



Discover  
**THE**  
**ART OF**  
**BEING**  
**HAPPY**

**AIR - ATMAN IN RAVI**





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# Discover **THE ART OF BEING HAPPPY**

By  
**HAPPPY**  
**AiR**  
Atman in Ravi  
Ravi V. Melwani

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# About The Author

AiR - Atman in Ravi

AiR — *Atman* in Ravi, globally known as Happy 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 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 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.

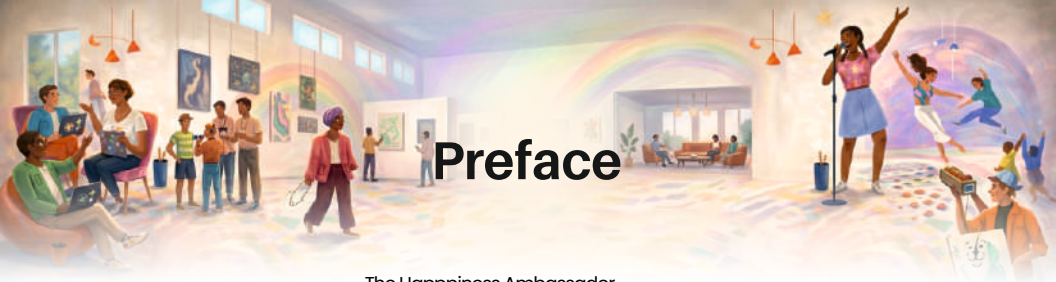
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***I transformed my life and changed my world  
by changing the way I spell Happy.  
Eternal Happpiness has 3 Ps:  
Pleasure, Peace and Purpose.***



**AiR Linktree**



# Preface

The Happiness Ambassador  
**HAPPY AiR**  
Atman in Ravi

Everybody wants to be happy and most people are. But are people happy all the time? I noticed that we all enjoy pleasure and there are times when we are at peace. But our bliss is intercepted by toxic thoughts that steal our joy. Is there a way to be happy all the time? The good news is yes, there is!

There is an Art of Being Happy. We must discover this art. Because I was blessed to come across the secrets of Happiness, I decided to share the Art of Happiness through a book. For 40 years, I lived as Ravi, enjoying the pleasures of this world with success and achievement. Then, I learned that there was greater joy in peace that came from contentment and fulfillment and when I discovered the purpose of life, I transformed to AiR - *Atman* in Ravi. I started to live a life of Eternal Peace, Divine Love and Everlasting Bliss. Then, came the Divine call to make this a Happy World. I added Happy to AiR and became Happy AiR. Well, happy has 3 Ps because I realized that we cannot be happy just with pleasure. We need peace too. But without purpose, we will always be attacked by fear and worry, stress and anxiety. How can we be happy if our day is filled with anger, hate, revenge and jealousy?

Then, I discovered the Art of Happiness — how we can be happy if we want to be happy. It's not difficult. What

is the art? It is first, believing that we can be happy. Those who don't, can never be happy! But just believing is not enough. We must also choose to be happy. When we choose to be happy, we will start living joyously, every moment of every day. This is only possible if we learn the art of eliminating the mind and not letting toxic thoughts steal our Happiness. If we live with cheer, joy, smiles and laughter, not only will we be happy but we will also make others happy. Happiness is an art. Not everybody can be happy. There is also a science to Happiness, a logical way to be happy. But Eternal Happiness is beyond logic. It needs magic! We need to learn the art. We need to live peacefully, with the 3 keys, the 3 Ps – Pleasure that comes from discovering Purpose, when we are living in Peace.

Do you really want to be happy? Do you want to be happy all the time? You have the art in your hands. You have the canvas and the paints. Now, all that you have to do is get to work. Start painting a picture of joy, love, peace and bliss. Your life can be full of Happiness if you discover the *Art of Being Happy* from this book. We can all learn an art but how many of us do? Why do some of us become painters, sculptors and artists? Just like the other arts, there is an Art of Being Happy but we must discover it. We must learn the art from a Happiness artist, one whose life is full of joy. Then, we too can eliminate all misery and sorrow, living blissfully today, not slipping into Yesterday and Tomorrow.

*Being Happy is an art,  
but this art, we must discover.  
There is bliss within us;  
this treasure, we must uncover.*





# Introduction

The Happiness Ambassador  
**HAPPYAIR**  
Atman in Ravi

What is the Art of Being Happy? This book reveals the path to Eternal Bliss. Happiness is not just pleasure which is momentary. There is a greater treasure than pleasure, where there is Eternal Peace, Divine Love and Everlasting Bliss. Who doesn't want this kind of Happiness? But can we have it? Is there a way? Yes, but we must discover this art. Not everybody can create a great sculpture. Not everybody can create a beautiful painting or an exotic piece of art that can be displayed in museums. But can we learn the art? Of course, we can. Once we become an artist and master the skills, then the piece of art that we create, which amazes the world, will not be so difficult to make. So it is with Happiness. Once we discover the Art of Being Happy, Happiness will become as natural as our breath. We will be rejoicing and celebrating every moment that we live. But how can we do this? Let us take a sneak preview at the art that we can discover in this book.

If we want to produce Happiness, we must first understand that Happiness is a state of *being*. It is not *becoming*. The art is not to produce Happiness but to choose Happiness. It's as easy as that. But first, we must believe that we can be happy. We must let go of the myth that we must be a millionaire or a billionaire to be happy. Every morning when we wake up, we have a choice to be happy or to be unhappy. If we can be glad but we choose

to be sad, aren't we mad? It is only because we have not learned the Art of Happiness. Life can only be lived today. Can anybody live in yesterday or in tomorrow? No. Nobody can! Still, our mind steals our today by swinging into yesterday and tomorrow, creating misery and sorrow. We must learn the art of living in day-tight compartments. We must discover the truth that life is nothing but a minute. If we want to be happy, we must fill the minute with joy. But for this, we must discover the art of killing the mind by stilling the mind. Then, we can discover all the secrets that will make us smile all the while.

Happiness comes when we accept but because we don't discover this art, we expect and become unhappy. The Art of Happiness is being positive. But when we don't learn this art, we become negative. What is the key? There are 3 keys, the 3 Ps. It is only when we discover our purpose and live in peace that we can enjoy the Happiness treasure that is greater than pleasure.

I, too, was yearning for Happiness. The more I chased Happiness, the further it went away. But then I discovered the Art of Being Happy. What did this art teach me? It taught me to stop chasing and start choosing Happiness. When I learned the art of being content, I took an exit from achievement and started to live a life of fulfillment. Then, I found peace, the foundation of Happiness and enjoyed pleasure as I discovered my Purpose. You, too, can enjoy this circus called life if you Discover the Art of Happiness!

*If you want to experience Eternal Happiness,  
be Smart.*

*There is a way to Peace, Love and Bliss;  
discover the Art!*



# 1

## CHAPTER

# What Is Happiness?

Everybody wants to be happy, but do we understand what Happiness truly is? Usually, we can make out if somebody is happy or not by their expressions. They will appear cheerful and full of smiles and laughter. But at the same time, somebody may be hiding some pain. We experience Happiness ourselves and we know what it is. But isn't it true that something as simple as Happiness becomes so difficult to define?

Happiness is a state of being — a state of being peaceful, blissful, cheerful, playful, grateful and positive without any misery and sorrow. We can expand this further, but by and large, this encapsulates what Happiness truly is. If one is not cheerful and playful, it reveals that one is not happy. They may not be unhappy but no doubt, smiles and laughter reveal a person's Happiness.

What if one is not peaceful? Can one then be blissful? Peace is the foundation of Happiness and if one is agitated within, they cannot be truly happy. One may try to smile on the outside and appear to be calm but there may be turmoil within. The chaotic toxic thoughts of the mind can steal Happiness. So then, is Happiness all of this?

There are different levels of being happy. Any pleasure will give momentary Happiness. But this is ephemeral, temporary. Pleasure comes and pleasure goes. It is not

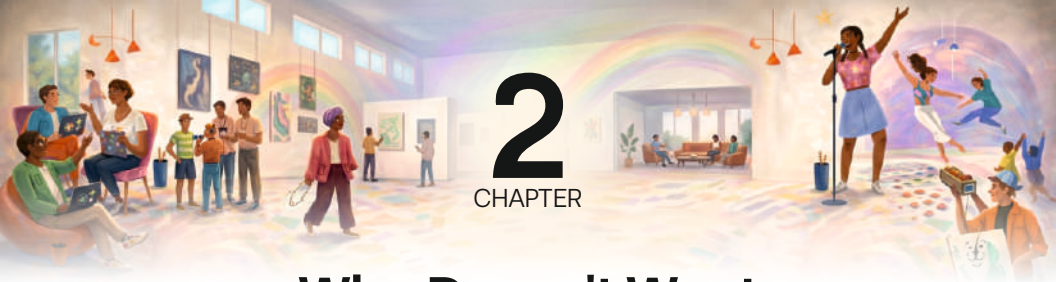
True Happiness that forever flows. We can laugh and joke in the midst of a crisis but soon the misery of the disaster will envelop us. Happiness is, thus, a state of not only being cheerful and playful but also peaceful and blissful. When we are in such a state of being, we enjoy pure bliss, pure Happiness that is not intercepted by unhappiness.

Happiness, thus, is not small pools of water. It is like a flowing river where smiles and cheer flow without anger and fear. In this state of ever-flowing Happiness, one is positive with faith, hope, trust and enthusiasm. One is full of courage, compassion, love and forgiveness. One is grateful with contentment and fulfillment. This river of Happiness cannot be blocked by tiny roadblocks.

For one to be established as a Happy person, one emits a natural flow of hormones like dopamine, serotonin, oxytocin and endorphins that can keep them established in Happiness. But one does not need to inject themselves with these happy hormones. Happiness is a state of being that keeps one pepped up and positive. It appears as a smile on the face, a twinkle in the eyes and energy in the body, and all this labels one as a happy and cheerful person.

So, let us not be confused about Happiness. The feeling of joy may come and go. But Happiness is that state of being that will forever flow. True Happiness is not just pleasure but also peace that can never cease.

*Happiness isn't just a smile on the face,  
a twinkle in the eye.  
It is a state of being ever-joyous,  
a state where we never cry.*



# 2

CHAPTER

## Who Doesn't Want To Be Happy?

Every human being on earth wants to be happy. It seems like we are fitted with not just eyes, ears, nose, tongue and skin but a pleasure drive too, within. We all want pleasure and nobody wants pain. But unfortunately, we become unhappy, again and again. Who would want to be unhappy?

While we want to be happy, we have not learned the Art of Being Happy. We don't even know that there is a way to be happy, every day. We remain a fool because of what we are taught in school. We have been made to believe that Happiness is like sunshine, where too much of it can burn us. But this is a lie. That's why we pray to a God in the sky when we want to be happy. We don't realize that the river of joy flows within from deep inside our Soul. Because we don't realize this, we are constantly looking outside for Happiness.

Look at the world today and it will reveal how obsessed we are with Happiness. The whole world is full of merchandise that can make us happy. To satisfy our sensual desires, there are international foods that tickle our tongue, there is music that gives joy to our ears, and there are endless pieces of art to put a twinkle in our eye. Supermarkets, departmental stores and malls are filled with clothes, accessories, perfumes, cosmetics, gadgets and gizmos, all with one objective — to bring a smile on

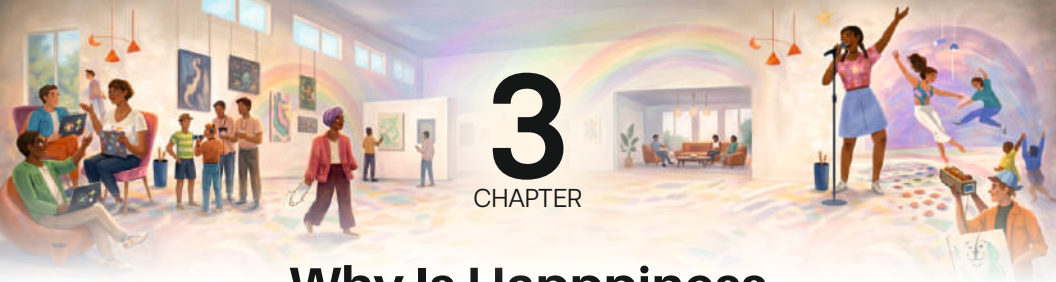


our face. Because man wants to be happy, the world is producing experiences that excite us. Restaurants, hotels and even experiences in airplanes and cruise ships aspire to make human beings happy.

But do all these make us experience True Happiness? No. All these provide pleasure and they can make us happy only in the moment. But the moment we finish eating a delicious pizza or an exotic ice cream, the pleasure is gone. Now, we want something else that can make us happy. This constant 'wanting' of Happiness opens the door and leads us to unhappiness. We don't realize what it is that we actually seek. We are seeking peace, the foundation of Eternal Happiness. We want to eliminate stress that makes our life a mess! As much as we want to be happy, we don't want to be unhappy. We don't want to be depressed, irritated, angry and anxious. We want to be blissful and peaceful. We don't want only laughter and cheer — we want it to last through the year. Unfortunately, we are able to be happy intermittently and thus, we are continuing to seek Happiness. We never learn that Happiness is a state of being, not becoming. We are trying to become happy and so, we also become unhappy.

The whole world is in a race. Everyone is trying to become an ace, and we are in a chase for success and Happiness. We think that success, name, fame and power are Happiness and therefore, we are all running after these!

*We all want to be Happy,  
and so, we want everything!  
We run in this race,  
forgetting Happiness is a state of being!*



# 3

CHAPTER

## Why Is Happiness Elusive?

Happiness is like a shadow. The more you chase it, the further it goes away. Very often, we run after things that make other people happy but ultimately, we find that those things are making us unhappy. Happiness is all about now but because we are trying to make a better tomorrow, we run after success and achievement, hoping that it will make us happy. In the bargain, we lose our contentment and fulfillment and along with it, we lose our peace, which is the very foundation of Happiness.

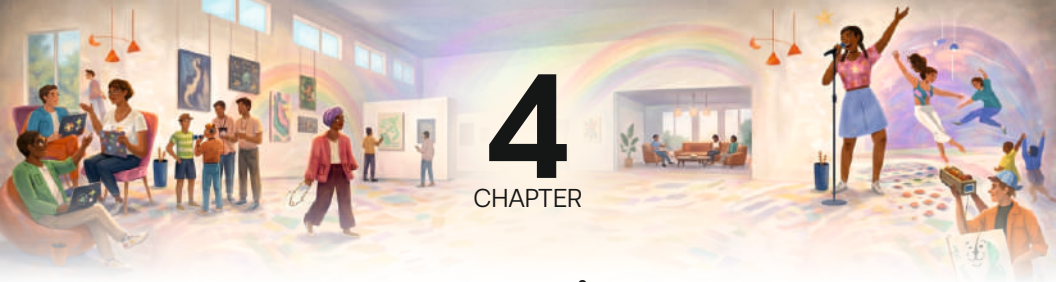
Because we human beings are running after pleasure, we remain disappointed. Sometimes we are glad and sometimes we are sad! But the pursuit of Happiness never quenches our thirst. Ultimately, it makes us burst. This race to destination Happiness is an illusion. There is no destination. Happiness is a journey but because we have misunderstood Happiness, this state of Eternal Bliss evades us. It's time we learn the Art of Being Happy.

