise, thieves will enter and steal all our stuff. While we are so concerned about protecting our material possessions, money, furniture and gadgets, we are least bothered when it comes to the biggest thief stealing our Happiness. We leave the door open for the mind to enter our head and steal our peace, bliss and joy. We do nothing to shut the door to the mind and tightly lock it. We can but either we don't understand that somebody is stealing our Happiness or we understand but don't know how to lock the door.

The one who steals our peace and Happiness is the rascal mind. It is the primary cause of our unhappiness. But where is the mind, we cannot find. Still, it seems to exist. How can we stop it from creating unhappiness? We have to still the mind and kill the mind. How do we do this? The mind is nothing but a bundle of toxic thoughts. If we slow down the Mental Thought Rate, the MTR and then change from negative thoughts to positive thoughts, we can move from the mind state to a state of Consciousness. In this state of Consciousness, the intellect is activated and it is capable of locking the mind, blocking the mind from entering our head and stealing our Happiness. Unfortunately, it is not easy to be in a state of Consciousness. It needs an effort. But once we lock the door to the mind, we can attain peace and Happiness.

Are You Stupid?



If you can be glad and you still choose to be sad, aren't you mad? Think about it. Happiness is a choice. But still, we become unhappy because we choose to be unhappy! Aren't we stupid? But what makes us stupid? We don't realize this!

What causes all stupidity is the mind. Along with the ego, it becomes the Mind and Ego, ME and causes all misery. When the mind appears, peace disappears. Toxic thoughts of the mind create stress and anxiety, fear and worry. Along with the ego, we become angry and jealous. The problem is not just this. We realize that this is the cause of our unhappiness but we let the mind create this stupidity of creating misery and sorrow, again and again. We stupidly become unhappy for the same reason repeatedly.

It is not so when it comes to the body and the intellect. If our finger gets burnt touching a burning hot item, we instinctively don't touch anything hot again. But when it comes to the mind, we foolishly continue to worry, continue to be jealous, continue to regret and the list goes on. How do we solve this?

The next time your mind makes a fool of you, look in the mirror and tell yourself, '*Stop it, stupid!*' Tell yourself so harshly that every cell of your being hears it and absorbs it. You must be firm in telling yourself not to be stupid till such time that you overcome all your stupidity and thus, eliminate misery and sorrow caused by the mind.

Stop It, Crop It, Chop It, Drop It!

People struggle to deal with the mind. So often we hear people say, '*I am depressed. I worry too much. I have this phobia, I am paranoid about lizards.*' Where is the problem? If the problem was with the mind, we should have been able to find the mind. But where is the mind, we cannot find! Still, we go to psychiatrists and take mental medicines to try to still the mind. Sadly, these don't solve the problem.

What is the mind? It is nothing but a bundle of toxic thoughts and if we want to stop the mind from making us miserable, we must become aware of its poisonous thoughts. The moment we become aware of the toxic thoughts of the mind, we should immediately flip to a state of Consciousness. In that Awareness, we should separate ourselves from the mind and its toxic thoughts. Then, we must follow the toxic-thought-destruction-process.

To destroy a toxic thought, we must stop it, crop it, chop it and drop it! So, first, we must stop the toxic thought. It may be a thought of fear, worry, regret or shame. We all play this game. But we repeatedly suffer because of the toxic thought. If we are in Consciousness, we can stop it and crop it. Cut that thought out and catch hold of it. Then, chop it into pieces. Use your intellect to mince that rotten thought and drop it in the garbage can or better still, flush it out of your system. If you become an expert in this, you will be able to flush out all the toxic rotten thoughts of the mind.

You Are Not The Sufferer



At this point, if you want a shortcut to be happy, learn the simple trick of how not to be unhappy. Ask yourself the question, '*Who is suffering?*' It is the body, the mind and the ego. Then, tell yourself, '*I am not the sufferer. Why should I become miserable? The body may be having pain but I am ok. The mind has its toxic thoughts but I will be in Consciousness as the Divine Soul. I am not the ego that suffers because I am not 'I'. Then, why should I suffer? I am not the sufferer. I don't suffer.*'

The moment we reach this state of living in Consciousness, realizing we are the Divine Soul, we no more suffer because of the Realization, '*I am not the sufferer.*' This is the ultimate truth of life. It is the body, mind and ego that suffers. But we are none of these. We are the Divine Soul that experiences seamless and Eternal Peace, Love and Bliss. We are immortal. We will never die. We, the Soul, the Spark Of Unique Life, come from SIP, the Supreme Immortal Power, the world calls, God. We are manifestations of the Divine. We don't need to suffer. We are not the sufferer.

This world is a show. People come and go. They suffer on earth and they return in a rebirth. They are reborn and the suffering goes on and on. But the moment we realize that we are not the sufferer, there ends all suffering. It is like a prisoner who continues to remain a criminal and suffer, till such time he is cleared of charges. Then, why suffer?

Choose Your Mood



If you really want to be happy and you don't want to be unhappy, then, just as you choose your food and enjoy your meal, you must learn to choose your mood and enjoy your life. If you don't choose your mood and your food, you are going to be miserable. Therefore, be very cautious about choosing your mood.

How can you choose your mood? By not choosing to be in the state of mind. If you are in the mind-state, your mood cannot be good. For a good mood, you must be in Consciousness. In Consciousness, we activate the intellect and we are able to discriminate right from wrong and choose accordingly. Therefore, we are happy. When we are in the mind state, we have no control over our thoughts. The mind will bombard us with thoughts of fear, worry, stress and anxiety and steal our peace and tranquillity. It will create regret, shame and guilt, on which, our unhappiness is built. How is it even possible for somebody to be in a mind state and be happy? It's impossible! But this is a choice. We can still the mind or let the mind kill us. We can let the mind make us blind or we can push the mind behind. It is a choice and it is only wise to prioritize Consciousness over the rotten thoughts of the mind. Have you resolved to be happy? Then, remember this – *There was a man riding a horse. Somebody asked him, 'Where are you going?' He replied, 'Ask the horse.'* He let the horse become the boss. If you let the mind become the boss and choose your mood, you will be at a great loss!

Heaven Is Not In The Sky



Where is God? Who is your God? Do you talk to your God? Do you meet your God? Does your God talk to you? Most of us believe in the lie that God lives in the sky. But this is a myth. What is the truth? Heaven is not in the sky. The kingdom of God is within. God lives in the temple of our heart. Because we have not learned this truth, we think of God as an old man with a long white beard, sitting somewhere above the clouds in the sky. That is why we fold our hands, look up at the sky and cry, *'Oh God, why am I unhappy?'*

We are unhappy not because of God. We are unhappy because of our own Karma. Life unfolds not as per a destiny decided by God. Rather, we control our own destiny. It is our Karma that makes us happy or unhappy. Because we do not understand the Law of Karma, we do not accept whatever is happening. We protest and cry to our God.

Do you think that there is a God in the sky who is taking care of the destiny of 8 billion people? This is a joke! The Creator has created universal laws and our Happiness or unhappiness does not depend on God. It depends on our Karma, our actions. *'As you sow, so shall you reap.'* If we commit sin, we have to weep. There is no escape from Karma. Therefore, if you believe that God is responsible for your unhappiness, and you blame the sky, stop it. Blame the 'I'. Each individual creates their own unhappiness by their Karma. Our deeds decide our destiny.

The Law Of Karma Controls Our Happiness

As we enjoy this journey called Life, which is checkered with unhappiness too, do we realize, what the cause of all our unhappiness is? It is Karma. Without Karma, there can be no unhappiness. What does this mean?

Karma means action. But Karma, today, means more than just action. It is the Law of Action and Reaction, the Law of Cause and Effect. Whatever action we do, good or bad, returns to us like a boomerang. Therefore, if some suffering is unfolding, we must accept it because it is our own Karma, just as good Karma will reward us with Happiness.

What we don't understand is that there are two types of Karma. One set of Karma is our old Karma, created in previous lives which brings us to earth, over which we have no control. And the other set of Karma is the Karma that we do after our birth, over which we have full control. Both past Karma and present Karma merge to become the Twin Karma that unfolds in our life as joy or sorrow. Bad things cannot happen to good people. Everything happens as per Karma. This Universal Law is perfect. It makes no mistake.

Therefore, if you want to control your Happiness, take charge of your Karma. We must realize that nothing happens by chance nor is it the will of God. It is Karma. If we do not realize this, we will never reach the state of Eternal Happiness. And remember, Karma is a choice.

Where Is Your Happiness Card?

Are you seeking Happiness? If you are, have you written out your Happiness card? If you haven't, it only shows that you are not choosing Happiness. Happiness is a choice and it is for us to make a conscious effort to be happy. No doubt, we don't have to try to *become* happy. We have to learn to *be* happy. But the basic Happiness that we seek is pleasure that we can enjoy. Beyond pleasure, we can enjoy peace, which is also a choice. But what are the things that give us pleasure and what are the things that give us peace? Do we know? Have we made a list of those? Do we not know what creates Happiness in our life?

Many years ago, I discovered this simple secret that if I wanted to be happy, I must know what made me happy. What did I do? I made a little card and called it - 'My Happiness Card'. I wrote down the things that made me happy - singing my happy song, playing with my pet dog, taking a short nap, having a cup of coffee, going for a drive, watching a comedy serial, praying to my Lord, talking to my best friend, loving my beloved and reading a positive book. I made a list of just 10 things that I called the 'Happiness Triggers', things that would give me peace and Happiness. Every time I was in a bad mood or feeling low, I would pull out my Happiness card and pull one Happiness trigger. Instantly, I would move from being sad to being glad. If we want to be happy, we can choose to write our Happiness card or we can just choose to remain unhappy.



*Unhappiness or Happppiness,
we can choose.
But if we choose unhappiness,
this Life we lose!
Why be angry, hateful or snappy?
If we choose negative emotions,
how can we be Hhpppy?*

What Are Your Joy Stealers?



Just like we can pull Happiness triggers to make us happy, there are also joy stealers that can make us unhappy. Each one of us has our own unique joy stealers, while we may have some common ones like our rascal mind. My friend had an aunt who lived in the neighbourhood. The moment he saw her, he would run away for she was an expert in creating unhappiness. The moment she met my friend, she would complain, gossip and whine. My friend would think, '*Here comes Aunt Unhappiness!*' and he was very clear that he didn't want anyone to steal his joy.

We all have joy stealers. It may be an aunt or uncle. It may be a bad shoe or a melodramatic television serial that makes us feel depressed. We must be careful not to let any joy stealer make us unhappy. However, for this, we must list our joy stealers and create our own board of, '*Beware!*' We see so many signboards, '*Beware of dogs,*' but I have never seen somebody putting up a board that says, '*Beware of joy stealers.*' Our joy stealers are far more dangerous, more lethal than dogs.

What are our joy stealers? Have you contemplated? What makes you unhappy? Maybe it is loving somebody who doesn't love you back? Why be unhappy? Why not shower your love on somebody who appreciates it and become happy? After all, it is a choice and when we know that something is stealing our joy, why continue to let that joy stealer create unhappiness?

Remember, Nothing Matters



While we all become unhappy, little do we realize that whatever makes us unhappy actually doesn't matter. In fact, nothing matters. If we realize this, nothing can make us unhappy. It is strange that in this short journey called Life, we let things that don't matter, matter and therefore, what really matters, we don't let that matter. What matters is our Happiness. But we don't pay attention to it and what doesn't matter are all those mundane things that make us unhappy. Why not get to that Awareness or state of Consciousness where we realize that nothing matters!

So many things happen in life. People come and people go. Good things pass on and bad things happen. It's ok! Life is a drama. Ultimately, what matters is that we want to be happy and Happiness is a choice. We can choose to be happy or unhappy. But if we let irrelevant things that hardly matter, create misery and sorrow, we are getting ready for a miserable tomorrow. We are planting seeds with our deeds that will create roots, shoots and toxic fruits of unhappiness. If we want, we can change this. We can plant Happiness and pluck the fruits of peace, love and bliss. It all depends on what matters to us. Many people are unhappy because of some war somewhere in the world. They become sad reading the newspaper or watching television. People become unhappy watching a sadistic serial. Why? Why let these things that don't matter, matter and become unhappy? Let's choose Happiness instead.

The World Is Just A Show



If we want to be happy, we must realize the simple truth that this world is just a show. We are mere actors. We come and we go. Nothing is real. Everything is a drama. But we experience trauma because we don't realize that everything is unfolding as per Karma. If only we realize that we are not the body that will die, which is just an actor, we are not the Mind and Ego, ME, the director, rather, we are the Divine Soul, a part of the Creator, we can live with peace, love and bliss. But unfortunately, we forget this. We think that this world is real but we don't realize that it is nothing more than a dream.

What is a dream and how is it different from reality? A dream is not real. When we wake up, we 'wake up' to 'reality'. The dream is gone! It's over. Nothing that we dreamt about, matters. So it is with life. Ultimately, when we go, nothing will matter. This entire life will be no different from a dream that we wake up from. But because we think that this life is real, we suffer. We become miserable, as we suffer the triple suffering of the body, mind and ego. If only we realize that everything is like a dream, everything is a drama, we can be happy.

