

The Happpiness Ambassador

HAPPPY **AiR**

Atman in Ravi

100 HAPPPINESS TRICKS

Simple Everyday Tricks
to Guarantee Happpiness!

AiR - ATMAN IN RAVI

AIR - ATMAN IN RAVI

Simple Everyday Tricks
to Guarantee Happiness!

100 HAPPINESS TRICKS

By

The Happiness Ambassador

HAPPYAIR
Atman in Ravi



100 HAPPPINESS TRICKS

By
HAPPPY
AiR
Atman in Ravi
Ravi V. Melwani

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About The Author

Happpy AiR - Atman in Ravi



AiR — *Atman* in Ravi, globally known as Happpy AiR, the Happiness Ambassador, is a transformational author of over 100 books, lyricist and singer of more than 1,500 life songs, a philanthropist for over three decades, and an Awakened Soul on a mission to Touch, Trigger and Transform lives, and to make this a Happy world.

Through his own realizations, AiR discovered that to be truly Happy, we must spell Happy with three Ps — denoting Pleasure, Peace and Purpose. When these three align, one experiences Eternal Happiness.

Having personally experienced 25 years of achievement and success, AiR evolved to a life of peace and fulfillment, culminating in the realization of life's ultimate purpose through Enlightenment.

Before he became the Happiness Ambassador, he was an iconic entrepreneur who transformed India's retail landscape. At the peak of material success, having built a mega retail empire, he made an extraordinary choice — he walked away from it all. At just forty, he shut down his business to dedicate his life to humanitarian, inspirational and spiritual service.

His compassion found tangible expression through the AiR Humanitarian Homes in Bengaluru, founded in 1995 — homes that today lovingly care for over 700 homeless and needy individuals every day, offering them food, shelter, medical care, dignity and hope. Over four

decades, his compassion has touched millions, transforming despair into hope and suffering into smiles.

Today, AiR inspires millions across the world to live a life of Peace, Love and Bliss. Having discovered the Art of Being Happy, he teaches people how to live in the present moment, in day-tight compartments, with gratitude, acceptance and positivity, free from the miseries of the mind and the agonies of the ego.

AiR has realized that while everyone seeks Happiness, many remain unhappy. Through his 3Ps, the 3 Keys to the Happiness Secret, he aims to Touch, Trigger and Transform lives. He has addressed audiences globally on spirituality and Happiness, dedicating his life to helping people discover Peace, the very foundation of Happiness and Eternal Bliss, which many believe is unthinkable, yet is attainable.

A TEDx Speaker, he was recently invited by the United Nations Mandated University for Peace in Costa Rica to speak on Happiness. He has been honoured as the Global Happiness Ambassador by the World HRD Congress, recognizing his dedication to spreading peace, purpose and true Happiness across the globe.

He has also addressed YPO chapters worldwide – including in Harare (Zimbabwe) and the Millionaire's Club (Hong Kong) – as well as leading organizations, corporates, national and international forums.

Every day at 8 PM (IST), Happy AiR goes live on Zoom for 'Ask AiR', answering questions on Happiness, life and spirituality, guiding people towards peace, joy and purposeful living.

He can be followed on Speaking Tree, LinkedIn, Facebook, Instagram, YouTube and Spotify.

Connect with Happpy AiR - Atman in Ravi at:

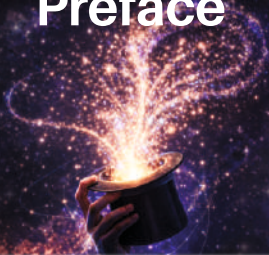
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***I transformed my life and changed my world
by changing the way I spell Happy.
Eternal Happpiness has 3 Ps:
Pleasure, Peace and Purpose.***



AiR Linktree

Preface



As the happiest man in the world, my mission is to make this a Happy World. Everybody wants to be happy but we are all struggling to find Happiness. Happiness is not a product that we can acquire or a person that we can befriend to be happy. It is a state of being. It is being peaceful and blissful. It is being cheerful and joyful. But how can we do this?

After writing over 100 books on Happiness and Life, I decided to write one simple book with practical everyday tricks to guarantee Happiness. Simple one-page secrets that are easy to do and that can guarantee Happiness. I too use some of these tricks in my day-to-day life and remain in a state of peace, love and bliss. If you pick a trick every day, you will never be mentally sick! Such is the magic in this book '100 Happiness Tricks' that you now have in your hands.

Happiness is a choice. But we must be wise. Every day, we can say, '*I WANT to be Happy,*' and become unhappy or we can say, '*I CHOOSE to be Happy,*' and be Happy! Isn't it a simple trick? I found 100 such tricks that are easy, practical and doable. But ultimately, your Happiness is in your hands. Happiness is inside us, within us. *Happiness does not depend on what you have but how you feel.* You are the master of your Happiness. If you let others ride your life-horse, you will be at a loss! Be the boss! Take charge of your life and your Happiness by living with these simple Happiness tricks that will guarantee your Happiness!

Introduction



Is Happiness a trick that you can pick and then smile all the while? The truth is, it is. But you must know the tricks. Those who don't know the tricks to be happy remain sick with fear, worry, stress and anxiety. They get angry as they allow revenge and hate inside their gate. But can we get all the misery off our plate? Yes, we can!

The first trick is to understand Happiness. We want to be happy but we don't know how to be happy. Then, we don't choose to be glad and we remain sad! We don't know what makes us happy and we let unhappiness in through the door. We become miserable as toxic thoughts push us on the floor. All it takes to be happy is to be happy now, to be happy today. But we are living in a 'yesterday' that is gone and a 'tomorrow' not yet born. We lose the present moment of joy.

In this book, we will discover the simple trick of how to spell 'happy'. We will spell it with 3 Ps, which are the 3 Keys to Eternal Happiness. We will learn many secrets, many tricks that will give us peace 'off' mind. Yes, we must switch 'off' the mind, then peace we will find. We will discover the paradox that success is not Happiness, Happiness is success. We will learn to overcome trauma as we understand how Karma is controlling this drama. '*Think positive*,' people say. But how? We will learn the trick. Yesterday is history, tomorrow is a mystery, how can we enjoy the pastry that is 'today?' Every possible Happiness trick is available in this book!

1. Understand Happiness



To be happy, the first trick is to understand Happiness. It's that easy, for when you don't understand Happiness, you run after success, money, wealth, fame and even relationships to make you happy. Happiness is actually very simple. It's a state of being. It's a choice. We can just be happy if we understand what Happiness is.

Happiness is a state of being peaceful and blissful, cheerful and playful, grateful and positive. It is a state of *being*, not becoming. You don't have to *become* happy. You just have to *be* happy. Those who learn this simple trick can be happy, all the time.

Those who think that Success is Happiness will chase millions and billions, only to become unhappy. Those who let others control their Happiness are sure to end up in a mess! Happiness is within us. It's a state of our inner being and we control it. Things may happen around us, things may happen to us, but Happiness is what happens inside us and that is completely under our control. We can be happy, no matter what, if only we understand what Happiness truly is.

I discovered the true meaning of Happiness and I now spell Happy with 3 Ps. Happiness is not just Pleasure. It is Peace and also Purpose. These 3 Ps lead to Happiness. And if you want to be happy right now, understand this — you can be Happy! Nobody can stop you from being happy.

2. Choose To Be Happy



The simplest trick to be happy is to promise that you will never say, '*I want to be happy.*' You will eliminate that from your vocabulary! Instead, you will say, '*I choose to be happy.*'

Try this trick! When you wake up in the morning, let these be the first words on your lips – '*I choose to be happy.*' And you will see magic happening because Happiness is nothing but a choice. It is a state of being, not doing. We don't have to *become* happy. We just have to *be* happy and this is a choice. When I wake up every morning, I recite these words:

*I choose to be happy today!
Though the skies are cloudy and grey,
No matter what comes my way,
Despite what people may say,
I CHOOSE to be Happy Today!*

This simple trick for Happiness does not mean that there will be no problems. A problem-free life is an illusion. Happiness does not mean it will be sunny all day. Happiness does not mean that the whole world will be fair to us. Happiness is a choice. It is not what happens outside us. Ignore that and choose to be happy within. Nobody can go inside you and make you unhappy without your permission. So, be strong and choose to be happy. Isn't this a simple trick? You don't need to have power, fame or wealth. All you need is good mental health, positive thoughts and a resolve to be happy. Make it a habit to say, '*I choose to be happy – every day!*'

3. List What Makes You Happy



One of the simplest tricks that I discovered years ago was to create what I called, 'The Happiness Card'. In this card, I would write down what truly made me happy. Each of us has different Happiness triggers but unfortunately, many of us don't know what these really are, what can make us happy. Then, how can we be happy?

Suppose waking up every morning to a beautiful sunrise makes you happy. Isn't it really easy to enjoy the bliss and the ecstasy at dawn? It has no price tag, but the joy is priceless. So too can a beautiful sunset create an ecstasy of bliss. For some people, their little pet dog wagging its tail could make them happy, while for others, it may be their cat that makes them happy. Each of us becomes happy with different Happiness triggers. The challenge is to make a list of all those things that make you happy.

So, here is the trick! Stop right now. Take a small card and write on it 10 things that make you happy. These are not big things. These are simple things that can create a state of being happy. When I first made the list, it included: singing my favourite happy song, watching a beautiful sunset, playing with my pet dog, talking to my best friend, saying my daily prayer, having a cup of hot coffee, making somebody happy, eating a *dosa*, going for a nice long walk and being still, being silent. How difficult is this? What does it cost? Anybody can do this and this trick is sure to make you happy. But if you do not have your list, how will you know what makes you happy? And then how can you be happy?

4. Pull Happiness Triggers



If you are serious about Happiness, then before you arrive here, at the 4th Happiness trick, you would have already made your 'Happy List.' If you have not made the list of things that make you happy, probably, you really don't want to be happy. So, please stop doing whatever you are doing right now and make a list of what makes you happy. It's going to be different for each one of you. But the trick is to make that list. If you don't, then you will be glad sometimes and sad sometimes. What is the next trick? To pull a Happiness Trigger. Once you have your Happiness Card in your pocket, on your mobile phone, on your laptop as a screen saver, or as a poster in your room, you will always be conscious of what makes you happy. Now, it is time to pull a Happiness trigger. Do one of the 10 things that make you happy whenever you can and see yourself smiling and beaming with joy. It's as simple a trick as ever.

Many people in the last 20 years have learned this trick from me and have used it to be happy. It has become a subconscious act in their life. Between one stressful meeting and another, they have paused and spent a minute in meditation. When they have been angry or upset, they have played their favourite comedy clip or song and as if by magic, they have started smiling and laughing again. Happiness is not really difficult if we understand Happiness and learn the tricks. If we choose to be happy, we will choose to pull our Happiness triggers. Those who think that Happiness is something bigger, forget the simple trick of pulling a Happiness trigger.

5. Eliminate Joy Stealers



Happppiness is the ability to be glad, not sad, for those who choose to be sad, are mad! Have you learned the simple trick of eliminating joy stealers? If you want to be happy, you must discover what steals your joy, your peace, your bliss, for these joy stealers can steal your Happppiness. We all become unhappy but there is a reason, a cause. Maybe, it is the mind that creates fear, worry, stress or anxiety. But have you learned how to eliminate the mind? Sometimes, it could be the mother-in-law or the father-in-law. At other times, it may be a neighbour or the boss. And at times, it may be the spouse or a grandparent. There are people in our life who can make us unhappy, who can steal our joy. So, what is this trick all about? It is to eliminate these joy stealers from our life. Unfortunately, we can't eliminate all joy stealers but we can remove some or most of them. Sometimes, it is just a tight shoe.

What are your joy stealers? What are the things or people that made you unhappy again and again? For me, it was someone named Gopal. He was my Man Friday. He would always do the opposite of what I told him. I tried very hard to change him but ultimately, I had to change him. I replaced the joy stealer with a sweetheart who became a Happppiness trigger. What are your joy stealers? Is it a call which you pick that makes you sick? Learn the trick, don't pick that call. Eliminate that joy stealer! List all the joy stealers that steal your joy and if you eliminate them one-by-one, what is left is bliss, Happppiness!

6. Be Happy Now



Do you want to be happy? If yes, learn this simple trick – Be happy now! That's all it takes to be happy. YOU HAVE JUST GOT TO BE HAPPY NOW! Isn't that easy? You don't have to be happy in 'yesterday'. You don't have to be happy in 'tomorrow'. You don't even have to be happy after an hour. In fact, you can't! The trick is to be happy now. Those who learn this trick are happy forever.

What is this trick all about? This trick is understanding the truth that life is unfolding moment by moment. At this point, you are reading this book. Nothing else. At most, you could be multitasking, reading the book and doing something else. But can you get out of the 'now'? The 'now' is this moment, this minute, this second and it is in this moment that we can be happy or we can be unhappy. If we learn the trick to be happy in the moment, in the now, then we have mastered the secret of Happiness.

While this is an Eternal Truth that life is about now and Happiness is also about now, we keep wandering into the past that is gone and a future not yet born. The past creates regret, shame and guilt and the future is built on fear, worry, stress and anxiety. If we oscillate from the past to the future, how can we be happy because Happiness is not in yesterday and tomorrow! It is in 'today'. It is in the now. Therefore, if we want to be happy, we must learn the simple trick – be happy now! Make a vow to be happy in the now.

7. Sing The Happy Song



*To be happy, you must sing the Happy Song,
To be happy, you must sing the Happy Song,
You must sing the Happy Song, and be happy all along,
To be happy, you must sing the Happy Song.*

Those who learn the trick to sing the Happy Song, learn the art of being happy all along. What is the trick? How can you be singing and be unhappy at the same time? You just can't! If you are unhappy, you can't sing. The moment you sing, you are unhappy no more! So, learn the trick and sing the Happy Song. There can be many variations in the words. Somebody sang long ago, 'If you're happy and you know it, clap your hands!' This universal tune can become a Happiness trick. Just choose the words that can make you happy.

*To be happy, you must smile all the while!
To be happy, you must learn to accept!*

Create your own Happiness song, a tune that will ring in your head and words that will inspire you and spread smiles, joy, cheer and laughter throughout your day.

Some people don't learn this simple trick because they are embarrassed to sing. Don't be embarrassed to be happy, to smile and to spread sunshine! Everybody in this world wants to be happy. Maybe the one who isn't, is just waiting to hear your Happy song and that will make them happy.

8. Smile All The While



Do you Smile? Anybody can Smile and everybody Smiles. Then, what's the trick? The trick is to Smile all the while. How often do you Smile? Do you only Smile when somebody Smiles at you or are you the one that initiates a Smile? Do you Smile at everybody you meet? Do you start every interaction with a Smile? This is the trick – Smile all the while. Those who do, have learned the art of being happy.

Smiling is a simple everyday trick that guarantees Happiness. Look around! How many people are Smiling? People don't Smile that much! So, they are not happy that much! A Smile is magical. Why?

A SMILE...

S – Spreads Sunshine,
M – Makes others Smile,
I – Inspires others to be Happy,
L – Lowers Levels of Negativity,
E – Ensures your own Happiness.

Just a simple Smile can do so much and what does it cost? It costs nothing! We must learn this simple trick to Smile. Then, we can become wealthier than a millionaire or a billionaire.

Even if someone has millions or billions, they are not truly wealthy if they have no Smile. We must learn to be a *Smile Zillionaire*. Somebody rightly said, '*What makes somebody truly beautiful is not what they wear on their body but the Smile they wear on their face.*' Learn to Smile all the while!

9. Happiness Is Success. Success Is Not Happiness



From the time we were in school, we were taught a lie and so, we remain a fool! We were taught that Success is Happiness. In reality, Success is not Happiness. The fact is that Happiness is Success.

Is there a trick to be successful? The whole world is running a race. People are in a chase to be an ace. But they get caught in a maze. Everybody can't be successful, can they? Actually, they can. How?

If we learn the trick that Happiness is Success, we can be successful too. Everybody can. But alas, people don't know this trick. People don't know the meaning of Happiness. People think that Happiness is about money, name, fame and power. They want all these in order to be happy. But people who have all these are not necessarily happy. Money, name, fame and power may give momentary pleasure but not true Happiness.

Why do we want Success so much? Because we believe the myth that Success, achievement is Happiness. We keep running after success, after achievements. But eventually, we are not happy. We think that once we reach the peak, we will be happy. But desires don't quench our thirst. They only make us burst. We go from peak to peak, Success to Success, but there is no Happiness. Learn this simple trick. Happiness is Success, for if you are happy, you are already successful.

10. Happiness Is In The Minute



Every living being wants to be happy. Not just human beings, we even see a dog wagging its tail as an expression of joy. But how can we be happy? What is the trick? It is to understand that life is nothing but a minute!

Although we live for years, for decades, life unfolds, minute by minute. Therefore, Happiness is in the minute, not in the minute that is gone, and not in the minute not yet born, but Happiness is in the present minute. That is why we call it 'Present'. It's a gift. Those who learn this trick, live in the minute and are happy in the minute.

What do they do? They live life, minute by minute. With cheer, joy, smiles and laughter, they fill it! With Peace, with love, with bliss, they live every minute. They seize the minute and make the most of it! They have learned the trick, but have you?

If you want to be happy, live life minute by minute and focus on making every minute happy. Don't just let the minute pass in vain. Don't let anything make you miserable again and again. For all you need to do is to fill each minute with joy. Remember, it is these minutes that become hours, that become days that ultimately become our life. Therefore, if we want to have a happy life, we must make each minute happy. We can't go before it. We can't go after it. We have got to live in it. Let us be happy every minute!

11. Spell Happy With 3 Ps



The best trick that I learned to be happy was to change the way I spelled the word 'happy'. I realized that we cannot be happy with 2 Ps in the spelling. I was seeking Pleasure and more Pleasure but discovered that where there is Pleasure, there is pain. So, I changed 'happy' to 'happy'. Happy or Happiness needs 3 Ps. Of course, we need Pleasure but we also need Peace. Without Peace, we cannot be happy. But what gave me the Ultimate Happiness was Purpose. Purpose liberated me from all misery and sorrow. You will learn this trick later. But what is the trick on this page? Start spelling, 'happy' with 3 Ps. When you write, 'Happiness,' don't write it with 2 Ps. It is a simple trick, but it works!

How does this trick work? When you accept that happy has 3 Ps, you don't run after Happiness that is just Pleasure. You exit Pleasure and enter the state of Peace. In the state of Peace, you overcome the mind and its miseries, just as you discover Purpose and Eternal Bliss. But the trick lies in how you spell, Happy. The trick is accepting the truth that Happiness has 3 Ps and not 2 Ps.

Isn't it unfortunate that the whole world thinks that Happiness is just Pleasure? Of course, Pleasure is Happiness. But Pleasure comes and Pleasure goes. Happiness with 3 Ps is bliss that forever flows. If we truly want to be happy, we must discover the 3 keys, the 3 Ps of Eternal Happiness. Otherwise, we will become glad and then become sad. There will be pleasure and there will be pain. Learn to be happy always, with the 3 Keys, the 3 Ps.

12. Discover The AiR Happiness Secret



My favourite Happiness trick is the 19-letter AiR Happiness Secret. It took me a long time to coin it. But it has everything that can make you happy. This one trick of 19 letters can guarantee you Happiness. I can challenge anybody – if you follow the AiR Happiness Secret, it is guaranteed to make you happy. What is the AiR Happiness Secret?