Most people are enamoured by the millionaires and the billionaires of the world. We imagine that Happiness is in a beautiful villa, the latest cars, expensive branded merchandise and in travelling Business Class. No doubt, all these make us happy but is it real Happiness? We may have everything and still be unhappy, while there are people who have nothing but are very happy. What makes Happiness so elusive?

We all have needs but unfortunately, our mind gets caught in greed. We need to fulfil our basic necessities to be happy. But our needs turn into wants. Then, the desires and the passions become an obsession, which makes Happiness elusive. We are never content, never satisfied. We want more and more, and Happiness goes out of the door. In this modern world, where there is constant comparison, we have forgotten the state of being happy. We are in a competitive race to be better than others, look better than others and have things that are better than what others have. Ultimately, this makes us unhappy. We haven't understood the true meaning of Happiness. We must be grateful for what we have and learn to live counting our blessings, not counting what is missing in our life. When we try to achieve more and more, we create stress and end up losing our Happiness. When will we learn the art of being satisfied with what we have and enjoy that with bliss? When will we stop complaining, comparing and criticizing and start living with contentment?

As long as we continue to *want* Happiness, we will keep on trying to *become* happy and Happiness will evade us. Happiness is a state of being and each of us is privileged and has the right to be happy. We must *choose* to be happy, *not want* to be happy. And if we choose to be happy now, we can be happy forever.

*As long as we run after Happiness,  
we will always be sad.  
Being happy with what we have,  
we can be glad.*



# 4

## CHAPTER

# Is Happiness An Art Or Science?

What is Happiness? Is it an art or is it a science? Many people think it is more of a science and so, they get into the systematic study of Happiness. No doubt, neuroscience and psychology are trying to observe and study brain activity and the hormones that contribute to Happiness. What creates dopamine, the pleasure hormone, and what triggers serotonin, the hormone of peace? We can study oxytocin that causes us to be joyous with love, just as we can measure endorphins that cause us to laugh and reduce pain. However, the big question is — if Happiness were only a science, we would have been able to scientifically control our Happiness and this world would be a happy place. Why is there so much misery and sorrow? Can we scientifically inject people with Happiness hormones and eliminate unhappiness from this world?

Therefore, Happiness is not just a science — it is also an art. While science helps us understand the mechanisms of Happiness, it cannot by itself make us happy. We must learn to be happy. When we are happy, these hormones appear in our body and we can scientifically evaluate their presence. But unless we learn the Art of Being Happy, we will always think that pleasure is Happiness and we will run after that burst of joy. We will try to celebrate festivals, our birthday, a new year to feel happy, not realizing that each day can be a festival.

However, Happiness is not only pleasure. It is also peace, the very foundation of Happiness. How can we find

peace? Can we scientifically create peace in our life? The whole world is trying to find peace of mind. But for this, we need to learn the art of stilling the mind. Only then peace we can find. There may be many scientific ways through which we can achieve Happiness, but without learning the Art of Being Happy, we can never attain true Happiness. The science of Happiness can show us the logical way to Happiness. We can smile and be happy ourselves, just as we can try to make others smile and be happy. We can exercise more, control stress and our cortisol level. Without understanding the science of Happiness, we will not learn the science of acceptance, surrender, positivity and consciousness. Unless we learn the science of Happiness, we cannot really use the Art of Being Happy. At the same time, without understanding the science of Happiness, we may not know how our thoughts, emotions and actions influence our state of Happiness. Because the world has misunderstood what Happiness is, Happiness escapes us. We must learn both – the Science of Happiness and the Art of Being Happy – and paint the canvas of our life with peace, love and bliss.

The whole subject of Happiness has been misunderstood. We have been taught that Happiness is all about success, name, fame, power and wealth and so, the whole world is trying to learn the science of success. No doubt, success may be scientific. There are different methods, processes, and principles to achieve success. But success is not Happiness. All successful people are not happy. Happiness is success. Therefore, all happy people are successful – because the objective of success, of money, wealth, name, and fame is to be happy. If we have all this and are still unhappy, it only reveals that we have not learned the complete truth – the science as well as the Art of Happiness.

*If Happiness was just a science, and it was not an art,  
Then the whole world would be Happy by just being smart.*





# 5

CHAPTER

## The Happiness Paradox

What is the Happiness Paradox? It is true that we all want to become happy. We all want to be happy. And so, we all seek Happiness. But seeking Happiness actually makes us unhappy. This is the Happiness Paradox – something we don't understand.

Talk to anybody and ask them what they want. The common answer will be, '*I want to be happy.*' The moment we '*want*' to be happy, we can't be happy because we *want* it. *Wanting* is desire and desire leads to disappointment and unhappiness. However, we can be happy by learning the Art of Being Happy. But because we want Happiness, the Happiness Paradox kicks in.

*Gautam Buddha*, the Enlightened One, taught that we must never say that *I want to be happy*. 'I' is the ego. 'I' naturally creates pride, greed and selfishness and experiences anger, hate, revenge and jealousy. All this makes us unhappy. We must enlighten the 'I' and turn from ME to WE. Happiness is something that is shared. It is not something that will get exhausted. There is unlimited Happiness in the world. When the false ego drops, Happiness appears. *Wanting* is desire that puts the mind in action. The MIND is nothing but a bundle of toxic thoughts that creates Misery, Ignorance, Negativity and Desire. If we want to be happy, we must eliminate *want* and the mind. How can we do it? The only way to kill the

mind is to still the mind. When there is stillness, we will overcome all the mental illness that makes us unhappy – fear, worry, stress, anxiety, regret, shame and guilt. Therefore, '*I want to be happy*,' makes us unhappy! But when we drop 'I' and 'want to', what is left? 'Be Happy!' Yes, we can be happy if only we learn the Art of Being Happy.

*Be happy*, don't try to *become* happy because you can't! That is the Happiness Paradox. Those who learn the Art of Being Happy are happy, no matter what. To them, nothing matters. They have learned the art of smiling and laughing. They have learned the art of being in bliss. They are not running after pleasures, people and possessions to make them happy. Alas, not many people have learned the Art of Happiness.

If you want to be happy, don't desire to be happy. Just be happy. Eliminate the desire to be happy and you will only do this when you replace the desire for Happiness with the Realization that Happiness is our birthright. Happiness is within us. We are full of it. But because of ignorance, we haven't learned what Happiness truly is. We haven't learned the Art of Being Happy. So, we are running after success and pleasures, those momentary bursts of joy, which fool us into believing that this is Happiness. The whole world wants to be happy. But the whole world is suffering because of unhappiness. Master the Happiness Paradox!

*The Paradox of Happiness is that we say,  
'I want to be Happy.'  
When we say, 'I want to be Happy,'  
we become unhappy.*



# 6

CHAPTER

## The Hedonic Treadmill

How often do you get on a treadmill? On a treadmill, you work out for an hour, and you burn a lot of calories. But where do you reach? You are still in the same place. So also, the Hedonic Treadmill reveals that the one who is running after pleasures and Happiness, in reality, reaches nowhere.

We are running after a bigger car, a bigger house, a bigger television and want more and more and more. But is this wanting more actually creating more Happiness? Unfortunately, no! More pleasure does not create more Happiness because pleasures don't quench our thirst. The desire for pleasure only makes us burst. The Hedonic Treadmill warns us that running after pleasure will only distance the true treasure of Happiness. The true treasure is peace. It is contentment and fulfillment. But because we are caught in the Happiness Paradox, we want more and more, and Happiness goes out of the door.

The analogy of the treadmill is to remind us that after running all our life, in the end, we would have only consumed life but reached nowhere. We would be exactly where we started! Happiness is not running and running, till life is done. Happiness is not just more and more fun. Happiness is evolving from the first peak of achievement that gives pleasure to the next peak of bliss that is contentment and fulfillment. The dichotomy is that we are

trying to run after Happiness, but Happiness is not about running. It is about slowing down our pace. Only then will we win the Happiness race. This is possible only if we live with grace. The Hedonic Treadmill gets us caught in a maze. We are told that we must chase more and more, till we become an ace. But in the end, it's just a rat race, not a race for Happiness. Happiness is a state of being, not becoming. Wanting to achieve more only empties our Happiness score. We must learn the Art of Being Happy.

From the time we are born till the time we are gone, we are so busy running through life that we consume it without being happy. We want to be happy but we don't know how to. We believe the lie and so, we compare, we criticize, we compete, we complain, and we cry. But why? Because nobody tells us to be happy. Everybody talks of becoming – becoming successful, becoming a millionaire, becoming a celebrity. But why? Nobody asks this question because we know it. We want all this because we want Happiness. But Happiness is not in all this. Happiness is a state of being and until we let go of this Hedonic Treadmill, the pleasure treadmill that makes us run and run after pleasure, we will never discover the true treasure of Happiness. We must stop running and start being. So much of life has escaped us. Before it's over, we must learn the Art of Being Happy. Otherwise, our glass of life will be empty, and we will be full of pleasure but no bliss, which is not Eternal Happiness.

*Why do we just run and run and run,  
just to have fun?  
Let us discover what True Happiness is,  
before life is done!*



# The Art of BEING HAPPY

**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**

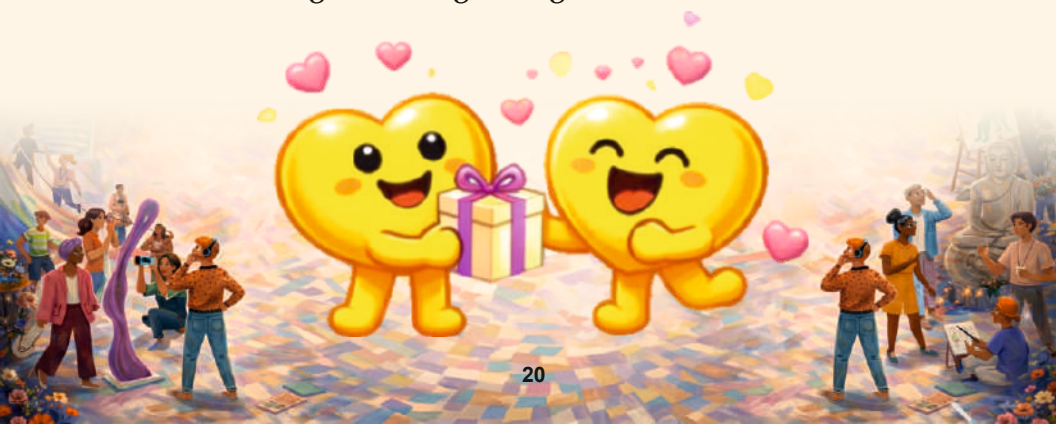
**A - Accepting and Surrendering**

**P - Pepping up Life with Positive Emotions**

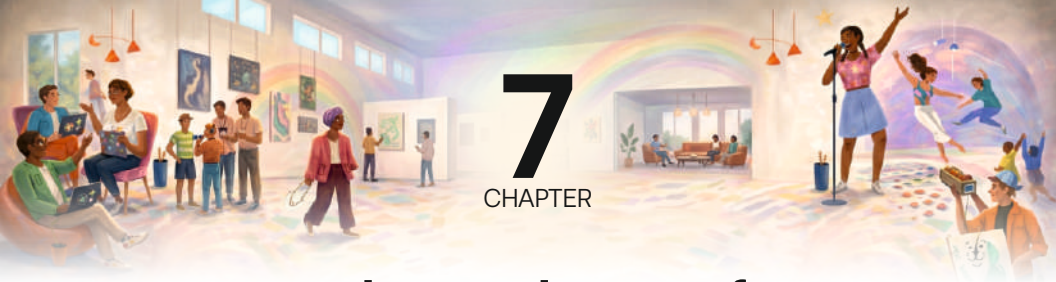
**P - Peacefully living every Minute in Consciousness**

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

**Y - Yearning for nothing – Being Content and Grateful**







# 7

CHAPTER

## What Is The Art of BEING HAPPY?

The Art of Being Happy is a creative skill, a practice of cultivating the ability to live with Eternal Peace and Everlasting Joy. It is living and doing things that will eliminate unhappiness and fill our life with bliss. The acronym on the page before this is the secret that leads one to developing this art. What is the Art of Being Happy?

First of all, to be happy, we must believe that we can be happy. Without believing, one can't be happy. Once we believe, we must choose to be happy, not once in a way but every day. Those who wake up every morning, choosing to be happy, are happy. What if we live in Yesterday or Tomorrow? If we do, we cannot be happy. We must cultivate the skill of living joyously in Today, in the Now.

Next, it is not letting the toxic thoughts of the mind enter for if the mind enters, Happiness exits! The Art of Being Happy is in giving, forgiving and making others happy. This is an automatic way to instant Happiness. This is the first part of the BEING HAPPY acronym.

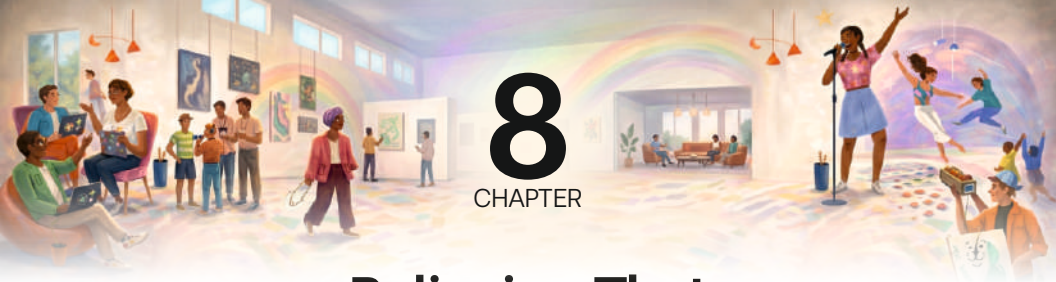
To be happy, the next step is having a smile on your lips always. How can you have a smile and be unhappy? They both don't go together. Therefore, smile. The next step in 'Being Happy' is accepting and surrendering, not protesting and wondering. Then, it's about pepping up life

with positive emotions, replacing negative energy with positive energy. This will lead to peacefully living every minute in Consciousness. But this is an art. Every time the mind appears, we must Bring Back Consciousness, BBC. Thereafter, it's picking the 3 Keys of Happy. The Art of Being Happy will be incomplete unless we change the way we spell 'Happy'. Happy is HAPPY. It's not just Pleasure, it's also Peace, and finding our Purpose. Ultimately, it's yearning for nothing but being content and grateful. This is the trick that we must pick to complete the Art of Being Happy.

Everybody cannot be an artist but anybody can learn the art of painting and sculpting their Happiness. We must cultivate the art. We must practise it. It is in doing this that being happy is possible. Imagine if a painter doesn't paint for years! His art disappears. Therefore, constantly living with the Art of Being Happy is a sure way to be happy every day.

Let us now explore each of the elements of 'Being Happy'. Notice that each of the 11 points in the Art of Being Happy are verbs – Believing, Choosing, Living, Not letting, Forgiving, Having, Accepting, Pepping, Peacefully living, Picking and Yearning. Are you reading and observing? If you are, you are starting a new journey of Happiness. If you are ignoring the action required, you will read and know the art but you will not develop it, cultivate it. Developing and cultivating the Art of Being Happy means doing all this. Let's start!