What happens in a drama? If there is a tragic scene in a movie or drama, should we become unhappy? The wise don't. They know it's only a movie, a drama. But don't we see some people cry while watching a sad movie or drama? The wise ones don't cry even through life because they realize that life is nothing more than a drama.

It's OK!



If we want to be happy, we must learn this simple mantra - 'It's OK!' Things happen and we become unhappy. But we don't need to. This too shall pass. Remember, 'It's OK!' Nothing to worry about. Every pain is like a train. It comes but never stays. Every problem has a limited lifespan. It will not last forever. Problems come and problems go. It's OK!

The problem is that we don't say, 'It's OK!' We constantly keep saying, 'It's not OK!' We are constantly questioning, 'Why?' We worry and ultimately, die. We don't enjoy this beautiful journey called Life. We have not learned the simple Mantra, 'It's OK!'

The happy ones have learned to laugh through life. They take very few things seriously. They have learned not to sweat the small stuff and have gone on to learn something even better, 'It's all small stuff!' Nothing in life is worth worrying about so much that it robs us of our Happiness. Life is meant for us to be happy and if something unpleasant is happening, it's OK! Let us do our best and surrender the rest. Let it go. Let it be. It's OK! This 'It's OK' attitude, with the Realization that nothing matters can change our paradigm of life. We can choose to be glad rather than being sad by the Mantra, 'It's OK!' Those who don't, are really mad! They fret and fume over every tiny issue. They make a mountain out of a molehill and they are ready to bring down the house to kill a rat. Ultimately, their life escapes them and it is full of unhappiness because they never learned to think or say, 'It's OK!'

Unhappiness Is A Choice



Unhappiness is a choice. But we don't realize it. We curse people and we complain to God about how miserable we are. But we forget to point a finger at ourselves. We create our own unhappiness. Let us not forget, unhappiness is a choice, just like Happiness is.

We can be glad or we can be sad. It's for us to choose. Those who choose to be sad are mad! And those who choose to be glad are glad because they chose it. Life offers us both. We have to choose, Happiness or unhappiness. We don't need to be a millionaire to be happy. There are people who live in the slums. They dance when it rains. They sing songs and live life to the hilt. And there are people living in palaces and mansions who are whining and crying about every little irrelevant matter. These so-called rich people are, in fact, bankrupt because they haven't learned to be happy. They have not chosen to smile. Their misery and stress seem to be longer than the river Nile, while those who are living modest lives, choose to smile, all the while. It's a choice.

Unfortunately, because of our ignorance, we run after success and achievement and inevitably, choose unhappiness. We don't realize that we cannot *become* happy, we just have to *be* happy. We want more and more. We don't realize that happiness does not depend on what we have but how we feel. If we choose to live with contentment and enjoy our blessings, we will be happy! Why choose unhappiness when we can choose to be happy by choosing to live with contentment and peace!

It's Not Our Bad Luck



Many people in the world believe that their unhappiness is because of their bad luck. They curse their bad luck and begin to believe that they are doomed to be unhappy. The truth is that there is nothing called luck, chance or serendipity. This world is governed by Universal Laws. Things don't happen because of the whims and fancies of a so-called God sitting in a distant heaven and we are not mere puppets, who are predestined to live and die miserable lives. Unfortunately, because we are ignorant, we continue to suffer till we reach our grave.

I love to change the spelling of LUCK to PLUCK, which means that nothing in this world is happening by chance. No doubt, everything is happening by choice but sometimes, it seems that even our choice doesn't work. If we have accumulated a Karmic debt, we will have no option but to suffer. But that's not luck. If we don't like the fruits we are growing, we can change the seeds we are sowing. By changing our deeds, we can plant new seeds for a new destiny. The feeling that everything in this world is preordained is a lie. We have been given free will and we can choose.

We don't come to this world based on a plan that we cannot change. Of course, our past Karma cannot be changed. But our present Karma is in our hands. We can choose to plant any seed. We can choose any deed. But what we sow, we shall reap. Those who understand the law of unhappiness can transcend it and live happily.

Don't Have A Crab Mentality

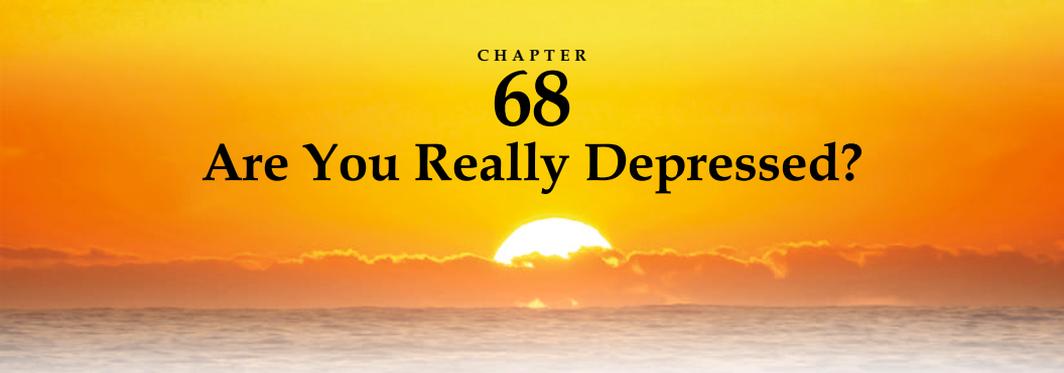
What is a crab mentality? It is an interesting analogy, which shows that those who live like crabs, ultimately suffer.

How do you catch crabs? There is a 3-sided enclosure and you lead the crabs in as they follow each other. Once inside the enclosure, you close the 4th side. Actually, the crabs can climb up the walls and jump out. But the crab mentality is such that they will not let other crabs climb. The moment some crabs start climbing, the other crabs will pull them down. This is called 'Crab Mentality'. How can such people be happy if their Happiness lies in pulling other people down? If we want to be happy, we must do away with the crab mentality.

If you watch a game of hockey carefully, you will notice that good players keep their eyes on the ball. When the ball is with them, they don't look up at others. But in the case of the losers, their attention is not on the ball. The moment they look here and there, somebody from the opposite team snatches the ball away. So it is with life.

First of all, we must not live with this crab mentality and instead, we must focus on playing our game perfectly. If the focus of our life is our Happiness and peace, chances are that we will build our life on the foundation of peace and enjoy the shoots and fruits of Happiness. However, if we are like crabs, pulling others down and living with a false identity, our ego, we will have no other option but to live miserable lives.

Are You Really Depressed?



What is depression and how do we get into this state of being depressed? Depression is caused by the aggression of the mind. We all know of the dangerous weapon AK-47 but how many of us know of a more dangerous weapon, the MK-50? It is the Mind-Killer-50. It can shoot at us, up to 50 toxic thoughts every minute. This can be a whopping 50,000 thoughts a day. Imagine thoughts of fear, worry, stress, anxiety, regret, shame and guilt. What can this do to us? Such aggression of toxic thoughts is sure to drill us and kill us. If we do not still the mind, it can ruin our peace and Happiness and lead us into a state of depression.

In depression, a person becomes mentally paralyzed. A person's intellect is incapable of discrimination. He continuously worries and fears because the mind takes charge of his head and although he is breathing, he is as good as dead.

Why do we get depressed? Because we do not stop the mind from its constant chatter. The mind continues to attack us and we don't flip over from mind to Consciousness. We don't use our intellect and we let the mind take charge of our life. Then, we are doomed. People who are in depression think that it is a clinical problem and go to a psychiatrist for mental medicine, when in reality, the unhappiness caused by depression can be cured by the strong will to live with Consciousness. Depression is a choice.

The Boy Who Wanted To Commit Suicide

These days, young kids contemplate suicide. Their life has become so stressful that they find it difficult to cope and to live a joyful life. The stress of exams, fear of failure, competition amongst friends and even the influence of social media is causing teenagers to contemplate suicide.

There was a boy who went to his teacher and said, 'I cannot attempt my final school examinations.' He was in his mid-teens and grumpily told the teacher, whom he also considered his friend, 'Life is stressful. Please suggest the best way to commit suicide.' The teacher was spiritual. At first, he tried to counsel the boy. But when the boy refused to see reason, the teacher said, 'People commit suicide by using a rope, a knife, chemicals or even jumping off from a height. But my friend, you have already come this far. You just have another two years of school left. Please remember, suicide means that you will have to return to this world, you will be reborn and you will have to start all over again, right from the start, the first standard. The universal Law of Karma governs us all. We pay for what we do.' The boy reflected and understood what his teacher was saying. He thanked him and went back to study and sit for the examinations.

Suicide is not a way out of problems and unhappiness. Those who commit suicide have to return to settle their unsettled Karma and added to that, is the new Karma of suicide. Suicide, therefore, is not a solution to eliminate unhappiness.

Overcome The Lies



We are taught lies, like God lives in the skies and so, we become unhappy. In fact, this is one of the biggest reasons for our unhappiness. We remain a fool because of what we are taught in school. We believe, '*I will die.*' But nobody taught us, '*I will never die.*' We never realize the truth that I am not 'I'. Of course, the body will die. Every 'body' must die. But in that moment of death, we leave the body, we depart. Until we Realize the Truth and overcome the myth, the lie, we will continue to cry in unhappiness.

The root cause of unhappiness is ignorance and this makes us live in a trance of uncertainty. We fear death. We don't know the meaning of death. We are told lies, that there ghosts and we will go to hell, when in reality, these are untrue. Heaven and hell are right here on earth and we are rewarded or punished in our next birth. But because we believe the lie that our God lives in the sky, we continue to look up at the sky, cry and question, '*Why?*' We don't take charge of our life, our Happiness, our destiny. We don't realize that God is SIP, a Supreme Immortal Power that manifests within us as the Soul, the Supreme Immortal Power. If only we Realize the Truth that God lives in the temple of our heart, we can eliminate all misery and sorrow. We can live with faith, hope, trust and enthusiasm. But this is a choice. We must be wise and overcome all the lies. This needs the guidance of a wise Guru, an Enlightened Mentor who can guide us to discover the meaning and purpose in life.

*The reason we cry,
Is because we believe in many a lie.
Like, God lives in the sky,
And we will die.
We must overcome ignorance,
And find out, 'Who am 'I'?*



You Have The Right To Be Happy

Unhappiness is not a curse. Many people think that they are miserable because they are meant to be. But this is not true. The Law of Karma is not punitive. It is reformatory. Its purpose is not to punish us. It returns good for good and evil for evil. But it doesn't take away from us our birthright to be happy.

Every human being in this world is born with one innate desire – to be happy. Every human being wants pleasure. Nobody wants pain. It seems like we are born with a drive called the Pleasure-Pain drive. We seek pleasure, we shun pain. But we become unhappy again and again. This is because we do not realize that there is a way to Eternal Happiness. We are blessed to realize that we are the Divine Soul, not the body, mind and ego that suffers. Every human being has the right, not just to entertainment but also to Enlightenment. Every human being is a manifestation of the Divine, the Supreme, and the purpose of life is to realize this and to live a life of Eternal Peace, Love and Bliss.

Unfortunately, many of us think that we are cursed to suffer, that we are meant to cry and die. In reality, if only we discover, '*Who am I?*' we can exercise the right to live with Eternal Happiness without any signs of unhappiness. But we don't understand that life is Karma and we can change our Karma and our destiny. We live and we die, we don't find out, '*Who am I?*' And soon, we will be gone, only to be reborn and we will suffer again. We must change this!

Life Is A Boomerang



We all know what a boomerang is. Just as it returns to you once you throw it, so does your Karma. What you do, will come back to you. But not everybody realizes this and thus, not everybody knows how to deal with their unhappiness. If there is something happening in our life, we must realize that it is only an effect. The cause is in the past - some deeds that we have done in the past because of which we are suffering. We think that we have no option but to accept. But we do have an option! What is the option?

Just like everything in life returns to us like a boomerang, if we want to change our reactions, we must change our actions. If we don't like the fruits we are growing, we must change the seeds we are sowing. Then, we will have the right fruit on the tree. By changing the seeds, which are nothing but our deeds, we can change our destiny.

The boomerang is in our hands. Life is in our hands. We can either make it or break it. We can be happy or unhappy. Whether we are glad or sad depends on whether we are sensible or mad. How many people actually realize that their life is in their hands? How many people know that they are the makers of their destiny? The moment we realize that our unhappiness is a result of our own actions, we can change our actions and eliminate all unhappiness in life. But let us remember that those actions which are already done, we cannot undo and we must accept the reaction. Once the arrow has left the bow, nothing can stop it.

Problems Don't Last Forever



Every human being has a lifespan of perhaps, about a 100 years. Dogs live for 10-12 years. Butterflies live for about 2 weeks. For how long do problems live? Problems too have a limited lifespan. They cannot live forever. But unfortunately, because we don't realize this, we think of our problems to be endless and we continue to suffer.