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

H – Having Enthusiasm
A – Acceptance
P – Pleasure
P – Peace
P – Purpose
I – In the Now
N – Negative to Positive
E – Ecstasy of Divine Love
S – Surrender
S – *SatChitAnanda*

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*

13. Live The 'BEING HAPPY Mantra'



If one thinks that the AiR Happiness Secret is too deep or too long a trick, there is something simpler that they can pick. It is the '*Being Happy Mantra*'. It just has 11 letters but it covers the entire essence of Happiness. If you want to be happy, then the *Mantra* or the magic of 'Being Happy' can transport you to a state of Eternal Happiness.

B - Believing that you can be Happy

E - Every morning, Choosing to be Happy

I - In the Now, Living Joyously

N - Not letting Toxic Thoughts of the Mind enter

G - Giving, Forgiving, Making others Happy

H - Having a Smile on your Face, Always

A - Accepting and Surrendering

P - Pepping up Life with Positive Emotions

P - Peacefully living every Minute in Consciousness

P - Picking the 3 Keys, the 3 Ps of Pleasure, Peace and Purpose

Y - Yearning for nothing - Being Content and Grateful

Isn't this a simple trick? Just live with the 'Being Happy' *Mantra*. You are adopting the 3 Ps Secret to Happiness just as you are eliminating the mind and living in Consciousness. How can you be unhappy if you have enthusiasm, faith, hope and trust just as you accept and surrender? This *Mantra* is not a theory. It is a practical way for people to live, and it makes people smile all the while. But how can you make this trick work? Every morning when you start your day, repeat this *Mantra*. Paste it as a poster everywhere and if you hold on to the *Mantra*, you can be assured that you will be free from all suffering. Be Happy by BEING HAPPY always!

14. Peace Is The Foundation Of Happiness



What is Happiness all about? Is it only pleasure and fun, till life is done? No doubt, pleasure gives Happiness. But we all see how more and more of pleasure gives less and less of Eternal Happiness. If we truly want to be happy, we must evolve from pleasure to peace.

But what is peace? In a macro sense, peace is freedom from any conflict or violence, even war for that matter. But in the context of Happiness, it is tranquillity of the mind. The mind creates chaos and through its toxic thoughts, steals our Happiness. The mind creates fear, worry, stress, anxiety, regret, shame and guilt. How can Happiness be built in such a state? Therefore, if you want to be happy, discover this profound trick – peace is the foundation of Happiness. Build your Happiness on a strong base of peace. Otherwise, your pleasures will crumble as you lose your peace of mind and along with it, your Happiness will disappear too.

Not many people understand how contentment and fulfillment give far more joy than just achievement. The mind fools us into believing that excitement and entertainment are Happiness. No doubt, they are. But that is not Eternal Happiness. True Eternal Happiness is possible only where there is peace. When there is no peace, Happiness disappears like mist that disappears with the morning sun. We all know how Happiness disappears and dissolves when we lose our peace. Learn the trick – peace is the foundation of Happiness!

15. Still The Mind; Peace, You Will Find



If you have learned the trick that peace is the foundation of Happiness, learn the next trick too — how to find peace of mind. Well, the trick is very simple. Peace, you do not have to find. Peace is within. Just still the mind and peace, you will find!

Have you seen a still lake losing its tranquillity when a motorboat zips through it? The peace and tranquillity are lost in a moment. So also, the mind creates ripples of anxiety and stress and makes our life a mess! What is the mind? MIND is Misery, Ignorance, Negativity and Desire. Although the mind has no physical existence, it is that bundle of toxic thoughts that steals our Happiness. So, what is the trick? Eliminate the mind. But how can you do it? Oh, it's a very simple trick! But executing it is the most difficult challenge of life!

If you want to eliminate the mind, you must kill the mind and the only way to kill the mind is to still the mind. It may seem a simple trick but those who try to do it say that it is impossible! The good news is that it is possible. Slow down the pace of the toxic thoughts of the mind. Just like you press the brakes on a racing car, through silence, meditation or some other conscious effort, you can also reduce the pace of the toxic thoughts of the mind. As you do it, peace you are sure to find! But then you need some more tricks to be the master of the mind. Then, Eternal Peace you will find!

16. Happiness Is Within; Don't Wander



Individuals looking for Happiness tricks may pick this one up as an easy one. But we must change our perspective. What do most of us do? To be happy, we go here and there. We try to find Happiness in pleasures, people and possessions. Some of us think that Happiness is in Power, success, wealth and fame. We haven't learned the real game. All these cannot give us True Happiness. True Happiness is within. Don't wander! Don't search for Happiness for Happiness is like a shadow. The more you chase it, the further it goes away. But when you stop running after Happiness, then like the shadow that stays with you, Happiness will always remain with you. So, what is the trick?

The trick is to discover that Happiness is inside, not outside. *Once, a king announced that the queen's most precious necklace had mysteriously disappeared from the palace's terrace. Anybody who could find it would be rewarded beyond imagination. The whole kingdom started looking for the necklace. One fisherman saw the necklace inside the waters of his pond. He was overjoyed. He went into the pond to pick up the necklace but he couldn't. He tried several times. He could see it but could not grab it. Dejected, he went to the king and told him the story. The intelligent king took his wisest advisor and went to the pond. When the advisor saw the mystery, he solved it in a minute. He didn't look into the waters. He looked up and saw the necklace hanging on the tree. We are looking for Happiness in the wrong places. Let us learn to discover Happiness within. Don't wander to find Happiness.*

17. Don't Say, 'I Want To Be Happy'



If you want to be happy, don't keep saying, 'I want to be happy.' The more you say it, the more you focus on 'wanting' rather than 'being'. Wanting Happiness cannot make us happy. We must choose to be happy instead. We must learn the art of being happy.

'I want to be happy!' The moment we say this, the 'I' appears. It is the ego. It makes us unhappy with its pride, greed and selfishness. When we say 'want,' it's desire and desire ultimately makes us burst. It does not quench our thirst. When we eliminate, *'I want to,'* we can just be happy. But we are not happy because we haven't learned this simple trick. Don't ever say, *'I want to be happy.'*

Happiness is a simple trick. You actually don't need all 100 tricks. But with these 100 tricks, you can be happy every day. It's so very easy. But then why are you still unhappy? It is because you have not understood the meaning of Happiness. You haven't understood that Happiness is in *being*, not in *becoming*. Happiness is not in wanting it. It is not a product. You can't buy Happiness. You can buy things that give you pleasure but you can't buy Happiness. Happiness is not a destination. You can't go to Happiness. But you can be happy wherever you go. Happiness is not in a person, but you can be happy being with people if you learn the Happiness tricks. So, this trick is simple – Don't say, *'I want to be happy.'* Just *be* Happy. Try it. It works!

18. The Hedonic Paradox



A simple trick to be happy is to discover the Hedonic Paradox, also known as the pleasure paradox. Somehow, we believe that chasing pleasure or Happiness makes us happy. But the Hedonic Paradox reveals the trick. It teaches us that chasing pleasure or Happiness can make us unhappy or less happy. When we are constantly seeking sensual gratification, we are on, what is called, a Hedonic Treadmill that ultimately brings us back to the starting point and we attain nothing. Happiness is not in chasing pleasures.

We may buy a new mobile phone, but what does the Hedonic Paradox tell us? Every new mobile phone that we buy will only give us momentary Happiness. When we understand the Hedonic Paradox, we will not fall into this trap of seeking momentary pleasure. What is the trick? The trick is to shift focus into something more fulfilling. What does Hedonic mean? Hedonic comes from the Greek word, '*hedone*,' meaning pleasure and reminds us that sensual pleasure is not True Happiness. So, the paradox reminds us that we must not just run after pleasure.

Have you ever tried to run after your shadow? If you have, you will know that the more you chase it, the further it goes away. But if you remain still, the shadow doesn't go anywhere. When you learn the trick of the Hedonic Paradox, you will stop chasing butterflies because when you do, the butterfly may come and sit on you and surprise you. Why not try to make others happy rather than just making yourself happy? This will surely make you happy.

19. Live With GAS



Those who learn the Happiness trick, to live with 'GAS', fill their life-tank with a Happiness fuel that can last through the day, each day. What is this Happiness gasoline? GAS is an attitude of Gratitude, Acceptance and Surrender.

Each morning when you wake up, learn to be grateful that you are alive, that you are well enough to open your eyes, that your life has been peaceful through the night that has passed. Learn to be grateful that you are waking up with your feet on the street. There are people who have no feet! So, count your blessings as you start your day with gratitude.

Accept, for when you accept rather than expect, your day will pass with peace, bliss and joy and this will add to the positive fuel that will make you happy. Don't protest whatever has happened till now. Joyously accept with gratitude. This is a great trick to be happy. All you must do to make GAS work, is to surrender.

Surrender means starting your day without any hope and without wonder, for when you surrender, you trust and you let go with complete faith, and this can transform your life. I have learned the Happiness trick GAS and every day, I live with Gratitude, Acceptance and Surrender. Try it! It will fill your day and your life with Happiness, for each minute that is full of GAS gives us the positive energy to sail through trials and tribulations in life.

20. ABCD Can Make You Happy



We all learn ABCD in school but we remain a fool when it comes to Happiness, for we haven't learned the ABCD of Happiness. The ABCD of Happiness is:

A – Accept without Protest

B – Best Efforts

C – Complete Surrender

D – Divine Instrument... live as a Divine Instrument.

The ABCD formula is sure to make us happy. Why? Discover the trick! Because if we don't accept, we will continuously protest and become unhappy. When we do our best, we are content. There is a sense of fulfillment because we have put in our best efforts. What more can we do? Nothing! So, we must surrender; not just surrender but live with complete surrender. Finally, if we live as a Divine instrument, following the Divine Will, we will be filled with peace, bliss and joy.

Those who live the ABCD formula, will vouch for how effective it is. It is sure to eliminate all misery and sorrow, as it helps us live each day with contentment and fulfillment, without any worry of Yesterday and Tomorrow. If you try to pick this trick of ABCD, you will learn the A to Z of Happiness, for Happiness is not something very complicated. Happiness is about noteworthy success or excellence but not stretching beyond our ability and becoming unhappy. Having done our best if we accept and surrender, we can be happy and there is no greater magic than living as a Divine instrument.

21. Overcome The Triple Suffering



Happiness tricks are not just about being happy but also about not being unhappy. If we are glad one moment but become sad in the next moment, how can we be happy? So, the trick is to overcome all misery and sorrow. The trick is to find out what makes us unhappy and if we can find that out, we can reach a state of Eternal Bliss.

What is the cause of our unhappiness? Who becomes unhappy? The body experiences pain and we suffer. Who can escape from the pain of the body? Nobody! But we can escape from suffering if we live in Consciousness that we are not the body. The body experiences pain but it is the mind that amplifies the suffering. We can take a pain killer and overcome any kind of physical body pain, but can we overcome the suffering of the mind?

The mind not only amplifies the pain of the body but also creates its own misery. What is the mind? MIND is Misery, Ignorance, Negativity and Desire. If only we are able to free ourselves from the mind and its suffering, we can be happy.

This Happiness trick of overcoming the triple suffering is therefore, to be free from the suffering of the body, the misery of the mind, and most importantly, the agony of the ego. The ego, our false identity, creates agony and anguish. When we transcend the body, mind and ego, we can be happy.

22. Eliminate The Seven Miseries Of The Mind



If we don't kill the mind, the mind will kill us. Therefore, if we really want to be happy, we must kill the mind. How can we kill the mind? There is only one way. It is to still the mind, to slow down the pace of toxic thoughts of the mind that make us miserable.

The mind, in reality, does not exist. It is an accumulation of toxic thoughts; thoughts that make us suffer again and again. What are these thoughts? These are thoughts of fear, worry, stress and anxiety. These thoughts pull us away from the present moment into a future and make us suffer and cry. Then, the mind also takes us to the past and creates regret, shame and guilt. Soon, we are filled with suffering and sorrow, all because of the rascal mind. The only way to be happy is to eliminate the mind, a mind that we cannot find but a mind that continues to make us blind. So, what is the Happiness trick? It is to leave the mind behind, to flip over to Consciousness, a state where there is no mind, a state where we become the master of the mind.

A man was riding a horse. Somebody asked him, 'Where are you going?' He replied, 'Ask the horse!' Such is the case with the mind. When it becomes the boss, it starts riding our life-horse and then, we are at a great loss! We will not be able to enjoy the present moment of bliss because the mind will create unhappiness. The trick is to eliminate the mind and its seven miseries – fear, worry, stress, anxiety, regret, shame and guilt. Then, a happy life can be built.

23. Wipe Out The Seven Agonies Of The Ego



To be happy, these are some of the tougher tricks to learn. First, to eliminate the mind, and then, to eliminate the seven agonies of the ego. Unfortunately, we cannot eliminate the ego. We can only Enlighten it. How can we Enlighten the ego? That is the trick!

The ego is the identity, 'I.' As long as we are alive, we cannot eliminate the ego because the 'I' is alive. But we can Enlighten the ego by realizing that I am not 'I'. I am not this body that will ultimately die. There is no mind, it is just a bundle of thoughts. But I am. Who am I? When the ego is Enlightened and realizes that *I am the Soul*, we will be free from the seven agonies of the ego. What are these agonies?

The ego is created with pride, greed and selfishness. This is natural for any ego but the problem is beyond these three agonies. The ego then creates the anguish of anger, hate, revenge and jealousy. Then, we burn in the agony and anguish of the ego. If we want to be happy, we must be free from the false ego, the false 'I'. Then, we will not suffer and cry. But this is not easy. To become a master of this trick, we must first eliminate the mind. If we do not eliminate the mind, the ego will create the seven agonies. Together, the mind and ego create 15 monsters, including the suffering caused by the pain of the body. Happiness is all about being free from these agonies. Happiness is about transcending the ego and living as the Divine Soul. Then we can live with Peace, Love and Bliss, free from the triple suffering of the body, mind and ego.

24. Discover True Love — The Fountain Of Joy



We all know the meaning of love. But we have not discovered the love trick. What is it? The love trick is to understand the acronym of love. LOVE is Longing, Of the Soul, Very passionate, Ecstasy of joy. When we think of love as LUST, it becomes Love Underestimated as a Sexual Transaction. Love is not just physical intimacy. It is, in fact, like a rainbow that has 7 colours, VIBGYOR - Violet Love between parents and children, Indigo Love between friends, Blue Innocent Romantic Love, Green Self-Love, Yellow Intellectual Love, Orange Emotional Love and Red Erotic Physical Love. When we discover the rainbow of 7 colours of love, we can enjoy a fountain of joy, an ecstasy of bliss. This is True Love. In fact, TRUE LOVE is Transcendental, a Rainbow of seven colours, Unconditional and Eternal.

If we truly want to be happy, we must discover this trick of True Love. We will never be sad. It's a simple trick but the one who discovers this trick will be able to love one and all. There will be no attachment because where there is attachment, there is no love. When there is love only from skin to skin, there can be no joy. There can only be heartaches and heartbreaks. But the Happiness trick is simple. Discover True Love! Thousands of years ago, the Greeks called it *Agape*, which was different from *Eros*, worldly love. The *Sufis* called True Love, *Ishq-e-Haqiqi*, as opposed to *Ishq-e-Majazi*, worldly love. When we develop True Love, we become incapable of hurting others, nor do we get hurt. Pick this trick of True Love and be happy forever.

25. Enjoy The Circus; Discover Your Purpose



If you are seeking Happiness, here is another trick. Don't think that life is a race, a chase to be an ace. Don't get caught in a maze. Realize that life is not a circus. Life has a purpose. Otherwise, we are no better than a clown who is jumping up and down.

Why do we become unhappy? We become unhappy because we chase pleasure. We don't discover the real treasure. Unless we exit chasing pleasure and start living with peace, we will not discover what life is. In reality, life is just a show. We are actors who come and go. But we don't enjoy the circus because we don't learn the trick, we don't discover our purpose.

Today, stop and ponder this Happiness trick. What is my purpose? The purpose of life is to discover the purpose of life. But we are caught in this circus. So, we don't enjoy the circus. Do we realize that *nothing is mine, nobody is mine*? What did I bring to this world? What will I take from this world? Even this body that appears to be me, I will leave behind. So, what am I worrying about? We are losing this precious life, which is an opportunity to celebrate and be happy, as we exist without realizing our purpose. All we need to know is 'Who am I?' and 'Why am I here?' That is all it takes to discover our purpose. Once we discover our purpose, we will start enjoying this beautiful drama called life. There will be no trauma as we discover that everything unfolding is Karma.

26. Just Flip From NEP To PEP



Do you want to learn a simple trick to be happy? Just flip from NEP to PEP. What is NEP and what is PEP? NEP is Negative Energy that is Poison. PEP is Positive Energy that is Power. These emotions are the raw materials for our thought factory, the mind. We all constantly produce thoughts, whether we like them or not. We have no control over our thoughts. They may be positive or negative. But we have a control over our emotions. An E-Motion is Energy-in-Motion; energy that creates thoughts that become feelings that become actions. These actions become our habit, our character and our destiny. Basically, NEP and PEP decide whether we will be sad or we will be glad. If we have PEP, we will be Happy. If we have NEP, we will be unhappy. So, what's the trick? The trick is to choose the right emotions and be happy.

Every morning, start your day by choosing PEP. What is PEP? It could be courage or confidence; it may be faith, hope, belief or enthusiasm, or it may be compassion, forgiveness or love. All these emotions create optimism. Now, compare these with NEP, emotions like worry, anxiety, anger and hate. If revenge and jealousy become the emotions we choose, we will be full of toxic energy that creates toxic thoughts. We will become miserable. Learn the simple trick – Choose to flip from NEP to PEP and you will see Happiness in your life.

27. Make Each Day A New Life



I learned a simple trick that created so much bliss in my life. What is this Happiness trick? Every morning, when I wake up, I start my day as if it is a new life. It has nothing to do with Yesterday. Yesterday is over, it is gone! It has nothing to do with Tomorrow. Tomorrow may or may not be born. But Today is mine. It's a new sunrise, a new life. So, how do we make each day a new life? What is the trick?

The trick is simple. Whatever happened till yesterday is over. That life is gone! We can do nothing about it. Eliminate it completely. Today has started and we are credited with 24 hours. Today we have 1440 minutes. The trick is not to waste any of these minutes, thinking of yesterday. It is a completely new life. It is just like we are dead and we are reborn. So, the trick is to make the best of this day as a new life. When the day is over, life will be over too. Tomorrow has no connection to Today. Tomorrow will start a new life.

If only we learn this trick and live in each day, without any connection to the past and the future, we can surely be happy. The problem is that all misery and sorrow seeps in from Yesterday and Tomorrow. But there is no Yesterday. There is no Tomorrow. There is only Today. In fact, that is the ultimate truth. We can't rewind life nor fast forward it. We can only live life in the present. But the rascal monkey mind steals 'Today' by jumping into Yesterday and Tomorrow. Stop that and make each day a new life!

28. Don't Swing From Yesterday To Tomorrow



Those who swing from Yesterday to Tomorrow, will live a life of misery and sorrow. Happiness is in the 'Now.' Therefore, learn the trick. What is the trick? Don't swing like a pendulum.

Most people, unfortunately, become unhappy because the mind swings to the past and creates regret, shame and guilt. Then, it flips to the future and creates fear, worry, stress and anxiety. With these miseries on our plate, how can Happiness be written on our slate? It's like the slate of our life is completely cluttered with garbage. Can a teacher start teaching a class without first wiping the blackboard clean? Such is life when we mess it up with Yesterday and Tomorrow.

