

HAPPY

The Happiness Ambassador **AiR**

Unhappy to
HAPPY
Flip Cards

Happy AiR- Atman in Ravi

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31 Happy AiR Flip Cards—one for each day of the month. Flip over from Unhappy to Happy! It's a simple trick. Just pick one card each day and turn over from being Sad to being Glad. Make Happiness a Choice! Make it a Habit!



No.97, Old Airport Road, Bangalore – 560017

 @happy_air

 +91 98451 55555

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'Happy' AiR — Atman in Ravi — is a 'Happiness' Ambassador on a mission to make this a **'Happy' world**. Once a trailblazing entrepreneur who revolutionized India's modern retail industry, he realized that true Happiness lies beyond wealth and success. Renouncing his empire, he set out in search of life's ultimate purpose — Everlasting Bliss.

He has written over 100 books, **appeared** in more than 100 podcasts, and sung over **1,500 life songs** on the Art of Being Happy and the Purpose of Life. AiR spells Happy with **3Ps — Pleasure, Peace, and Purpose** inspiring millions to experience **Eternal Peace, Divine Love and Everlasting Bliss**. Happy AiR, through his **3Ps, the 3 Keys Happiness Secret**, aims to Touch, Trigger and Transform lives.

In **1995**, Happy AiR opened **AiR Humanitarian Homes in Bangalore**, which today care for over **700 destitute people every day**, providing them **food, shelter, medical care, dignity and hope**. Over four decades, his compassion has touched millions, transforming despair into hope and suffering into smiles.

NOTE: For Self-reflection only. Not a substitute for medical mental health care.

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Mind

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Consciousness

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Pride

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Humility

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Resistance

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Acceptance

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Negativity

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Positivity

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Demotivation

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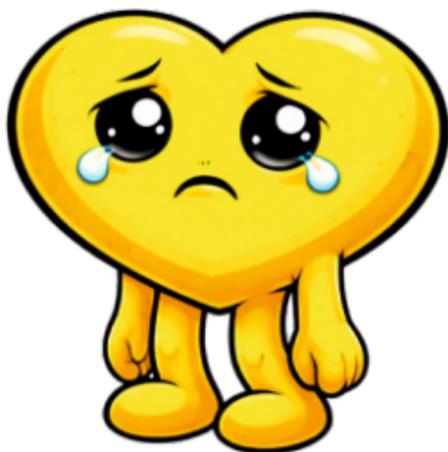


Inspiration

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Frown

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Smile

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Chaos

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Calm

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Agony

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Bliss

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Boredom

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Celebration

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Doubt

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Faith

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Nervousness

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Confidence

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Ignorance

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Intelligence

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Ungrateful

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Grateful

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Attachment

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Freedom

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Hostility

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Friendship

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Indifference

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Compassion

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Selfishness

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Selflessness

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Fear

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Courage

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Greed

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Fulfillment

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Anxiety

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Tranquillity

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Revenge

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Forgiveness

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Lifelessness

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Enthusiasm

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Stress

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Peace

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Angry

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Relaxed

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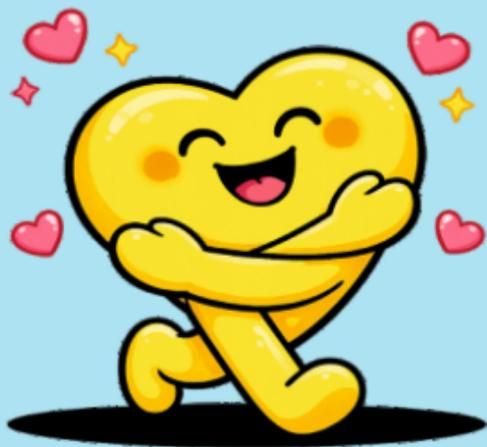


Hate

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Love

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Depression

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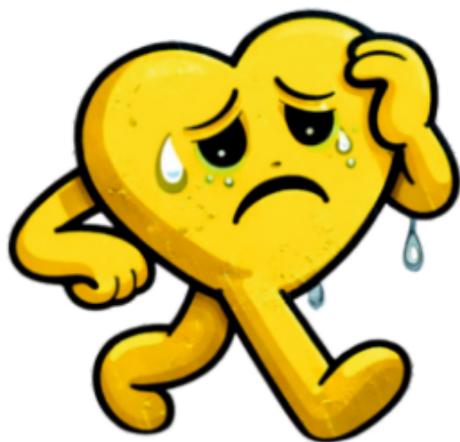


Cheerfulness

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Sad

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Glad

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Loneliness

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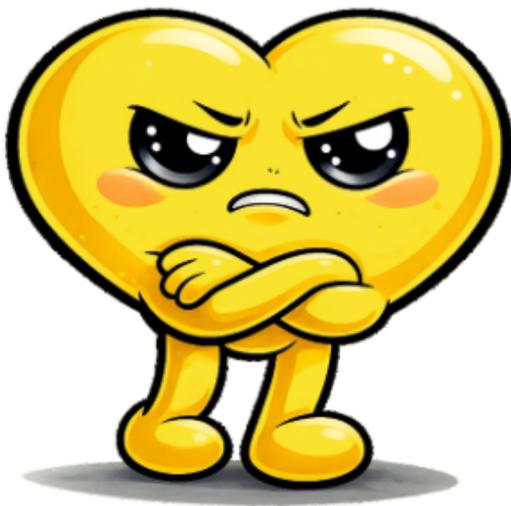