Problems and pain are like a train. They come but they will not stay for long. They will go away. If we jump on the train, we will continue to experience the pain. This means that if we cling to our problems, obviously, the problems will remain. We must learn to be happy, realizing that just because we have problems doesn't mean that we have to be unhappy. Problems come and problems go. Such is the life show. But we can still be happy, although we have problems. A problem-free life is an illusion. It doesn't exist. *Once, in a large corporation, people hated 3 directors who were very tough disciplinarians. Everybody complained about how these 3 were creating miseries and problems. One day, an intelligent HR lead announced to the team that the one who had created the maximum problems for them was no more. It was a private announcement and they were invited, one by one, to enter and look at the coffin that lay at the centre of the hall. As the people exited, the HR lead was waiting to meet them. What did each one see inside the coffin – a mirror! They saw their face. They learned that they were the creators of their problems!*

Use The 'Problem Sheet'



Have you ever used a 'Problem Sheet' to solve your problems? It is a simple sheet and can help us overcome the unhappiness caused by our problems. We all have problems, who doesn't? But because we don't find a solution to the problem, the problem circles around us like a humming bee and threatens to strike us, when in reality, the problem is not as deadly as we think it to be.

Every problem has a solution. Our challenge is to find it. It's like finding the key to a lock in our house. How can the lock exist without the key? There must be a key. What we need to do is to find out where the key is! Similarly, we have to find the key to our problem. Then, we can unlock the problem. How? The simplest way to do this is to use a 'Problem Sheet'. What is the 'Problem Sheet' and how can we use it? The 'Problem Sheet' is a long sheet of paper with the first few lines designated to defining the problem under the heading, 'WHAT IS THE PROBLEM?' The next part of the sheet reads, 'WHAT IS THE CAUSE OF THE PROBLEM?' If we have a problem, we use the 'Problem Sheet' to write the problem and its cause. The 3rd part is, 'WHAT ARE THE POSSIBLE SOLUTIONS TO THE PROBLEM?' In this section, we can enumerate all the possible solutions with which the problem can be solved. This is the central part. And the bottom of the page questions us, 'WHAT IS THE SOLUTION YOU SUGGEST?' If we maintain this 'Problem Sheet', most likely, we will find a solution to our problems and we will be unhappy, no more!

The Magic Of Silence



If there is one magic word that can eliminate unhappiness, it is called silence. When we use silence at a time of misery or sorrow, we first of all, lock ourselves in the moment. We don't jump into a yesterday and tomorrow. Most sorrows, miseries, problems and unhappiness belong to the past or the future. Very few of them are in the present moment. In fact, even though there could be something wrong in the present moment, still, we are ok. We can cope with it. But how can we remain in the present moment? Silence does the trick!

When we are still or silent, we inadvertently block the mind and lock the mind, stopping its toxic thoughts. Silence stops the inner chatter and the flow of negative thoughts that otherwise bombard us causing our unhappiness. That is why those who meditate experience a calming magical influence on their state of mind, their misery and unhappiness. What happens is that silence slows down the MTR, the Mental Thought Rate and becomes the cause for the pause of toxic thoughts attacking us. If only we remain in silence for long, we can completely eliminate the mind and its miseries that are creating unhappiness in our life. Therefore, most religions, cultures, theologies and philosophies advocate silence and meditation. Even doctors recommend it because this is the way to stop the rascal mind from creating problems and stealing our Happiness. Try being in silence, if you haven't so far! It is magical! It will create peace, which is the very foundation of Happiness.

The AiR Happiness Secret

The seekers of Happiness, those who want to eliminate all misery and sorrow can choose to adopt the secret of Eternal Bliss, living a life with Everlasting Peace and Divine Love. It is called the AiR Happiness Secret. The AiR Happiness Secret has 19 letters in the acronym, AiR HAPPPINESS SECRET. Each letter is explained after this page in detail and if we follow these 19 steps to Happiness, we can eliminate all unhappiness from our life.

The AiR Happiness Secret tells us to choose AiR, to A - Always be in Consciousness, i - Intelligence over Ignorance and R - Rejoice Life.

It is followed by Happiness which has 3 Ps. H - Having Enthusiasm, A - Acceptance, P - Pleasure (and fun), P - Peace (of Mind), P - Purpose (of Life), I - In the 'Now,' N - NEP to PEP, Negative to Positive, E - Ecstasy of Divine Love, S - Surrender and S - *SatChitAnanda*. The 3 letters of AiR and the 10 letters of Happiness, along with the 6 letters of Secret form the 19 letters of AiR Happiness Secret.

SECRET reveals S - Smile, all the While, E - Eliminate the Mind, C - Choose to be Happy, R - Respond, don't React, E - Enlighten the Ego, T - Transcend *Bhoga*, live in Yoga.

If one follows the AiR Happiness Secret sincerely and earnestly, there is no way one can be unhappy. Let us get into the AiR Happiness Secret step by step.

A - Always In Consciousness



The first letter of the AiR Happiness Secret, A, tells us that we must always be in Consciousness if we want to be happy. We can enjoy pleasure that comes and goes but if we want Eternal Bliss, we must learn to live in Truth Consciousness. How can we always be in Consciousness?

We human beings are conscious beings. We lose Consciousness when we sleep and dream because dreams are beyond our control. But when we are awake, we can be in charge. We must be in control of our Consciousness. If the illusory mind takes over and starts shooting at us toxic bullets of fear, anxiety, worry and stress, we will be in a mess! The moment we realize that we are in the mind state, where there is a gushing river of toxic thoughts, stealing our peace and Happiness, we must become aware of it and in a moment, flip to Consciousness.

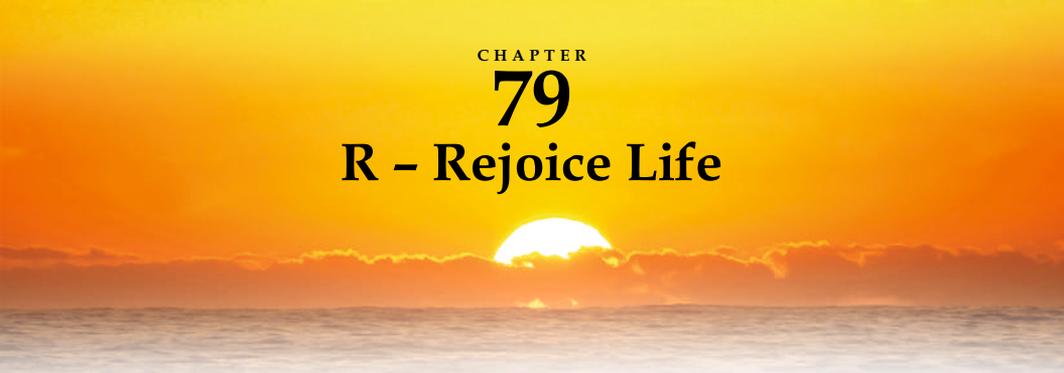
How do we flip a coin? Just like that, we can flip the coin in our head if we want our peace and bliss not to be dead. Otherwise, we will never reach that state of Eternal Happiness. Always in Consciousness means, no mind. Always in Consciousness means, no toxic thoughts. Always in Consciousness means we are free from all stress, all unhappiness. The AiR Happiness Secret starts with this profound choice of being in Consciousness and not letting our mind spoil our mood with toxic thoughts.

i - Intelligence Over Ignorance

The AiR Happiness Secret reveals that Happiness belongs to the one who overcomes ignorance with their intelligence. One of the two operates our head. It may be Mr. Intelligence or Mr. Ignorance. If we let ignorance make us believe in the lies that God lives in the skies, we will live in fear of a distant God and not discover the ecstasy of bliss, realizing the Divine in our heart.

To be happy, we must constantly be in a mode of discrimination, distinguishing between wrong and right, the myth and the truth. This eliminates ignorance. We must be wise. We must choose and prioritize because ignorance makes us unhappy. Some of us continue to live a life of sorrow, believing the myth that ignorance is bliss. The fact is that ignorance is the cause of all unhappiness. When we replace ignorance with intelligence, we activate the most precious tool that a human being has, the tool of the intellect. This precious tool is an exclusive power that only human beings have been gifted with, out of all the species alive. Therefore, we have the privilege to choose. If this power we lose, Happiness goes out of the gate and in comes fear, worry, anger and hate. We can eliminate all toxic thoughts and emotions by wiping out ignorance that creates a blanket of darkness. This happens when we light the light of truth through our intelligence. The AiR Happiness secret reminds us to activate our intellect to be happy. When the mind takes charge, the intellect is subdued. But we can activate the intellect, lock the mind, block the mind and be happy.

R - Rejoice Life



We all rejoice life but we do it on certain days with a 'Merry Christmas', 'Happy Diwali' or 'Happy New Year'. We celebrate our birthday but we don't realize that every day of life must be a celebration.

When we wake up every morning, we have a choice to be happy or unhappy. We must make a conscious choice to rejoice. Somehow, we slip into a yesterday that is gone and let regret, shame and guilt, be the emotions on which our day is built. Sometimes, we let fear, worry, stress and anxiety, take us into a tomorrow, which robs us of our peace and tranquillity. It is a choice. We can grab hold of the present moment. We can resolve to make today happy, no matter what! It is a choice to rejoice!

How can we rejoice? Some things, we have to re-choice to rejoice. If we don't like the fruits we are growing, we must change the seeds we are sowing, for what we give is what we will get. The drama of life unfolds as per our Karma and good Karma can eliminate trauma. We must replace luck by pluck and plant seeds, which are deeds of goodness, love, compassion, forgiveness and kindness. These positive emotions will create peace, love and bliss.

Some people think that we can rejoice only with champagne and the glitter of material wealth. But in fact, we can rejoice with enthusiasm, faith, hope, trust, love and compassion!

H - Having Enthusiasm



Since time immemorial, the way to be happy, as taught by all the religions of the world, is to connect with God. When we live with faith, hope and trust, we create what is called enthusiasm. The word enthusiasm comes from the word, '*entheos*', which means 'in God'. The Greeks used to use this word *entheos* or enthusiasm to actually reaffirm that God is with us. In fact, it can actually mean that God is within and though it is not yet God-Realization, the simple act of connecting with God all the time creates '*enthu*'. What do we understand by '*enthu*'? It is the short form of enthusiasm. It is that high energy and intense buoyancy where we enjoy the moment and are cheerful about life. If we have enthusiasm, we can be happy.

In the AiR Happiness Secret, the word Happiness starts with H - Having Enthusiasm. We must create this in our life. We must choose to be enthusiastic, which means that we should have FAITH - Full Assurance In The Heart, HOPE - Having Only Positive Expectations, TRUST - Total Reliance and Unconditional Surrender to the Almighty. When we live with faith, hope and trust, we automatically create enthusiasm in our life. This is a sure way of being happy, just as not having enthusiasm is choosing to be unhappy. Those who decide to live their life with doubt rather than faith, with hopelessness instead of hope, with hesitation and uncertainty, will never be able to live a happy life. The positive emotions of enthusiasm build a foundation to be cheerful and to be joyous. Be enthusiastic! Have enthusiasm!

*The Secret of Happiness is to have Faith.
Enthusiasm keeps Trust inside our Gate.
With 'Enthu' we can live with Hope,
With miseries and sorrows, we can cope.*



A - Acceptance



I learned the secret of Happiness when I learned the simple truth that we experience trauma because we don't realize that life is a drama and everything is happening as per Karma. Therefore, we have no option but to accept. Whatever is unfolding in life, good or bad, is a result of deeds already done. The deeds we have done are like seeds that we have planted. They have to bear fruit. We have no option but to accept it. Whatever has happened in our life, and whatever is happening is happening as per the Universal Law of Karma, the Law of Action and Reaction. If we do not accept and instead, choose to protest, we are only ensuring our own unhappiness.

Those of us who learn the AiR Happiness Secret, not only accept but also cheerfully and joyously welcome whatever is happening because it means that our past Karma are being redeemed and the way is being made for new good Karma to appear from the good deeds we have done. If there is some Karmic debt, pending negative Karma of the past, we have no option but to accept, till such time we can transcend and be free from all Karma. But for now, the secret of Happiness is accept, accept and accept.

Whatever happens in life, gracefully accept it. It is like going to a temple and you are given *Prasadam*. You don't refuse it. You accept. Whatever is happening in life, is *Prasadam*, a gift from the Creator through the Universal Laws created. If you want to be happy, you must accept it or you will become unhappy.

P - Pleasure - Enjoy Life



Happiness is often understood as pleasure and it is. Pleasure makes us all happy. Pleasure is the feeling of enjoyment or entertainment that we get when there is sense gratification. For instance, when we see something beautiful, when we hear some good music, when we smell an exotic fragrance and when we eat our favourite food or touch something - all these give us pleasure or Happiness. As children, we are happy with a ball or a doll. But as we grow up, the difference between the men and the boys is the cost of the toys. We want a Ferrari, a Rolex watch or expensive things to enjoy pleasure.

Pleasure is the first P of Happiness. Pleasure comes and pleasure goes. It is momentary, temporary and ephemeral. But there is a treasure greater than pleasure which gives us more Happiness. It is called peace. But this does not mean that we should not enjoy pleasure. The only problem is that when we are seeking pleasure, we create desires and passions that ultimately make us unhappy. Pleasure gives us momentary Happiness but leaves us with a trail of unhappiness when there is disappointment and dissatisfaction. Therefore, while we must enjoy pleasure, we must not let our passion become an obsession that creates a fire that burns our Happiness. We must realize that pleasure gives Happiness but it is not necessary that more of that pleasure will give more Happiness. Ultimately, the Happiness from pleasure is limited and if we want true Happiness, we must enjoy pleasure but then move on to the second P of Happiness.