Can we do anything with Yesterday? We can't! Can we do anything to Tomorrow? We can't. But what we can do is to catch that monkey, the mind and latch it so that it does not swing and create commotion in our life. The truth is that we don't go to Yesterday and Tomorrow. Only our mind goes. The trick is to still the mind, to kill the mind. Then, peace, we will find.

The mind is a monkey. We can't stop it from swinging. But we can eliminate it. We can kill it. Then, we will move into a state of Consciousness. In this state, there is only now, no Yesterday, no Tomorrow. So, learn this trick to stop the swinging of the monkey mind and you will rejoice and celebrate life in the present moment.

29. Forget The History. Ignore The Mystery. Enjoy The Pastry!



What is this trick about pastry, history, mystery? It is an age-old wisdom – '*Yesterday is a cancelled cheque. Tomorrow is a promissory note. Today is the cash in hand.*' What is important is the cash. Learn this simple trick by realizing the truth.

What is done and dusted in the past is history. Suppose we keep on thinking about what happened last week, last month, last year. Some people even think about what happened 20 years back! Because they don't forget their history, they don't enjoy the pastry that is in front of them! Life is offering us a delicious pastry in the present. But many people don't know this trick. They are so lost in history that their pastry becomes stale. In fact, the pastry becomes history! *Once upon a time, I did not eat my pastry* – this is many people's history!

Sometimes, the pastry goes down the drain because we are living in needless worry again and again. The mystery of Tomorrow can destroy the pastry of Today. There is nothing real about the mystery. It is just our imagination inculcating overthinking and fear, but the pastry is real. It is delicious. It is in our hand. Then why are we in some mysterious land? Learn the trick! Ignore the mystery. Enjoy the pastry!

Those who learn the Happiness tricks pick this trick on a daily basis. Every day, they enjoy their pastry! They make it a habit to forget all history and to ignore all mystery! Will you pick up this trick?

30. Flip From Mind To Consciousness



One of my favourite tricks to be happy is to flip over from a state of Mind to a state of Consciousness. How can one do this? The Mind is nothing but a bundle of toxic thoughts. In this state, there is fear, worry, stress, anxiety, regret, shame and guilt. The Mind is built of these. The MIND is nothing but Misery, Ignorance, Negativity and Desire. In reality, it does not exist. It is just bundles of toxic thoughts. I learned an interesting trick. What is it?

The world calls it Mindfulness. Some people call it awareness. In simple words, it is silence or meditation. *'How can this lead to Happiness?'* one may wonder. When the Mind bombards us with up to 50 toxic thoughts per minute, how can we be happy? When we slow down the pace of the Mind, we go from 50 thoughts to 40 thoughts, to 30 thoughts, till ultimately, we are able to focus on one thought at a time. In this state, there is no Mind. Thoughts no more pour like rain to push us down the drain. Thus, we are in a state of Consciousness, a state of mindfulness or awareness. In this state, we experience Peace, Love and Bliss. There is no unhappiness.

So, how does one learn this trick, to flip from Mind to Consciousness? It is not very easy but it's the key to bliss. Slowly but steadily, slow down the MTR – the Mental Thought Rate, till you become the master of the Mind. And in Consciousness, you will find bliss.

31. Flip From Mind To Intellect



What happens when you flip from mind to Consciousness? First of all, you experience peace. And peace is the foundation of Happiness. But something else also happens when you flip from mind to Consciousness. You flip from mind to Intellect. How does this work? Let us understand this trick.

Either we can be in a state of mind or in a state of Consciousness. When the mind goes, Consciousness appears, just like where there is the mind, there can be no Consciousness. But the trick we must pick is to flip from mind to Intellect. When the mind dissolves into Consciousness, to the state of awareness or mindfulness, the Intellect is activated. The Intellect is a tool of discrimination. It can discriminate what is black from white, and what is wrong from right. Only we human beings are blessed with this gift called the Intellect. How does the Intellect make us happy? It gives us the power to choose; it gives us willpower. A dog cannot choose what it eats or what it wears. Only we human beings have the Intellect to discriminate, to choose and to be happy.

Learn the trick! Flip from mind to Intellect. Still the mind and kill the mind. Move to Consciousness and activate the Intellect. Once you do this, you block the mind and you lock the mind, just like you build a dam to stop the gushing river of thoughts. With the Intellect, you can catch the mind, detach the mind, and latch the mind, a mind that you cannot find! You can simply leave it behind. Then, you can be happy!

32. Count Your Blessings



The simplest Happiness trick is to Count your Blessings. We don't realize how many Blessings we have. But once we learn this trick, we can be happy.

A poor man once went to a sage in tears, complaining, 'I am so cursed. I have nothing. My life is pointless!' The wise man asked him, 'What are you seeking?' He replied, 'If I had 2 lakh rupees, at least, I could have started a small business.' The wise man told him, 'Ok. Give me one of your eyes. I will give you 2 lakh rupees.' The poor man was startled, 'How dare you say that!' 'Ok, then give me one of your kidneys!' 'No way!' retorted the poor man. 'Are you then ready to lose one hand or one leg for 2 lakh rupees?' When the poor man got upset, the wise sage gently explained, 'I have listed so many priceless possessions you have, yet you say that you have nothing!'

To be happy in life, let us learn this trick. 'Count your Blessings. Name them one by one. Then you will be grateful for what the Lord has done!' We take things for granted. We have ears to hear beautiful music, tongue to taste food, feet to walk down the street. But we feel the blues because we have no shoes! If only we learn the trick of Counting our Blessings, we will be happy.

Most of us are counting our troubles. We are listing our problems. The result is that we become unhappy. If we just change what we count, we will transform our sorrow into joy.

33. Cut The Monkey's Tail



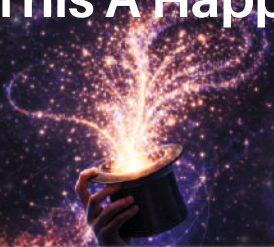
The reason we are unhappy is because we all have a monkey in our head. It keeps jumping from thought to thought, till we are dead! This Happiness trick is simple – cut that Monkey's Tail.

Have you ever observed a monkey? It is always greedy. It is always hyperactive. It wants this, it wants that, and it creates such a pandemonium. So does the monkey mind. The reason that we call it a monkey is because it constantly jumps from thought to thought. It creates so much stress and makes our life a mess! The monkey mind steals our peace. What is the trick? Cut the tail of the monkey.

Look at the word, 'monkey,' carefully. You will notice the tail, EY. The tail, EY, denotes Ever-Yelling and Ever-Yearning. But when we cut off the EY, the Ever-Yelling and Ever-Yearning, the monkey without its tail becomes a monk. It is the EY that creates all the junk. It seems like a simple trick but just think about it. Can you catch a monkey and cut its tail? It is a difficult task and unless you make the monkey sleep, you can't! So, you must still the monkey mind and then cut its tail. What will be left is a peaceful and blissful monk!

As long as we let the monkey jump in our head, we are dead! But the moment we cut the Monkey's Tail, there will be no MIND - no Misery, Ignorance, Negativity and Desire. Cut the tail and douse the fire!

34. Make This A Happy World



I found a simple Happiness trick. Make this a Happy World. What was my reward? I became happy. So, I decided to add this as one of the tricks. Do you want to be happy? If yes, go and make this world a Happy World, for when you make others happy, you become happy. It is a simple rule of life that works.

Why not try this trick? Take a pack of biscuits and go out and feed the street dogs. They will wag their tails and jump in joy. And in the bargain, you will become blissful and peaceful. If you are afraid of dogs, try to keep some water for the birds. It is a lot of fun to spread Happiness in the world. When I was a child, I used to help old people cross the street. I would hold the hand of an old lady who lived nearby and walk her to the temple every day. I have helped elderly and differently abled people cross a busy road many times. The immense joy that I experienced because of the happiness and relief on their faces, cannot be measured.

I learned this trick that joy shared is joy doubled and sorrow shared is sorrow halved. So, I learned to share my Happiness with others and make this a Happy World. My celebration created an illumination of joy. As I tried to pause and listen to the cause of people's suffering, I found that I could reduce their misery too. I felt this definitely made the world a happier place. Most of us are selfish. We are trying to make ourselves happy. We don't learn the simple trick that if we make the world happy, we can become happy.

35. Become A Happiness Ambassador



I discovered a simple trick. By becoming an Ambassador who takes the message of Happiness to the world, I became happier by the day. In fact, I changed my name to Happy AiR, Happiness Ambassador for this simple trick. Anybody can choose to be a Happiness Ambassador. What does this mean? This means that one can dedicate oneself to spreading the message of Happiness to the world. You can become an Ambassador for peace, joy, love and bliss. You can become an epitome of Happiness. This means that you make Happiness the priority of your life. In thought, word and deed, Happiness envelops you as you talk and walk through life. If you too want the tag of being a Happiness Ambassador, the trick is to tell yourself, *'I want to be a Happiness ambassador. I am a Happiness ambassador.'* Then, to live as one.

When we become Happiness Ambassadors, we carry the message of joy, cheer, peace and love to all those whom we come in contact with. An Ambassador of Happiness need not represent one country in another country. It can be one who goes from one home to another home, from one street to another street, carrying the message of Happiness, the importance of peace, the relevance of forgiveness, the essence of brotherhood and the effect of compassion in this world. If this world has many Happiness Ambassadors, it will become a Happy world. Alas! We have not learned the trick to be happy and to make the world happy. Today, become a Happiness Ambassador. You can start now.

36. Choose Happiness, Not Unhappiness

A simple trick to be happy is to Choose Happiness. Don't make it a habit to choose unhappiness. Some people learn the trick and they choose to be happy, but some people don't learn the trick. They choose to be unhappy. Ultimately, what we choose, we become.

Ram was always happy. He would wake up in the morning and spend moments in silence. He would say a gratitude prayer. He would greet everybody around him positively and start his day with excitement. During the day, he would smile at everybody, appreciate people and be caring and compassionate. He would enjoy whatever work he did and he remained peaceful and cheerful. He made it a conscious choice to be happy and he never reacted with anger or irritation. All his days were filled with contentment and fulfillment. Ram was happy for he chose to be happy.

Shyam was miserable. He would wake up every morning carrying the baggage of all the negative things of yesterday. Neither would he greet those around him nor smile. In fact, he would snap at people. He would drag his feet to work and curse everybody he could. To him, life was such a pain, and it felt like he was forced to exist. He would always complain and criticize. He made it a habit to choose unhappiness.

Isn't the trick simple? You can Choose Happiness or unhappiness. What would you choose? Would you like to be happy like Ram or unhappy like Shyam? The trick – it's a choice!

37. For Peace, Remove Piece Of Mind



Happyness is built on the foundation of Peace. If we want to be happy, we must find a way to be peaceful. Then, we can be blissful. But what's the trick? The trick is to realize that wherever there is even a tiny piece of mind, there can be no Peace of mind. Therefore, the trick is to remove the piece of mind. Then, Peace, we will find!

What is the mind? The MIND is nothing but Misery, Ignorance, Negativity and Desire. It is a bundle of toxic thoughts, and its objective is to make us unhappy. It creates fear, worry, stress and anxiety. It also creates regret, shame and guilt. Then, how can we build Happiness in our life? We must eliminate the mind; still it and kill it! However much we repeat and emphasize the misery caused by the mind, it's still not enough. Therefore, the trick is to eliminate every piece of the mind, wiping out every toxic thought that it creates because even one or two toxic thoughts can destroy our Happiness.

What is the trick? The trick is to lock the mind and block the mind as you flip to Consciousness and intelligence. Then, just like we eliminate any piece of junk or garbage, we must eliminate every piece of mind from our head. The trick is simple. Peace or pieces! If we don't remove every piece of the toxic mind, it will blast our Peace into pieces, and we will always remain unhappy. Be in Consciousness, peaceful and blissful, wiping out the mind completely.

38. I Deserve To Be Happy



Do you deserve to be happy? The mind and the ego may say otherwise, but if we are able to transcend the Mind and Ego, ME, happy, we can be. Let's learn the trick.

Every day, tell yourself,

I deserve to be happy.

I can be happy.

I choose to be happy.

I am happy.

I will always be happy.

Those who follow this trick are always happy.

If you want to be happy, just learn this simple trick and programme yourself to be happy. We all learn to program our laptops, our gadgets, our mobile phones but we don't learn the simple art of programming ourselves to be happy. Things may happen to us and things may happen around us but we have no control over them. But whatever happens inside us is fully under our control. So, we must programme ourselves with Happiness, joy and positivity.

There are people who anticipate unhappiness. They programme their head to believe that unhappiness is on the way. They even say, '*It is my bad Karma and so, I must suffer.*' They pick the wrong trick. They say, '*I deserve to be unhappy.*' What would you choose? Would you say, '*I deserve to be unhappy*'? Or say, '*I deserve to be happy*'? What you say, you will be!

39. Don't Sweat The Small Stuff



Many people are unhappy because they let the petty things of life steal their joy. We sweat at the problems and challenges of life without realizing the truth that nothing matters. Ultimately, whatever will be, will be. Why let the tiny trifles of life become the roadblocks to our Happiness? Today, learn the trick. Tell yourself, '*I will not sweat the small stuff!*' Ultimately, it is all small stuff.

We worry about things that hardly matter. Our mind has this habit of making a mountain out of a molehill. It creates fear and makes it appear as a danger. But fear is only FEAR. It's a False Expectation Appearing Real. Then, that fear makes us nervous and we sweat in anxiety. Instantly, we become unhappy. How can we stop this?

Learn the trick. Don't sweat the small stuff. Learn to put your problems in proper perspective. Make it a habit of telling yourself, '*Nothing matters!*' This little trick of saying, '*Nothing matters,*' will eliminate the misery caused by sweating the small stuff.

I used to sweat the small stuff till I learned the secret, the art of saying, '*Nothing matters.*' When I look back at all the things that had made me sweat, I realize that I had wasted my sweat on things that did not matter! What trick worked? I started focusing on things that mattered and slowly, I found out there was no time for things that did not matter. I kept myself busy. That's the trick!

40. Why Worry? Enjoy Your Curry!



What is 'worry'? While we all worry many a time, not many of us understand what worry is. WORRY is

Waste of life,
Overthinking,
Repeating the fear,
Rehearsing the problem and
Yearning.

Because we worry, we become unhappy and we don't enjoy our curry! I learned the trick. I started paying more attention to my curry. I focused more on things that made me happy. I invested more time on celebration. Slowly, I realized that I had no time to be in depression.

An idle mind is a devil's workshop. We have all heard of this but we don't realize that when we sit idly with nothing to do, we start overthinking, we start rehearsing the problems and repeating the fear. Automatically, worry makes us waste our life. How can we be happy? Learn the trick. Don't worry. Be happy. Why worry? Enjoy your curry! Develop the habit of having less idle time for the mind to start jumping around and consciously eliminate worry, the habit of repeating fears and rehearsing the problems. Move from mind to Consciousness. Practise silence and meditation. Slowly, you will have no time left to worry. And when you don't worry, you will truly enjoy your curry. Today, pick this trick – will you worry or will you enjoy your curry?

41. Don't Hurry Through Life



Many of us don't enjoy life because we think that life is a race. We are constantly in the race of trying to be an ace. What we do is that we zoom from womb to tomb. We forget to enjoy life itself. If you want to be happy, learn the trick – don't hurry through life.

There are many people who wait to go on a vacation. Once they go, they rush through the vacation and before they realize it, they are back. Then, they regret, *'Why did I fill my holiday with so many things to do? There was hardly any time to enjoy the break.'* So it is with life. Life is a beautiful journey. We must learn to enjoy the experience called life. If we just run till life is done, we will forget that the essence of life is to be happy.

To truly live life is to live life, moment by moment. It is to enjoy the day, not try to achieve more and more, only to ultimately go out of the door! What we earn, others will burn. Life is not about accumulation. It is about making it a celebration! Some people who don't learn the trick are trying to add years to their life. However, happy people are the ones who are trying to add life to their years. They try to live each day as a celebration. They try to enjoy every moment of life. They learn that life is made up of moments. It is the moments that create hours, that creates days, months, years and life. They learn the trick of not hurrying through life.

42. Choose Contentment Instead Of Achievement



For 25 years, I rushed through life from peak to peak thinking that I was happy. Little did I realize that while I was happy, it was just the tip of the iceberg. I was making money, and money was creating pleasure. At the same time, it was creating so much stress that my life was becoming a mess! But I was also making a difference, along with making money. I realized that serving suffering humanity, motivating people and building faith was giving me far more joy. One day, I took the drastic decision to shut down my business. I was just 40-years-old but I had made enough money to be able to, what the world calls today, FIRE – Financial Independence Retire Early. So, what's the trick here that makes you happy?

The trick is this – take an exit from the highway called achievement and live with contentment and fulfillment, for this gives us far more Happiness. It is not necessary to retire, rather we must do what we love. Many of us have dreams and aspirations. It could be to travel. It could be to sing or play music. But we forget to live our dreams. We are so busy chasing success and achievement that we forget to take the exit that gives us the opportunity to live with fulfillment. Therefore, that's the trick. Be conscious not to die working in your office. Happiness doesn't come from making money. It comes from spending it. Most people are doing otherwise. A very rich man once commented on his deathbed, *'If only I had spent my life spending my money, rather than just making it, I would have died a happier man.'* Let's learn the trick and live happily now rather than regret it later.

43. Replace Greed With Need



Many people are unhappy because they are greedy. They want more and more. They don't realize that this will not lead to more Happiness. In fact, greed will only make us more miserable. If we learn this simple trick to replace greed with need, we can be happy. This means that all we require is to fulfil our need, not the unlimited want that is our greed.

We all need air, food, water and shelter to live. But if we are content with the food we eat, we can be happy. If we become greedy and start wanting all the exotic foods, ultimately, we will be disappointed. This does not mean we should not eat good food. It means that we should not be greedy.

Somebody taught me a good lesson recently. When I went to an Italian restaurant together with my friends and family, this person, my cousin, grabbed as much pizza as he could from the table. It was so embarrassing. Then, he learned a simple truth. The first slice of pizza gave him a lot of pleasure, the second less and the third hardly mattered. He learned that being greedy and eating more did not make him happier. In fact, the reaction of his friends and family made him unhappy.

Greed cannot make us happy. We must learn to be content fulfilling our need. This is a simple trick. Pause and see if you are overpowered by greed in any aspect of your life. It could be your clothes or your house. Unfulfilled greed leads to misery. Being content, fulfilling your need, will give you joy.

44. You Don't Have To Be Rich To Be Happy



If you want to be happy, learn this simple trick that Happiness is not about being a millionaire or billionaire. In that case, how can everybody be happy? Of course, we need money to fulfil our need. But money can never fulfil our greed. Money can never fulfil our endless wants. Therefore, learn the simple trick – you don't have to be rich to be happy.

I spent about 25 years trying to make more and more money. Money gave me Happiness but it was fleeting. It was only pleasure. Pleasure comes and goes. Pleasure is not Happiness. That is why at 40, I shut down my business because I realized that money does not equal Happiness. When I looked around, all my rich friends had lots of money but they also had lots of worry and stress. The truth was that their life was in a mess! Then I discovered something even more profound. I found that many of my middle-class friends who were not so rich, had a lot of peace, bliss, love and joy. In fact, I was so inspired by them that I decided to give up the chase for money and tried to find a sweeter honey - contentment and fulfilment, which I learned was far greater than achievement.

So, if you want to be happy, learn this simple trick. You don't have to be wealthy and rich to be happy. Of course, you need money to fulfil your needs. But don't live with the illusion that more money equals more Happiness. It does not! Learn the trick and be happy today!