*If the Painter does not paint for years,  
his art will disappear!  
So also, Being Happy every day  
is the way to Peace, Bliss and Cheer.*



# 8

CHAPTER

## Believing That You Can Be Happy

If you want to be happy, the first thing you must do is to believe that you can be happy. If you are unhappy and believe that you are doomed to be miserable, how can you be happy? The Art of Being Happy starts with *believing*. It is the positive programming of trusting the truth that Happiness is possible. Eternal Bliss is possible. Eliminating all misery and sorrow is possible.

When the word 'impossible' enters our head, Happiness is dead! If we believe that our life will always have problems that can't be resolved, if we believe that we can't control our mind, if we believe that we have bad Karma that we must accept, if we believe that the modern world will never let us live with peace and bliss, then we can never develop the Art of Being Happy. Start with believing that you can be happy.

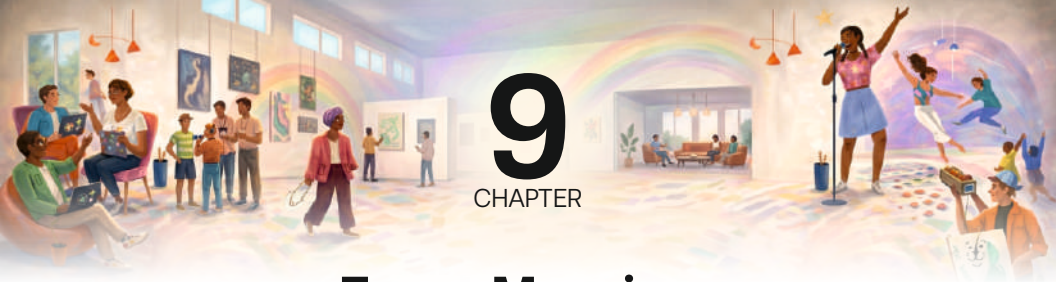
Every day, program the way you think and think positively. Think Happiness. Think peace. Think love. Think compassion. Then, your life will start flowing with Happiness. This is because thoughts have power. They are real because what we manifest in our head will lead us to our ultimate destiny. Thoughts create feelings and feelings create actions and ultimately, actions become our destiny. Therefore, we must think happy thoughts. We must believe that we can be happy.

The mind is nothing but a bundle of toxic thoughts. It will question how it is even possible to be eternally happy. If we let the mind ride our life-horse and become our boss, we will be at a great loss! We must still the mind and kill the mind. Living in Consciousness, we must use our intellect to believe – *I CAN be happy. I WILL be happy. I AM happy.* This is the beginning of cultivating the Art of Being Happy.

What you believe is what you achieve. If you can dream it, you can do it. But believing is just one step in the Art of Being Happy. Just believing is not enough. The Art of Being Happy is an 11-step formula and without the first step, we will falter and fall. Believing that Happiness is possible gives us the energy to climb the steps to reach the destination, Happiness. But is Happiness a destination? No! But developing the Art of Being Happy is. Step-by-step we must learn the Art of Being Happy. But without believing that one can be happy, one will just live a life of misery and sorrow, without making an effort to make a great today and tomorrow.

Anybody in this world can be happy. Everybody cannot be a painter or a sculptor but everybody can be happy. However, the first step is believing that it's possible to be happy. You can smile, can't you? You can laugh, be cheerful, playful and blissful. Believe it and do it!

*Think you can or think you can't,  
either way you are right.  
Believe you can be Happy,  
and your life will be joyous and bright.*



# 9

CHAPTER

## Every Morning, Choosing To Be Happy

The Art of Being Happy is choosing to wake up every morning with the thought, '*I choose to be happy today.*' Nothing should stop us from choosing Happiness every morning when we get out of our bed. This joyous emotion of bliss should fill our head. Then, we have learned the Art of Being Happy. When I wake up every morning, I repeat a few lines.

*I choose to be happy today,  
Though the skies may be cloudy and grey,  
Though problems may come my way,  
No matter what people may say,  
I choose to be happy today.*

Happiness is a choice and it is up to us to be wise to choose Happiness. If we don't learn this art of choosing Happiness every morning, then there will be days when we will become unhappy. The mind is ready to push open the door and push us on the floor with its toxic thoughts, right from the time we wake up. It is an art to wake up happy. It is an art to choose peaceful thoughts. It is an art to eliminate the mind as we start each day. Remember, we can choose to be glad but if we choose to be sad, aren't we mad?

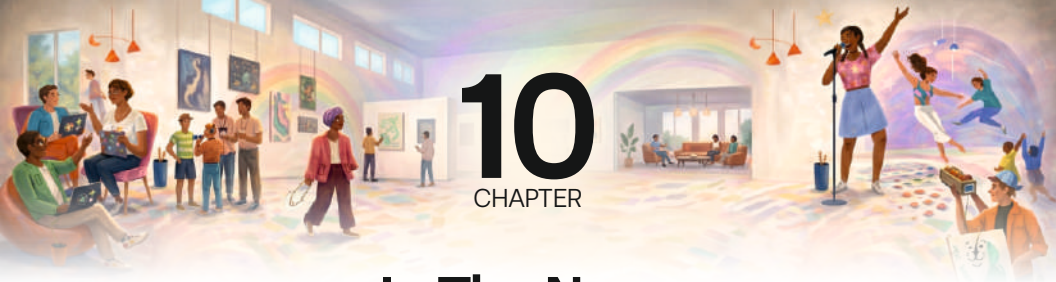
Happiness is a state of being. To be happy is a choice. Happiness doesn't depend on what is happening outside



us. It is a state of being within. We must remember that we cannot control everything that is happening in the world outside. But our inside world is completely under our control. In this inside world, there must be positive thoughts, not negative thoughts. We must fill our heart and Soul with positive emotions – faith, hope, trust, enthusiasm, love, peace, joy, confidence, courage, compassion, forgiveness and optimism. Imagine, if you have these emotions inside you, how can you be unhappy? These emotions will help you to make that choice! *I will be happy today. I am happy today.* What if you open the door to the mind? It will fill you with toxic emotions like fear, worry, stress, anxiety, regret, shame and guilt. How then is it possible to choose to be happy? Therefore, being happy is an art, a matter of choice.

How does a painter paint? He chooses the colours in his palette. He chooses the brushes and immersed in his art, he produces an outstanding painting. So, we need to discover the Art of Being Happy, by choosing the colours of peace, joy, love and bliss to fill the canvas of each day of our life. Nothing else matters. What matters is Happiness. Everything else that we are doing is ultimately to feel the pleasure of life. None of us want pain. But why do we become miserable again and again? It is because we have not chosen to fill each day with Happiness. Let us resolve today that we will choose to be happy every day. Every morning when we wake up, we will make a conscious choice to be happy. By doing this, we will discover the Art of Eternal Happiness.

*A painter chooses the colours  
to create an amazing canvas...  
It is for us to wake up every morning  
and choose Happiness.*



# 10

CHAPTER

## **In The Now, Living Joyously**

We all want to be happy but are we all happy and are we happy all the time? This is an art. To discover the Art of Being Happy, we must learn to live in the now, living joyously in the present moment. The key is being in the now, peaceful, blissful and joyous. How can we be in the now?

The truth is that only the now exists. The past is gone. The future is not yet born. Nobody can go to yesterday or tomorrow. It is only our mind that takes us there and creates misery and sorrow. How can we be happy? The Art of Being Happy is to be established in today, in the minute that is passing, in the now.

Those who learn the Art of Being Happy discover the simple truth that life is nothing but a minute. All we have to live is a minute that has 60 seconds in it. Can anybody go before it? Nobody in the world can! Can we go after it? Impossible! We have no choice but to live in the minute. If we lose it, how can we be happy? Minute by minute, life is offering itself to us. If we want to be happy, we must learn this art of living life in the minute. Those who seize the minute, can seize peace, bliss and joy, and fill their life with it. But if the minute is gone, the day is gone and so, our joy, our bliss, our life is gone with it! We must live our life minute by minute. It is only then that we can learn to live in the now, joyously.

To live in the now joyously, by the minute, we must learn the simple trick of living in day-tight compartments. What is the art of living in a day-tight compartment? People are clever. They have discovered the art of keeping food fresh in air-tight containers and for days, the food doesn't go bad. Ship manufacturers are smart. They design and make ships with water-tight compartments, so that even if water enters the hull of the ship, the ship doesn't sink! Unfortunately, we sink because we think about the past that is history and we worry about the future that is a mystery. We don't enjoy the pastry, that is the 'now', the present moment of the day. We must learn the art of living in day-tight compartments.

What is it to live in a day-tight compartment? We must build a wall around yesterday and another wall to keep tomorrow away. Having separated yesterday and tomorrow from today, we can stop the gushing river of the mind and its toxic thoughts from creating misery and sorrow. By creating a day-tight compartment, we can live in today. We can live each day as a new life. We will not let the past create regret, shame and guilt. We will not let the future cause fear, worry, stress and anxiety. In the present moment, we will live with peace, love and bliss. But this is only possible when we develop the art of living in the now, joyously and peacefully.

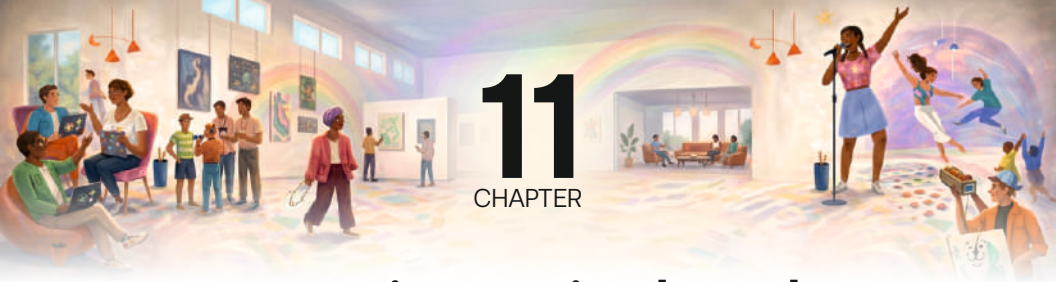
The mind is a monkey. It does not permit us to live peacefully. The only way to live joyously, peacefully, in the now, is to tame the monkey mind and make it a monk. We must eliminate all the junk. How do we learn this art? Look at the word MONKEY. Within it, you will find the word MONK. But the monk has a tail, EY that makes it a monkey. What is the EY? It is the Ever-Yelling and the Ever-Yearning part of the monkey mind. Because the

monkey is jumping here and there, we lose sight of the now. We wander like a cow. We become miserable. The Art of Being Happy is to eliminate the mind, to tame the monkey and live like a monk, peaceful and blissful.

Do you want to be happy? If yes, learn the Art of Being Happy – in the now, living joyously. The 'now' has no problems. The 'now' is perfect. How do we make our life miserable? We open the door of the 'now', to let the mind enter with its toxic thoughts. Soon, it pushes us on the floor. We are happy no more only because we have lost sight of the 'now'. Those who learn the Art of Being Happy make a vow – *I will be happy in the now*. And their life becomes wow. What about you?

If you want to be happy, you must learn the Art of Being Happy in the now. The truth is that there is no other way to live life. Even the richest or the most powerful people in the world cannot rewind life, even by a minute. Whoever you may be, you cannot fast forward life by an hour. Then, why not learn to live in the now, joyously? Isn't it easy to be happy in the now? Is it not possible to be joyous in the minute? Just learn the art of doing it!

*The Art of Being Happy  
is living joyously in the 'now'.  
Being Happy means not worrying  
about why, when and how!*



# 11

CHAPTER

## Not Letting Toxic Thoughts Of The Mind Enter

Being happy also means not being unhappy. But if we let the toxic thoughts of the mind enter, Happiness will exit. Therefore, those who discover the Art of Being Happy, discover how not to let toxic thoughts of the mind enter. How do we do this?

Every human being thinks just like he breathes. We can neither stop our breathing voluntarily nor our thinking. But we can choose what kind of thoughts enter our head. Not letting toxic thoughts of the mind enter is an art, an art where we still the mind and kill the mind. What is the mind? The mind is nothing but a bundle of toxic thoughts. The MIND is Misery, Ignorance, Negativity and Desire. When we slow down the pace of toxic thoughts, in that moment, we move from a state of mind to a state of Consciousness. In this state of Consciousness, the intellect is activated and it can discriminate and choose between black and white, and wrong and right. It is only in Consciousness that we can choose positive thoughts and eliminate negative thoughts. As we choose positive thoughts, we eliminate the mind and by so doing, we develop the Art of Being Happy.

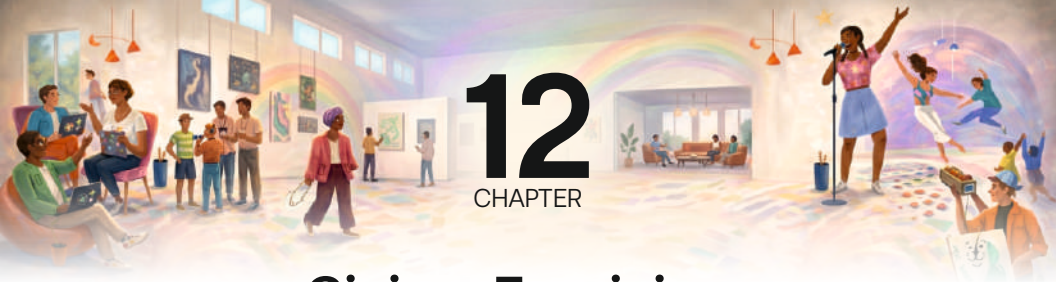
Those who do not learn the art of not letting toxic thoughts enter, constantly live with fear, worry, stress and anxiety. The mind is like a monkey. It jumps to the past and creates regret, shame and guilt. Then, it jumps to the future and

robs us of our peace and Happiness as it creates stress and makes our life a mess. How can we live a happy life? Imagine waking up in the morning and worrying about a FEAR, a False Expectation Appearing Real. There is no danger. But the mind creates fear. Instantly, we become unhappy. Instead of choosing happy thoughts which we can, we let the door of the mind open and negative thoughts fill our head. Soon, we are dead! The mind cannot be our friend. It appears to be king and fools us into believing that it is the mind that can do anything! In reality, it is the cause of all our suffering. But it stops us from this Realization. Therefore, we must develop the art of not letting the mind and its toxic thoughts flood us with misery and sorrow.

Haven't we seen that a river in spate during a flood causes death and destruction? What do we do? When there are no rains or floods, we build a dam to stop the gushing river from flooding homes and fields. So also, those who develop the Art of Being Happy, build a dam to stop the gushing river of toxic thoughts from flooding them with worry and anxiety, stealing their bliss and tranquillity. This is an art. We must learn it, develop it and practise it, till it becomes a habit. Then, the mind can enter no more! We are able to catch it, detach it and latch it virtually. Once we are able to jail the virtual mind, we cannot fail in being happy, but only if we believe that we can, we can choose to be happy and live joyously in the moment. Does your mind steal your Happiness? Learn to still it, to kill it and be happy.