P - Peace - Still The Mind



The second P of Happiness is Peace. It is not like pleasure that comes and goes. It is a state of bliss that flows. Peace is the foundation of Happiness.

Peace, we don't have to find. It is within. We must still the mind. It is our mind that wants sensual pleasures and so, we run after money, success and achievement. But if we want peace, we must exit the highway of achievement which takes us to the first peak of Happiness. We must instead choose the path of contentment that will lead us to the second peak of Happiness, fulfillment where we experience bliss that comes from peace.

The majority of the world only enjoys pleasure and so, most people are thirsty for Happiness that comes from peace. We are all running a race because we are taught that we must win the chase of success and achievement. Therefore, we remain unhappy. But those who choose to be content and satisfied, are far happier because peace eliminates all stress and anxiety. Of course, even when we live with peace, we still experience the misery of the mind and agony of the ego, which intercepts our peace and bliss on the plateau of fulfillment, the second peak, the second P of Happiness. If we truly want to be happy, we must enjoy pleasure but also choose to live with peace, for when there is no peace, then true Happiness, we cannot seize. When we lose peace, we become miserable and unhappy.

P - Purpose - Realize The Truth

If we want Eternal Bliss and Everlasting Happiness, of course, we must enjoy pleasure and live with peace but thereafter, we must scale the third peak of Happiness. The greatest Happiness is not pleasure or peace. It is purpose and when we discover our life purpose, we Awaken to that state known as Enlightenment, where we eliminate the triple suffering of the body, mind and ego and enjoy seamless Happiness.

The AiR Happiness Secret spells Happiness with 3 Ps. We need pleasure. We must have peace and we must discover our purpose. When we discover, *'Who am 'I'? I am not the body that will die. I am not the Mind and Ego, ME. I am Divine Energy, the Spark Of Unique Life, the Soul,'* we reach the state of Eternal Bliss, Divine Love and Everlasting Peace. Very few people are blessed and fortunate to discover the third and ultimate peak of Happiness. Many enjoy pleasure, a few enjoy peace but only a tiny fraction discover purpose. Therefore, we find people struggling to be happy, when in reality, Happiness is not so difficult. You don't have to become happy. You just have to choose to be happy. Pleasure is not a challenge. Peace, you will find if you still your mind. But purpose is not so easy. We must go on a quest to discover the truth and take the help of an Enlightened Master. Then we can reach destination 'Bliss' faster. The AiR Happiness Secret urges us to spell Happy with 3 Ps, to constantly remind us to enjoy pleasure, experience peace and overcome all misery by discovering the purpose of life.

I - In The 'Now'



When we choose to be unhappy, we permit the mind to take us to the past that is gone and jump into the future that is not yet born. In reality, can we go to yesterday or tomorrow? It is impossible! Nobody can go. But the mind can. It steals our present moment of bliss and fills us with toxic thoughts of unhappiness.

What does the Happiness Secret tell us? The Happiness Secret calls for us to be happy in the 'now', to live in the present moment. When we live in the present moment, we are free from fear and worry, stress and anxiety. The regret, shame and guilt on which our past is built no more makes us unhappy. But for this, we must live in 'today'. We must create a day-tight compartment and not let the monkey mind jump out of the moment into a world of unhappiness.

Is it even possible to live life other than in the moment? We can't. Life is given to us moment by moment. Nobody in this world can predict for sure what the next moment is going to be. Still, we postpone our Happiness for tomorrow. We exchange our present moment of bliss to create future Happiness. This is not a recipe for peace and bliss. If we want Happiness, we must live in the moment, in the 'now', in 'today'. If we do this, we can be happy forever, for it is moments that create hours, days, weeks, months, years and life. If our moments are happy or unhappy, so is our life.

N - Negative To Positive, NEP To PEP

What is the main cause of unhappiness? It is negative thinking. Negative emotions like fear, worry, stress, anxiety, regret, shame and guilt, along with toxic emotions of anger, hate, revenge, jealousy, pride, greed and selfishness together make us sink as we blink, making us think pessimistic and depressing thoughts. Even reading about these thoughts creates NEP, Negative Energy Poison. If only we flip over from NEP to PEP, Positive Energy Power and replace our thoughts and our emotions with positive thoughts, like courage and confidence, faith, hope, trust and enthusiasm, peace, love, bliss, optimism, compassion and forgiveness, we can flip over from a state of being sad to a state of being glad.

Therefore, the AiR Happiness Secret teaches us that NEP will make us unhappy and PEP will make us happy, and it is our choice. Are we going to let our mind and ego, create NEP or are we going to flip from NEP to PEP? By default, the mind will create negative thoughts. To be positive, we must be conscious of PEP. Emotions are like raw materials and our mind is like a thought factory. If we pump in positive emotions, we will be able to flush out negative and toxic thoughts.

To be happy, we must make it a habit to choose positive emotions, positive thoughts, positive people, positive songs, positive movies and television shows. If we drink the poison of negativity, our life is doomed to be unhappy.

E - Ecstasy Of Divine Love



Many of us become unhappy because of heartaches and heartbreaks. We crave to be loved and because of the attraction of the beauty of the skin, we become miserable within. Love is a Divine emotion. If we discover the true meaning of love, we can experience the ecstasy of joy rather than heartbreak and pain.

What does the Happiness Secret reveal? It tells us True Love, which is Divine Love, can be very joyous and ecstatic. In fact, it is a fountain of joy. But this love is not just a hug and a kiss. It is True Love that is bliss. When we are trying to experience love that is of the Valentine's, we miss True Love that is of the Divine.

What is True Love? It is a rainbow of 7 colours that emerges from white Divine Universal Spiritual love. When we see the Divine in one and all and love everybody as a Divine manifestation, then we experience the magic of True Love. No doubt, we must love our beloved and there are people whom we are very fond of, our near and dear ones. But what creates unhappiness in love? It is either the emotion of hate, or attachment. The first thing to do to be happy is to push hate under the gate. But more than that, we must not get attached in love. Instead, we should learn to love the one above knowing that every Soul is nothing but a manifestation of the Divine. This will help us to love the Divine in one and all and enjoy the ecstasy of bliss just as it will eliminate unhappiness created by love.

S - Surrender



We protest, wonder and we don't learn to surrender. So, we become unhappy! The AiR Happiness Secret tells us that if we want to live with peace and bliss, we must surrender. If instead, we worry and wonder, and fill our life with stress and anxiety, we are sure to destroy our peace and tranquillity.

What is it to surrender? It is the ability to remove all toxic thoughts of 'tomorrow' that create so much sorrow. It is the ability to realize that whatever will be, will be. Nobody in this world can stop things from happening the way they will. Then, why worry? Why not enjoy your curry? If it is going to rain tomorrow, it will. If some sickness is going to be diagnosed, you can do nothing about it. But creating toxic thoughts of fear about 'tomorrow' is not only meaningless but it also destroys the present moment of joy. Instead of enjoying our 'today', we keep worrying about 'tomorrow' and lose the opportunity to be happy.

Those who discover the secret of surrender, live with faith and enthusiasm. They trust and they don't rust with the mind's toxic thoughts. They understand Karma and the fact that whatever is going to happen, will happen as per the fair Universal Law of Action and Reaction. Instead of worrying, they go about doing their best and then, surrender the rest. This creates peace and bliss. Isn't it foolish that instead of enjoying the present moment, we worry about 'tomorrow' and become unhappy?

S - SatChitAnanda

What is that state of Eternal Bliss where there is no sign of unhappiness? It is living in Truth Consciousness. The word *Sat* means Truth. The word *Chit* means Consciousness. When we live in *Sat Chit*, Truth Consciousness, it creates *Ananda*, Bliss. Constantly living in *SatChitAnanda* means eliminating the mind and its toxic thoughts that create misery and sorrow. It is living in Consciousness, being aware of the present moment, not shuttling from yesterday to tomorrow.

Unfortunately, our mind creates dark clouds of misery and overshadows our Consciousness, just like the bright sunshine in a blue sky is dampened by dark clouds. To be happy, we must not only live in Consciousness but also be conscious about the truth of life.

The truth is that life is just a show. One day, we all have to go. But if we know that we are the Divine Soul, that we are immortal, that we are not the body, mind and ego that suffers, this Truth Consciousness will eliminate all worry and stress and fill us with Happiness. Unfortunately, we are unable to live in *Sat Chit*, in Truth Consciousness. The mind bombards us with many lies and so, our peace, along with bliss, flies out of the door. *SatChitAnanda* means to still the mind that makes us ill and to enjoy this beautiful gift called Life, moment by moment, realizing that we are all Divine manifestations. This is the ultimate truth and those who live this truth live a life of seamless peace, love and bliss.

S - Smile, All The While



It's so easy to be happy. Just smile! It costs nothing! But if you smile all the while, then, your unhappiness will never pile! Such is the magic of a smile!

What happens when you smile at somebody? It creates instant Happiness. Still, though it is effortless, we don't find too many people smiling at us, nor do we smile all the while. If only we can learn to make smiling a habit, we can experience seamless Happiness.

To laugh, to be cheerful and to smile are prescribed by many mental health experts. Unfortunately, we do the opposite and often end up in depression. Therefore, we must try to smile all the time. A smile has great power. The acronym SMILE reveals the magic of a smile and how it can affect others! A SMILE can:

S - Spread Sunshine

M - Make others Happy

I - Inspire People

L - Lower Levels of Negativity

E - Ensure Your Personal Happiness

Happiness is a choice, just as it is a choice to smile or to frown. We must choose to smile. What happens when we see a clown? Do we frown? Of course not! But we must learn to smile all the while. This is possible when we view this world as a show. Everything is a drama and nothing is real. It is all like a dream. If we live with a childlike innocence, we can smile all the while like a little kid and be happy.

*If you want to be Happy,
learn to Smile.
There may be problems
longer than the Nile.
But Life must be lived,
mile by mile.
Resolve to Smile, all the while!*



E - Eliminate The Mind

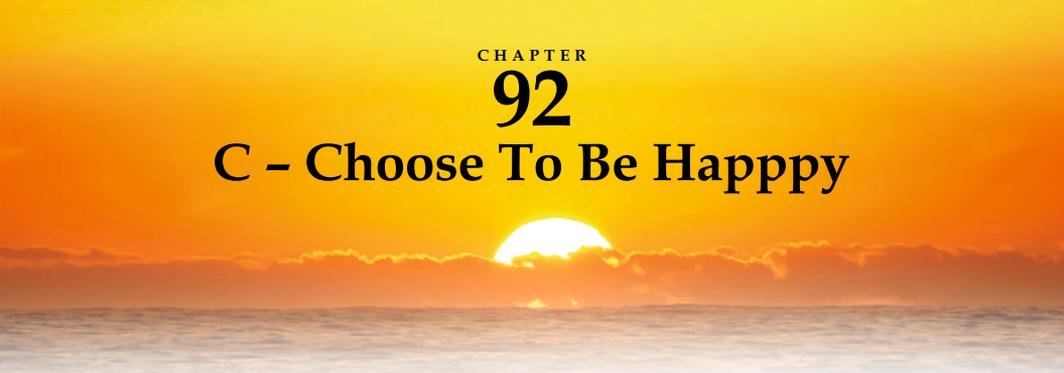


What is the root cause of unhappiness? It is the mind, a mind that is nothing but a bundle of toxic thoughts. If we really want to be happy, we have to completely eliminate the MIND - Misery, Ignorance, Negativity and Desire.

The mind is nothing but a bundle of toxic thoughts. It appears to exist and it fills our day with up to 50,000 toxic thoughts. This aggression of thoughts can lead us to depression and can make us miserable. But what if there was no mind? What if there was no toxic thought? Our life would be full of peace and bliss.

How can we eliminate the mind? The simplest way to eliminate the mind is to still the mind. If we still it, we can kill it. But how can we, when we can't find the mind? The mind is only the accumulated or collected negative thoughts. But when we spend time in silence, we can slow down the MTR, our Mental Thought Rate. Then, the mind seems to disappear because without the toxic thoughts, there is no mind! However, if we don't lock ourselves in Consciousness, in that state of awareness, the mind and its toxic thoughts will reappear. So, we must activate our intellect and lock the mind and we must block it, just like we block an unwanted contact from disturbing us. Next, we must fill our life with positive and peaceful thoughts and not create any vacuum to permit the mind and its negativity to enter.

C - Choose To Be Happy



Unhappiness is a choice. So is Happiness. But the secret is this – *If we choose to be glad, we cannot be sad!* Therefore, we must always choose to be happy.

Most of us say, '*I want to be happy,*' but just wanting to be happy will not make us happy because when we say, '*I want, I want....,*' 'I' is the ego which is full of greed and want is the mind which is full of desire. We don't need this. We can just choose to *be* happy, for Happiness is a state of being. We don't need to *become* happy by achieving something. We can choose to be happy by being content and counting our blessings. We can smile and we can love without waiting to be loved. We can make others happy, and we will become happy! We can be happy and content with what we have. But instead, we desire things that are beyond our reach and become miserable.