45. Replace Anxiety With Tranquillity



People can either live with Tranquillity or with Anxiety. It's a choice. Unfortunately, by default, we are anxious. It is because of the mind. The mind constantly creates Misery, Ignorance, Negativity and Desire. It causes worry and stress. Fear robs our cheer. Who in this world is not anxious? But learn the simple trick. You can choose Tranquillity instead of Anxiety. How can you do it?

If you want to replace Anxiety with Tranquillity, the trick is simple – kill the mind! *OMG!! How can we do this?* The trick is again simple. Still the mind, then you can kill the mind. What is the mind? You know by now that the mind is a bundle of toxic thoughts that creates stress and anxiety. The moment you remove these toxic, sad, exhausting and sadistic thoughts, you will eliminate the toxic junk, and you can live like a monk.

How does this trick work? Understand that Anxiety is your choice. Of course, you may refute this instantly. But who is creating anxiety? The mind. It wants you to remain blind. It pushes your tranquillity behind. That is the job of the mind. If you move from the state of mind to the state of Consciousness, a state of awareness and no-thoughts, you become a witness or an observer of the toxic thoughts of the mind. In that moment, Anxiety is replaced by Tranquillity. It seems magical but it works. That is why we call it a Happiness trick. But remember this — the moment you are not in Consciousness, in Tranquillity, the mind will fill you with Anxiety. Pick this trick today and be peaceful and blissful.

46. You Can't Change The Past



Can you change what happened yesterday? Can you go back to last week and undo what is done? While you know that you can't, you still become miserable reliving the past – something that you cannot change.

The mind creates so much unhappiness that we lose our peace, bliss and joy. It feels like we are prisoners in a jail. We fail to smile and be happy. But the trick is simple. Sing the song,

*I can't change the past.
I am going to have a blast.
Opportunities are vast.
I am going to forget the past.*

Create whatever you like, be it a song or a simple quote - *Why am I letting the past stop me from having a blast?* You choose the trick but don't waste the treasure of today crying about yesterday.

Those who learn this trick make a vow to be happy now. But you can only learn this trick if you shut the door on yesterday, lock it with a key and throw the key away. You must not permit the mind to take you to the past because first of all, you can't go back there and more importantly, even if the mind takes you there, you can do nothing about it. But one thing happens for sure, you will surely become unhappy! I am not a fool. I have learned the trick. I just forget the past. You too can learn to wipe out the past, so that your peace and bliss can forever last!

47. We Will Cross The Bridge When We Come To It



Many people in this world are worried about how they will cross the bridge when the bridge is thousands of miles away. They have not learned the simple trick – *I will cross the bridge when I come to it*. We all have challenges in life. Who doesn't? But there are very few challenges in today. We may have hundreds of challenges tomorrow, next week, next month or thereafter. But can we do anything about those challenges? No. We can only do something about today. If I need to have a surgery tomorrow, I cannot do anything about it today except worry and become unhappy. Yet most of us do this! We are thinking about a legal battle that is going to be fought next month. It's perfectly fine to meet the lawyer today and prepare for it but worrying about it is sure to rob our bliss and peace. Unfortunately, we have not learned the trick of crossing the bridge when we come to it!

Many wise people have discovered something profound that many times, the bridge disappears from our path and there is no bridge to cross. So many of us have learned that several fears never became dangers at all. They were just imagined fears. In this case, we were creating not bridges but canyons in our head! Let's learn the trick and not worry about the bridge till we come to it. Chances are that every bridge that comes will bring with it resources, the wisdom and the strength for us to cross over. After all, have we not crossed all the bridges that have brought us to where we are now?

48. Lord, Forgive Me When I Complain And Cry



Let me share a Happiness trick that you should pick –
the trick of not complaining and whining.

*At a cafe, I saw a girl today
So beautiful and lovely in every way
But when she stepped forward to pay, I realized the truth
She couldn't speak, she was deaf and mute...
O Lord! Forgive me when I complain and cry!*

*Then, in the metro I met a handsome guy
With eyes as blue as the morning sky
I went up to him so that I could say a 'Hi!'
But he looked through me and I wondered 'Why?'
When he rose to leave, I saw his plight
Those beautiful eyes had no light
O Lord! Forgive me when I complain and cry!*

*That evening at a restaurant, the music was loud
I stepped out annoyed, away from the crowd
I came back to complain and joined the queue on standby
The Manager was deaf; she couldn't hear or reply
O Lord! Forgive me when I complain and cry!*

*I have feet to walk down the street
I can dance to every step and beat
I can talk, walk, read and sing –
I can do anything!
O dear Lord – how blessed am I!
Forgive me! I'll never complain nor cry!*

49. If I Had My Life To Live Over Again!



Many of us think that life would be great if we could live it again but can we relive a life that has gone by? We can't! Let us learn the trick, not to waste life and then regret. These few lines may inspire us to live today.

IF ONLY I HAD THE CHANCE TO LIVE MY LIFE AGAIN...

*I would not let it slip away, and go down the drain
I would not just keep making money, again and again
I would not let my rascal mind inflict me with pain
I would not let my ego hold the rein
I would enjoy every ride on a new train
I would take time off to play in the rain
I would not just rush, boarding plane after plane
I would silently walk down a quiet lane
Oh! What use is it, to live life in vain?
To live with worry and fear, a constant strain
I would just be peaceful, making life simple and plain
I wouldn't waste my life, this precious treasure again
I collected so much money but what did I gain?
Now, I realize my stupidity; I wasn't sane
Life is like an hourglass, slipping by grain by grain
But now, I have lost my life, I am bound by a chain!
The biggest treasure I've lost, I turned a boon into a bane
Running after pleasures that could only entertain
Now, alas! I cry; I can't live my life again
It's gone; my precious life has gone down the drain!
Oh, how I wish I could live my life again!*

50. What Is Life? It Is Nothing But A Minute



We all want to be happy but we haven't learned the simple trick about what life truly is. When I awakened to the Realization that Happiness only depended on one minute, I was flabbergasted. Let my poem inspire you to be happy living life by the minute.

LIFE IS NOTHING BUT A MINUTE

*What is life all about? It is nothing but a Minute.
A Minute has just 60 seconds, but our Entire Life is in it.*

*Can we go Before it, can we go After it?
No! We have got to Live in it.
And if we don't Live the Minute, then we will Lose it.*

*But why did we get it? We didn't even Choose it.
Now it seems we are stuck and we can't even refuse it.*

*Each Minute is so precious... Alas! We don't even Realize it.
With Cheer and Joy, Smiles and Laughter, we must learn to Fill it.*

*If Happily we don't Live each Minute, we will then Regret it.
With Peace, with Love, with Bliss, Live every Minute.*

*If the Minute is Gone, the Day is Gone, our Life is Gone with it.
Seize the Day... Seize the 'Now' and make the most of the Minute.*

51. Understand Karma; Overcome Trauma



Why do we suffer? Many of us burn in the Trauma of life only because we do not understand that this Drama unfolding on the earth stage is all a result of Karma. If only we understand the Drama called Karma, we would not suffer the Trauma.

What is Karma? For those who are not familiar, it is a simple law of cause and effect, of action and reaction. *As we sow, so shall we reap.* Nothing is happening by chance. There is no serendipity or luck. Everything we get, we pluck, based on the seeds that we plant, the deeds that we do. Therefore, we must not ask the question – *why do bad things happen to good people?* Bad things cannot happen to good people just like apples cannot grow on mango trees. Learn the trick and be happy.

What is the trick? Joyously accept whatever is unfolding in the Drama of your life. Understand that any Trauma is only redeeming your past Karma. Therefore, if the negative Karma has been settled, it's time to celebrate because your positive Karma will now bear fruit. Understand Karma and accept it. Don't protest. This Happiness trick, we must pick!

Karma is a combination of our past Karma, the Karma we brought to earth, which we cannot change and our present Karma, the Karma that we do after our birth, which we can change. Therefore, ultimately, our Happiness is in our hands. Our destiny is in our hands. We can choose our Karma today, overcome Trauma and make the best of this Drama called life.

52. Log In To The Happiness Wi-Fi



Happpiness is like a Wi-Fi. But we cannot connect to the Wi-Fi unless we log in. I learned this trick in my Happpiness journey and found it quite interesting.

When we use a Wi-Fi network, we first need to log in to the network. Then, it can auto-connect. So it is with Happpiness. We must consciously choose to be happpy. While the internet Wi-Fi network may not be available everywhere, the beauty of the Happpiness Wi-Fi is that it is always present everywhere. But we must first connect to it and we must know the password.

HAPPPINESS is about Having enthusiasm, Accepting, living with Pleasure, Peace and Purpose, In the now, flipping from Negative to positive with the Ecstasy of true love, in Surrender, enjoying *SatChitAnanda*. HAPPPINESS is the password. It is Happpiness with 3 Ps. If you try to log in with 2 Ps, you will not connect to the Happpiness Wi-Fi.

Just like the Wi-Fi ultimately connects us to the World Wide Web, the Happpiness Wi-Fi connects us to a world of Eternal Bliss. The moment we learn to live with peace, the very foundation of Happpiness, we can explore and discover our purpose. When we are established in Consciousness, that purpose will give us pleasures that will make us enjoy life. But unless we log in to the Happpiness Wi-Fi with a strong signal, we will not be able to experience Eternal Peace, Divine Love and Everlasting Bliss.

53. Happiness Is In The Little Things



Most of us think of Happiness as something very complicated. For instance, we think that we must be a millionaire or a billionaire or our name must feature in the Forbes' list to be happy. We think that we cannot be happy unless we have a lot of money in the bank. To be happy, we should be able to travel business class or first class, we should wear branded clothes and accessories, we must drive a Mercedes or a Ferrari. Because we have wrongly understood the meaning of Happiness, we haven't learned the art of being happy.

Let's learn the simple trick that Happiness is in the little things of life. You don't need to have the luxuries of life to be happy. But yes, you need peace, and peace, you don't have to find. You just have to still your mind. Happiness is overcoming all misery and sorrow. It is learning to enjoy the present moment, enjoying what you have and with who you are. But because we don't learn this trick, we go into a past that's gone and a future that's not born. We seek things beyond our reach and ignore the beautiful things that are within our reach. Let us learn to enjoy what we have and we can learn the art of being happy.

Happiness is not in the big or bigger things of life. You don't need a bigger car, a bigger TV, a bigger laptop or a bigger house to be happy. If you have a small home but there is peace and love in it, you will be happier than a millionaire. Enjoying the trees, the breeze and the seas can be more fulfilling than the gold and diamonds that we aspire to in order to be happy.

54. Live In Day-Tight Compartments



Do you want to be happy? If yes, first, create a strong day-tight compartment. Then build two walls that separate Yesterday and Tomorrow from Today. They don't exist! That's the simple trick!

We all want to be happy but instead of living in 'Today', we keep slipping into the past and the future. How can we be happy? The truth is that we cannot go back even by one minute, just as we cannot go forward. We must live in Today. Because we do not create a day-tight compartment, we contaminate 'Today' with Yesterday and Tomorrow.

Those who learn this trick realize that just like we need airtight containers for food to be fresh, we need day-tight compartments for our life to be fresh, full of peace, love and bliss. The moment we open the lid of Yesterday, regret, shame and guilt will enter, just as fear, worry, stress and anxiety will rob our peace and tranquillity of the future. Whatever happened Yesterday, how does that matter? Why should something that may or may not happen Tomorrow worry me? What matters is Today. *I must be happy today. I want to be happy today. I will be happy today. I will create a day-tight compartment and protect my Today from the monkey mind that wants to swing me into the past and the future.*

Happiness is easy if you learn to live in Today, in a day-tight compartment but it is impossible if you let Yesterday and Tomorrow contaminate every Today.

55. Be Known As A Happy Person



What type of person are you? What energy do you bring into a room? Do you vibrate positivity and make people smile and laugh or do you carry gloom into every room that you walk into? To be happy, learn this trick of carrying your cheerfulness, playfulness, smile, joy, humour and laughter wherever you go! Not only will you make this a happy world but you will also ensure your own Happiness.

Don't you label people? *He is such a cheerful guy! She is such a negative person!* Why do we do it? It's not that we are being judgemental or prejudiced. But people carry an image of themselves. The Happiness trick is to create a label for yourself, the label of Happiness. You should be known as a happy person. How can you do this? The trick is very simple.

To be known as a happy person, be a happy person. That's the simple trick. Happiness is a choice. You can smile all the while. Of course, you may have problems. Who doesn't? But you can still be happy. You may be sick but you can still be happy. You can be cheerful despite all circumstances if only you make it a habit to smile and laugh, to carry joy and cheer wherever you go. I have learned to become a Happiness Santa Claus. I deliver joy and bliss to every person I meet, every place I go. If you can do this, can you ever be unhappy? Never! So, learn this Happiness trick. It's very simple. Become a happy person. Be known as a happy person and you will never be unhappy again.

56. Give! Make Others Happy



One of the simplest Happiness tricks is to give, and you will live with smiles and joy. Giving is magical. Have you tried this trick?

People love to receive. It may be anything. You may give them a chocolate or even just a smile. You may give them a Happiness ball or appreciate them with a compliment. The moment you give and successfully make somebody receive your care, compassion and love, you have planted a Happiness seed. Just as every seed will bear fruit, what you give will return like a boomerang.

To be happy, make others happy and giving makes others happy. When we make others happy, there is no possibility of us being unhappy. Life is a reflection. *As you sow, so shall you reap.* What you do will come back to you. Remember, what you give is what you will get.

Beware! Some people are giving, but what? They are only giving complaints and criticism all the time. They are giving unhappiness to others. Be cautious because this is a sure way to be unhappy. The trick is simple. What you give is what you will get! It's your choice!

Why not learn this trick and start giving people smiles. Start giving people your love. Start sharing all the good things that you have with people. You will be surprised how well this trick works!

57. A Problem-Free Life Is An Illusion



Who doesn't have problems? Every person alive has problems. To imagine a life without problems is unrealistic. Therefore, be happy despite the problems you have. Don't try to create a problem-free life. You can't! A problem-free life is an illusion.

What is the trick to deal with a life of problems? The trick that I use is that I live with a game playing attitude. To me, everything is just a game. I enjoy doing my best. In the end, if it works, it's great! And if it doesn't, I know that I have done my best. And that thought keeps me peaceful and happy. I can't stop a problem from coming to me and when it comes, I can only do the best that I am capable of doing. But there is one thing I definitely do – I don't lose my Happiness and my peace! I have learned the trick.

This interesting story inspires me. *One day, when a group of students asked their teacher, 'Teach us the way to a problem-free life,' the teacher replied, 'Let us all learn this together.' He put everybody in a van and said, 'I am taking you to a place where there are no problems.' The entire group burst into jubilation and cheer. 'Let's go,' they said gleefully. When they arrived at their destination, got off and went in through a majestic gate, they were shocked! It was a graveyard. All they could see were graves. They realized that as long as we are alive, problems will be there. But to be happy is a choice.*

We can't eliminate problems from life but we can be happy despite the problems. That's the simple Happiness trick.

58. Re-'Choice' To Rejoice



Very often, we are just unhappy and we don't know what to do about it. We are stuck, unable to smile, laugh and be happy. It feels like we are locked in a box. But are we? Learn the trick – you can re-'choice'. You can make new choices. You have the right, the privileges to choose and the trick is not to lose this right. Re-'choice' to rejoice!

We are not meant to be unhappy. We don't have to continue being miserable in the place that we live, in the job that we have, with the people we live with, with the clothes that we wear, and with the food we eat. Everything we do is a choice. But we often forget that we can re-'choice'. If you don't like the fruit that you are growing, change the seed you are sowing. We continue to do things that make us unhappy and we repeat that again and again. How can we be happy then? We must make a new choice to rejoice.

Find out what makes you happy. Find out what is making you unhappy. If you don't have this information, you can never learn this trick. The trick is simple. We must make some new choices. Maybe it's a job, maybe it's a relationship or maybe it's an attachment. We must make a change. We must let go of what's making us unhappy and get to the point where we are happy. For this, we must make a Happiness List. We must also pull our Happiness Triggers often, just as we must eliminate our joy stealers. But all this is only possible if we make a choice, a choice that *I will re-'choice' to rejoice.*

59. Do What You Love. Love What You Do



If you want to be happy, do what you love or love what you do. If you don't, there is no way that you can be happy.

People who take up jobs they are not interested in can never be happy. They drag their feet to do things that they don't like. Then, they complain that they have no option for they need the money to survive. While we all need money to survive, we can surely choose a career or task that we enjoy doing. So, what's the trick?

If you are not getting a kick out of the job you are doing, you must kick what you are doing and find another job. But there is another option. If you can't change your job, change your attitude towards it. Start loving what you do and you will find magic in your Happiness index.

Those who love what they do are not only happy but also excel at their work. This gives them success that in turn leads to further Happiness. Therefore, the cycle has to be a positive cycle. Either we are happy doing what we are doing because we love it or we switch the cycle and start doing something else, which we love. You can also develop a liking for something that is boring and make it exciting. That is the trick. Make your work exciting. Make your work fun. Then, it will be done! Therefore, if you want to be happy in life, don't drag your feet everyday down the street and cheat yourself. You must love what you do. Then, you can smile all the while.

60. Every Day Is A Holiday!



My favourite trick — every day is a holiday! People ask me how I manage this. Well, I tell them that the trick is simple. I work 18 hours a day, 7 days a week, but I don't work at all! I have been doing this for the last 44 years and I have experienced no burnout. How can there be when I am enjoying every day as though it is a holiday?

So, here is the trick. Don't divide your life into weekdays and weekends. Don't wait for the weekdays to be over so that you can enjoy the weekend. Integrate your life into a seamless journey of joy. Let each day be a celebration as you spend your hours and minutes enjoying everything you do.

Our life is in our hands. It is for us to make our days into workdays and holidays. But it is also possible for us to enjoy our workdays so much that they are better than any holiday. The day of the week should not matter, whether it is Sunday, Monday, Friday or Saturday. Every day must be a day of celebration. That's the trick!

How is your life today? Do you look forward to the holidays so much so that you push through the workdays which crawl slowly or do you fill each day with so much fun and excitement that you don't wait for the holidays? Then, the excitement continues from day to day. The fun flows. If only we learn this trick of living each day as though it is a holiday, we'll never feel the pressure of work. Instead, we will enjoy the pleasure of each day.

61. Develop The Attitude Of Gratitude



I learned a simple trick to be happy. The trick is to be ever-grateful for everything. I wake up every morning, grateful that I am alive. I can see, I can walk, I am healthy and I have everything that I need to live today. There are people who cannot see the beautiful sunrise that I got to see. There are people who do not have enough to eat. There are some who are sick, confined to their beds. I developed this attitude of gratitude, and this simple trick always made me happy.

You can try this simple trick. Just be grateful in life and you will smile all the while. There are people who are counting their troubles. You count your blessings. You bow down with gratitude and you will see the river of joy flowing your way. This trick works.

Extend this gratitude to people. When we are grateful to people, we activate a Universal Law. Our gratitude makes them react so much more positively towards us that it adds to our bounty of Happiness. Instead, if we criticize and complain, we will not receive this positive attitude from those around us. These words, '*please*' and '*thank you,*' maybe very simple but they can change our world altogether. Every time I say, '*Thank you,*' I see a new wave of joy flowing to me.

The attitude of gratitude raises my Happiness altitude. The more grateful I am, the happier I become. Why not pick this Happiness trick and see Happiness flow your way?