***Toxic thoughts of the Mind naturally enter our head!  
Stop this or you will be miserable till you are dead!***





# 12

CHAPTER

## Giving, Forgiving, Making Others Happy

The Art of Being Happy involves cleansing ourselves of all the toxic grudges, hurts and pain that make us miserable again and again. We must learn the art of giving and forgiving, just as we develop the art of making others happy.

Somehow, we think that Happiness is about being happy ourselves. We don't learn the simple secret that if we want to be happy, we must make others happy. When we make others happy, we instantly become joyous and smile. It is a natural phenomenon of creation. But how many of us develop this art of making others happy?

Since I was a child, I practised this art of making others happy and it has become my nature, a habit. In my younger days, I would share whatever I had with others, and I noticed something magical happening. Whatever I gave, I used to get multi-fold as though it was some Divine magic. Little did I realize that it was the Law of Karma that was unfolding. This Law of Karma governs the universe. What does it state? It states what you do will come back to you. *As you sow, so shall you reap.* What you give is what you will get! It works like a boomerang. So, it is very simple. If you create misery in the lives of others, you will become miserable. Such is the law. Similarly, if you make others happy, you will be happy too.

The seed we plant decides the fruit on the tree. The deed we plant decides our destiny. We all know this beyond doubt that if we plant mangoes, we cannot get pineapples. It is one of the natural laws that governs this world. Just like the Law of Gravity that pulls everything towards the ground and the Law of Rotation that makes the earth rotate and revolve, so also, the Law of Karma is how life unfolds. Those who are happy understand the law and do good deeds. These good seeds that they plant result in their Happiness. Those who are ignorant of Karma make others unhappy. They then wonder why their life is so miserable. Little do they realize that every deed they do becomes the seed that will ultimately root, shoot and bear fruit. If we want to learn the Art of Being Happy, first, we must discover Karma. Then, we must do good Karma and enjoy the fruits of bliss and peace.

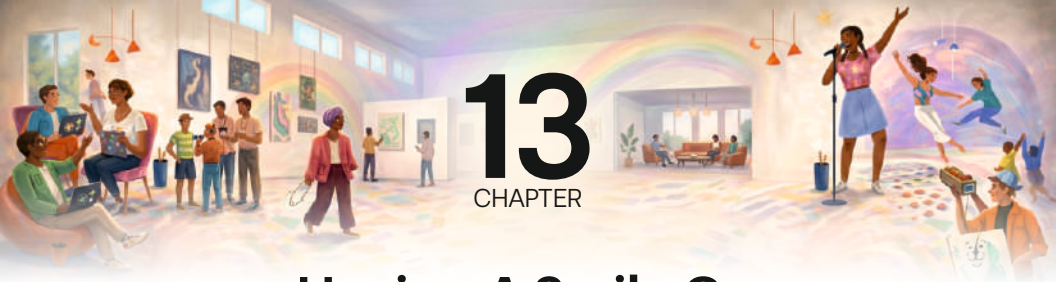
Giving, forgiving and making others happy is an art. But not many people learn this art. We want to be happy and we think only about ourselves. We are trapped in the ME, the Mind and Ego and so, we live in ignorance and try to be happy. Happiness is an art. It's a trick that we must pick. Just like we pick the right colours to paint, so also, in order to paint a life of joy, we must make others happy and to eliminate a life of sorrow, we must learn to give and forgive. This is also another Karma that will add to our bouquet of Happiness.

Often, we are hurt by people who are unfair, unjust and unreasonable. We become unhappy, don't we? It's here we need to develop the art of forgiveness. Of what use is it to carry a grudge in our heart? It's like holding a piece of burning coal that we want to hurl at another, in revenge with anger. We don't realize that the burning coal intended to burn others will first burn the hand that

throws it. Why would we want to burn ourselves? When we forgive others, the greatest benefit is to us, for we are free from festering a wound that may be causing us misery. To be happy, we must learn this art of forgiving. Sometimes people ask, '*How many times should I forgive?*' We must forgive as many times as we are hurt. The Art of Being Happy is forgiving and forgiving and forgiving again and again.

Discover the art of giving, forgiving and making others happy — it begins by learning to give. Somehow, we hoard things, we keep on collecting and amassing stuff, even though we don't need them. We deprive ourselves of joy, which can come from giving away whatever we are not using. Nobody taught us this art. When we see that nobody is giving, we pick this up as a habit. We think that other people don't forgive, they harbour grudges and don't bother to make others happy, so why should we? We must learn the right Art of Being Happy. So, give away whatever you have in excess — give, for when you give, you get. I learned this secret when I saw it operate in my life. Every time I gave away something, something bigger, something better came to me. If you want to be happy, follow this principle today. Give. Forgive. Make others happy and you will see magic unfolding in your life.

*To Give and make others Happy is a Happiness Art,  
For what we give, we get. So, why don't you start?*



# 13

CHAPTER

## Having A Smile On Your Lips, Always

To be happy, learn to smile all the while. Smiling is magical and having a smile on our lips always is an art that we must develop. Not everybody lives with this art.

What does a SMILE do?

- S - Spreads Sunshine
- M - Makes others Smile
- I - Inspires others to be Happy
- L - Lowers Levels of Negativity
- E - Ensures our own Happiness

Think about it. Isn't a smile truly magical? Reflect on the above acronym and smile all the while. When you smile at somebody, don't you spread sunshine? You change the aura of a room when you walk in with a smile. You are happy. The one you smile at is happy too and the whole room lights up. Such is the magic of a smile. But how many people smile?

People spend a lot of time and resources on the clothes they wear and the cosmetics they use on their skin. What they don't discover is that it is far more important to wear a smile on our lips. That makes us a truly beautiful person.

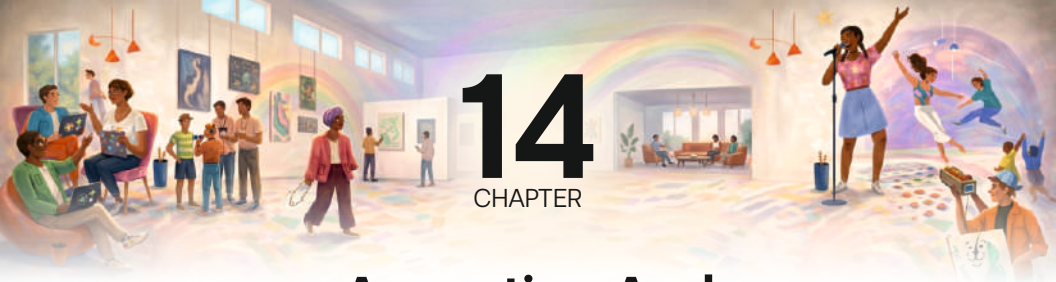
A smile makes others happy. What happens when you give somebody a smile? They immediately smile back, and

to smile is to be happy. Therefore, smiling is an easy way of making others happy and transforming your own life. Not only do we make others smile but we also inspire people to be happy when we smile and make them smile. When there is an exchange of smiles, there is a burst of joy. What does it cost? Nothing! But we must develop this art of smiling. When we make it a natural part of our attire and we carry a smile wherever we go, and we pass it on to whoever we meet, we are not only making them happy but also making ourselves happy.

A smile lowers levels of negativity. Most people are carrying burdens of toxic thoughts. They have fears and worries, stress and anxiety and it appears on their face because there is no cheer, no smile. It seems that their misery is longer than the river Nile. All it takes to change this is a smile. When we lower levels of negativity, we, as though by magic, increase the level of positivity in ourselves. Therefore, we must learn to smile if we want to be happy.

A smile ultimately ensures our own Happiness too. While a smile spreads sunshine, makes others smile, inspires others to be happy and lowers the level of negativity, what it does most is that it ensures our own personal Happiness. Have you noticed what happens when you smile? You instantly become happy. Why not develop the art to smile all the while and make this a happy world for yourself and for others!

*When we Smile,  
there is no way to be unhappy.  
Just as when we are unhappy,  
we just cannot smile!*



# 14

CHAPTER

## Accepting And Surrendering

It is not easy to accept. We keep on expecting and become unhappy. To be happy we must learn the art of accepting. How can we do it?

It is the mind that fools us and refuses to accept. In reality, we have no option but to accept. Whatever has happened has happened. We cannot change it. By not accepting, we are foolishly becoming unhappy. Therefore, by being in Consciousness, in Awareness, we can accept whatever has happened in life and be happy. It is not so difficult to accept.

Why is acceptance an important principle in the Art of Being Happy? When we protest, instead of accepting, we are making ourselves miserable. We are creating stress and making our life a mess! We are losing our common sense and getting lost in the mind state choosing to become miserable. Whatever has happened has happened as per the cosmic Divine law, the Law of Action and Reaction, the Law of Cause and Effect, popularly known as Karma. Nothing happens by chance. It is the seed that we plant that decides the fruit on the tree. Similarly, our deeds decide our destiny. There is nothing like bad luck, chance or serendipity. There is no God who is sitting up in the sky and making us miserable. We often curse God as we suffer and remain miserable in the circumstances that we despise, and that makes our life so unhappy.



Accept, accept, accept! And you can be happy. Accept, knowing that whatever has happened, has happened. You can't change it! Accept, realizing that it is your own Karma that has been settled. Accept and be happy. Don't expect, for when you expect, you create a desire that can become a fire, which will burn you down with disappointment. We have a choice to either accept or expect and if we learn the art of acceptance, we will live in a state of satisfaction, contentment or fulfillment. It is in this state of acceptance that there is peace, the very foundation of Happiness.

Many people fight with life. They object. They protest. They don't accept. They live dejected and depressed. They are sad and gloomy. A morose and regretful life of melancholy is because we have not learned the art of acceptance. The mind creates regret, shame and guilt as it makes us grumpy and grim. Even reading this can make our heart heavy and hurt us. Acceptance is the key to peace, joy and bliss — to Happiness.

We must learn the art of acceptance because whatever is done cannot be undone. But what about the future that is still to come? Many of us become unhappy because of FEARs, False Expectations Appearing Real. Many of us waste our life because we worry. WORRY is Wasting life, Overthinking, Repeating the fear, Rehearsing the problem and Yearning. This yearning instead of acceptance, creates so much STRESS that our life becomes a mess with Sad, Toxic, Repetitive, Exhausting, Sadistic and Suffocating thoughts that only steal our Happiness. What is missing is the art of surrendering — surrendering to the Divine Law that will unfold — an art we haven't learned. The one who surrenders learns to live with this dictate – *I shall do my best. I shall surrender the rest.*

A popular little song holds special meaning for those who have developed the art of surrender.

*Que sera sera, whatever will be, will be...*

*The future's not ours to see...*

*Que sera sera, what will be, will be...*

To surrender is to be happy. Those who don't, hope and wonder. By itself, to HOPE, to Have Only Positive Expectations, is not bad. It is much better than being hopeless! But when it comes to being happy, sometimes, surrender is a better way to live. When you surrender, you give up all expectations and eliminate the possibility of getting disappointed and depressed. Surrendering stops us from worrying and eliminates anxiety and stress. Those who surrender, live peacefully and blissfully. Therefore, if we want to be happy, we must learn the art of surrendering. Let go. Let it be. Trust and be happy.

Repeat this prayer – '*Lord, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.*' Learn to accept. Learn to surrender. Learn to be happy.

***We can be Happy as we Accept and Surrender,  
Or we can be unhappy, as we Hope and Wonder!***



# 15

CHAPTER

## Pepping Up Life With Positive Emotions

The Art of Being Happy is to be positive. We all know it, don't we? But the challenge is – How can we be positive? There are hundreds of books that tell us to *Think Positive*, *Be Positive* but the challenge is in *Being Positive*. Let us learn how to do it.

We cannot *think positive* but we can choose positive emotions. Emotions are E - Motion, Energy in Motion. They are the raw material that we put into our thought factory. If we fill our life with positive emotions, we will think positive and feel positive. But if we fill our life with negative emotions, then we are going to live depressed and unhappy lives as negative emotions will produce negative thoughts and make us feel unhappy.

In understanding how the mind, the thought factory works, we must realize that the MIND, by default, is Misery, Ignorance, Negativity and Desire. By default, it fills us with negative thoughts and chooses negative emotions. Therefore, if we want to develop the Art of Being Happy, we must PEP up our life with positive emotions. Negative emotions come effortlessly but positive emotions need an effort. If we don't make an effort to PEP up our life with Positive Energy Power, Negative Energy Poison or NEP will become the mind and destroy us and our Happiness.

Let's just review NEP, Negative Energy Poison. NEP are emotions like fear, worry, stress and anxiety, regret, shame and guilt. NEP are also emotions like anger, hate, revenge and jealousy, pride, greed and selfishness. Doesn't all this create pessimism and depression? Imagine living with NEP. Now, let us flip over to pep and feel the positivity and Power. PEP consists of emotions like faith, hope, trust, enthusiasm, peace, love, bliss, joy, compassion, forgiveness, confidence, courage and optimism. Now these positive emotions PEP up our life. They provide Positive Energy to our thought factory. They eliminate the mind.

When we learn this art of pepping up our life with positive emotions, we program our head to think positive, to think happy thoughts. Happy thoughts lead to happy feelings and happy feelings lead to happy actions. We can develop a happy character and a happy destiny. But all this will happen only if we develop the art of choosing PEP. Learn the art of pepping life, of choosing positivity. Then, we don't have to choose positive thoughts for we have filled our head with PEP. This is the secret ingredient in developing the Art of Being Happy. Haven't you noticed that if you don't choose PEP, then NEP flows into your head and your joy is dead? Make a conscious choice to PEP up your life every day, all the time, with PEP, Positive Emotions that have Positive Power.

*Those who learn the art of unhappiness,  
live with NEP.  
The Art of Happiness is...  
learning to flip from NEP to PEP!*



# 16

CHAPTER

## **Peacefully Living Every Minute In Consciousness**

The Art of Being Happy culminates into this – peacefully living every minute in Consciousness. Those who learn to do this can be peaceful, blissful, cheerful and playful. But unfortunately, this is tough. It is not easy to learn this art. Why?

The mind, the bundle of toxic thoughts that has a subtle existence, does not want us to live in Consciousness. The moment we are able to live in Consciousness, we still the mind, and we kill the mind. The mind does not want to die. It fights hard. It bombards us with up to 50 toxic thoughts a minute. It becomes that dangerous weapon, the MK-50, the Mind-Killer 50, more dangerous than the popular weapon, the AK-47 as it bombards us with up to 50,000 toxic thoughts every day. If we learn the art of eliminating the mind, then automatically, peace, we will find. And peace is the foundation of Happiness. But for this, we must develop the art of living in Consciousness.

In Consciousness, there is no mind and where there is no mind, there is peace. Where there is even a small piece of mind, there can be no peace of mind. Therefore, we must eliminate every piece of the mind, every thought of Misery, Ignorance, Negativity and Desire. We must root out the mind. But how can we root out the mind, which we cannot find? The trick is simple – be in Consciousness.

To learn the art of being in Consciousness, we must be aware that the mind actually does not exist. If it did, we would know its colour, shape, size and location. Has anybody seen the mind? No. How can they? Because it does not exist. But it appears as a bundle of toxic thoughts. We must eliminate it, just like we eliminate darkness in a room. Does darkness exist? Of course, it does. But what happens when we switch on the light? The darkness disappears. So also, in Consciousness, the mind disappears and peace appears. The darkness of ignorance caused by the mind can be eliminated by the intellect but the intellect gets activated only when we are in Consciousness. This is an art. We must discover this art.