There are many simple ways to be happy but instead of being happy, we dream of success and achievement and we become miserable. We can be happy now but we slip into yesterday and tomorrow and fill our life with sorrow. This is a choice! We must choose to be happy and the good news is that we can. If we want to be happy, we must remember this letter of the Happiness Secret, C – Choose to be happy. If we don't choose to be happy, then we will lose peace, love and bliss that can fill our life with Happiness. Happiness is a choice, so is unhappiness.

R – Respond, Don't React

Why do we become unhappy? It is common to become miserable after we are rude, brash, irritated and upset. We react and then we regret, '*I should not have said that. It was wrong for me to do that.*' But now, it is already said or done. The damage has been caused. And we suffer.

We human beings have a snake inside our mouth, the vicious tongue. But to control it, we are blessed with 32 teeth, and we must be cautious before the snake spits poison because words once said, cannot be withdrawn. So are some acts and deeds. The Mantra to avoid regret, shame and guilt for our bad behaviour is '*Respond! Don't react!*' Why do we get upset and unhappy? Because of our reaction. It is so spontaneous that we do not reflect. We just react. If we learn to pause and to respond in Consciousness using our intellect, rather than using our mind directed by our ego, we will not be in a state of unhappiness.

To be happy, let us learn to live as a witness and observe life as it unfolds. There is no need to react. When we react, it is always a knee-jerk reaction. Response is conscious. Sometimes, we may have to be tough. If we are not firm, it may not work. But even when we want to be tough, we can be Friendly, Frank, Fair and Firm. The 'Four - F Formula' is a good habit to make us respond rather than react. When we react, we create RDX – React, Destroy, eXplode! This dynamite is sure to blow up our Happiness. Therefore, RDR, don't RDX – respond, don't react and be peaceful and happy!

E - Enlighten The Ego



To achieve a state of Eternal Happiness, we must do away with the 7 monsters that cause misery. They are anger, hate, revenge, jealousy, pride, greed and selfishness. Who or rather, what causes this? It is our ego. We live with a false ego and differentiate between you and me. We are taught to compete, to succeed and to be better than others. Naturally, we inflate our ego and our pride creates selfishness. Instead of fulfilling our need, our greed takes over and we become unhappy indeed!

How can we do away with the monster? Some people say, '*Kill your ego. Annihilate it!*' But we can't. The ego is the identity that says 'I', 'me' and 'mine'. From birth to death, the ego exists. The Happiness Secret tells us, Enlighten the Ego. To be happy, realize, '*Who am I?*' When we realize we are not the body that will die, we are not the mind we cannot find, then, the ego that stands tall like a wall, has a fall and we are able to see the Divine in one and all. This is the Mantra to eliminate the 7 monsters caused by the ego that burn our Happiness.

To be happy, realize, '*I am not 'I'. I am the Divine Soul,*' and be in Eternal Bliss, Everlasting Peace and Divine Love. When we do away with the duality between you and me, there can be no anger and hate. Revenge and jealousy disappear. Pride becomes humility. Greed and selfishness give way to sharing the gifts of life with others. Unhappiness becomes Happiness as the ego is Enlightened.

T - Transcend *Bhoga*, Live In Yoga

The AiR Happiness Secret has 19 letters. Each one is a way to flip over from being sad to being glad. So, we can use the last secret - Yoga, to flip over from *Bhoga* and transcend unhappiness to be in a state of Eternal Bliss.

This world is *Bhoga*. We think that we enjoy pleasures. But in reality, the pleasures are enjoying us. They consume us by becoming addictions and our desires and passions lead us to depression. We want more and more. Our peace goes out of the door. Misery and sorrow fill every today and tomorrow, as we are surrounded by *Bhoga*.

This world of *Samsara* is *Bhoga*. It is full of sense pleasures, and we are seeking sense gratification. We think that this is Happiness but we don't discover the true treasure of peace and fulfillment. This comes with Yoga. What is Yoga?

Yoga means *Yuj* or being in union with the Divine, the Supreme. When we transcend our mind and ego, we are no more a slave to our 5 senses. We use the senses to connect to the Supreme Immortal Power, from our true self, the Soul. When our individual Consciousness is one with the Supreme Consciousness, this union creates Eternal Bliss, a happiness unknown to the common man. When we get disconnected from Yoga, we become slaves of *Bhoga* and are caught in this rat race of desire and disappointment. To be happy, let go of *Bhoga*, transcend it and live in Yoga, in union with the Divine.

Stop Saying, 'I Want To Be Happy'

If you want to be happy, stop saying, '*I want to be happy.*' Just be happy. Choose to be happy. You can! The moment you say 'I', the ego creates agony and anguish. The moment you say 'want', the mind will create a desire of fire and it will never quench your thirst. It will create fear, worry, stress and anxiety and make you burst. So, it's your choice, either you can *want* to be happy and become unhappy or you can just choose to be happy.

Your Happiness journey by now must have evolved and you should be spelling Happiness with 3 Ps. By now, you must have learned that Happiness is not just pleasure that comes and goes. True Happiness is Eternal Bliss that forever flows. But when we let our Mind and Ego, ME, take charge, we create misery. It's time to stop being miserable by realizing that the mind and ego don't exist. Because we let them appear to exist, they create the 7 seven miseries of the mind, fear, worry, stress, anxiety, regret, shame and guilt and fill our life with misery and sorrow. The ego creates the agony of anger, hate, revenge, jealousy, pride, greed and selfishness, and steals our peace and Happiness. We must be focused on purpose and understand how we can be happy. Living as the Divine Soul, we can experience that state of Eternal Bliss, living in Truth Consciousness. As long as we continue wanting Happiness, chasing Happiness and saying, '*I want to be happy.*' we will never be happy. Let us learn how to be happy, all the time!

Resolve To Be Happy!



The simplest secret of Happiness is this – Just RESOLVE to be Happy. Make a vow to be happy now. It is as simple as this. Yes, all the elements of the AiR Happiness Secret will work but if you don't resolve to be happy, you will surely be unhappy. This is the simple truth of life. Happiness is our birthright. We are meant to be happy. Then, why do we become unhappy? First of all, we don't understand the meaning of Happiness. Second, we think Happiness is pleasure, and we get caught in a maze trying to be an ace and race through life. We zoom from womb to tomb, without enjoying the bliss of the present moment. We are fooled into believing that we must be rich and successful to be happy.

Instead of choosing Happiness, we choose success. Ultimately, we realize that success is not Happiness. Still, we don't choose Happiness. We want relationships and we want love. We become beggars, wanting and seeking. Again, we become unhappy. Nobody taught us that we could love instead and become happy. It is as simple as that. When we want something, there is unhappiness. But when we accept everything, there is Happiness.

How can we choose to be happy? By resolving that we will accept and not wonder. We will replace hope with surrender. Let us learn to sing the song, '*Que sera sera, whatever will be will be...*' The only way to be happy is to accept, to surrender and to choose Happiness. We need nothing else!

Refuse To Be Unhappy



Finally, if you don't like to be unhappy, just refuse to be unhappy. Don't let your mind create misery and sorrow. Flip to Consciousness and live in the present moment. Don't jump into yesterday and tomorrow because unhappiness is not in the present moment. It is in the past that is gone and a future not yet born. If you don't want to be unhappy, then don't swing like a pendulum. Be still, for when you are still, your mind cannot make you ill. Otherwise, your mind will make you sick, as your head will tick with thoughts of fear, worry, stress, anxiety, regret, shame and guilt. Stop and eliminate the mind. Become aware of the toxic thoughts that the mind shoots at you and immediately, be aware of the misery the mind is trying to create.

'*Refuse to be unhappy*' means not allowing the toxic thoughts of the mind to enter your door. It is refusing entry to a toxic thought. Stop it and drop it! Block it and lock it, using your intellect in Consciousness. Realize that there is no mind, only toxic thoughts and fill your life with PEP, Positive Energy Power, thoughts and emotions like courage, confidence, faith, hope, trust, enthusiasm, love, kindness, compassion, forgiveness and optimism. When PEP fills your life, there is no place for NEP, Negative Energy Poison. This combination of being in Consciousness, full of PEP, is a good way to express your refusal to be unhappy.

Still, if there is any shadow of misery, remember, it is your choice. Either weep or sweep that misery out of your life.

God Doesn't Create Your Unhappiness!

Many of us remain unhappy throughout our life because we believe the lie that there is a God up there in the sky who has destined us to be unhappy. Overcome this myth and Realize the Truth. God doesn't create your unhappiness. You do! What you do will come back to you. What you give is what you will get.

There is a Supreme Immortal Power, SIP we call God, who does not manage our unhappiness and Happiness directly. Just like the earth rotates automatically, it revolves around the sun every year, day becomes night and seasons change, so also, the Law of Karma, the Law of Action and Reaction, controls whether we are happy or unhappy. It is not God who is responsible.

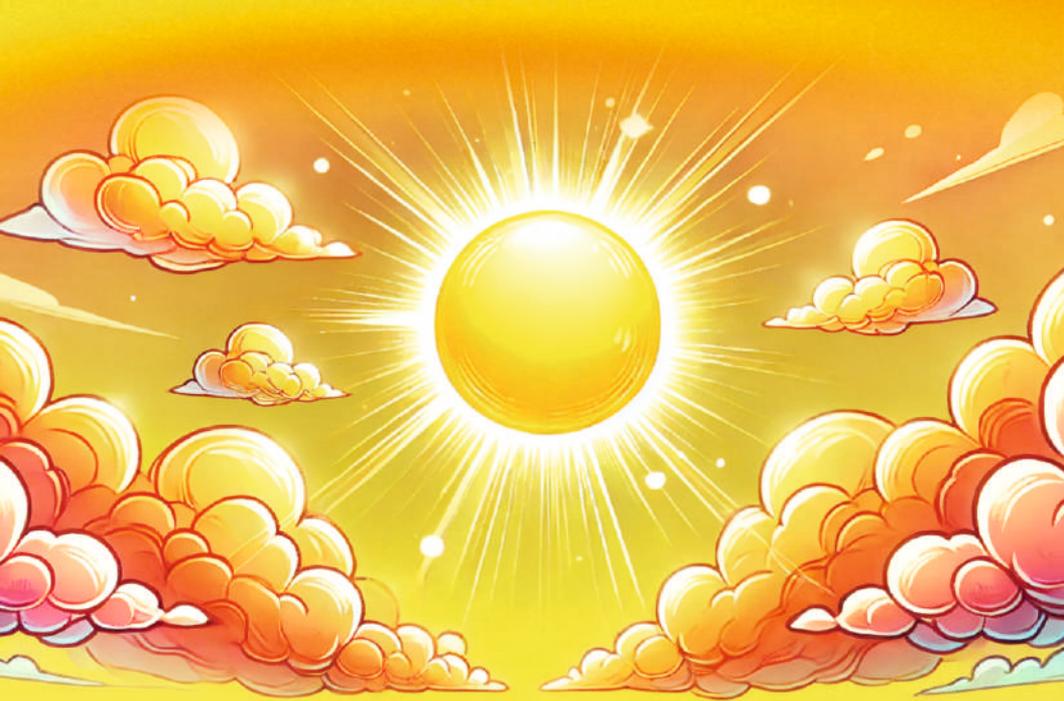
Somehow, we have been made to believe that God is controlling the destiny of 8 billion people, moment by moment. How can this be possible? Everything is automated by Karma, and within each one of us is the Power that throbs and gives us life, the power of the Soul, the Spark Of Unique Life. It is recording our Karma and the moment we are gone, we are reborn with unsettled Karma. Therefore, good things and bad things are not a gift from God. They are the result of our own actions, our deeds, our Karma. Karma brings us back to earth and makes us happy or unhappy after our birth. Do not even imagine that God is responsible for your unhappiness or Happiness. You are!

Transform Your Life



Have you been living a life moving like a yoyo from unhappiness to Happiness? Like everybody else, are you also sometimes glad and sometimes sad? Here is some good news! You can change your life forever! You can transform your life from a life of anxiety and stress to a life of Eternal Happiness. It's a choice. Just like a caterpillar can undergo a metamorphosis and become a butterfly, every human being can be Awakened to realize that we are not the body that suffers physical pain, not the mind that becomes miserable, not the ego that gets agonized in anguish. We are the Divine Soul, that Spark Of Unique Life which is incapable of suffering. The Soul is nothing but peace, love and bliss. The Soul creates Consciousness in which we are to dwell and bask in the sunlight of joy and cheer. Unfortunately, because we think we are the body, mind and ego, we continue to suffer the triple suffering and remain unhappy. We don't have to. It's a choice.

We can transform our life from this moment onwards by realizing the truth about life, by understanding the fact that life is just a show, we come and we go, we bring nothing and we take nothing. The fact that I will never die, I am the immortal Soul, will liberate us from all misery and sorrow and make us celebrate every moment of today and work towards a better tomorrow. You have the key in your hand. Unlock the door to Eternal Happiness, Divine Love and Everlasting Peace. Make the choice to transform your life, today!