62. Accept; Don't Expect



*To be happy, you must learn to accept!
To be happy, you must learn to accept!
You must learn to accept and never expect!
To be happy you must learn to accept!*

I have learned this little rhyme, and I implement it in my life. Earlier, I used to expect. Sometimes, I would be happy and sometimes unhappy because everything that I expected did not materialize. But I learned a simple trick. Eliminate all expectations and this will eliminate all disappointments. The secret is simple, isn't it? Just accept and accept and accept.

The Law of Karma strengthens this trick for me. I realized that ultimately, *as we sow, so shall we reap*. Therefore, there is no point in looking at the tree to check what fruit will come on it tomorrow. The seed that I plant will decide the fruit on the tree. So, my deeds will decide my destiny. I focus on my actions and expectations take care of themselves.

Once we do our best, we must learn to let go. I have become an expert in this trick. I joyously accept everything knowing that if I protest or if I expect something else, it will be an automatic recipe for unhappiness. Therefore, I live with the simple trick – accept, don't expect. Contentment and fulfillment are the way to peace and tranquillity, just as unfulfilled expectations are the path to misery and sorrow. It is our choice. We can accept and be glad or expect and be sad.

63. Surrender



For many years, I lived with hope. Hope is a positive word. HOPE is Having Only Positive Expectations. I would always expect the best. I was always manifesting and attracting good things in life. But did it work? Sure, it did. But I learned a trick that was better. I stopped living with hope. I replaced wonder with surrender.

What is the magic trick of surrender? The trick I follow is to do my best and to surrender the rest. My favourite song, the one that I sing often is –

*Que sera sera, whatever will be, will be,
The future's not ours to see
Que sera sera, what will be, will be...*

When we surrender the future to the universe, we can joyously live in the present moment, without any anxiety and stress. This is a simple way to eliminate the mess from our life, to live with complete surrender.

Can we control what is going to happen tomorrow? No, we have no control. Anything may happen in the world. Anything can happen to our life, to our dear ones, our possessions and our health. If something happens, do we have a choice? We don't! We must accept and do our best. But we have the choice to surrender, to let go and accept whatever comes our way. I have completely surrendered my life and by doing so, I live with peace, joy and bliss. Try this Happiness trick. Just surrender!

64. Live With Enthusiasm



Where does the word, enthusiasm, come from? It comes from the word, *entheos*, which means, 'in God.' When we live with enthusiasm, we believe in God, have faith in God and trust in God. This is magic for when we have so much confidence in the Supreme Power, the Supreme Intelligence, it activates an energy within us. It creates a Power inside us. We begin to live with confidence and optimism. This magic secret is a sure way to create cheer, bliss, smiles and laughter. Just try it!

When we live with enthusiasm, we become *enthu*. We are seen as cheerful and playful. It is because enthusiasm creates that positive energy. It also fills us with compassion, love, kindness and forgiveness. Enthusiasm can open the door to a life of rejoicing and celebration because we build a partnership with the Supreme Power with our enthusiasm.

My enthusiasm led me to living with Power. Powerful statements filled my life and so did peace and joy!

*When God is for us, who can be against us?
God will convert my tough times into good times!
With God, all things are possible!
Nothing will happen tomorrow, that God and I cannot handle
together.*

Little enthusiastic statements like these build a power in us that gives us the courage and the confidence to face life, its trials and tribulations. With FAITH, Full Assurance In The Heart, try this trick. Just live with enthusiasm!

65. Make Your Life Exciting



Is your life exciting? If yes, then you must be happy already. If it is not, stop and make your life exciting and you will be unhappy no more.

Look around and you will find people excited about life just as you will find people bored of their life. The excited ones are happy. Those who are bored are sad. What would you choose? Do you want a happy and exciting life or do you want a boring and sad life? It's your choice.

How can we make our life exciting? There are many ways to make life exciting. It may be picking up a new hobby or trying some new food or learning a new skill or meeting new people. It basically calls upon us to make some change that will create a spark of excitement in our life.

What excites us? Something that makes us happy. But if we are not happy doing what we are doing, it's time to change it. Some people are bubbling with enthusiasm and excitement. Why does that happen? We can see them jumping with joy. They have made their life exciting. But those who have made their life boring drag their feet through life. There seems to be no adrenaline, no dopamine in their life. If you want to be happy, pump up your life with some excitement and you will see a smile on your face. You will feel like dancing with joy. This is a simple trick to be happy. Just make your life exciting.

66. Don't Become Sad Trying To Make Others Glad



Sometimes, we spend our life trying to make others happy and in the process, we become unhappy. Usually, it's a simple Happiness secret – make others happy and you will be happy but sometimes this trick doesn't work. Somebody dear to us, a family member, a friend or a beloved is just not interested in being happy. They have chosen to be in a rotten mood. Trying to make such people happy is a sure way of becoming unhappy. Stop! Learn the trick! Don't trade your Happiness with somebody else's unhappiness. Joy shared is joy doubled and so, you must share your joy. Sorrow shared is sorrow halved and so, while it's good to share other people's problems, it is not good to sink in their well of gloom.

I have learned to politely decline any invitation to anyone's pity party because all they want to do is to have our company to share their misery and gloom. They are not interested in becoming happy. They are okay remaining unhappy. All they want is to drag us into their mess, into their unhappiness. While we must try to give them a hand to pull them out and help them snap out of it, we should not fall into the quicksand of their anxiety and depression. Therefore, we must continue our celebration and at the same time, try to cheer those who are gloomy. But the trick is clear, don't become sad trying to make others glad. The priority of our life is to be happy. If we are happy, we can make others happy. But what if we become sad? Then, how can we make others glad?

67. Don't Live In A Parachute



Some of us are always insecure. We always expect the worst to happen and therefore, we will have some standby as a precaution for everything that we do in life. We will always carry an umbrella wherever we go and create support systems for ourselves worrying about the worst that might happen. This is like living life in a parachute. We have not fallen off the plane but we are still clinging to the parachute. Our life is so full of fear that we live with the paranoia of death and disaster. How can we ever be happy?

If you want to be happy, learn this trick — take a chance. Learn to dance through this drama called life. Don't get stressed and be ever-tense about what might happen. Take limited precautions that are necessary but don't always live in a parachute. Don't always create layers of protection that will ultimately lead you to depression. Constant anticipation of a crash, always expecting a tragedy and continuing to prepare for one is a sure way to be unhappy, not happy.

When things do go wrong, we will have the resources and energy to face them. We don't have to be careless and reckless in our preparation. But we must not live in a parachute for this is going to remind us of our fears and our insecurities all the time. Don't always have a standby job ready. Give your best to your job and if you ever have to change it, have the courage to do it and have confidence in yourself. If you want to be happy, the trick is to let go of the parachute.

68. Pluck Your Flowers, Don't Wait For The Roses



Many of us are miserable because we are waiting for our dear ones to bring us roses. We have not learned the simple trick – pluck your own flowers. This often happens in love. We are waiting to be loved and we are constantly disappointed. We become beggars in love. The trick is to go and love, rather than waiting for someone to love you. Expectations in love more often than not lead to disappointments and unhappiness. The secret of love is for us to shower our love onto others.

True Love is not from skin to skin. True Love is from Soul to Soul – the Soul that dwells within. LOVE is Longing, Of the Soul, Very passionate and something that creates an Ecstasy of joy. When we discover True Soulful Love, it becomes TRUE, which is Transcendental, a Rainbow of seven colours, Unconditional and Eternal. This is love that creates bliss, not lust that is nothing but a kiss. In True Love, we don't need to wait for roses. We distribute flowers. We let the sunshine of our love radiate through the world and this creates in our life, an ecstasy of joy.

If you are hurting in love, chances are that you are waiting to be loved. You will never be happy. The trick is to turn it around. Let your love vibrate to all those who are seeking it, and you will enjoy a euphoria of bliss. Stop waiting for your loved ones to bring you roses. Instead, pluck flowers and tulips and even get chocolates to share with all those you love. When you do this, you will fill your life with Divine Happiness.

69. Live With Detached Attachment



Do you want to be happy? If yes, you must let go of all attachments. But what is the trick? The trick is Detached Attachment. It is natural for us to be attached, especially to people. While attachment is necessary for our relationships and life, attachment leads to misery. Therefore, the trick is Detached Attachment.

What is Detached Attachment? It is being completely detached on the inside while on the outside it looks like we are attached. This way we are able to make our relationships work but we don't get hurt because of expectations from the relationship. This is a trick to being happy and not letting our attachments lead us to being heartbroken.

When I learned the art of Detached Attachment, I discovered what it led to. It gave me freedom. It made me happy. I was blessed with the ability to love all. The secret was that there were no expectations. Instead, I was blessed with peace. Detached Attachment made me accept. I did not expect and I was no more miserable. I realized the truth that nobody is mine. We come alone and we go alone. Thus, overcoming ignorance made me live with purpose as the Divine Soul.

If you learn the trick of Detached Attachment, you too can enjoy love without it becoming an attachment. This is the way to Happiness. Otherwise, attachment will surely make you unhappy. Attachment creates expectation that creates misery and heartache. Why don't you try Detached Attachment?

70. Learn To Dance



Sometimes, we feel shy to dance. How can we dance? We feel embarrassed thinking what people will say. How does it matter what people say? What matters is our Happiness and for us to be happy. While smiling and laughing are basic triggers, dancing can elevate our joy. Have you seen people dancing miserably? Never! Dance is an expression of joy and therefore, if we want to be happy, learn the simple trick – dance!

Dancing is not only about dancing in a club or a pub. You can be sitting on your chair and dancing. You can dance as you are going to work. You can dance as you hear your favourite song. To dance is to celebrate life. And what does it cost? It costs nothing! But it is sure to make us happy.

Do you notice people dancing? Some do, but many are reluctant. There are very few people who really dance through life. But the ones who dance are happy as they celebrate life. Let us also accept, however, that dancing is not a trick to Eternal Happiness but it is a sure way to shrug off the problems and challenges of life. Dancing is a way to change our mood for the better and to create dopamine, the drive to be happy. Let that adrenaline flow in us so that we can be happy.

Some people never learn this trick. They never learn to dance. They think, *'Maybe, one day, I will dance when I am in France!'* If you pick the dancing trick, you can trigger joy in your life despite the problems and the challenges that you face.

71. Enjoy Stillness



While some people pick the trick and dance, some pick another trick – stillness. Stillness is a state of being peaceful and tranquil that overcomes every mental illness. Therefore, it is up to us to pick any of the Happiness tricks to be happy. Sometimes, we can dance, sometimes, smile and sometimes, just be still, for being still creates peace. Peace is the very foundation of Happiness.

While stillness may be boring for many people, those who enjoy Eternal Happiness live their life filled with peace. They spend a lot of time in silence and stillness. Whenever possible, they shut out all the noise. And in that stillness, they hear the Divine voice. This can give greater joy than one has ever experienced. Therefore, if you have not tried this trick, it's worth a try.

How will you try this trick of stillness? It's very simple. Just shut off your 5 senses. Close your eyes. Cut all noise and just be silent and still. In the beginning, it may seem very boring. But once you enjoy the taste of stillness, you will experience tranquillity and peace as all your miseries cease and this trick will unlock the door to Eternal Bliss.

Stillness leads us to a state of Consciousness. We still the mind, we kill the mind and overcome Misery, Ignorance, Negativity and Desire. We activate our intellect and choose everything that makes us peaceful and blissful.

72. Don't Pay Too Much And Cry!



Sometimes, we get upset at ourselves when we invest too much money or even time on something that's just not worth it. Then, we regret and cry. But the investment is already done and we are left unhappy. I learned a simple trick. Before I pay cash or before I invest time, I pause and think, *'Is it worth it?'* This trick has made me happy because many a time, I have stopped myself from making an investment that would only lead to regret.

So, what's the trick? Become conscious that every day, you are investing your time and money. It could be on food, maybe it's on people, or your job, your career or even your friends. A friend once told me, *'What a waste the last 3 days were! You are lucky,'* he said, *'You did not attend the unnecessary events at the club, and you made the best use of time.'* *'Why did you attend?'* I asked him. *'There was no option,'* he replied. *'Of course not, there is always an option,'* I said. *'That's why I decided to stay away.'* Sometimes, we don't exercise the option and lose our valuable time, our precious resources on things that are not worth it. Of what use is it to regret later? It will only make us more miserable and frustrated.

Let us learn the simple trick. Don't pay too much and cry, and the trick is to not look back upon all that you have done that will make you regret your actions. You can't change any of it! But you can be alert not to repeat the foolish investment. Spend your time and your resources wisely and you can celebrate life.

73. Reverse! Don't Nurse, Curse And Rehearse



I learned a trick in life that helped me to be happy at difficult times. Let me share it. Throughout my life, when things went wrong, I would rehearse those events and nurse and curse the problem. What I realized was that it did no good. It only made me miserable. Still, I continued to nurse, curse and rehearse! One day, I decided to let go of this habit. I asked myself — what good is it to go on rehearsing, repeating the same situation? I can do nothing to change it. It is already done. But definitely, there could be an opportunity to reverse the damage. When I reversed some of the things I wasn't pleased about, I realized that I did not have to rehearse them anymore. This made me really happy.

Don't we all nurse, curse and rehearse some of our past nightmares? Can we change the past? Of course not! But can we do something today that will reverse the effect of the damage done? Yes, we can. Then why not reverse rather than rehearse? That's the simple trick that can make us happy.

Happiness is a state of being peaceful and blissful, cheerful and joyful. But definitely, certain things of the past can create misery and sorrow. Why think about yesterday and spoil today and tomorrow? Let us uproot those incidents of life which are making us rehearse the past as we curse and nurse the hurt that is festering in us. Let us learn the trick and do what we must to reverse the hurt. We can then smile and enjoy our life. I learned the trick. I reversed. I don't rehearse. Now, it's your choice.

74. Take An Exit From The Achievement Highway



Most of us experience pleasure and pain, just as there is loss and gain, and we enjoy this merry-go-round again and again. Little do we realize that Happiness is not like the sun and the rain. We can be in a state of Eternal Bliss, again and again. But how can we do this? What's the trick?

When I was 40, I learned a trick. I took an exit from the achievement highway and started to live a life of contentment and fulfillment. I exchanged some amount of my pleasures with peace, the very foundation of Happiness. As I climbed peak after peak, I realized that the ultimate peak is death and there is no sense in running after more and more pleasures.

I also realized that True Happiness comes from spending money, not just earning it. So, I took an exit from the achievement highway. That's the trick! Then, I could enjoy my life with fulfillment.

I did not want others to burn what I struggled to earn. So, I started travelling the world. I went to Switzerland, Finland, Greenland, Iceland, New Zealand and Antarctica. Travelling was one of my passions. The other was humanitarian work, where I invested my time and money. I realized that there was far more Happiness in making a difference than just making money and so, this became a trick, a trick that you can now pick to be happy.

75. Pleasure Is The Tip Of The Happiness Iceberg



Till I was 40, I thought that pleasure is Happiness. In fact, most of the world thinks so too. Little do we realize that while we all need pleasure to be happy, pleasure is only 10% of the Happiness iceberg. It's just the tip that appears on the outside. But real Happiness, the remaining 90% of it lies in peace and purpose. Because of the hype in the modern world, we are made to believe that all the pleasures of this world will help us experience the Happiness we seek; that we will be happy with gadgets, gizmos, clothes, accessories, food and fun. This is what we chase to be happy. But will all this make us achieve Eternal Happiness? These will only give us pleasure that will come and go - temporary, momentary and ephemeral Happiness. I learned the trick that Happiness has 3 Ps. Not just pleasure but also peace and purpose.

I enjoyed the pleasures that life offered me. But I took a dive below the waters of pleasure. As I dipped below the surface, I experienced a great amount of peace as I overcame all the outside noise. In this state of peace, I discovered my purpose. Together, peace and purpose, eliminated the mind, and fear, worry, stress and anxiety, regret, shame and guilt existed no more. My ego was Enlightened to overcome the monsters of anger, hate, revenge, jealousy, pride, greed and selfishness. Thus, I eliminated the 14 monsters of my life and continued to enjoy the pleasures as I discovered the Happiness iceberg beyond pleasure that was just the tip. Pick this Happiness trick for Eternal Bliss.

76. Convert Time Into Happiness



It's strange that when you ask some people, '*What are you doing?*' they reply, '*We are killing time!*' Is time something to be killed? It is so precious but some people don't realize its true value. Those who learn the trick, convert their time into Happiness.

Every morning when we wake up, 1440 minutes in the 24 hours that we have in a day, are credited to our account. Even a millionaire gets the same amount of time. Both the ordinary and the most powerful people are ultimately seeking Happiness in life. But it is ironical that some are converting time into Happiness while others are letting their time either be wasted or becoming unhappy. What would you choose? I learned a simple trick. I convert every minute into sheer bliss and joy.

Life is unfolding, day by day. Each day appears hour by hour and the truth is each hour is gifted to us, minute by minute. Each minute has 60 seconds and it is for us to make the best of the minute. If we waste it, we may regret it but we can't change it. Therefore, the trick is to seize the minute and convert each minute into Happiness. Unlike money in a bank, time cannot be stored to be used at some later opportunity. If we don't use our time, we lose our time!

Therefore, what's the trick? The trick is to convert your time into Happiness. Don't let time escape. Each minute is precious because we cannot buy a minute at any price!

77. Enjoy The Drama, Overcome Trauma



I learned a simple secret in life that this world is nothing but a drama. There is no trauma. Everything is unfolding as per Karma. Those who learn this trick enjoy the drama called, Life.

What is life all about? This world is nothing but a humongous stage. We are mere actors who come and go. This world is a Divine show. We think we are the body but this body is nothing more than a costume that we wear from the time of birth to death. We clearly understand the meaning of a drama. In a drama, we may be acting as Napoleon or as a king or a joker. But it is just a role in that play, drama or movie. Little do we realize that life is also a movie. Those who realize that life is just a drama, do not experience trauma. They enjoy the show. That's the simple Happiness trick.

What do we bring to this world? Nothing! What will we take from earth? We can't take even a pin! Then, why all this fuss that we have to win! Why not enjoy the beautiful movie that is unfolding day after day? This world is such an amazing place. But because we get attached to the world, we experience trauma and fail to enjoy the drama. Everything that is happening is unfolding as per Karma. So, accept and surrender. Don't hope and wonder! Don't ask too many questions. Instead, enjoy the drama before it's over! If you learn this trick, you will not cry till you die. Comedy or tragedy, you will enjoy every scene of life realizing that this beautiful drama is to have fun before it's done!

78. Life Is Not A Race



Most people are running through life as though life is nothing but a race. They are so exhausted trying to be an ace that they don't have fun in this worldly chase. In fact, people are caught in a maze. They never learn the trick of how to live with grace.

What is the trick? The trick is to realize that life is not a race. If you think that it's a race, you will not enjoy this beautiful journey called life. You will just zoom from womb to tomb. Imagine, you are on a beautiful beach in the Maldives and instead of enjoying the white sands and the turquoise waters of that beach, you are running from beach to beach, counting how many beaches you have seen and posting videos on social media. Ultimately, your trip will be over but you would not have enjoyed it.

We often compete with others, comparing our life with theirs. Somebody took a picture on a hammock on a beautiful beach with white sands and palm trees and so, I need to take a better picture. We are caught in this maze of comparing and competing but the sad part is that we forget to enjoy the beach. We forget to be happy.

What's the trick? Live with grace. Life is not a race. Don't get caught in a maze. Life is not about being an ace. It's about being happy. Pause and enjoy the beautiful world. Don't just run and run till life is done. Slow down your pace and live with grace.