We all experience being in the mind state and in Consciousness, consecutively in cycles. Our challenge is to be established in Consciousness, to live every minute in awareness, with peace and bliss. For this, we must first, block the mind and then, lock the mind. Only then peace, we can find. Only then can we be happy.

Haven't you noticed your mind sneaking in and stealing your Consciousness and your peace? Try to learn the art of being established every minute in Consciousness. You will learn the art of peaceful living, where there will be no toxic thoughts of the mind, just Pure Bliss and Eternal Peace. This is possible if we live in Consciousness.

*The Mind attacks us minute by minute,  
creating unhappiness.  
Learn the Art of Being Happy,  
living in Consciousness.*





# 17

CHAPTER

## Picking The 3 Keys, The 3 Ps Of Happiness

To be truly happy, we must not spell happy with just 2 Ps. We must start spelling Happy and Happiness as 'Happy' and 'Happiness' — with 3 Ps. Picking the 3 Ps is the way to Eternal Bliss, to Happiness. What are the 3 keys? They are Pleasure, Peace and Purpose. Only these 3 keys can truly make one learn the Art of Being Happy.

What does the world think? Most of us think that pleasure is Happiness. Therefore, most of the people, over 80% people are running after sensual gratification. We want to please our senses. There are beautiful things to see that will make us happy. We feel happy when we experience music with our ears. Fragrances gratify our sense of smell. There are thousands of types of food and drinks that excite our tongue and make us joyous and ultimately, there are innumerable things that we touch and feel, and we enjoy sensual pleasure. All our senses crave pleasure. But is pleasure the sole element of Happiness? No! Pleasure is not the only key to be happy. If one is not peaceful, one cannot be cheerful. The moment we lose our peace of mind, no pleasure tastes good. Therefore, one has to get off the Hedonic treadmill that is making us chase pleasure to be happy.

Can we be happy without pleasure? No! We need pleasure to be happy. Therefore, to discover the Art of Being Happy, the way is to pick the 3 keys of

Happiness. They are the 3 Ps of Happiness. While we have understood the importance of pleasure and we all want various pleasures to be happy, and there is no need to give up pleasure, there are some things beyond pleasure, which are greater treasures of Happiness. They are peace and purpose.

Peace is the foundation of Happiness. Where there is no peace of mind, Happiness, you cannot find! What is peace? It is a state where we still the mind and kill the mind. Only in a state of peace can we truly enjoy pleasure. The moment the mind arrives and creates fear, worry, stress, anxiety, regret, shame and guilt, we lose the present moment of joy. We know, by now, that peace is only in today, in the present minute. But the mind takes us to a past that is gone, finished and then jumps to a tomorrow that is not born, that does not exist! What happens then? We lose the moment because we lose peace. When we are established in Consciousness, we experience peace in which we enjoy pleasure. Therefore, happy can have 2 Ps, peace and pleasure. But it is not enough to have just peace and pleasure. If we do not discover our ultimate purpose, realizing, '*Who am I?*' the ego will continue to create agony and anguish. We will face the anguish of anger, hate, revenge and jealousy, just as the agony of pride, greed and selfishness will destroy our Happiness. How can we be free from these agonies of the ego? We can be with the 3<sup>rd</sup> P - Purpose.

What is it to discover our purpose? It is simple — it is to realize, '*Who am I? Am I this body that will die? No! This body came later. I was born 9 months before my so-called birth date as a zygote, the one cell that came alive with the fertilization of the sperm and the ovum, which divided into millions of cells in my mother's womb. That was my real birthday. 9 months later, I*

*came out of her womb into this world – that was my arrival day. That is the day when I cut a cake.'* This Realization begins the journey of living with purpose. The ego is Enlightened to realize that *I am the Divine Soul*. Then, we live with Eternal Peace, Divine Love and Everlasting Bliss.

The Soul never dies and with this Realization, we overcome the fear of death and disease, and reach the state of *Ananda*, Eternal Happiness. It is picking this 3<sup>rd</sup> P, Purpose, that gives us true peace in which we can enjoy the pleasures of this world. Thus, picking all the 3 Ps, pleasure, peace and purpose, will lead us to being happy.

To discover the Art of Being Happy, we must exit pleasure so that peace can enter. In peace, we can discover our purpose. When we discover our purpose, pleasures become a present, a gift of the Divine or *Prasadam*. This is the state of Eternal Happiness.

To be happy, picking the 3 keys, the 3 Ps of Happiness is essential. Don't just keep picking pleasure. Pleasure will come anyway. Exit pleasure and enter peace. Seize the art of being at peace. Then, discover purpose. Don't mix up the formula, for this is the Art of Being Happy, truly happy. Not everybody knows the secret of 3 Ps. But those who spell happy with 3 Ps pick the 3 keys and live happily.

*True Happiness is not just excitement,  
fun that is pleasure.  
It's the 3 keys, also peace and purpose,  
that unlock the real treasure.*



# 18

CHAPTER

## **Yearning For Nothing – Being Content, Grateful**

The ultimate way to be happy is the art of being content, living with fulfillment. It is being satisfied with what we have and being grateful as we count our blessings. The way to learn this art is to yearn for nothing.

As long as we yearn, desire and crave, we will reach our grave with misery and sorrow, with discontent and disappointment. Desires will momentarily quench our thirst but no sooner do we achieve something that we desire than the next fire of desire makes us burst. Yearning and yearning for more is the job of the monkey mind that robs the monk of Eternal Peace and Everlasting Bliss.

We have a choice. We can be yearning like a monkey or we can be peaceful and blissful like a monk. Notice the similarity between a greedy man and a monkey. A monkey will keep on grabbing things. Even before eating the banana that is in its hands, it will grab the next. When man becomes greedy, his wants overtake his needs. The Art of Being Happy is to discover contentment and fulfillment – yearning for nothing! The mind is like a monkey. Its tail, the EY is Ever-Yearning. It doesn't stop wanting. Our need becomes our greed. We are unhappy indeed!

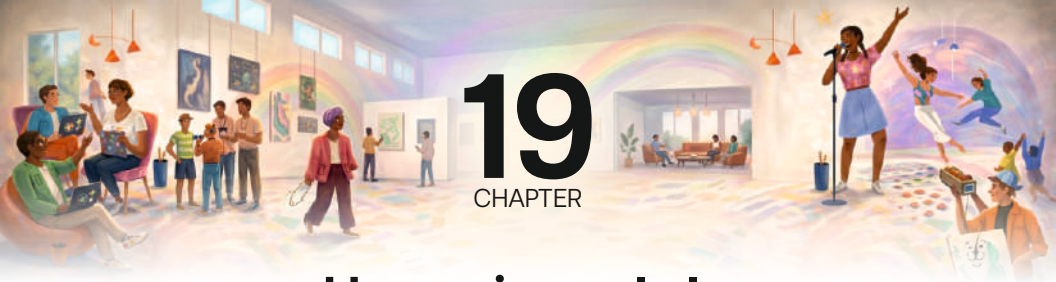
Discover the Art of Being Happy by yearning for nothing. When we yearn for nothing, it does not mean that we have to give up all desires or pleasures. Having the desire to fulfil our needs is justified. But then, the Art of Being Happy is being content, being satisfied. Whatever pleasure comes our way can be enjoyed but we must be grateful for all that we have. It is the attitude of gratitude that raises our Happiness altitude. But if we yearn, we will burn in the fire of desire.

Happiness is an art. Being happy is the way and contentment is the ultimate key that can lock us in a state of Eternal Peace and Bliss. But we must learn this art. Most of the world is not content and grateful. We don't count our blessings. We only focus on what is missing. We do not appreciate everything that we have. But it is appreciation, gratitude, contentment and fulfillment that lead us to a state of peace, the basic foundation of being happy.

Are you content? Are you grateful? Or do you yearn for the treasures and the trinkets that promise Happiness? If you do, you must have experienced the stress that robs you of your Happiness. Try living with contentment and fulfillment. Try living with gratitude and you will see the magic of Happiness filling your life.

Happiness is not in having more. There is no end to desire. It is like a bottomless well. But the Art of Being Happy is discovering fulfillment. It is in this state of contentment that we experience true joy, peace and bliss.

*Happiness is being content,  
not just having more and more!  
When we yearn,  
the fire of desire pushes bliss out of the door.*



# 19

CHAPTER

## Happppiness Is In Being Happppy

We all want to be happy but how many of us have discovered the Art of Being Happppy? Being happppy is an art. It is not a goal. It is not a pursuit. It is not a destination. It is learning to be happy now. Happppiness is in the moment and those who discover the Art of Being Happppy, are happy.

Some people think that this is too simple to be true. They have been taught that Happppiness is success and earning millions and millions; Happppiness is driving a luxury car, or Happppiness is about going on a cruise aboard the world's biggest ship. We dream of Happppiness as something beyond our reach and become miserable. The Art of Being Happppy is also the art of not being unhappy. Trying to achieve unreachable Happppiness, is the art of being unhappy. On the other hand, being happppy is simple. Understand Happppiness and learn the art of choosing to be happy. Believe that you can be happy because the truth is, you can! You can be happy now. You don't need anything to be happy. Just be happy. 'Being' is the challenge.

What stops us from being happy? Negative toxic thoughts of the mind. We open the door to them. By letting the mind enter, we end up learning the art of being unhappy. Being happy is simple. Be happy! Make



others happy. Smile and make others smile. Give, forgive and repeat it. Give again and forgive again. Every moment that we live, we must do these simple things. All this is being happy.

How difficult is it to smile? Being happy is to smile all the while. Little differences make a big difference. Fix a smile on your face and you will learn to live with grace. And accept as you smile, joyously accept, for whatever has happened, has happened. Don't protest and become unhappy. Accept. Do your best. Surrender the rest. All these form the Art of Being Happy.

We all have a choice! Either we choose to be positive or negative; or we choose to be sad or glad. Wouldn't we be mad if we choose to be negative and become sad? Rather, why not choose to be positive and be glad! It's a simple art but not everybody is smart! Happiness is living, minute by minute, peacefully in Consciousness. There is no other way to be happy. We can't be happy in yesterday and tomorrow. That will only create misery and sorrow. We must be in Consciousness all the time. But that's an art. We let the mind steal our Consciousness. Then, we forget to pick the 3 keys. Pleasure will come if we discover purpose in peace but this art, we don't seize! The Art of Happiness is in our hand. We don't have to discover it by going to another land. Whoever you are, wherever you are, you can pick the 3 keys, the 3 Ps of pleasure, peace and purpose. But instead of being happy, we yearn for things beyond our reach and become unhappy. Happiness is contentment but we are chasing achievement. Let's learn the Art of Being Happy.

***Being Happy is an Art. Be Happy from your heart!  
Start and create your Happiness chart!***



# 20

## CHAPTER

# Happiness Is A Choice

Who doesn't want to be happy? We all want to be happy. But unfortunately, we are running after Happiness. So, we become unhappy. We don't realize that Happiness is a choice. So is unhappiness. We can choose to be glad or we can choose to be sad. We must make the right choice. We just become unhappy. We don't even understand the meaning of Happiness. We want more and more pleasure. And because of this, we lose the treasure of True Happiness.

If we want to be happy, we must learn the Art of Being Happy. When we discover this art, we will realize that Happiness is a choice. Either we can believe or not believe that we can be happy. If we choose to believe, we will be happy. Every morning when we wake up, we have a choice. We can say, '*I choose to be happy today*' or we can just slip into a state of mind and then Happiness, we will not find! It is a choice for us to live in the now or we can just wander into a yesterday and tomorrow, choosing misery and sorrow. It's a choice!

Either we can stop the mind from making us sad or let it enter our head till we are dead. It's up to us. Can anybody stop us from making others happy? No. But we don't choose to make others happy and to be happy. It is because we have not learned the Art of Being Happy.

Of course, Happiness is a choice. Can you smile? How many people smile? They don't choose to smile. They have never learned the Art of Being Happy. It is for us to accept whatever happens and surrender. If we choose to worry, expect and wonder, we are choosing to be unhappy. So, it is with being positive or negative. We can choose PEP, Positive Energy Power or choose NEP, Negative Energy Poison. This will decide whether we will be happy or unhappy. Peace is the foundation of Happiness. If we choose to still the mind, then peace, we will find. It is a choice to flip to Consciousness, to Bring Back Consciousness or just suffer because of the mind.

Today, you have a choice. You can start spelling happy with 3 Ps and enjoy pleasure, peace and purpose. Can anybody stop you from doing this? Only you, yourself. You can choose to be unhappy or happy. Some people choose to be content and live with fulfillment. Some people choose to follow their wants, desires and greed, instead of living a life of contentment, fulfilling their need.

Learn and remember that Happiness is a choice! We must be wise. We must prioritize and choose Happiness. If we don't, we will lose Happiness. We can sing or we can create suffering. It's a choice. Are you going to choose to be happy today? If yes, learn the Art of Being Happy.

*Happiness is ours,  
if the Art, we learn, we choose.  
Those who do not learn the Art of Happiness,  
Bliss, they lose!*



# 21

## CHAPTER

# Happiness Is In Today

*I wish my life were happy. I wish I had no problems. I wish I were rich and famous. I wish I were successful and happy. We know many people who live in the world of, 'I would have, could have and should have.' They are losing every precious minute of life, losing each day because they are not making it a habit to be happy today. They are trying to create a better tomorrow. 'Next week, I will go out for dinner and become happy.' 'Next month, I will learn to play guitar and become happy.' 'Next year, I will travel to my favourite destination and become happy.' They postpone their Happiness to a future that does not exist. Can such people be truly happy?*

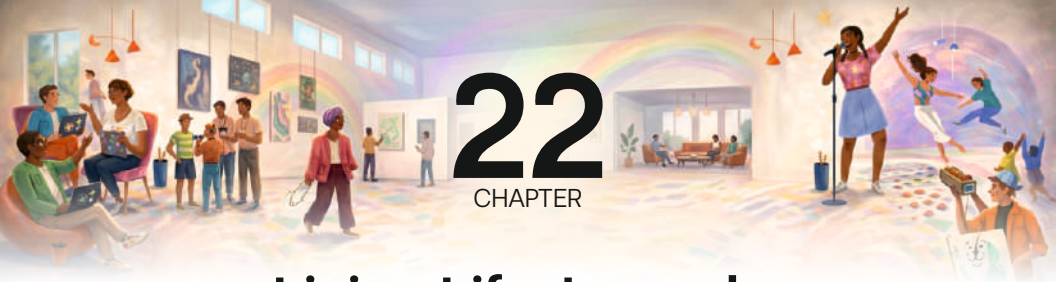
Those who discover the Art of Being Happy, discover the simple truth that Happiness is in today. It is in the now. They don't swing into a yesterday that is gone or a tomorrow that is not yet born. They learn the art of living in day-tight compartments. Even a millionaire or billionaire cannot rewind the date and go backwards. Whatever has happened is done and dusted. If we regret and live with shame and guilt, our life will be built on sadness and sorrow. So also, if we live with fear, worry, stress and anxiety of tomorrow, how can we be happy? Happiness is not in the past that is gone or a future not yet born. If we want to be happy, we must enjoy the pastry of today, remembering that yesterday is history and tomorrow is a mystery.