*I will CHOOSE to be Happy, today,
Though the skies are cloudy and grey.
No matter what people say,
I will CHOOSE to be Happy, today!*

AFTERWORD



As I write this book, my 87th book on Life, Happiness, Purpose, Love, I am not writing what I imagine. I too have experienced all kinds of misery and sorrow. I too have lived a life of anxiety and stress and made my life a mess! But then, one day, I Awakened, only to realize that I was a fool. Everything that I had been taught in school was making me unhappy. I too was chasing success and achievement. I did that for 25 years only to realize that I had wasted my life accumulating wealth that did not belong to me. Whatever I earned, others would burn and I would return only to suffer again and again in this world of pleasures, possessions and people.

I took an exit from the highway of achievement. I shut down my successful business and decided to live a life of contentment and fulfillment. I did that for 5 years only to realize that I had not started my journey to the ultimate peak of Happiness, a peak of Eternal Peace, Divine Love and Everlasting Bliss. I didn't even know that such a thing existed till my spiritual mentor, *Dada*, guided me to go on a quest to realize the true meaning of life.

10 years ago, I Awakened from the ignorance that had kept me imprisoned as the Mind and Ego, ME. I woke up to realize that I am the Divine Soul, and this changed my life completely. Today, I live a life of peace, love and bliss as the happiest man in the world and I share this Happiness as a Happiness ambassador to one and all!

POEM



UNHAPPINESS *is a Choice!* **HAPPINESS** *IS A CHOICE TOO*

*Unhappiness is a choice
But so is Happiness!
You can choose to be Happy
Or choose to be unhappy*

*Those who say, 'I want to be Happy'
Are often disappointed, they become unhappy
But those who decide to Choose to be Happy
They are never unhappy. They are Happy!*

*Happiness doesn't depend on our luck
It's a choice we must pluck!
We can be unhappy like a dog sitting on a nail
Or be Happy though we are in jail!*

*Happiness is nothing but a state of Mind
Happiness is something we must not find
Happiness is in the moment, be Happy 'Now'
Don't be Happy wandering like a cow!*

POEM

*Who is the one that steals our Joy and Cheer?
It is the Mind that creates fear
It creates anxiety, it creates stress
It makes us worry and creates a mess!*

*The Mind is what causes Sorrow that is built
It fills us with misery, regret, shame and guilt
To be Happy, first, we must kill the Mind
But how to kill a Mind that we can't even find?*

*The Mind is an illusion that creates our Sorrow
It makes us jump from 'Yesterday' to 'Tomorrow'
To be Happy, we must flip over from the mind
And in blissful Consciousness, ourselves we will find!*

*To eliminate Sorrow, there is one thing we must let go
It is our false identity, it is our Ego
It creates anguish with monsters seven
It takes us to hell. It steals our heaven!*

*What makes us angry? What makes us hate?
What brings agony inside our gate?
It is the false Ego that continues to say 'I'
It makes us unhappy with a tear in the eye!*

*When we transcend the Mind and Ego, ME
Then from unhappiness we are free!
To be Happy, we must kill the thief
Let not the ME be commander-in-chief!*

*The Mind and Ego, they make us rot
 With thoughts that are wrong, they tie us in a knot
 Until we are free, we will remain caught
 Let's first get rid of each miserable thought!*

*There is a secret of Happiness
 We can live with peace, love and bliss
 Once the Body, Mind, Ego we tame
 We can win the Happiness game!*

*For Happiness or unhappiness, it's a choice
 We must Choose. We must be wise!
 Somethings, we can't change. We must accept
 Life is Karma. We must not protest!*

*We become unhappy because we hope and wonder
 We do not Accept. We do not Surrender
 We want to be Successful, we want to be an ace
 So we run a race and get caught in a maze*

*If money was Happiness, the rich should be glad
 Why are then many rich so sad
 We are taught a lie, Success is Happiness
 When in reality, Happiness is Success!*

*To be Happy, tame the monkey into a monk
 Eliminate desire that creates so much junk!
 For desire will never quench our thirst
 But it is sure to make us burst!*

POEM

*We can count our blessings or count every trouble
By counting our misery, we will burst the happy bubble
To be Happy, we must change the way we spell
Happy has 3 Ps that will never create hell!*

*The first P of Happiness is of course, Pleasure
But the second P, Peace is the real treasure
From Pleasure to Peace, we must evolve to Purpose
Find Eternal Bliss, get out of the circus!*

*To be Happy, we must have Peace of Mind
Peace you can't find. Just still your Mind
Take an exit from the highway of achievement
Live with fulfillment and aspire for Enlightenment!*

*The magic of Happiness is True Love
Not love of the world, but of one who we think lives above
When we discover True Love of the Soul
We experience the ecstasy of joy, which is our goal!*

*Happiness is Peace, Love and Bliss
There is a simple way to true Happiness
When we realize we are not the Body, Ego and Mind
We are free from the triple suffering, we find!*

*But for this, we must first lock the door
Stop the thief, the Mind that puts us on the floor
We must not let it create a bad mood
And we must choose thoughts that are good!*

*Life is a Drama, Life is a show
 We are mere Actors, we come and we go!
 Why do we worry? Why spoil this game?
 To achieve the whole world, why this futile aim?*

*For Happiness is something we can never lose
 Happiness is a state that we must choose
 If we are unhappy, look for the Mind
 It's the rascal causing sorrow we will find!*

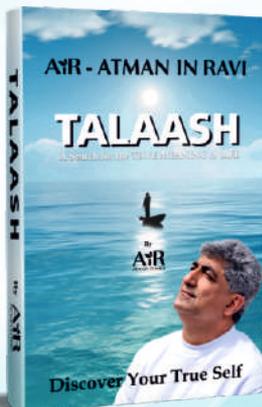
*To be Happy, we must be still
 Eliminate disease of the Mind that makes us ill
 Happiness is a choice. Happy we must be
 Fools we are, we choose misery!*

*Our misery is not caused by God in the sky
 To be Happy, we must first overcome the lie
 If we refuse to be sad, then we can be glad
 But if we still remain unhappy, then we are mad!*

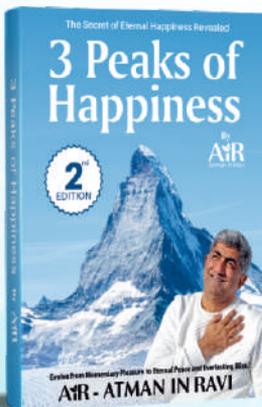
*To be Happy, we must remove Sorrow from our day
 We must choose sunshine to fill our way
 Living moment by moment only in 'Today'
 'I choose to be Happy,' we must say!*

*Unhappiness is a Choice, and so is Bliss
 We can just Choose Happiness
 We can eliminate all misery and strife
 And live with Peace, Love and Bliss in Life!*