79. Peace 'Off' Mind



Peace, you don't have to find. It is within. You just have to still your mind. But how to still the mind? That's the trick.

I learned this trick recently, I write 'Peace 'off' Mind'. I must switch off the mind. Then peace, I will find. But how to switch off the mind? The mind has no buttons. It is just a bundle of toxic thoughts. It consists of about 50 toxic thoughts attacking us each minute. The only way to switch 'off' the mind is to still the mind. If we can still it, we can kill it! Of course, the rascal mind will come back like a Phoenix that rises from its ashes. What's the trick? Switch it off again!

To *off* the mind, practise silence. It is stillness that can eliminate mental illness. Just like a button that we switch on and off, when we switch on Consciousness, we switch off the mind. When we switch on the intellect, we switch off the mind. Learn this trick. It's easy and it works!

The moment you switch off the mind, peace, you will find because you overcome fear, worry, stress and anxiety. You will let go of regret, shame and guilt. Therefore, the simple trick to find peace of mind is to *off* the mind and peace, you will find! Remember, even if there is a tiny piece of mind, peace, you cannot find. Switch it off completely. Kill it. Eliminate it. Wipe out all the toxic thoughts that become the MIND – Misery, Ignorance, Negativity and Desire. Your life will become peaceful and blissful. This is a great Happiness trick.

80. Don't Find Reasons To Be Unhappy



People are unhappy because there are endless reasons for them to be unhappy. But what if there was no reason to be unhappy? Then, you could be happy forever. This is another simple Happiness trick.

Make a list of what makes you happy. Also make a list of what steals your Happiness. But do not find reasons to be unhappy and become unhappy. The trick to being happy is pulling the Happiness triggers. We must learn to eliminate joy stealers. We must also learn to wipe out the reasons that make us miserable and sad.

I am unhappy because I don't have a great house. I feel sad because I don't have extra money to spend. I am miserable because my car is an old car. I am unhappy because my partner is always making me cry. We can make a list that is endless. Should this be making us unhappy? Learn the trick. Drop these reasons that are making you sad and find reasons to be glad. I am happy today because the sun is shining. I am happy because my pet dog loves me. I am happy because of the beautiful flowers on the trees. The trick is to focus on Happiness. Don't focus on unhappiness.

We become happy or unhappy depending on our ability to find reasons to be sad or glad. Today, learn this trick — stop finding reasons to be sad and find 100s of reasons to be glad. You will be surprised because the list is endless!

81. Let Go Of The Shore. Discover The Ocean



Many of us remain unhappy because we have no courage, no confidence to take a chance, to take a risk. We tie our little boat, our life to the shore. How can we discover the ocean? I learned this trick and it has changed my life.

We live with fears, apprehensions and insecurities. We don't want to try different things that can make us happy. It may be learning swimming or enjoying the beautiful experience of snorkelling or perhaps it could be paragliding from the top of the mountains. Very often, life is about excitement and for that, we need to be courageous. If we do not explore life, we cannot discover the bliss and joy that life has to offer. Of course, everything will not suit us. When we try something, we may like it or we may not like it. I tried scuba diving but decided to stick to snorkelling. I did skiing but reconciled to sledging. But what if I had not tried anything at all? To be happy, we must take chances. We must not just confine ourselves to India or our own country. We must explore other places like Italy and France. We must learn a new language, meet new friends, try new cuisines and develop new skills. Let's not tie our boat to the shore. Let us discover the ocean if we really want to be happy.

Happiness is about living with courage and confidence. It's about exploring the opportunities of life. I learned this trick when I was very young. You cannot discover the ocean unless you have the courage to lose sight of the shore!

82. No Hay Mañana - There Is No Tomorrow



I love the Spanish term, *No Hay Mañana*, pronounced as *Maniana* or *Manyana* which means, '*There is no tomorrow.*' The Spanish enjoy life with this phrase. The Happiness trick is to learn to live life with *No Hay Mañana*.

What is the meaning of, '*There is no tomorrow*'? It is the truth of life. Tomorrow does not exist. When it appears, it will be today. Then, why are we wasting so much time on tomorrow? The Spanish have learned the trick. They live in today! If we want to be happy, we must learn this beautiful phrase - *No Hay Mañana*. Don't postpone today's Happiness to tomorrow. Be happy today. Be happy now, for there is no tomorrow.

Imagine that today was the last day of our life. How would we live it? Would we just sit and wait till the day is over, till our life is over? No! We would wake up and make the best of the day because it is the last day of our life. When we live with, *No Hay Mañana*, we make the best of each day. That is the simplest way of being happy. Let's learn the trick.

Very often, we procrastinate. We postpone doing things that can make us happy today, to tomorrow. The mind fools us and takes us into a tomorrow that does not exist. The truly happy ones make the best of each day. They utilize each of the 24 hours, every minute of the 1440 minutes they have to live and have a blast in life.

83. The Serenity Prayer



Dear God, grant me the serenity to accept the things that I cannot change, the courage to change the things that I can, and the wisdom to know the difference. This beautiful Serenity prayer is a great Happiness trick. It is sure to bring a smile and eliminate miseries that appear longer than the Nile! What is the trick in this prayer?

This prayer seeks wisdom to understand that there are things in life that we cannot change. If we have gone through a broken marriage or a failed business, these cannot be reversed. We must learn to accept them. But it does not mean that we should not have the courage to get into a new relationship, or try a new business. The Serenity prayer gives us the energy and the wisdom to differentiate between what we can change and what we can't.

Therefore, the trick is to know the difference between what I can change and what I can't! Miserable people are trying to change the things they can't while happy people are changing the things that they can. When we don't follow this wise prayer, we are wasting our energy where we should not. Conserving our energy is the trick. Investing our strength and power in a new life, a new opportunity, is what will make us happy. Learn the trick.

84. Look For Glimmers



Do you want to be happy? If yes, look for glimmers. But what are glimmers? Glimmers are tiny moments, micro-opportunities to rejoice, to celebrate life. This is a magical trick to being happy.

When I spot a rainbow, it makes me joyous. That's a glimmer. To somebody it may be hearing their favourite song in the supermarket or for somebody else, it may be raindrops that surprise us. One of my favourite glimmers is snowfall. These don't cost anything but they can create a burst of joy. When I look at an exotic fish that suddenly appears in the waters, my heart begins to dance! These are what we call glimmers in life. Learn to have moments of glimmers.

So, what is the trick? Look for glimmers. Glimmers are everywhere. Happiness is in the air. But we are not looking for a glimmer, so our life becomes dimmer. You can look for a shining star. You can enjoy the shape of a cloud. Your glimmer may be the breeze or the trees or just your little pet dog wagging its tail. If you want to be happy, learn the trick. Look for glimmers, look for those little things that will create a sparkle of joy. One of my friends would burst into joy seeing the sunshine sparkle on the ocean or in the snow. For him, just a little glimmer became a glimmer of joy. Fill your life with glimmers and each day will be filled with bliss. Make it a habit to look for glimmers.

85. What Is The Worst That Can Happen?



We become unhappy imagining the worst. But we don't learn the simple trick – what is the worst that can happen? If we are prepared to face the worst, nothing can make us unhappy. Somehow, we don't pause and ponder this simple trick – what is the worst that can happen? If that were ever to happen, I would still deal with it. So, let me celebrate and enjoy life.

Many of us become unhappy because we let our mind with its rotten thoughts make a tiny molehill look like a mountain. Then, we start imagining the worst beyond what can ever happen. The mind multiplies the horror and the tragedy looks unbearable when in reality, it is not so. Those who learn this little trick put their problems in proper perspective. Then, they are able to deal with life courageously, with confidence, faith, hope and trust.

Stop right now and ask yourself, *'What am I worried about? What are the consequences if my fears actually materialise? What is the worst-case scenario? Can I deal with it?'* Chances are that we all have the energy, the resources to deal with the real tragedies of life. What steals our Happiness are the imaginary fears that we know will never happen. From today, pick this simple trick. Face your fears with the courage and the confidence that you are stronger than all of them. Then you can live with peace, bliss and confidence.

86. Choose Your Food And Your Mood



Do you choose your food? Most of us do. When we were kids, we were fed but now that we are grown up, we choose our food, what we want to eat and how much. We decide our food. But we miss the simple trick — we don't decide our mood! We let people and circumstances spoil our mood. All this becomes the junk that fills our head and we lose the peace of a monk all because we did not consciously choose our mood.

From today, live with this trick. *I will not only choose my food, I will also choose my mood and I will make my life good.* Just as we can become unhappy with the wrong food, a wrong mood is sure to create disaster! We must choose a good mood. What is choosing the mood all about?

The primary challenge in our mood is the way we react. The way we choose our attitude and the choice of our emotions accumulate into the mind, bundles of toxic thoughts that create a bad mood. In reality, we are in command of our mood. We should not believe that our mood controls us. The truth is that we control our mood. Very often, we label people as being in a good mood or a bad mood. In reality, the mood is not a permanent state. It keeps changing. A cheerful person or a cheerful experience immediately shifts us into a cheerful mood. But most unfortunately, we have not learned the simple trick of controlling our mood. You choose your food but from today, you must also choose your mood and be happy!

87. Don't Be The Dog Trying To Catch The Train



Two friends were watching a dog running behind a train. One of them commented, 'It seems like that dog is running behind the train, trying to catch it!' The other friend smiled and said, 'Even if it catches the train, so what?'

Very often, we are like this dog trying to catch the train. We are running behind things that don't matter. We are chasing insignificant pursuits. We must learn the simple trick — do what matters and stop doing what doesn't matter. Let's remember the analogy, don't be like that dog chasing the train.

Happiness is not a complicated subject. It is a state of being peaceful and blissful, cheerful and playful. But when we are trying to chase things that don't count, we get stuck in a race and we lose our peace and tranquillity. Ultimately, what are we chasing things for? Nobody is chasing things that will make them miserable. Everybody is in pursuit of things that will make them happy. Alas! Many a time, we are running behind things which will not make us happy. We are wasting our time and our life. When will we reverse this and learn the trick — 'Don't run behind Happiness'? Don't even run behind products of Happiness. Happiness is not a race. Happiness is living with grace. Very often, we end up actually chasing something that will make us unhappy. We don't realize it but at the end, with our time and day wasted, all we are left with is stress. Thus, our life becomes a mess.

88. Robert's Groaning Dog



I once went to meet Robert, an old friend. He offered me a cup of tea and we started chatting. Suddenly, I heard a groaning noise. For a moment, I wondered why Robert was groaning. 'Who is groaning?' I asked him. He said, 'Don't worry, that's our old Tommy, our pet dog. You met him last time.' So, I asked him, 'Why is Tommy groaning so much?' He replied, 'Because he's sitting on a nail.' 'Why can't Tommy get up and stop groaning?' I asked him. He said, 'You don't understand. It is not hurting him so badly. So, he is sitting on the nail and groaning?'

Aren't some of us like Tommy? We moan and groan through life, when in reality, we don't have to. We can walk out of our pain and smile again. But we let it trouble us in vain; we accept the pain. Why this insanity, again and again?

Let's learn the trick. Let's not tolerate any pain that we can reverse. Let's not groan through any situation when we have an opportunity to step out of it. Let us remember Robert's groaning dog, Tommy. The trick is not to be Tommy. The trick is to choose bliss and not just bear pieces of unhappiness.

How does this trick work? Many things in life make us a little unhappy. They are not so bad but they are not good either. But we accept them and groan. The trick is not to sit on a nail, groan and moan. Instead, let's choose to sit on a Happiness throne.

89. Live In The Moment



Happppiness is in the now. It is not in a yesterday that is gone. It is not in a tomorrow that is not yet born! Still, we lose the moment, the moment of peace, joy and bliss. Life is made up of moments. Moments create days, weeks, months and years that create life. If we lose our moments, we lose life itself.

Many of us do not value our precious moments. We drag through life. We waste time. We kill our precious life. How can we be happy?

The biggest problem in life is the mind. In reality, we can only live in the moment. There is no other option. Then, who takes us into the past and the future? It is the monkey mind. It swings like a pendulum into yesterday and tomorrow and creates much misery and sorrow. Alas, because of the mind, the present moment, we do not find. Before we realize it, the moment is gone and we are swinging like a pendulum.

Those who learn the trick to live in the present moment, discover the art of peace and bliss. They live with tranquillity and eliminate anxiety. They eliminate stress and life is no more a mess! There is no overthinking caused by worry because in the present moment, there is only peace, love and bliss. The moment we let go of the present moment, we are letting go of our Happppiness. Learn the trick, it's simple — just live in the moment. Eliminate overthinking. Be in Consciousness and let life unfold, moment by moment.

90. Respond, Don't React



Life can be peaceful and blissful if only we remove RDX from our life. RDX is React, Destroy and Xplode. Learn the trick — replace RDX with RDR – Respond, Don't React. This trick can make you pick peace and bliss. So, try this!

The next time you want to react, remind yourself that it is a recipe for disaster. Choose to respond instead. What is the difference? We react with the mind. It snaps at people. It is negative and rude. But when we move to Consciousness, we don't react, we respond with our intelligence. We are logical and peaceful. Every response becomes a positive seed that will bear fruit just as every reaction will destroy and make our life explode, stealing our peace and making our life a mess! The trick is very simple, Respond, Don't React.

Those who learn this trick are always smiling in their response. They never react. Reactions are knee-jerk responses that are never thought through well. After we react with RDX, that is, we React, Destroy and Xplode, we often regret. But unfortunately, the damage is already done! Now, to undo the damage means paying a price through our Happiness currency. Why waste our Happiness dollars paying for a needless reaction? Why not respond with love, care, compassion and forgiveness? That's a simple trick that we must pick. Teach yourself this trick: *I will never react. I will always respond through my intelligence in my Consciousness. I won't let the mind react.*

91. Discover The 3 Keys Of Eternal Happiness



Happiness has 3 keys. They are the 3 Ps. Those who discover this trick live with Pleasure, Peace and Purpose.

If you want to enjoy the many Happiness tricks, first, you must pick the 3 keys. You must enjoy pleasure; you must live with peace; and you must discover purpose. If you do not live with the 3 Ps, if you do not have the 3 Keys to Eternal Happiness, all the other tricks will only add some flavour to your life but will not take you to that state of Eternal Bliss.

We all want to be happy. We all want pleasure. But little do we realize that pleasure comes and pleasure goes. Of course, we need pleasure but that is not Eternal Happiness. The second level of Happiness is peace that comes from contentment and fulfillment. Unless we take an exit from the highway of achievement, we will never discover true peace, the very foundation of Happiness.

The trick, however, is not the 2 Ps of pleasure and peace. We need the 3rd P, purpose. When we discover the 3rd P, 'Why am I born?' we will be free from the suffering of the body; we will be free from the misery of the mind that has negative thoughts like fear, worry, stress, anxiety, regret, shame and guilt; and we will be free from the agony of the ego experiencing anger, hate, revenge, jealousy, pride, greed and selfishness. When we discover our purpose that we are the Divine Soul, we will experience Eternal Peace, Divine Love and Everlasting Bliss.

92. Eternal Happiness And Enlightenment

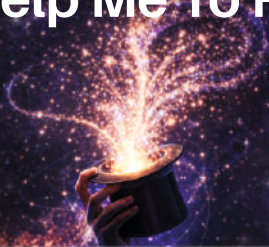


One of the most amazing tricks I learned in this journey of Eternal Happiness is the awakening that Enlightenment leads to Eternal Happiness, just as Eternal Happiness will lead to Enlightenment. You can't have one without the other. Let's understand how this trick works.

Eternal Happiness has 3 Ps. They are the 3 keys. We must enjoy pleasure, live with peace and discover purpose, *'Who am I and why am I here?'* This is the beginning of Spiritual Awakening or Enlightenment. When we discover that we are the Divine Soul, we start a new journey of life. We discover that we are a Spark Of Unique Life, the SOUL and this Spark Of Unique Life is none other than SIP, the Supreme Immortal Power that we call God. Therefore, Enlightenment is the Realization that we are the very God we pray to. Discovering our purpose leads us to Enlightenment. The moment we are Enlightened, we experience Eternal Peace, Divine Love and Everlasting Bliss. What is the trick?

The trick is simple. When we realize that we are a Soul, we also realize that every being is a Soul. Therefore, every living creature is SIP. Enlightenment is, therefore, the ability to see SIP in all, love SIP in all and serve SIP in all. We enjoy the ecstasy of Divine Love, the serenity of peace and tranquillity and joy unknown to common man. Therefore, if we want to learn the ultimate trick of Eternal Happiness, we must start with the pleasure but go beyond to finding the purpose of life. We must discover, *'Who am I? Why am I here?'* This is *Ananda*, Eternal Bliss.

93. Lord, Help Me To Remember



How often do you fold your hands in prayer to reach that state of Eternal Bliss. The trick is very simple. Here it is! *Lord, help me to remember today that nothing will happen tomorrow that you and me can't handle together.* If only we remind ourselves of this profound truth, it can be one trick that can guarantee Happiness.

From the time I was a kid, I used to repeat this profound autosuggestion, a prayer of these few words. This gave me courage and confidence. It made me realize that I was not alone. It reminded me that for men, it might be impossible but for God, anything is possible. And so, whenever I repeated this, I was able to live my life with a positive energy that filled me with a burst of Happiness.

Do you live with faith? Do you believe? Do you trust? Do you surrender? These are magical ways of being happy. These need no proof. Just try them! Live with the confidence that there is a Power greater than us that takes care of our wellbeing. That Power can ensure our Happiness. That Power will take care of our problems. That Power will eliminate fear, worry, stress and anxiety. But we must never forget that God is with us. We must always remember that with God, there can be no tough times. The magic trick is to believe that *alone, maybe I would struggle. But with God, I will overcome every challenge, every problem.* Remember the trick and live with God, and you will be happy forever.

94. Thy Will Be Done



Very often, we become unhappy because we desire and then, face disappointment. We attach ourselves to the results that we expect of our actions. We forget that we have a right to act but have no right to the results thereof. So, what's the trick? The trick is simple – just keep saying to yourself, '*O Lord, not my will, Thy Will be done.*' Being able to live with this affirmation activates a trick that will pick Happiness in all that we do.

Thy Will be done. Thy Will be done. Thy Will be done. When we surrender our life to the Supreme Immortal Power, SIP, that the world calls God, how can we be unhappy? When we accept the Divine Will that unfolds, where is the question of being sad? The problem is in wanting 'my' will to happen. Thinking that *I want this to happen, I desire this outcome*, is a recipe for disaster. Can we control what is going to happen? We can't. Then, why not learn the simple trick – accept the Divine Will with grace. Surrender to the Supreme Command. Know the truth that ultimately, *as you sow, so shall you reap*. Realize, *whatever will be, will be*. We must do our best and surrender the rest. *Thy Will be done*. This is the way to peace and bliss.

'*Thy Will be done*,' is also surrendering to the Universal Law of Karma, a law that governs the universe controlled by the Supreme. We don't know our past actions but God knows, Karma knows. Then, why seek something that we know not of? Why not do our best, surrender the rest? *Thy Will be done!*

95. Find Your Purpose



Either we can find our purpose and be happy or we can make life a circus and just jump up and down, till we drown. To be happy, find the purpose of life. Each of us may have different goals, but we have one purpose. The purpose of life is to discover the purpose of life. The purpose of life is to discover, '*Who am I?*'

Am I this body that will die? The body will die, but people will say that I passed away. They will destroy the body by cremating or burying it. How can I be that? This body was formed after I was conceived; 9 months before my so-called birth date. When I was conceived, I was just one cell, the zygote. The body was formed thereafter. When we realize this profound truth that *I am not the body*, then, when the body suffers pain, we will be able to control the suffering.