Today can be full of bliss, peace and love. Today is in our hands. If we choose to be happy today, we can. We have enough strength and resources to live happily today. But because we are not happy today, we become unhappy as we open the door to yesterday and tomorrow.

Suppose I challenge you with a million dollars to go to yesterday or tomorrow and do something, can you fulfil the challenge? No! Nobody can. Then, why do we lose today and the joy and the bliss that is in it? It is because of the mind. The mind takes us into a past that is full of regret and shame, and a future, full of fear and worry to spoil our game. Only the rascal mind, the monkey mind, can swing like a pendulum into the future and the past. Once it does, our Happiness does not last. So, we must pick a trick. We must learn the art of stilling the mind and killing the mind. We must tame the monkey mind by cutting its tail, the EY, that is Ever-Yelling and Ever-Yearning, and we must live like a peaceful monk. Then, we can be happy living in today.

Today, discover the Art of Being Happy. Don't procrastinate. Don't put this away for tomorrow because there is no tomorrow. So, do it now. Be happy now. Happiness is a state of being. Don't try to become happy. Just be happy now. You can. Learn the art. Smile and laugh. Be peaceful and blissful. Be grateful. Be positive. You can do it today no matter what. Nobody can stop you from being happy today.

*Today you can live with  
Peace, Love and Bliss.  
Live in the present with Joy.  
Don't fill it with unhappiness.*



# 22

CHAPTER

## Living Life Joyously, Minute By Minute

Once you learn the Art of Being Happy today, you will discover a great secret, the secret of living joyously, minute by minute. How do you do it?

When we learn the Art of Being Happy, we still the mind, we kill it, we eliminate it. Then, we experience, what is called, the state of Consciousness. In this state of Awareness, we activate the intellect and discover the greatest secret of life. What is life? It is nothing but a minute. Life is not made up of many years. Time is just a measurement. In reality, life is only about now, today, this minute. We can do whatever we like now. But all we have is a minute. Can we go before it? We can't! Can we go after it? Impossible! All we have is a minute that has 60 seconds in it. Our entire life is nothing but a minute. This Realization leads to the art of living life joyously, minute by minute.

Some people wonder, '*Why did we get the minute? We didn't even choose it.*' What is the use of wasting the minute thinking about it? When we think about the past, the minute is gone. When the minute is gone, the day is gone and our life is gone with it. To be happy, we must seize the minute and fill joy in it. Then, every day will be a day of bliss, of Happiness.

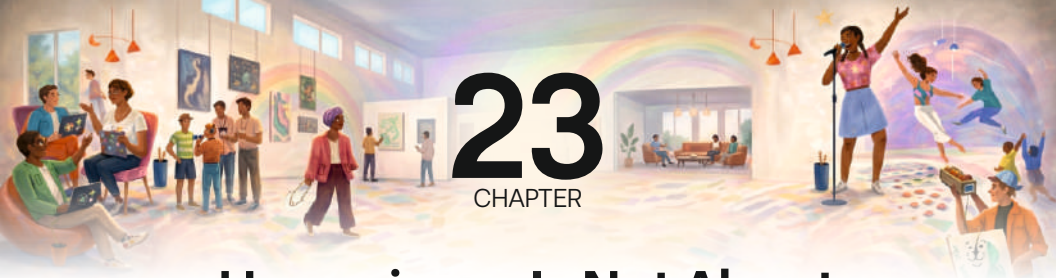


Each minute is so precious but we don't realize it. We can fill it with smiles, laughter, cheer and joy. Instead, we let the mind invade it and fill it with fear, worry, stress and anxiety. We lose the precious minute that could be lived with peace and tranquillity. How can we do it? By learning the art of living in the minute.

Those who learn to live minute by minute live joyously. It's an art. They live peacefully because peace means to be still and we cannot be still if around 50 toxic thoughts of the mind bombard us each minute. The minute will not be flooded with this gushing river of thoughts if we are established in Consciousness. All we have to do is lock and block the mind from entering the minute and be blissful for a minute that has only 60 seconds in it — this is the trick. Can we do it? Of course, we can! Then, we can repeat it minute by minute, day by day, and life will become a celebration.

Being happy is an art. We must discover this art and then, live it in each minute. Don't try to make your entire life full of Happiness right now. You can't! Each day arrives with 1440 minutes and each minute appears minute by minute. Therefore, to be happy, we must learn the Art of Being Happy for just one minute at a time. Is it so difficult to be happy for just one minute? No, it's so easy! Why not learn the art of living joyously, every minute and make a happy life minute by minute? Unless you learn the Art of Being Happy, being in Consciousness, in the minute, you will never learn the Art of Being Happy.

*Life is unfolding by the minute. Be Happy in it.  
If you lose the minute, you lose the joy that is in it!*



# 23

CHAPTER

## Happiness Is Not About Being A Millionaire

The biggest illusion that most people live with is that money is Happiness, success is Happiness. We remain a fool because right from the time we are in school, we are taught that we must come first in class, we must be the school captain. We are pushed into running a race and so, we never learn to live with grace. We are caught in this maze of pleasure and achievement, and we never learn to live with contentment and fulfillment. Why do most people think that Happiness is in being a millionaire or a billionaire?

Of course, we need money to live. We need money to provide for our basic needs, food, shelter, clothing. But will more food, more shelter, more clothing lead to more Happiness? Do we really need more material wealth to be happy? If the millionaires of this world could be happy, then all the rich should be glad. But turn around and check for yourself. You will find that many of them are sad. Happiness is not about being a millionaire. It is discovering the Art of Being Happy.

A millionaire has a lot of money and with that money, he can buy many things that can give pleasure. But pleasure is not Eternal Happiness. Can a millionaire buy peace? Does a millionaire discover his life purpose? The

millionaire may be living a life of stress. His life may be a mess! He may have no peace and tranquillity, no real Happiness. Therefore, aspiring to become a millionaire, in order to be happy, is a way to become unhappy.

A millionaire can learn to be happy if he takes an exit from the highway of success and achievement. If a millionaire lives with contentment and fulfillment and uses his wealth in order to be peaceful and blissful, he can surely be happy. But for those who have not yet reached the milestone of being a millionaire, what is needed is the Art of Being Happy, not the art of earning millions. The only reason we want millions is to be happy. If we are already happy, we don't need the millions.

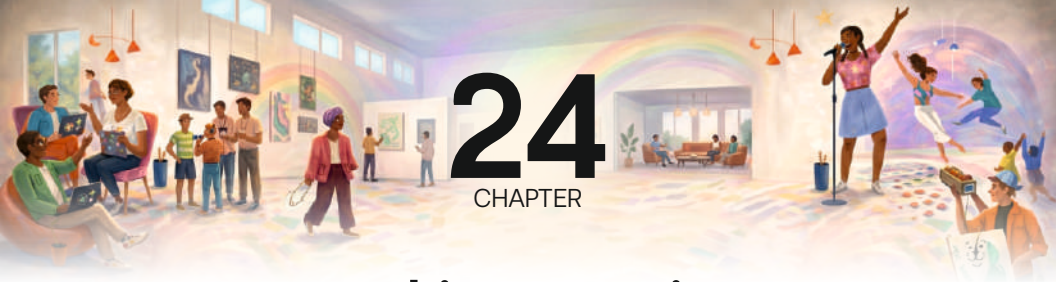
*We must never forget the famous story of the millionaire Robert who had everything but was not truly happy. One day, as he was alighting from his private yacht and getting into his luxurious limousine to head to his private tower penthouse, he was requested to meet one of the company's best fisherman, Tom. He saw Tom playing with some children near the boat. 'Hey Tom, what are you doing?' asked Robert. 'I am just playing with the kids,' he said cheerfully. 'I am told you are one of our best fishermen. Why don't you go and catch some more fish?' Tom replied, 'I just finished fishing for the day.' Robert said, 'Why are you wasting your time? Why not put your nets in and catch some more fish?' 'For what?' quizzed Tom. Pointing at his luxury car and yacht, he told Tom, 'You catch more fish, you make more money! You can buy a boat and become a big man.' 'Why should I do that?' asked Tom. 'Oh, then you can be rich. You can buy a luxury car, your private boat and a villa to live in.' 'But why do all this?' asked Tom puzzled. 'Hey Tom,' said Robert, 'Then, you can be rich like me.' 'Be rich, but why?' asked*

*Tom. 'To be happy,' replied Robert. 'Sir Robert,' said Tom, 'I am already happy, very, very happy. Why must I do all this to be happy?'*

Many of us are stuck in this maze and are running a race, chasing Happiness through wealth, success, name, fame, power. All these may make us happy but we must remember that all these are also sources of unhappiness. We become greedy and we want more. Our desires and passion push peace and bliss out of the door. Happiness is a state of being. We must discover the Art of Being Happy, not the art of making millions which many of us aspire to. It is ironical that we all want to make millions to be happy, and yet many millionaires remain unhappy. Success is not Happiness. Millions will not guarantee Happiness. But Happiness is success. If we are happy, we are better off than a millionaire or a billionaire.

The whole world is running after money. But the story of money is very funny. We can't take with us, even a penny! Happiness comes from spending money, not from earning it. Most millionaires are doing otherwise. We are all trying to be richer and trying to earn more. We don't realize that what we earn, others will burn. Caught in a trap, we don't spend before our end. We don't enjoy true bliss. We don't give before we are gone! So, with stress, life goes on!

*If millions gave us Happiness,  
then all the rich people would be glad.  
But just look around and you will find  
that many of them are sad.*



# 24

CHAPTER

## Taking An Exit From Achievement

If you want to discover the Art of Being Happy, the biggest challenge is to take an exit from the highway called achievement. Somehow, we are enamoured by success and we want to go from one peak to another peak. We are caught in this trap of becoming richer, more powerful, more famous. But this does not mean more Happiness. The Art of Being Happy is to evolve from pleasure to peace. The Art of Being Happy is to go from achievement to fulfillment. It means living a life of contentment, where we are fully satisfied. Unfortunately, we are not! The mind continues to make us grind with desires and passions. It triggers our senses to crave till we reach our grave. Wanting more and more is pushing peace out of the door, and peace is the foundation of Happiness. Where there is no peace, there can be no bliss! And where there is no fulfillment, there can be no Happiness!

Why are we running this race to become an ace? Why are we trying to achieve more and more? It is because of the myth that success is Happiness. Success is not Happiness. If we achieve more and are more successful, there is no way to attain more Happiness. In fact, the opposite is often true – more success and achievements lead to less Happiness. Therefore, we must be free from the obsession of success and achievement, if we truly want to be happy.

Those who discover the Art of Being Happy, take an exit from the highway of achievement. They learn to live a life of contentment and fulfillment. They are satisfied with what they have. They don't let their need become their greed. They live fulfilling their needs without them becoming wants. There is no end to our wants. *I want a Mercedes. I want a private jet. I want a holiday home in a different part of the world.* These wants don't make us happy because they are endless. But they surely make us run after success and achievement that leads to unhappiness.

Where are you on the journey of life? Are you seeking achievement? Are you living with contentment and fulfillment or are you discovering your purpose through Enlightenment? As long as we are zooming through the drive called achievement, we remain blind because of the mind. The fire of desire makes us burn and so, we cannot take a U-turn. We cannot return to that path of peace, which is true bliss. We don't experience tranquillity because achievement creates anxiety and we never learn the Art of Being Happy.

What are the achievers doing? They are just doing, doing and doing, all the time. We are human beings but because of our obsession with success and achievement, there is no time for *being*, so how can we learn the Art of Being Happy? We are *doing* things to be happy but True Happiness is in *being*, not in *doing*. Those who exit achievement begin the journey of being happy. They live with contentment, fulfillment, peace and bliss.

*For Excitement, Entertainment,  
we pursue Achievement.  
We don't experience Peace and Bliss,  
and there is no Fulfillment!*





# 25

## CHAPTER

# The Art Of Being Wealthy

The art of being truly wealthy is the Art of Being Happy. If we are not happy, we are really not rich. We may have money in the bank but that money is useless if we have no smile on our face. Happiness is the true wealth of life. We must discover the Art of Being Happy.

Happiness is a state of being peaceful and blissful. Running after money and wealth leaves one with no peace and tranquillity. There is stress and anxiety. Therefore, it is a simple truth that if we are trying to be wealthy, we actually become poor in terms of the Happiness wealth.

Happiness is a state of being cheerful and playful. When we are chasing money and wealth, there is no time to play and be cheerful. We are trying to compete and impress others. Our life is not so much about being what we want to be, but rather, about doing what others want us to do. How can we be truly happy? And if we are not happy, how can we be truly wealthy? Therefore, the art of being wealthy is discovering the Art of Being Happy. More than being a millionaire or billionaire, we must be a smile trillionaire. We should learn the art of smiling and making others smile, of giving and making others give.

Have you noticed what monetary wealth does? More often than not, money in the bank makes us greedy, selfish and robs us of the emotions of compassion and charity. A

man who is poor monetarily is often more philanthropic than a rich man. The wealthy man wants to become wealthier. But the one who is content wants to become happier. So, he learns the Art of Being Happy. He does not run after the secret of becoming rich and successful because he has discovered that the true wealth of life is Happiness.

Isn't it true that being wealthy does not mean how much money you have? The gold and diamonds you possess are of little use if you don't smile and laugh. You may have many houses in your name but of what use are they if you don't have one peaceful home? Monetary wealth can buy an expensive diamond ring but of what use is it if you don't experience true love? Wealth can buy all the food and medicine in the world but if you are unhappy, you will be physically and mentally sick. So, what should you pick? Should you pick monetary wealth or the state of being peaceful and blissful?

A truly wealthy person is grateful. He counts his blessings. One who is wealthy, when it comes to money, is never satisfied. He never learns to give as he lives and thus, never experiences the true joy of life. Let us learn the art of being wealthy, truly wealthy, by discovering the Art of Being Happy. Let us switch and not want to be monetarily rich. Let's be happy and be truly rich!

*Ultimately, riches, jewels, properties, money,  
ruin our Health.  
Only smiles, laughter, peace, bliss and positivity  
are our true Wealth.*



# 26

CHAPTER

## You Can't Be Happy Without Peace

Being happy is only possible when we are at peace. We must still the mind, kill the mind, completely eliminate it if we want to enjoy the state of Eternal Happiness.

Whenever the mind appears, peace disappears. When toxic thoughts of the mind attack us, the sunshine of Consciousness gets clouded. We lose our ability to be at peace and bliss. We must develop the art of being in Consciousness. Unless we are established in Consciousness, in Awareness, also known as mindfulness, we will not experience the state of peacefulness, blissfulness and cheerfulness. Peace is the foundation of Happiness. We may have everything in this world but if we don't have peace, we can't be happy.

Why is peace so important in the journey of Happiness? In reality, it is pleasure that makes us happy; not peace. Then, why do we believe that peace is the foundation of bliss? Why does peace control our Happiness?

Peace is a state of stillness, where there is no mental illness. Peace is the absence of the disease that we call 'rothenthoughtitis'. Rotten thoughts of the mind create fear, worry, stress and anxiety. They take us into a past that has passed and create regret, shame and guilt. The mind steals our present moment as it steals our peace. It torments us and drags us into a future that does not exist.