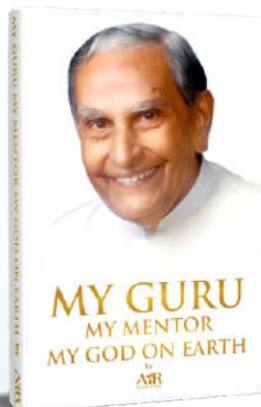
OTHER BOOKS BY AiR



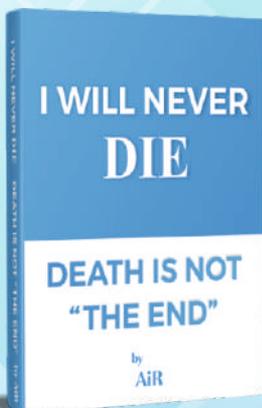
1



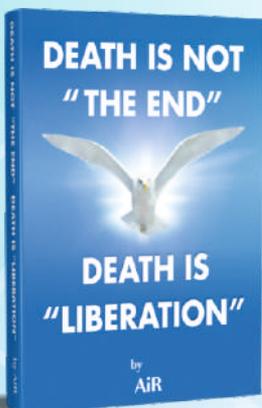
2



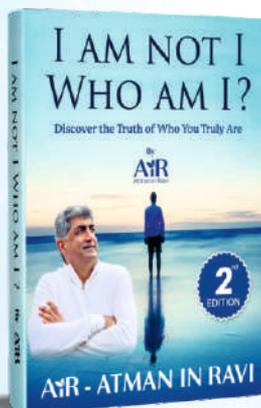
3



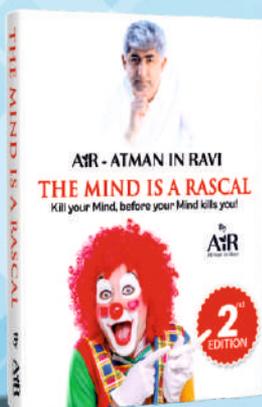
4



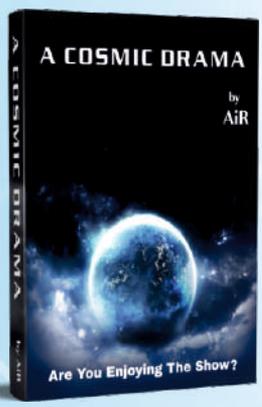
5



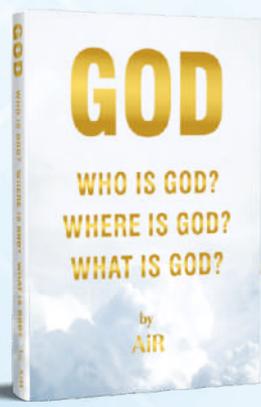
6



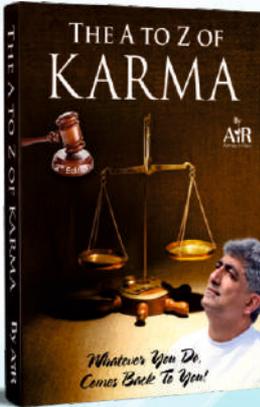
7



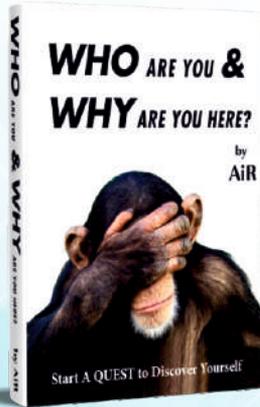
8



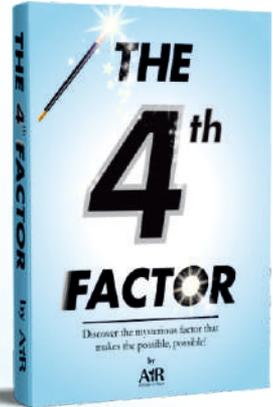
9



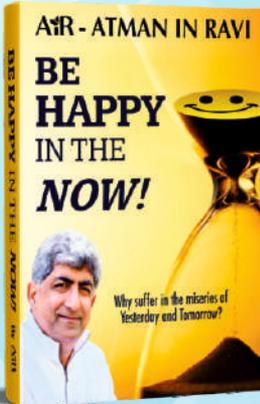
10



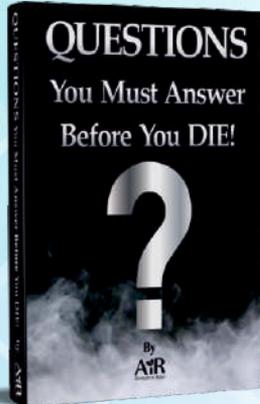
11



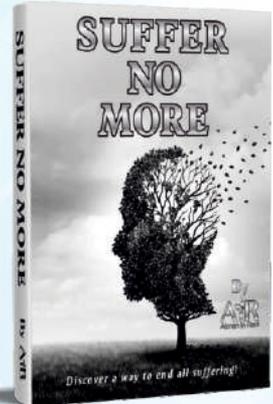
12



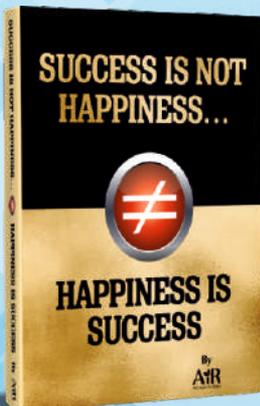
13



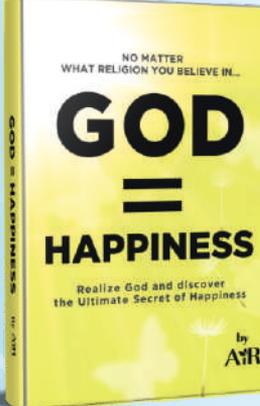
14



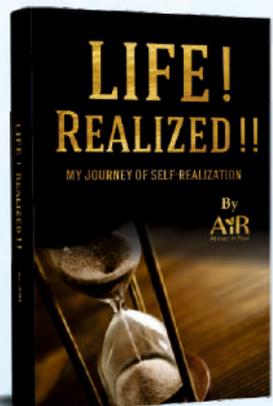
15



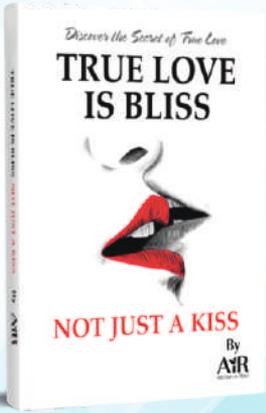
16



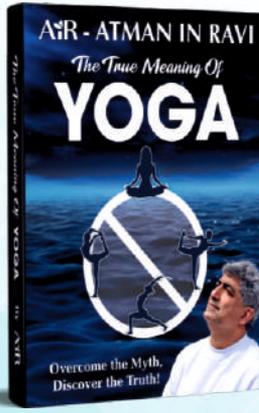
17



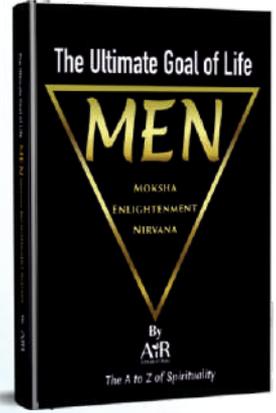
18



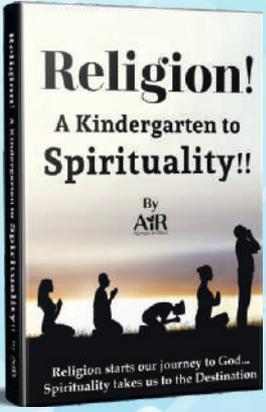
19



20



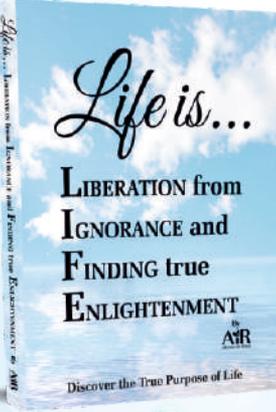
21



22



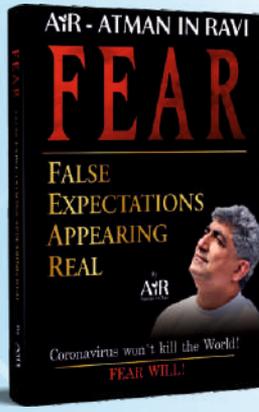
23



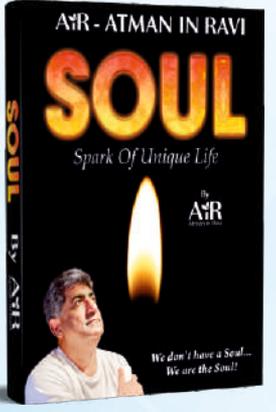
24



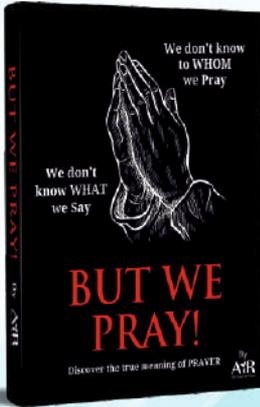
25



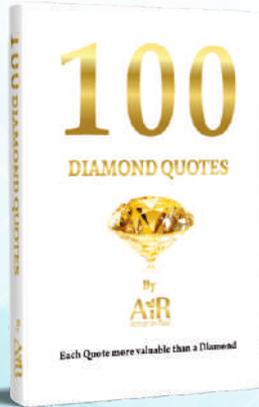
26



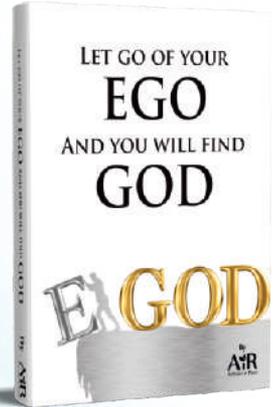
27



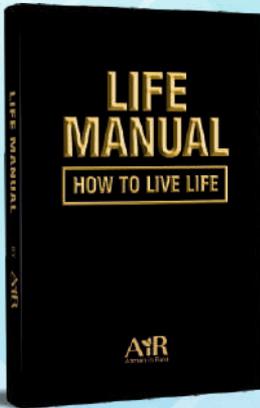
28



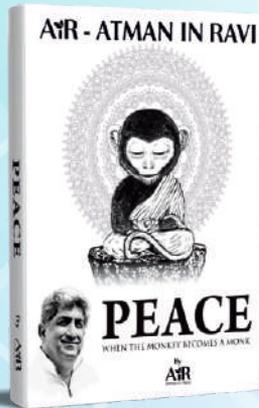
29



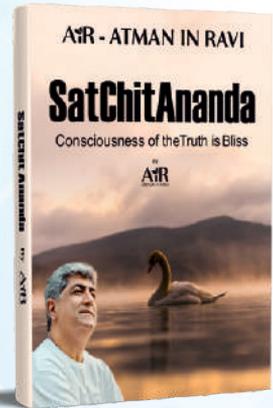
30



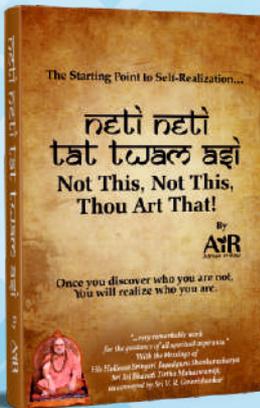
31



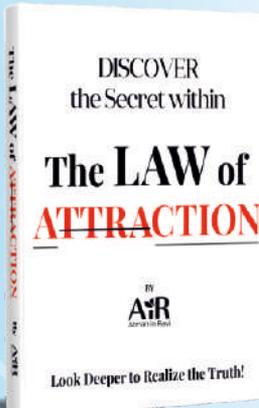
32



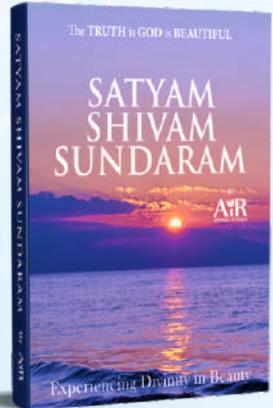
33



34

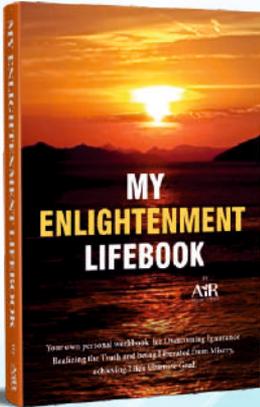


35

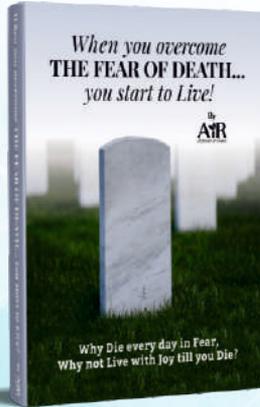


36

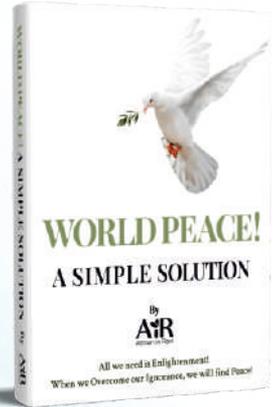
Other Books By AiR



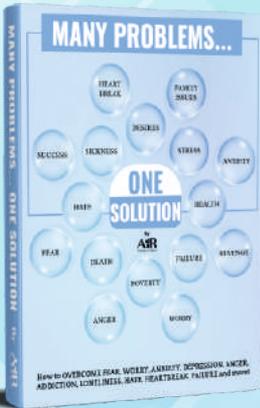
37



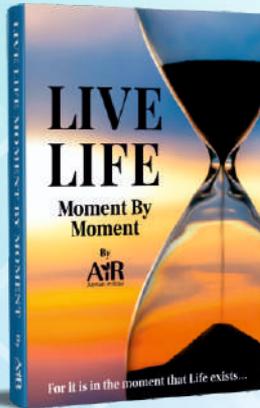
38



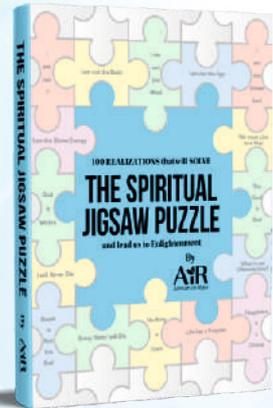
39



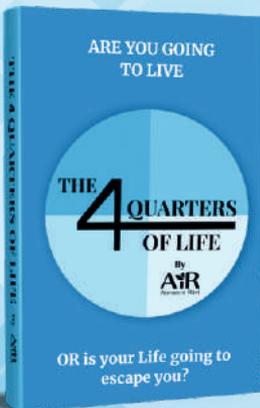
40



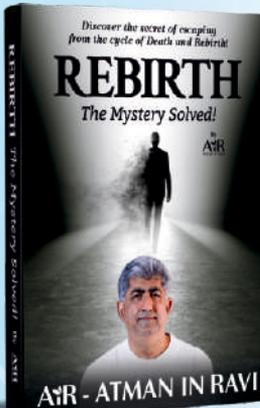
41



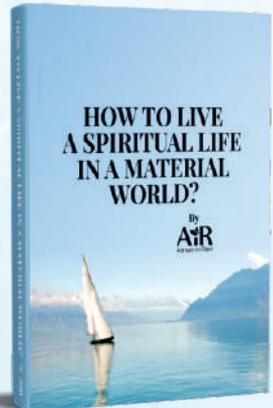
42



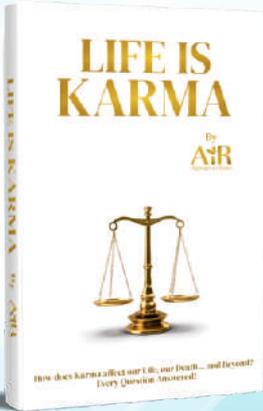
43



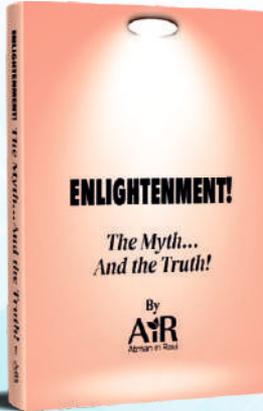
44



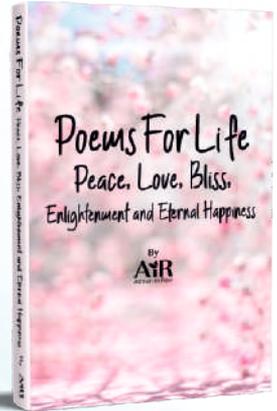
45



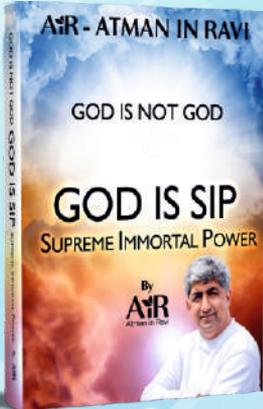
46



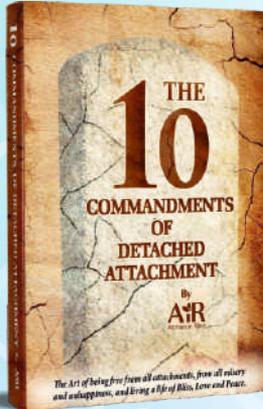
47



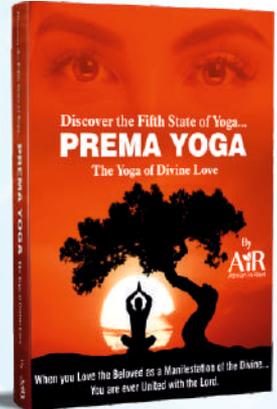
48



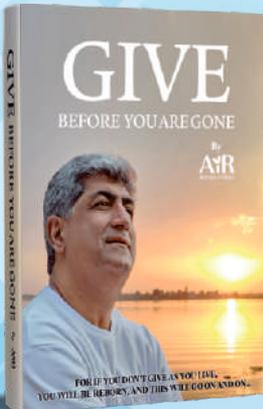
49



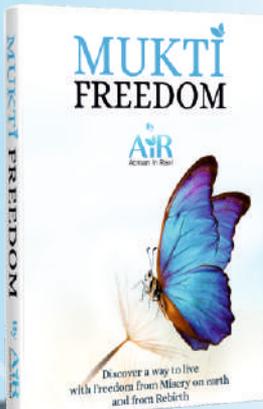
50



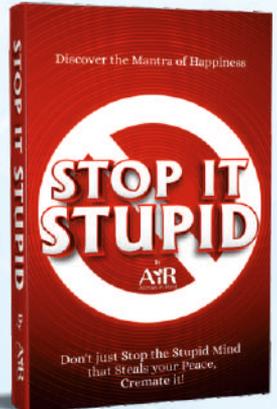
51



52



53

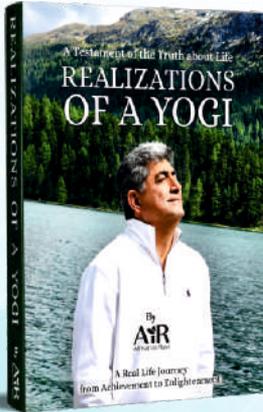


54

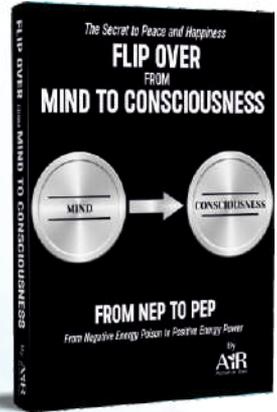
Other Books By AiR



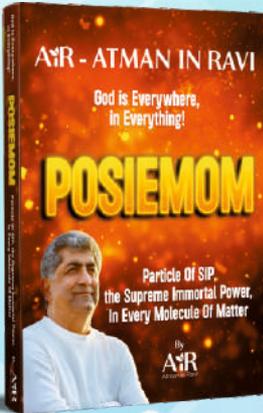
55



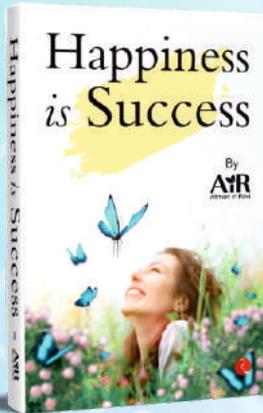
56



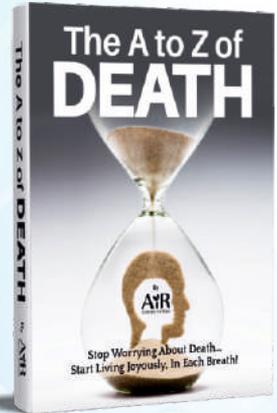
57



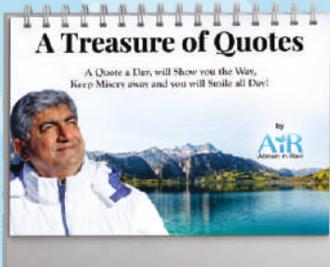
58



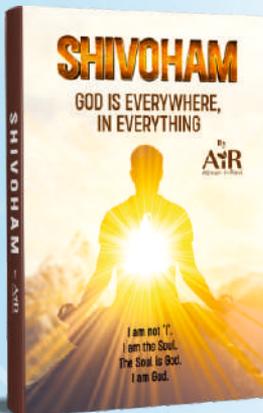
59



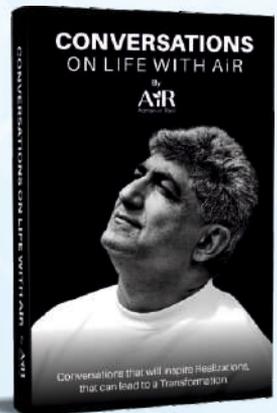
60



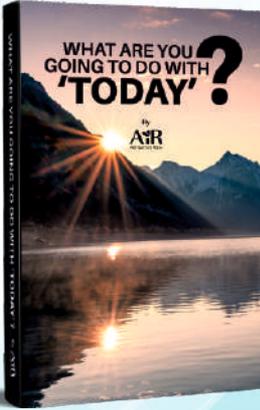
61