Have you seen the mind? Nobody has because it does not exist! It is just a bundle of toxic thoughts that appears to create fear, worry, stress and anxiety. When we realize that we are not the mind, we become free from the miserable thoughts that create regret, shame and guilt. If I am not the body, I am not the mind, but I am, who am I? The ego is Enlightened. I am the Divine Soul. I overcome pride, greed and selfishness as there is no anger, hate, revenge and jealousy. I discover my true identity. I discover my purpose. I am the Soul. Then, I can live with Eternal Peace, Divine Love and Everlasting Bliss. This is the ultimate Happiness trick that guarantees bliss.

96. Live As The Soul — With Peace, Love And Bliss



There may be many Happiness tricks but there is only one for Eternal Happiness, a trick that makes us happy every day, in every way. The trick is to live as the Divine Soul. Then we can enjoy Eternal Peace, Divine Love and Everlasting Bliss.

The moment we discover the trick that we are not this body that will die, we are not the mind which nobody can find, the ego is Enlightened. That very moment, we overcome the triple suffering. As the Soul, we discover an ocean of peace, a fountain of love and unending seamless joy unknown to the common person. The Soul is full of peace, love and bliss. Then, why don't we experience this? What is the trick?

The trick seems simple but it is the greatest challenge of life. It is to go beyond the body, mind and ego which we are not. It is to go from entertainment and excitement to Enlightenment, a state where there is Eternal Happiness. The trick is actually simple. Contemplate, '*Who am I?*' and realize, '*I am the Divine Soul.*' Then, we will achieve the goal of peace, love and bliss, the true source of all Happiness.

While Happiness has 3 Ps and we must enjoy pleasure, it is only the tip of the iceberg. We must live with peace. Only then will we discover purpose. The 3rd P will give us the Happiness of all 3 Ps, the 3 keys by revealing that we are the Divine Soul, eternal and immortal, one that has no Karma, one that lives in *SatChitAnanda*, a state of Eternal Bliss in Truth Consciousness.

97. Discover Who Gets Unhappy



If you really want to be happy, you must first find out who gets unhappy. The trick is very simple. Let's understand it. The body becomes unhappy because of pain. But you already know that you are not the body. The mind becomes miserable because of fear, worry, stress and anxiety. It also gets unhappy because of regret, shame and guilt. Then, the ego gets anguished because of anger, hate, revenge, jealousy, pride, greed and selfishness.

When you learn this trick that the ones that are unhappy are the body, the mind and the ego but you are none of these, you immediately rise above the unhappiness of this world. Sounds so simple, so magical, isn't it? But well, that is the trick! It is to realize that *I am not the body, mind and ego. I am the Divine Soul*. The moment we realize this, we achieve our goal of Happiness. Anybody who learns this trick, '*I am not the body that suffers, I am not the mind that is miserable, I am not the ego that is anguished,*' can wipe out all suffering and sorrow. But there is a big problem. What is it? The Mind and Ego, ME, does not allow us to discover who is the one that is getting unhappy. The mind behaves like our best friend. It inflates the false ego and repeatedly tells us that this world is full of suffering, and we are miserable and will remain miserable. We are fooled by the mind. Unless the ego is awakened, it will not discover who is getting unhappy. The trick is simple. If we discover that *I am not the one getting unhappy*, in that moment, we are free.

98. *SatChitAnanda*



What is *SatChitAnanda*? It is made up of 3 words – *Sat* means Truth, *Chit* means Consciousness and *Ananda* means Bliss. This Happiness trick is about living in Eternal Bliss, *Ananda* by living in Consciousness, *Chit* of the truth, *Sat*. Everybody cannot learn this trick. But some do experience Eternal Happiness. So, how does this trick work?

If we realize the truth or *Sat*, that we are not this body that suffers pain, not the mind that creates misery, and not the ego that creates anguish, we can be free from the triple suffering. But unfortunately, we are not in *Chit*, in Consciousness of this truth. So, the mind reappears and steals our Happiness. If only we remain established in truth Consciousness, we will eliminate all misery and be peaceful and blissful.

There are many truths of life, *Satya* or *Sat* that we are oblivious to. Consider the reality of death — the fear of death robs us of our bliss. But the truth is, '*I will never die, only the body will die.*' The truth is, '*Nothing is mine, I brought nothing to the planet, and I can take nothing when I depart.*' We know all these truths. This is *Sat* but there is no *Chit*, no Consciousness of this *Sat*. Therefore, there is no *Ananda*, no bliss!

Those who learn this trick of *SatChitAnanda*, can choose to remain established in truth Consciousness, in *SatChit* and experience *SatChitAnanda*, that state of Eternal Bliss unknown to man. But the trick to learning this trick is to discover our purpose.

99. To Be Happy, Find Out, 'Who Am I?'



Isn't it a silly question to ask, 'Who am I?' How can this be a Happiness trick, you may wonder. But it is, for when you discover the truth of, 'Who am I?' then the 'I', who seeks Happiness, can attain True Happiness.

We look in the mirror and think that this is 'me'. But that is just our body. We are trying to make this body happy. This body arrived on a birth date that is fake! We even cut a cake. But that was just our arrival date! We were actually born 9 months before. One day, we will leave this body and depart. Surely, we all have to let go of this ever-changing body. As a baby, we were 25 billion cells. As an adult, we are 35 trillion cells. But our life started when we were one cell, the zygote that was impregnated in our mother's womb.

If only we realize who we are in reality, we can be happy. But the trick is to find out, 'Who am I? *If I am not the body, who am I? The body came later. I came first and I will leave the body. So, am I the mind? Has anybody seen the mind? The mind is nothing but a bundle of toxic thoughts. In reality, it has no physical existence. So, how can I be the mind? Then, who am I? I am the Power that is throbbing inside. I am the Soul, the Spark Of Unique Life, the spark that gave life to the first cell, the spark that will leave in the moment of death. I am that energy, the Atman, the spirit, the Soul that is full of peace, love and bliss.*' When we discover this, our real self, we discover the secret to Eternal Happiness.

100. Start The Happiness Quest



What is the Happiness quest? Can we find Happiness? Actually, no! But the quest for Happiness will reveal the true meaning of Happiness. Happiness is a state of being, being peaceful and blissful, cheerful and playful, grateful and positive. But the majority of the individuals don't go on a quest to discover the true meaning of Happiness; they don't discover that Happiness is not pleasure; they don't realize that Happiness is peace, the very foundation of Happiness; and they don't discover their purpose in life. The trick is simple. If we learn that happy must be spelt with 3 Ps, we will start the quest to Eternal Bliss.

The trick for going on a quest for True Happiness is about taking an exit from the highway of achievement. It is transcending the plateau of fulfillment and reaching the ultimate peak of True Happiness that the world calls Enlightenment. Enlightenment is not a complicated concept. It is just about switching on the light and discovering the path of Eternal Bliss. Then, one can live with Eternal Peace, Divine Love and Everlasting Bliss. But how do you do this? It all sounds so good. Well, it's simple! Learn the trick of starting a quest for True Happiness. Maybe a Happiness Coach, an Enlightened Guru or Master can lead us to that peak. But it has nothing to do with Spirituality and God. It is just Self-Realization that eliminates all misery and sorrow. It is the ability to live joyously in the present moment and not shuttle between Yesterday and Tomorrow. It is living as the Divine Soul with peace, love and bliss. Start your Quest today!

Afterword



After writing 100 books on attaining Eternal Happiness through Enlightenment, books on peace, love and bliss, I realized that I needed to write a book where I could put together all the Happiness tricks. As I finished the book, I was amazed that there were as many as 100 tricks that could make us happy!

To be honest, I don't write a book. Every book, any new book comes to me from the Divine. So did this one! This book, 100 Happiness Tricks, seems like a great gift for those who are seeking Happiness. Those who pursue the 3 Ps, the 3 keys of pleasure, peace and purpose will not only enjoy the circus called life but will embark on a path far greater than excitement — the path of Enlightenment, to be locked in that state of seamless Eternal Everlasting Joy.

These tricks are not mere theory, they are practical. I use each of these 100 Happiness tricks and they have made me the happiest man in the world. These Happiness tricks have inspired me to evolve on a new mission to become a Global Happiness Ambassador and to make this a happy world. If only I can get these tricks out to the world, it can help the world overcome suffering and pain and discover the secret of being happy, again and again!

Use this book as your daily dose of Happiness. Pick a trick from the book every now and then and be happy, no matter what. Nothing matters more than your Happiness. Nothing matters more than this book that can guarantee it!

Poem



100 HAPPINESS TRICKS

*You can be Happy quick, learn this simple trick
Happiness is not about becoming, it's about being
Don't run after Pleasure that is fleeting*

*Don't be mentally sick, learn the simple trick
It is the Mind that robs our peace
Kill the mind, then Happiness you can seize*

*Out of a hundred tricks, one you must pick
Today, say, 'I choose to be Happy today....
Though many problems may come my way,'*

*Happiness is a trick, it's just one click
List what makes you Happy, pull a trigger
And eliminate whatever is a joy stealer!*

*Happiness is a trick, built brick by brick
Smile and laugh, choose to live with cheer
Eliminate toxic thoughts like worry and fear*

*What is the next Happppiness trick? First, put a tick
Happppiness is about 'now', it's about the minute
We can't go before it, we can't go after it*

*You can be Happpy with the small things in life — that's the trick
Happppiness is not about money and success
It is contentment that leads to True Happppiness*

*There are many a trick, each day, one you must flick
Today, go and make somebody glad
Then there is no chance that you will be sad*

*This Happppiness trick is not something big
Eliminate the Mind, Enlighten the Ego and be free
You can be Happpy realizing, I am not the Mind and Ego, ME*

*Sometimes, misery is so thick, there is no Happppiness trick
Then, stop overthinking, and eliminate worry
Be in Consciousness, and enjoy your curry*

*Learn this simple trick and you will never be sick
Yesterday is history, tomorrow is a mystery
You can celebrate if you live in 'Today' and enjoy the pastry*

*There is one Happppiness trick that is my favourite pick
I choose peace, and I choose tranquillity
I still my mind and eliminate all anxiety*

*When I want to be Happpy quick, I pick this trick
I live in Today, in a day-tight compartment
There is no past, there is no future, this is my commitment*

*When misery gives me a kick, I choose this trick
I choose to be Happpy, I just start to dance
It gives me instant joy, whether I am in India or France!*

*There are a hundred tricks, each day, one you must pick
Say this prayer, 'Thy Will be done'
Accept and surrender, life will be fun*

*When problems are thick, pick this trick
Ask yourself, 'What is the worst that can happen?'
Become confident and eliminate fear that may dampen*

*This book has a hundred tricks, just one you must pick
Every day, you can be Happpy, there is a way
Sing a Happpy song, rejoice and be gay*

*Don't forget this important trick, it's the most important click
Learn to spell Happpy with 3 Ps
Pleasure, Peace and Purpose are the 3 keys*

*To the lies you have learned, don't stick, learn the trick
Success is not Happpiness, that's a lie!
Happpiness is success. Be Happpy and fly*

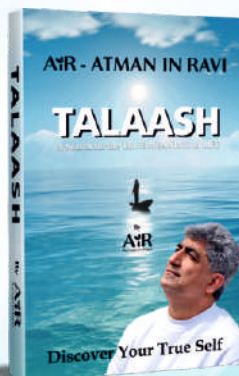
*I am the happiest man, every day a trick I pick
I live with Peace, Love and Bliss
You too can choose Eternal Happpiness*

By

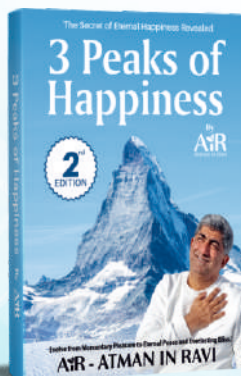
The Happpiness Ambassador

HAPPPYAIR
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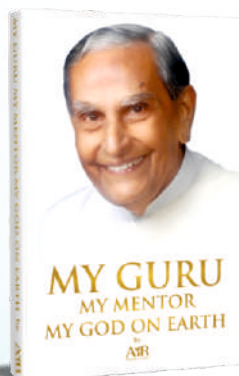
Other Books By AiR