Peace just cleanses our head, so that we can sleep peacefully in our bed. In that state of peace, we can enjoy pleasure. No doubt, it is pleasure that creates fun. But we cannot experience and enjoy pleasure unless there is peace. When we are attacked by negative thoughts, our life becomes full of junk. We need to live peacefully like a monk to enjoy pleasure. Therefore, without peace, we can't be happy.

Why do we experience bliss when we experience peace? It is because we wipe out all the mess created by the stress of the mind. So, in that stillness, we experience mental wellness and a state of Divine Happiness.

Peace disappears when the mind creates a fire of desire. Passion becomes an obsession that makes us burn in our greed. We don't *need* things then but *want* them. In the bargain, Happiness slips out of our hands. We don't enjoy what we have because we start craving for what we don't have. How can we be happy? We need peace.

Those who discover the Art of Being Happy, discover the art of being at peace. Peace is not something to attain. It's a state of being. We have to be peaceful. Only then can we enjoy being blissful and cheerful for when peace disappears, bliss disappears.

*When there is a piece of Mind,  
there can be no Peace of Mind.  
Discover the Art. Still the Mind.  
Kill the Mind, and Peace you will find.*



# 27

## CHAPTER

## How To Find Peace 'Off' Mind

To discover the Art of Happiness, we must find peace. However, peace of mind, we cannot find. Peace is within. We must still the mind. How can we still the mind?

While most people think that the only way to still the mind is silence, meditation and stillness, there are many more ways. What is the mind? It is nothing but a bundle of toxic thoughts. The MIND is Misery, Ignorance, Negativity and Desire. Therefore, while one way is stillness, we must also eliminate the illness of desire.

Desire is that fire created by the illusory mind that robs us of our peace. As long as we are running on the Hedonic Treadmill, we will reach nowhere. *I want a car. Next, I want a bigger car. Next, I want a luxury car. Now, I want a private jet.* Is there any end to our desires? It is a bottomless well. Even after we achieve what we want, we remain where we are – hungry and unhappy. It is like running on the pleasure treadmill all our life. Ultimately, we reach nowhere. Unless we learn the art of being content and satisfied, unless we learn to live with fulfillment, we can never ever be truly happy.

Why are we not content and satisfied? It is because of the mind. The mind makes us ignorant. It hides the reality of life. We all know the truth that nothing truly belongs to us. We came with nothing and we will go with nothing! Even

the richest man in this world owns nothing, in reality. The ownership is only written on paper but nothing goes with us when we depart. Yet we are so attached to our possessions, and desire more and more. How can we be happy? No, we cannot be. Peace is in contentment and fulfillment.

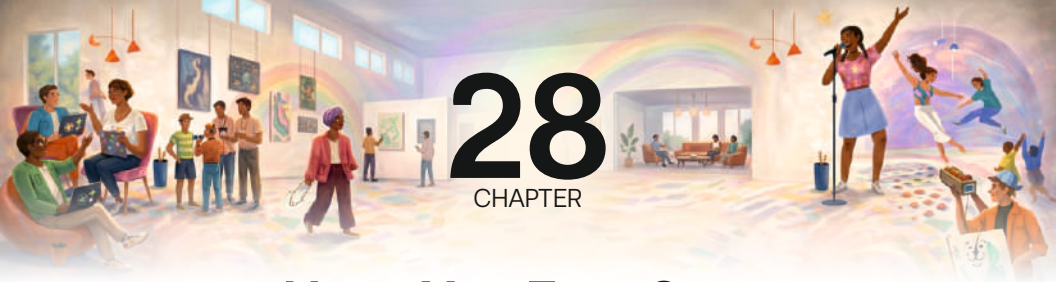
Somehow, we have been fooled by what we have been taught. We are taught that success or achievement is Happiness, when in reality, it is the root cause of our unhappiness. Happiness comes from peace, which comes from fulfillment. If we replace the desire of pleasure from achievement and learn the art of living with peace from fulfillment, we can be truly happy.

Who is happier – one who is peaceful and content or one who is stressed and successful? The stress of success only makes our life a mess when it comes to Happiness. We may have money, power, name, fame and wealth, but for sure, they will deteriorate our mental health. When we are not peaceful, how can we be blissful although our bank accounts may be full? Money can never buy Happiness. It can provide for our basic needs but to be happy, we need peace.

To find peace of mind, notice that we have to 'off' the mind. Unless we switch off the mind, we will not be able to switch off the fire of desire. Greed will overtake our need and our wants will steal our Happiness. Switch off the mind!

*If you want Peace of Mind,  
switch off the Mind.  
With desires and cravings of the Mind,  
Peace, you cannot find!*





# 28

CHAPTER

## Have You Ever Seen The Mind?

To make people happy, I distribute Happiness smiley balls. It instantly lights up everyone's face with a smile. But this is also a trick to help people find the mind. I ask them the colour and shape of the ball. They say it is yellow and round. Then, I ask them — what is the colour, the shape, and the size of the mind? They have no answer! They start to think and blink. Some even say that it is grey, confusing it with the brain, and some say that the mind is in the head and try to picture a fluffy object. Have you ever seen the mind? No. Nobody has because the mind doesn't have a physical existence! How can you see it?

The mind is nothing but a bundle of toxic thoughts. It creates Misery, Ignorance, Negativity and Desire. Through these thoughts, we slip into the past and live with regret, shame and guilt. Toxic thoughts make us swing into the future, creating fear, worry, stress and anxiety. No doubt that mind appears to exist but in reality, it does not.

Those who discover the Art of Being Happy, discover the art of eliminating the mind. They still it and they kill it! They tame the monkey mind and make it a monk as they eliminate all the junk of the negative toxic thoughts created by the mind. Then, the subtle mind that appears to exist disappears. This is the Art of Being Happy.

*There was a king who was very rich but very miserable. He had a lot of money but he also had a lot of worries. His children were not capable and he was insecure about his health and worried about everything that he could possibly be worried about. One day, he met a wise saint and told him that his mind was full of fear, worry and stress. Could the wise man eliminate all this mess and replace his anxiety with tranquillity? 'Please remove all the misery from my mind,' said the king. 'Sure,' said the wise man, 'Come tomorrow morning before 5 am, before the sun rises, and I will do it for you.' The king thanked him and was about to leave, when the wise man said, 'Don't forget to bring your mind.'*

*The king was puzzled and narrated the conversation to his trusted queen. The queen was wise and she persuaded him to go meet the wise saint, though the king thought he was crazy! 'How can I go without my mind?' thought the king. The next morning, as instructed, the king reached the wise saint. The first thing that the wise man asked him was, 'Have you brought your mind?' and the king blurted out, 'How can I come without my mind!' 'Good,' said the old wise man, 'I will just finish my prayer. Please sit in this room, keep your mind ready and I will come and solve your problem.' The wise saint left and the king was puzzled, 'How can I keep my mind ready? Where is the mind?' thought the king. Soon the wise man came back again and said, 'Give me your mind, I will remove all the stress and the mess.' But the king said, 'I could not find my mind!' Instantly, the intelligent king understood – there is no mind!*

***How can you ever find the Mind,  
when there is no Mind?  
Discover the Art of Being Happy,  
and leave the Mind behind.***



# 29

CHAPTER

## Flipping From Mind To Consciousness

To be happy, we must discover the art of flipping from mind to Consciousness, from a state of negativity to positivity, from misery to joy, ignorance to intelligence, and desires to fulfillment. As long as we live in the state of mind, Happiness, we cannot find. Happiness is a state of being peaceful but where there is the mind, there is no peace! So, we have to eliminate the mind to find Happiness.

What is flipping from mind to Consciousness? The mind is not a physical organ like the brain or the heart. It is part of the human software, the subtle body that appears to be but in reality, is nothing but a bundle of toxic thoughts. It can shoot at us about 50,000 negative thoughts a day. It can jump into yesterday and tomorrow, creating misery and sorrow. It can steal our bliss and our Happiness. Therefore, if we are in the mind state, we can't be happy. We must be in a state of Consciousness. Being in Consciousness means stilling the mind, killing the mind, and activating the intellect, so that there are no toxic thoughts of the mind. Consciousness blocks and locks all negativity and by choosing positivity, transports us to the state of being peaceful and blissful. For this, we must flip. Flip means to turn over, to change from a state of stress to peace and Happiness, to flip from anxiety to tranquillity. But for this, we must first, flip from mind to Consciousness.

Flipping from mind to Consciousness typically means BBC, Bring Back Consciousness. The mind fills our head and creates misery, till we are dead. However, if we learn the art, every time the mind appears, we will push it out of the door, so that it is there no more! When there is no mind, we are in a state of Consciousness. This is the trick to pick Consciousness and the tip is simple, flip. Turn over like you turn a coin from one side to the other. So, we can either be in the state of mind or the state of Consciousness. It's a choice. We must be wise to prioritize Consciousness over mind.

If we flip from mind to Consciousness, are we done? Have we learned the Art of Being Happy? Yes and no! The mind will come back. It is like the phoenix; that mythological bird that rises from its ashes. Even though we still the mind and kill the mind, it can still appear in a flash. Every time it appears, we must flip to Consciousness and make it disappear. In that state of Consciousness, we activate the intellect, the tool of discrimination. The intellect will not let the mind create misery. It will block it and lock it. In Consciousness, the intellect becomes like a dam that blocks the gushing river of toxic thoughts. But this is only possible when we flip from mind to Consciousness.

Without Consciousness, there can be no intellect, and we are thus, opening the door for the mind to re-enter. The trick — flip from mind to Consciousness, activate the intellect and be happy. This is the art. Start!

*Either you can be in a state of Mind  
or in Consciousness.  
If you don't flip over,  
you will be full of unhappiness.*



# 30

## CHAPTER

# Controlling Your Mood

To be happy, we must have a good mood. If we are always in a bad mood, we can never feel good. How can we control our mood?

Just like we choose our food, human beings have been given the privilege to choose our mood. We can be in a good mood or in a bad mood. These are temporary emotional states but they influence our Happiness. When we let the mind enter the door, it can spoil our mood and push us on the floor. Then, we may feel anxious, worried or fearful and this affects our Happiness score. How can we have a good mood?

Mood is created by thoughts. If we let the mind and its toxic thoughts control our mood, we are sure to be unhappy. Suppose we are in the mind state and regretting the past, then guilt, regret and shame would become the foundation of our mood. We will be in a gloomy mood thinking, '*I should have, could have, would have.*' Can we do anything about the past? We can't! But our mood has pushed us into a state of gloom and doom. If we are in the present moment, we can be peaceful. But mood swings as we know them, swing us to the past that is gone and a future not yet born. Our mood becomes bad because of our fears and our worries. We feel stressed. To be happy, we must learn the art of controlling our mood.

Do we not control the food on our plate? So also, we can control our fate by wiping the slate of all negative thoughts and emotions. We should choose to be in a good mood by choosing positive emotions, joy, cheer, enthusiasm, love, compassion, forgiveness and optimism. All these can create a good mood. But if we don't choose and control our mood, then by default, the mind will take us into a bad mood every now and then. How can we be happy?

The Art of Being Happy is to control your mood. Sometimes, our circumstances may lead us into a bad mood. Things may not happen the way we want them to. This will upset us and the results of certain tasks may not be what we expected them to be. Can we control the environment outside? We can't! But can we control the environment inside? We can! A mood is not dependent on what is happening outside but on whatever is happening inside. We can't control people's actions but we can control our reactions if we control our mood.

RDX or RDR! It's a choice. We have heard of the devastating explosive RDX. So, if we React, Destroy and eXplode, we are sure to be in a bad mood and unhappy. But if we RDR, Respond, Don't React, then we can be in Consciousness, use our intellect, discriminate and be in a good mood. If we control our mood, we can discover the art of being glad. A bad mood will only make us sad!

*We can choose our food and our mood.*

*It's a choice!*

*The Art of Being Happy  
is chosen by the wise.*





# 31

CHAPTER

## Stopping Overthinking

Some people are over-joyous and some people overthink. Both are an art. Those of us who develop the art of overthinking can never be happy because we think and think, which makes us blink and sink. Happiness is stillness. Overthinking creates mental illness. When thoughts bombard us, they become the mind. We must learn the art of slowing down the MTR.

What is MTR? It is the Mental Thought Rate. The mind can shoot at us up to 50 thoughts a minute, mostly sad, toxic and unhappy thoughts. This can become a whopping 50,000 thoughts a day. In this state of being, there is no question of being happy. Happiness is a state of being peaceful. You must slow down the MTR from 50, to 40, 30, 20, 10 and finally, one thought per minute. The overthinkers are experts in increasing their MTR. Every second, they are attacked by a thought. The silent monk eliminates the junk of the overthinking mind and is established in peace and bliss, remaining in Consciousness. What about you?

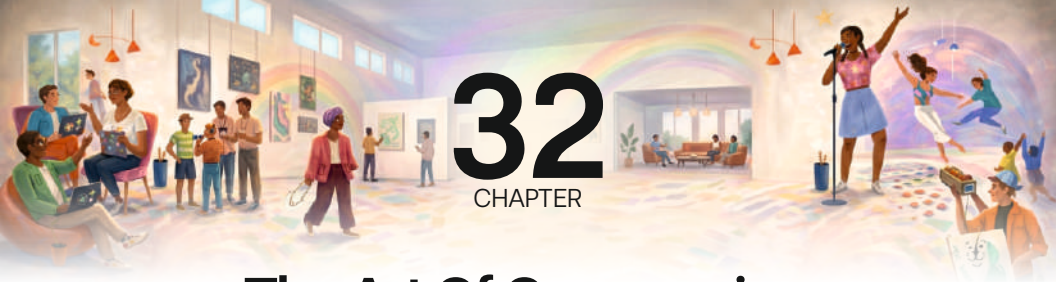
To stop overthinking is an art. It needs practice. It is not a privilege for everybody. By default, the mind attacks us. We have all experienced overthinking. We don't need to learn the art of doing it. It happens by default. The art that we need to learn is to still the mind and kill the mind, the art of meditation, introspection, contemplation,

Illumination and Realization. Peace is the very foundation of our Happiness. Overthinking creates rottenthoughtitis, a rampant mental illness that can be cured only by eliminating the mind. We must learn the art of stilling the mind. Then, we can kill it.

Who overthinks? It is the mind. The mind that we cannot find. That bundle of toxic thoughts that appears as the mind, makes us overthink. This overthinking becomes such an aggression that it leads us to a state of depression, even suicide. When we learn the art of stopping overthinking, our life becomes a celebration. This is the Art of Being Happy.

Being happy is therefore, common. But being eternally happy is very uncommon. True Happiness is not pleasure that comes and goes. It is Eternal Peace, Divine Love and Everlasting Bliss that forever flows. But these are intercepted by the overthinking mind. When we decide that we will be happy, when we choose to be happy, when we believe that we will be happy, then, we stop overthinking, as we pick the 3 keys, the 3 Ps. If we don't, we will be attacked by thoughts and if in toxic thoughts we are caught, Happiness just cannot exist. A lot of this depends on how we think. The central pillar of the Art of Being Happy is taming the monkey mind that overthinks and living like a peaceful monk. Once we learn the art of not overthinking, we will learn to be in Consciousness, activating the intellect, living with wisdom that makes Happiness a conscious choice. Be Happy!