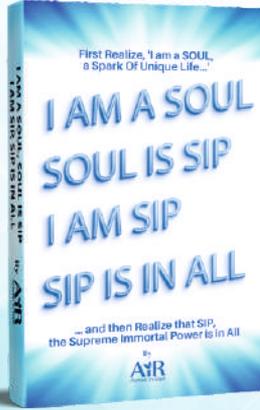
62



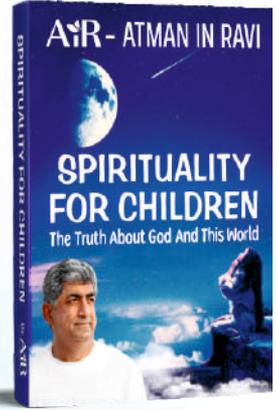
63



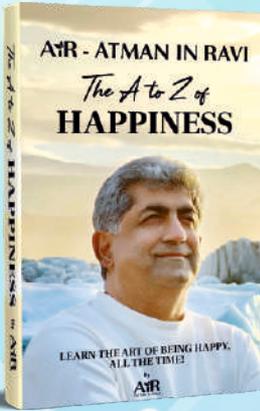
64



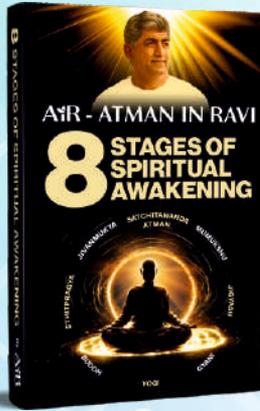
65



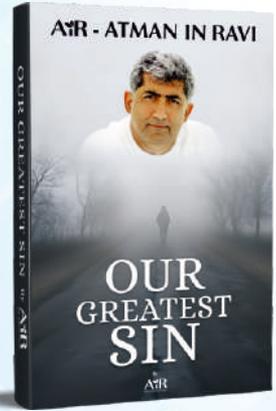
66



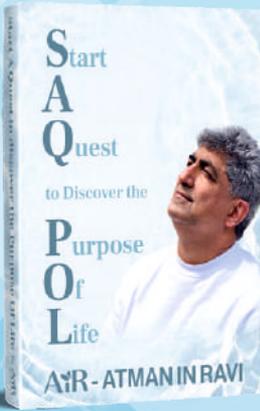
67



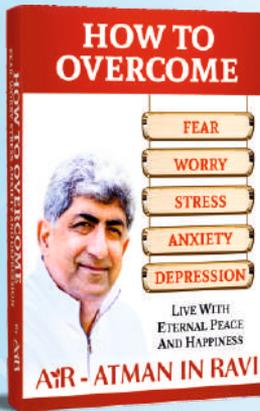
68



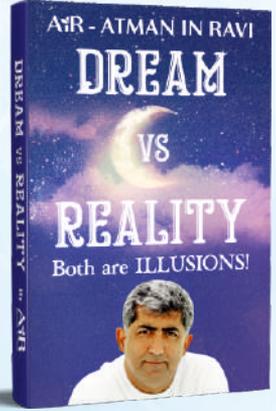
69



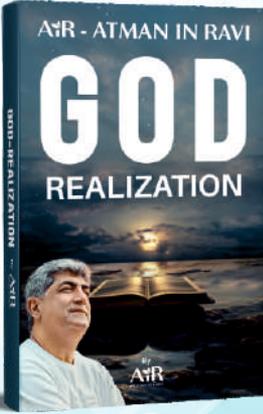
70



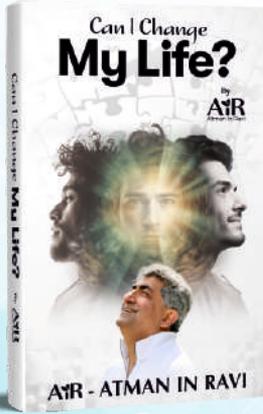
71



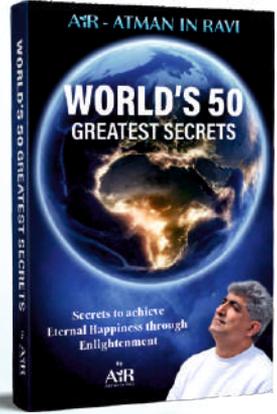
72



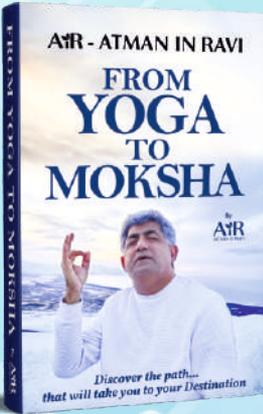
73



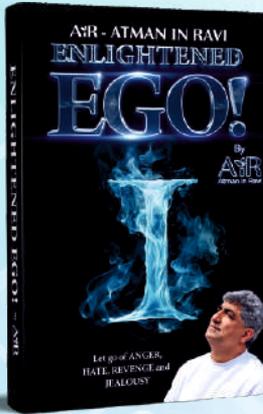
74



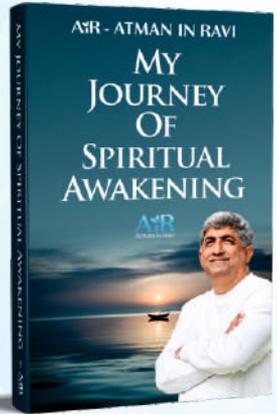
75



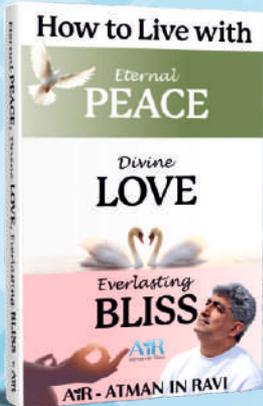
76



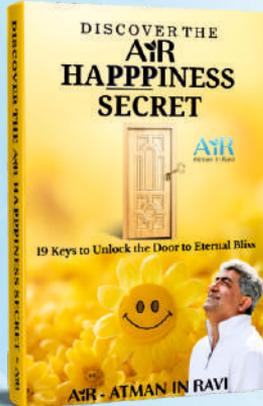
77



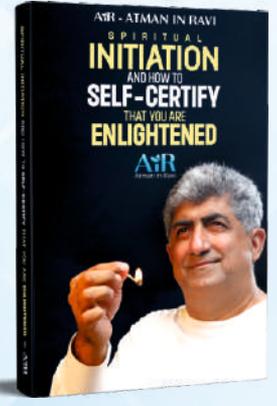
78



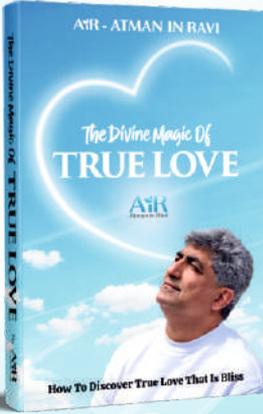
79



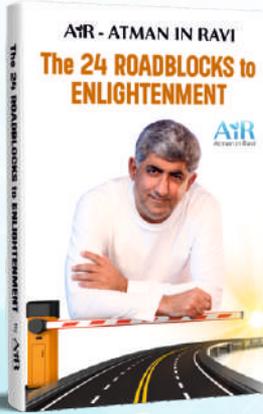
80



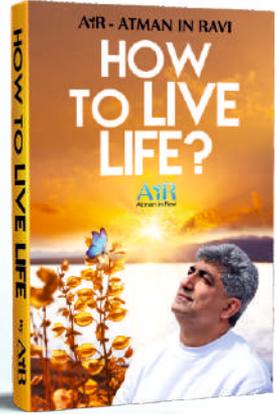
81



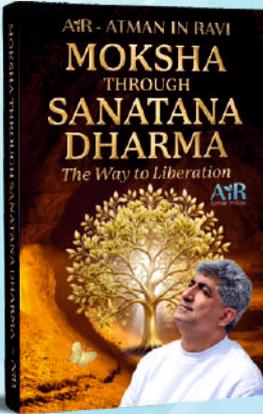
82



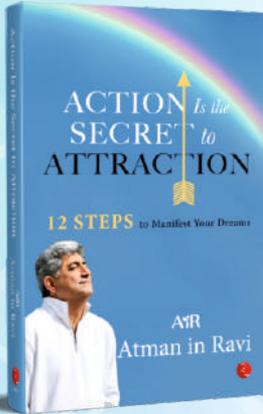
83



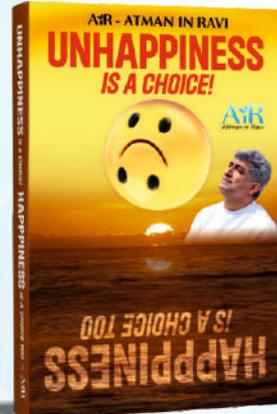
84



85



86



87

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

YOU CAN DIRECTLY

?
Ask AiR
And be ENLIGHTENED
at 8 pm every day
on  ZOOM



ZOOM CALL QR CODE

Meeting ID: 85021104431

Invest minutes
ELEVEN.
Get 1440 minutes in
HEAVEN.
Come on Insta every day at
SEVEN!

AIR
Atman in Ravi
Eternal Happiness
Through Enlightenment

 **LIVE** 

7:00 PM

EVERY DAY



 **AIRHAPPINESSESECRET**

 **+91 98451 55555**

 **www.air.ind.in**



INSTA LIVE

AiR - ATMAN IN RAVI

UNHAPPINESS *is a Choice!* HAPPINESS *IS A CHOICE TOO*

Happiness is a Choice! So is Unhappiness!!!

Most people curse and rehearse their misery and sorrow. They don't realize that they can reverse it and make a happy today and tomorrow. We can be glad or we can be sad. It's a choice!

What is the cause of our unhappiness? Most of our unhappiness is caused by the mind that we cannot find. Still, it creates fear, worry, stress, anxiety, regret, shame and guilt. Then comes the ego that creates anger, hate, revenge, jealousy, pride, greed and selfishness. These 14 Monsters make us constantly unhappy but this is our choice! We can remain miserable or we can kill the mind and Enlighten the ego and overcome all misery and agony.

We can choose to be happy but unfortunately most of us say, 'I want to be happy.' Happiness is a state of being and so is unhappiness, and it is our choice!

This book will identify the cause of our unhappiness and show us practical ways of being happy. Then it's upto us. We can choose. Happiness or Unhappiness!



AiR Linktree



9 789334 221145
AiR Institute of Realization

AiR
Atman in Ravi
Eternal Happiness
Through Enlightenment



Kemp Fort Mall,
#97, Old Airport Road, Bangalore - 560017
☎ +91 98451 55555 | www.air.ind.in
air@air.ind.in