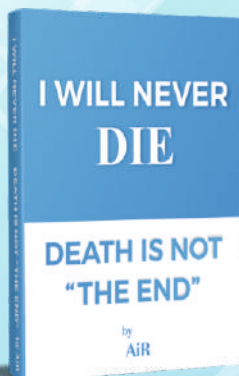
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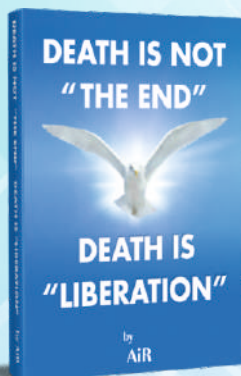
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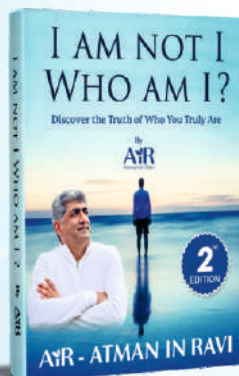
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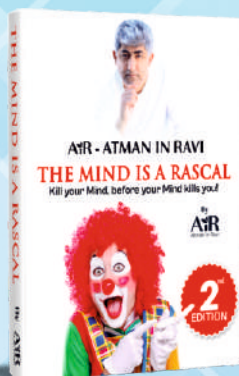
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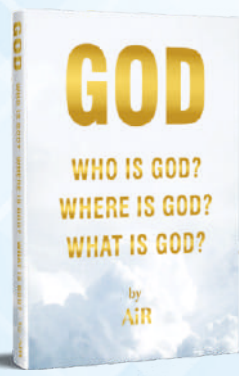
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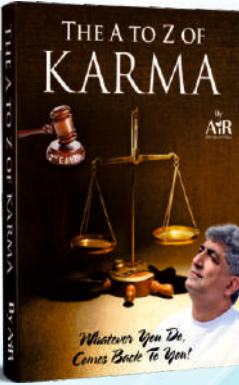
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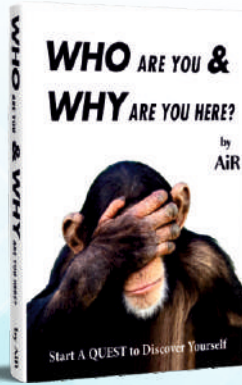
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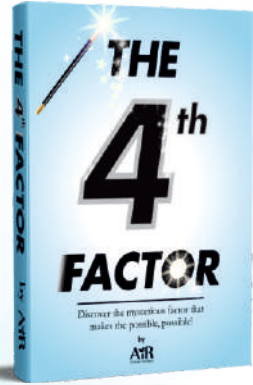
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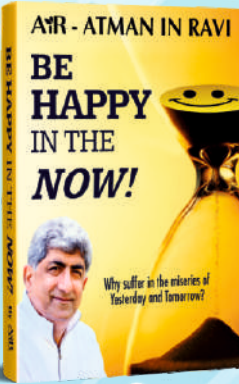
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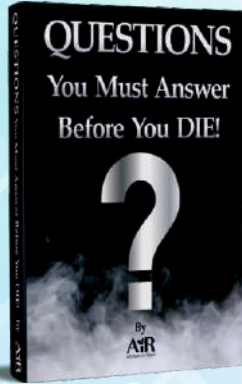
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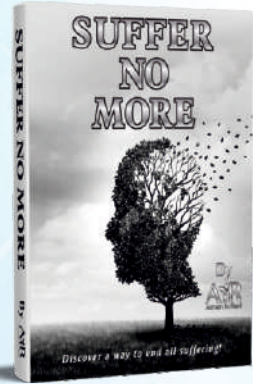
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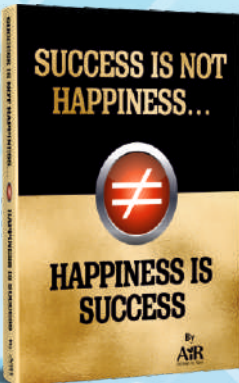
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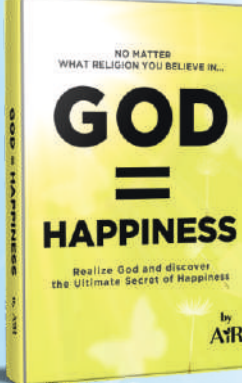
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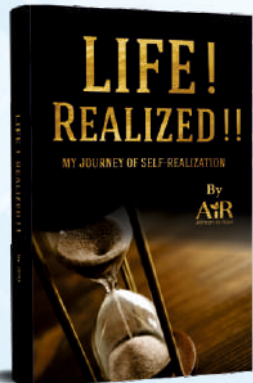
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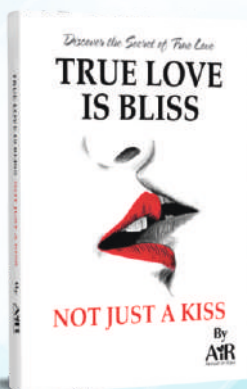
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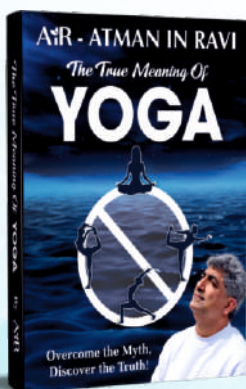
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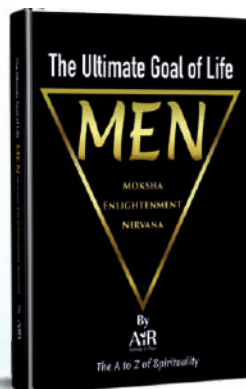
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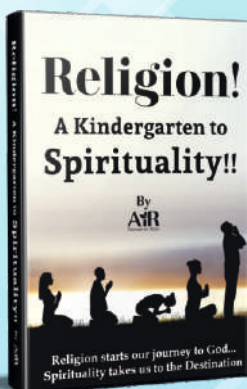
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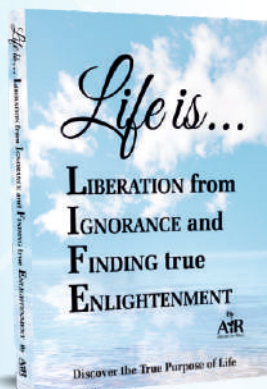
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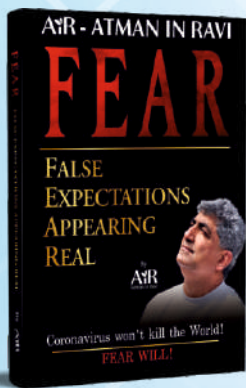
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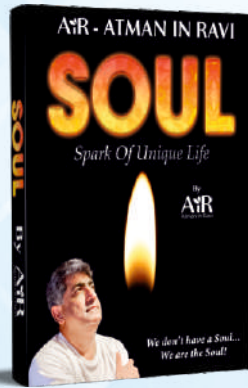
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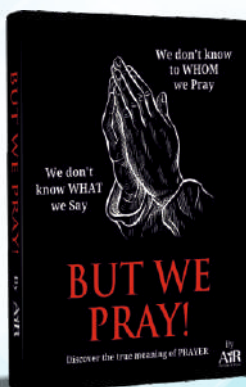
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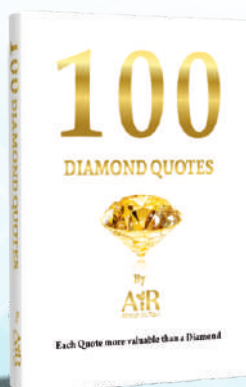
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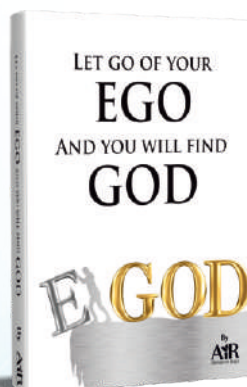
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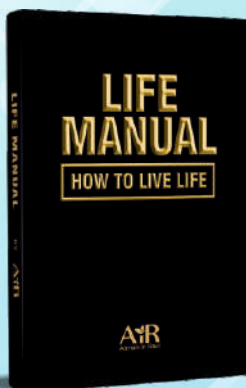
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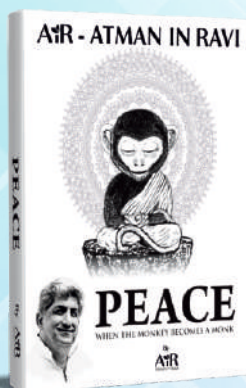
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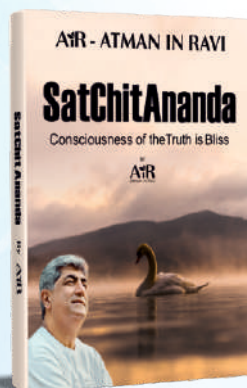
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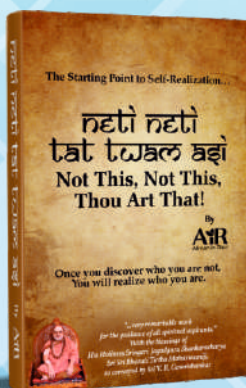
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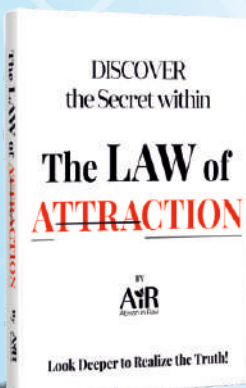
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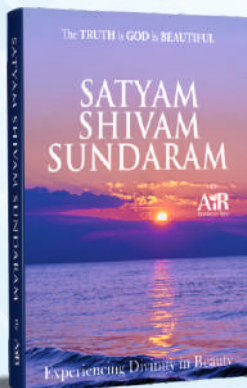
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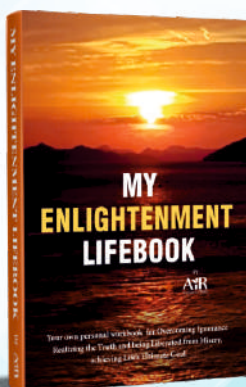
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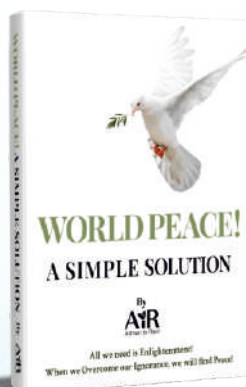
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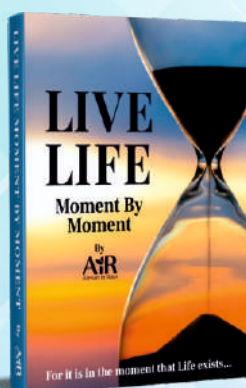
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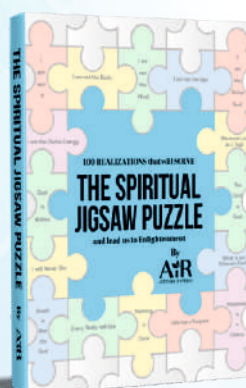
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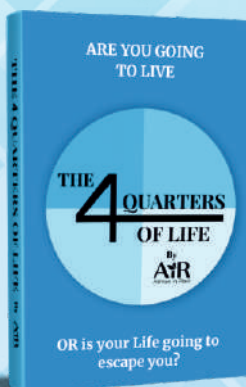
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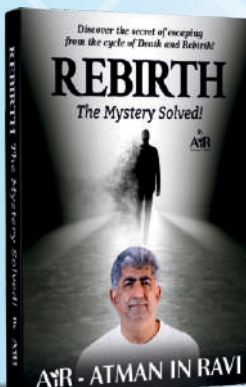
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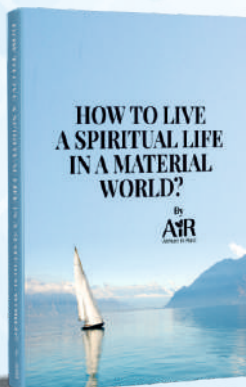
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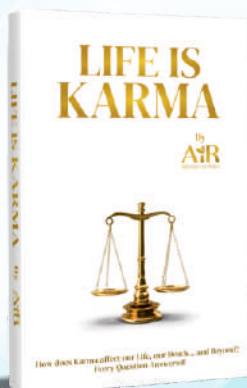
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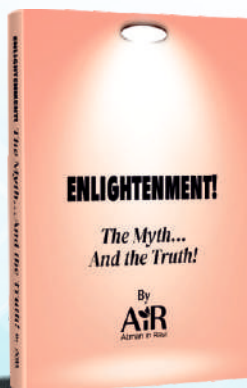
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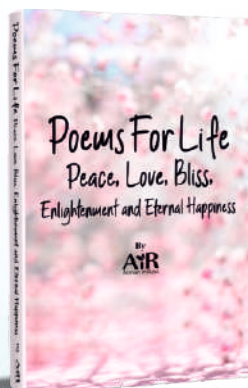
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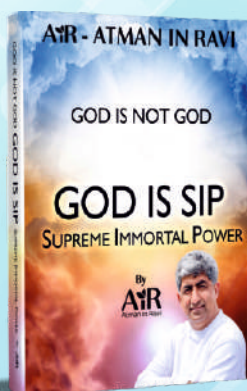
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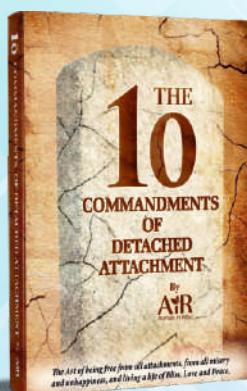
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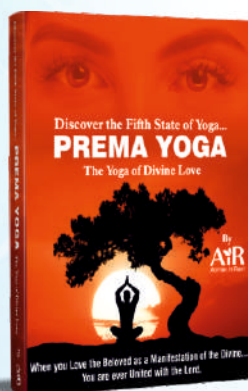
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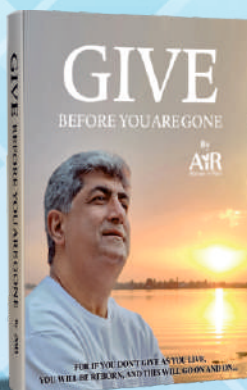
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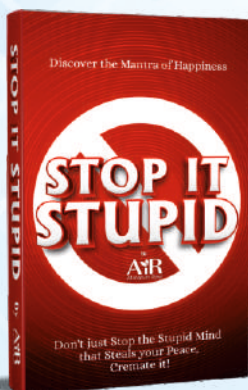
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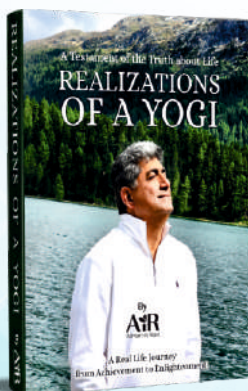
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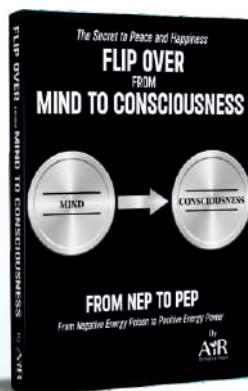
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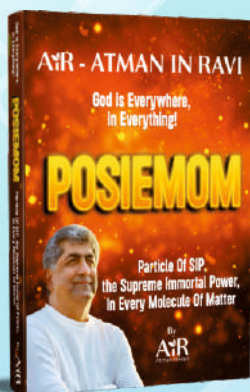
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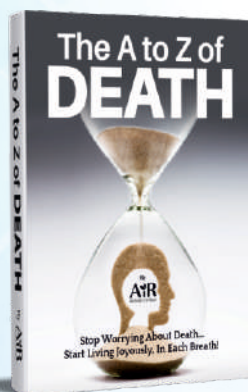
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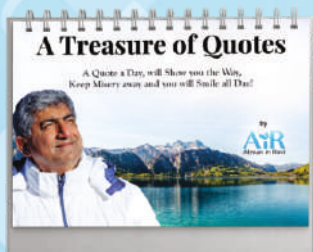
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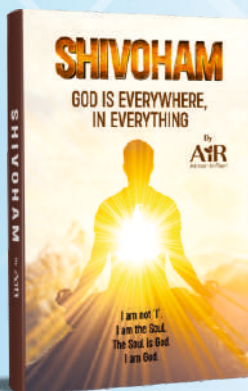
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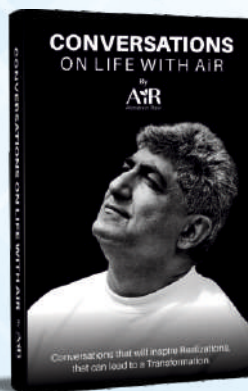
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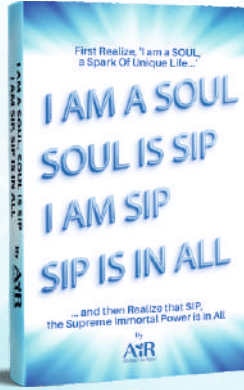
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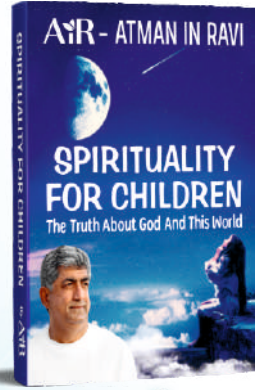
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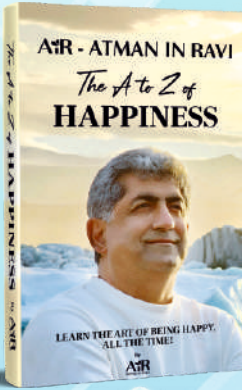
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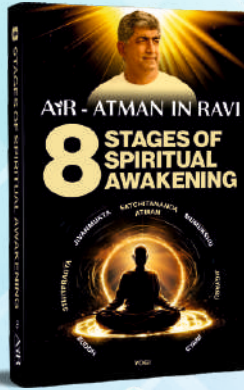
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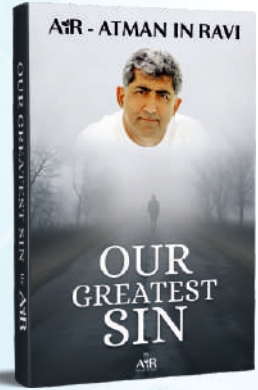
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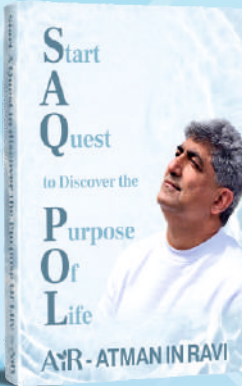
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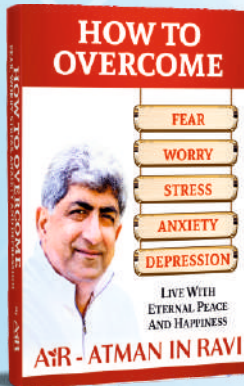
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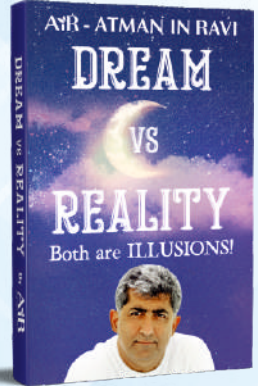
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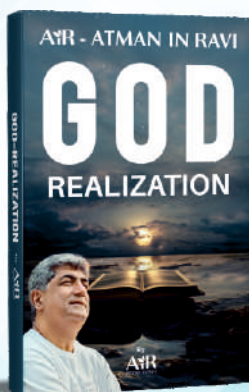
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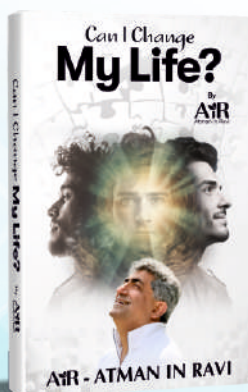
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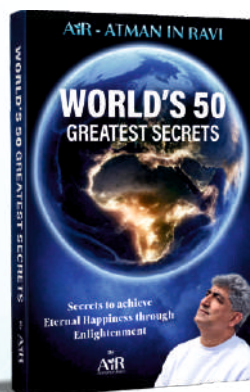
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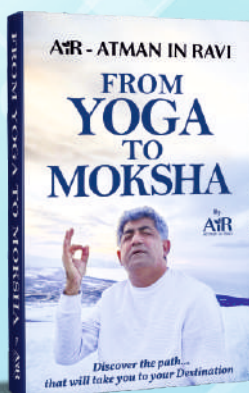
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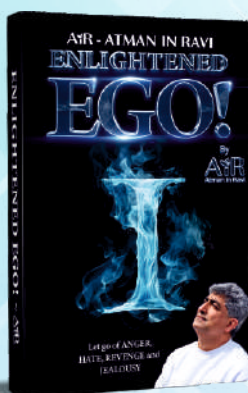
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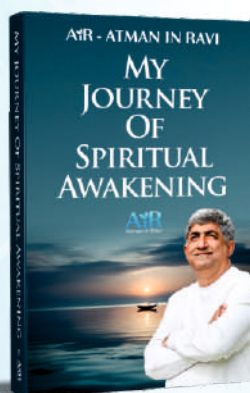
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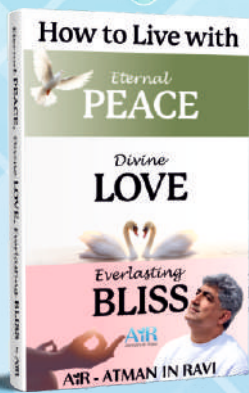
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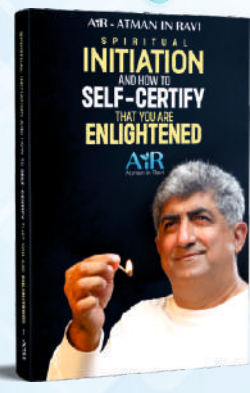
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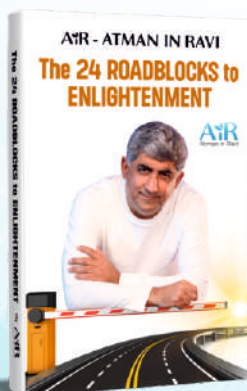
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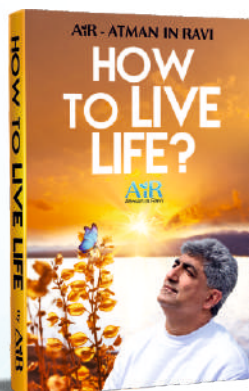
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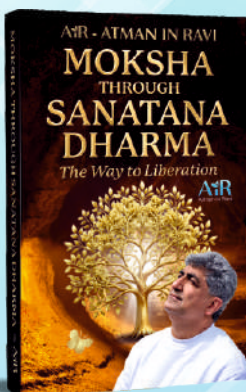
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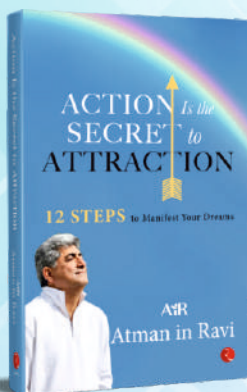
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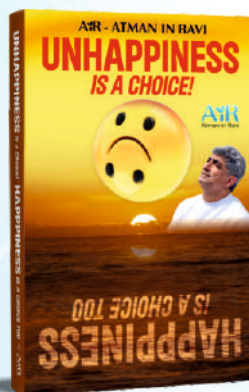
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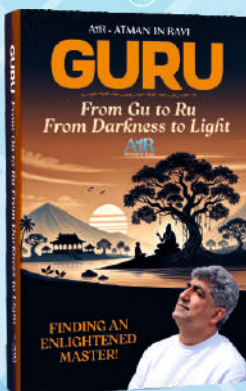
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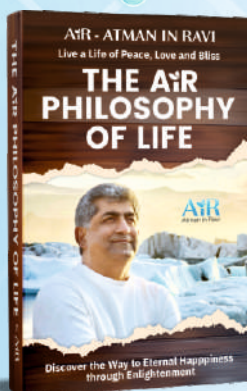
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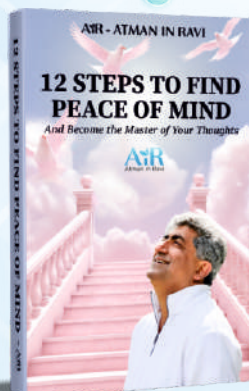
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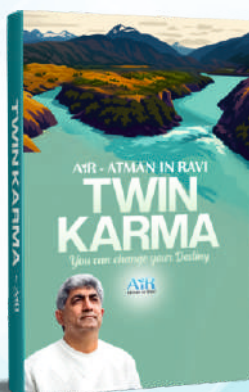
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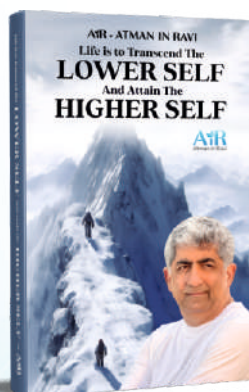
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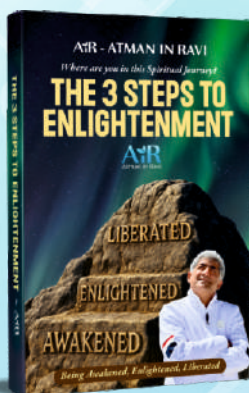
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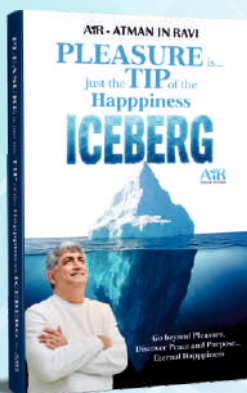
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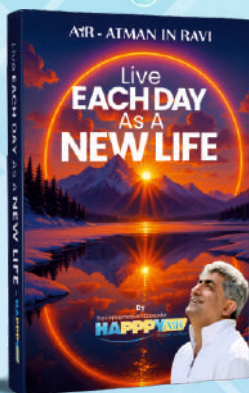
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Happiness is a simple trick which you must learn to pick. Not one, there are a hundred of these tricks. Each trick can give you a sense of joy, bliss, peace and cheer. But it is up to you to learn the tricks. It is up to you to discover the many ways of being peaceful and blissful, cheerful and playful, grateful and positive.

Happiness is not complicated. You don't have to be a success, a millionaire or a billionaire. You don't have to be a great achiever to be happy. Every human being has the right to be happy. But unfortunately, we have not learned the tricks that we can pick and choose to be happy.

Yes, Happiness is a choice. You don't have to become happy. You have to be happy. It doesn't matter who you are, where you are or what you have, you can still be happy.

That's the trick!

What trick are you going to pick from this magical book — *100 Happiness Tricks?*

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