Fellowship

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Envy

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Generosity

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Apathy

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Empathy

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Miserable

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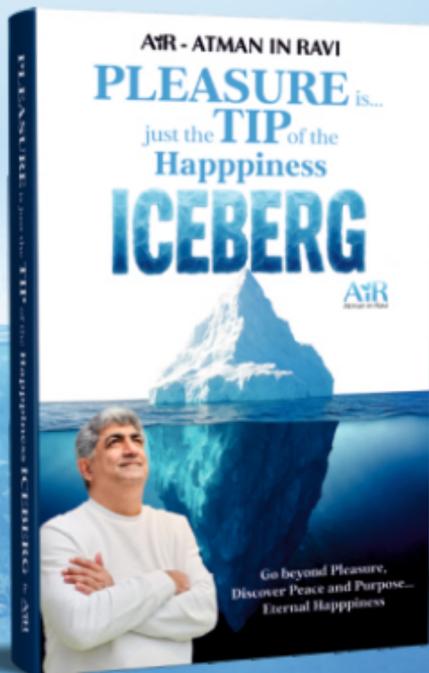


Happy

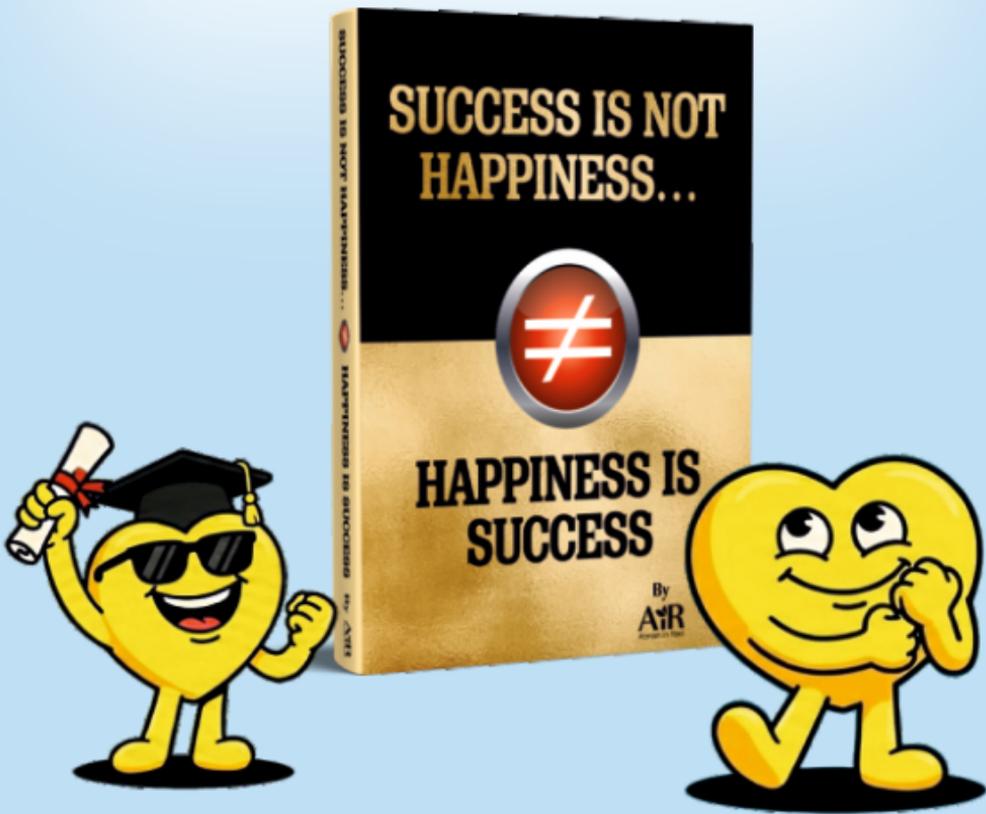
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**Although Pleasure is
just 10% of Happiness,
but for it, we strive.
Peace and Purpose are 90%,
and so, deeper, we must dive.**



**If True Success
belonged to the rich and famous,
then they should be Glad.
But watch the millionaires and you will find,
that many of them are Sad.**



Connect with Happy AiR – Atman in Ravi at:

-  Website: air.ind.in/
-  [Speakingtree.in/air-atmaninravi/](https://speakingtree.in/air-atmaninravi/)
-  [Linkedin.com/company/air-institute-of-realization/](https://linkedin.com/company/air-institute-of-realization/)
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-  WhatsApp Happy AiR on +91 98451 55555

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



AiR Linktree

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You Can be
SAD



GLAD
You Can be

FLIP OVER