*It is natural to overthink,  
to blink and to sink!  
But it is an Art to be Happy  
and not overthink!*



# 32

## CHAPTER

# The Art Of Overcoming Unhappiness

Do you want to be happy? If yes, you must learn two arts. First, the art of being happy and then the art of overcoming unhappiness. Unhappiness is like an envelope. It folds us into a state of misery and sorrow as we shuttle from yesterday to tomorrow. It is like an alligator that is an instigator of anger, hate, revenge and jealousy. We must learn the art of overcoming unhappiness. Who or what creates this unhappiness?

The biggest enemy of Happiness is the mind. The mind steals our present moment of joy by taking us to yesterday and creating regret, shame and guilt. We can do nothing about yesterday, nor can we go into the past. But the mind drags us there. Then, it swings to tomorrow and fills us with fear, worry, stress and anxiety that create sorrow. The 7 miseries of the mind make us unhappy. We need to develop the art of eliminating the mind and its miseries. As long as the mind exists, Happiness cannot exist. Where there is a mind, there is no peace and peace is the foundation of Happiness. How can we develop the art of overcoming the mind?

The mind has no physical existence. It is nothing but a bundle of toxic thoughts. But it is these toxic thoughts that make us unhappy. When in a miserable thought we are caught, Happiness just cannot be! We must learn the art of moving from mind to Consciousness. We must learn the

art of activating the intellect. All this is a sure way of overcoming not just the mind but also its miseries.

The body creates physical pain and we suffer. But who is causing the suffering? The mind. Doctors confirm that mental illness is a cause of a lack of physical wellness. If we want good physical health, we must develop the art of creating good mental health. We must collect positive thoughts and emotions. We must be optimistic with faith, hope, trust, enthusiasm, courage and confidence. But all this is not possible when the mind is in command. The mind creates dark clouds that block the sunshine of joy and we feel sick because we have not learned the art of stilling the monkey mind and living like a monk. Therefore, to overcome the unhappiness and suffering caused by the body, we must learn the art of overcoming the mind.

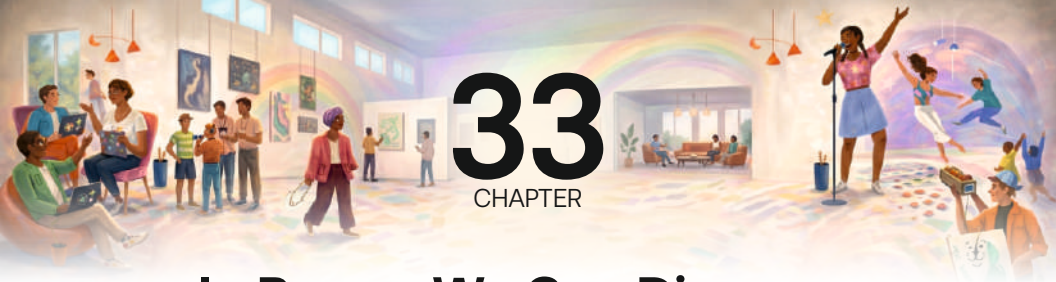
The art of overcoming unhappiness can only be mastered when we overcome the ego. While we eliminate the mind, we cannot annihilate the ego. The ego can be destroyed only when our life ends. As long as we are alive, the ego will continue to create pride, greed and selfishness. Then, there is unhappiness caused by anger, hate, revenge and jealousy. There is no tranquillity. We must Enlighten the ego. We must realize the truth that we are all ultimately one. How can this be achieved? The mind stops us from this Realization. It is because of the mind that we cannot find the truth that *I am not 'I' . I am not the body that will suffer and die. One day, I will leave the body and people will destroy it.* But to Enlighten the ego, first, we must eliminate the mind. Then, selfishness will become selflessness. Pride will turn into humility and greed will turn into charity. Hate will turn into love and revenge will turn into forgiveness. But all this will happen when we discover the art of

transcending from the Lower Self to the Higher Self, from the body, mind and ego, which we are not, to the Divine Soul, our true identity.

To develop the Art of Being Happy, we must overcome unhappiness caused by the body, mind and the ego. But in reality, it is all rooted in the mind. If we eliminate the mind, we can Enlighten the ego and we will be free from the 7 miseries of the mind, the 7 monsters of the ego and the suffering caused by the pain of the body. These 15 monsters are created by the mind. The art of overcoming unhappiness is the art of eliminating the mind. It is the art of being established in Consciousness. The moment we learn the art of sweeping all unhappiness out of our room with a broom, Consciousness will fill us with joy and there will be no sign of doom.

Discover the Art of Being Happy by learning the art of overcoming unhappiness. Eliminate the mind. Enlighten the ego. Live as the Divine Soul. Look in the mirror and realize that *the one I see is not me*. Then, Happiness, will be. You will be free from all misery.

***The only way of learning the Art of Being Happy,  
is learning the Art of Not Being Unhappy.***



# 33

CHAPTER

## In Peace, We Can Discover Our Purpose

Having come this far in discovering the Art of Being Happy, we must not let go of the 3 Ps, the 3 Keys of Happiness. We must always trigger pleasure by overcoming pressure. A Happiness Card in our hand can take us to a happy land. But that is not Happiness. We need peace, for peace is the foundation of Happiness. But if we do not eliminate the mind, our peace will turn into pieces as the mind will seize our Consciousness and block our intelligence. Therefore, living with peace of mind is to lock the mind, block the mind and use our intellect to discover our purpose.

How can we discover our purpose? We have to pause and find the cause and not just live in this circus. The mind turns us into a clown that jumps up and down, and we forget to find out why we came to this earth, what was the purpose of our human birth.

We all want to be happy and most people are fooled into believing that the purpose of life is pleasure. It is not! The purpose of life is Eternal Happiness. It is not just pleasure but also peace. However, peace will cease without purpose. To discover our purpose is to learn the art of Eternal Happiness. And how can we discover the purpose of our existence? It begins with finding out the answer to the question, '*Who am I?*' Only then can we discover the answer to the question, '*Why am I here?*' And

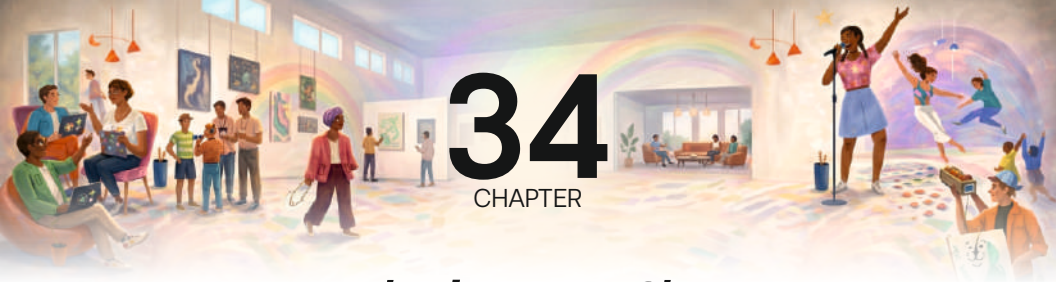


this is only possible when we live with peace. Peace of mind, we can find, when we switch off the mind. Then, we can ask the important questions and find the right answers.

*Am I this body that has to suffer and cry, and one day, die? While I appear to be the body, I know for sure that one day, I will leave the body and people will say that I passed away. My loved ones will destroy the body because I am not the body. In fact, when I was born, 9 months before my so-called birthday, I was just one cell of existence, the zygote. I was alive in my mother's womb. But there was no body. That living zygote multiplied, as cells divided, and then ultimately, the body was created and I was delivered. When we realize this, we are able to overcome the pain of the body, which in reality, we are not!*

If we are not the body, who are we? Are we the mind? Nobody has seen the mind. How can we be the mind? But no doubt, we are alive. We exist. We are that energy, that Spark Of Unique Life, the Soul that is throbbing within. Our purpose is to realize that we are the Soul. Then, we achieve our goal. We are free from the pain of the body, misery of the mind and agony of the ego that is Enlightened. When we discover our true identity, in that state of tranquillity, we discover our purpose. Our purpose is to be free from this circus and become one with the Divine, the Supreme, of which we are a tiny part. Discover this. Be smart. Be happy.

*It is only in Peace  
that we can discover our Life Purpose.  
Then, we can enjoy Eternal Bliss,  
not suffer in this circus.*



# 34

CHAPTER

## 'Who Am I?' Leads To Eternal Bliss

When we discover our true purpose and are free from this circus, we are also free from all unhappiness. *Who am I?* When we realize that *I am not 'I', I am not the one in the mirror I see, I am not the body nor am I the Mind and Ego, ME,* then we can be truly happy. This one discovery, '*Who am I?*' takes us from a state of Happiness to Eternal Bliss. The Art of Being Happy is to realize, '*I am not 'I'.*' This Realization comes when we discover our purpose, when we answer the two most important questions – Who am I? Why am I here?

*Who am I? I am not the body, not the mind. But I am. I exist. Who am I? I am the Divine Soul. When I achieve this goal, I live with Eternal Peace, Divine Love and Everlasting Bliss. This is the Eternal Happiness we seek. But unless we realize that I am not 'I', we will continue to cry. We will live and we will die. However, the Soul, our true identity is immortal. It is flowing in a river of peace, love and bliss. The answer to 'Who am I?' leads to this Eternal Happiness.*

When our focus is only on pleasure, there will be no peace. Without peace, we cannot discover our purpose. We seem to enjoy pleasure but we will lose the real treasure. We see only the tip of the iceberg, which is only 10% of the Happiness that we can enjoy. The 90% of the Happiness iceberg is peace and purpose. When we discover '*Who am I?*' we can enjoy wholesome Happiness and Eternal

Peace, with no misery and sorrow; we can live life, moment by moment, and we won't swing into yesterday or tomorrow.

'Who am I?' leads us to a state of Eternal Bliss. *I am the Soul, the Spark Of Unique Life*. The Soul is nothing but SIP, the Supreme Immortal Power we call God. *I am SIP*. This is the greatest discovery of man. Unfortunately, we are searching for God when in reality, God is SIP that is within us. Most scriptures tell us clearly that *the kingdom of God is within. God lives in the temple of our heart. Shivoham. Aham Brahmasmi*. But we don't go within and thus, lose the state of Eternal Happiness.

When there is Illumination, we overcome the darkness of ignorance, there is Realization and the light of the truth shines. *Of course, we have a body. But we are not the body. Of course, the mind appears to be. But we are not the mind and ego, ME. We are the Divine Soul*. This Realization is our ultimate goal. When we discover 'Who am I?' we discover the Art of Being Happy eternally, which is not pleasure that comes and goes. It is Eternal Bliss that forever flows. As long as we don't realize 'Who am I?' we will have no option but to cry. We will live with the fear of death till we die. We will pray to a God in the sky, but once we realize 'Who am I?' having discovered our purpose, we will enjoy peace and pleasure and be happy forever.

*Discovering, 'Who am I',  
makes us laugh and never cry!  
Eternal Bliss comes when we find God within,  
not in the sky.*



# 35

CHAPTER

## The Soul Flows With Peace, Love And Bliss

Happppiness is not just pleasure. Pleasure is only the tip of the Happppiness iceberg. We need peace, the foundation of Happppiness. But unless we discover purpose, the 3<sup>rd</sup> key, the 3<sup>rd</sup> P, we will never discover the state of Eternal Peace, Divine Love and Everlasting Bliss. This state of *Ananda*, Eternal Bliss is when we live as the Divine Soul. How can one discover the art of living as the Divine Soul?

When we discover our purpose and realize that *I am not 'I', I am not the body that will die, I am not the mind I cannot find, I am the Divine Soul*, then we achieve this goal. We get established in SIP Consciousness and we become free from the triple suffering of the body, the mind and the ego. Living as the Soul means enjoying the eternal river that flows with peace, love and bliss. The Soul knows nothing else. The Soul is a Spark Of Unique Life. It is part of SIP, the Supreme Immortal Power we call God. When we discover that we are the Soul, we are SIP, we learn the art of Eternal Happppiness. Unfortunately, the body, mind and ego are roadblocks that stop us from realizing that we are the Divine Soul.

What is the truth? The truth is that we are all Divine Souls. We are all SIP but unfortunately, while we are privileged and blessed to live in peace, love and bliss, we miss this because the mind fools us into believing, *'I am 'I'.*' Unless we eliminate the mind, still it, kill it, and Enlighten our

ego, we will never enjoy the *Ananda* of peace, love and bliss. This art is discovered by those who attain Self-Realization, who evolve from the Lower Self to the Higher Self. As long as we live as 'I', we will suffer and cry, till we die.

What creates peace, love and bliss in the Soul? Peace is the absence of the mind. Where there is no mind, peace, we can find. True love is not from skin to skin. It flows from the Divine that dwells within. And Bliss is that Eternal Happiness that is discovered when we eliminate the mind and Enlighten the ego. To live with peace, love and bliss is an art. We may know that we are not the body, mind and ego but living as a Divine Soul is an art. We can still the mind but to kill the mind is an art. We all are Divine Souls but to live as the Soul is an art. Unless we discover the Art of Being Happy, we will never enjoy the peace, love and bliss of the Soul.

There are two ways to enjoy the Eternal Happiness of the Soul. One is to discover our purpose as we discover the Art of Being Happy. Then, Eternal Happiness will make us enjoy Soulful Peace, Love and Bliss. The other way is to be Spiritually Enlightened. This spiritual path will lead us to Eternal Happiness through Enlightenment. Either the quest for Eternal Happiness can lead us to being Awakened or being Enlightened can lead us to Eternal Happiness. In both cases, we will discover the Art of Eternal Happiness as the Soul.

*Living as the Divine Soul  
is experiencing Peace, Love and Bliss.  
We must be Awakened with our Purpose  
to experience this.*



# 36

CHAPTER

## Overcoming The 15 Monsters Of Life

Everybody wants to be happy but not everybody discovers the Art of Being Happy. The Art of Being Happy is also the art of not being unhappy. However, we all go through the cycle of pleasure and pain, loss and gain, sun and rain, and this cycle of being happy and unhappy is repeated again and again. Why do we become unhappy? It is because of the body, the mind and the ego. Most of us live as the body and suffer physical pain. *'How can we escape this?'* we ask in vain. When we realize that we are the passenger and not the train, we don't suffer pain again and again. Of course, the body will have a fall as we grow tall. But we are not the body. We are the Divine Soul. This Realization frees us from the suffering caused by the pain of the body and we can be happy.

It is not just the body that makes us suffer. The mind takes us into an unknown future and creates fear, worry, stress and anxiety. This steals our peace and tranquillity and our Happiness. When we discover the art of switching off the mind, then peace, we find. With peace, we enjoy bliss. But this happens only if we learn the art of taming the monkey mind and making it a monk. Otherwise, the mind will swing to the past and our Happiness will not last. It will create regret, guilt and shame and spoil our Happiness game. It is an art to overcome the 7 miseries of the mind and suffering caused by the pain of the body. But it is not just 8 monsters that the mind brings into our gate. The

mind also creates the false ego that causes anger and hate. How can we get this out of our plate and live with a clean slate?

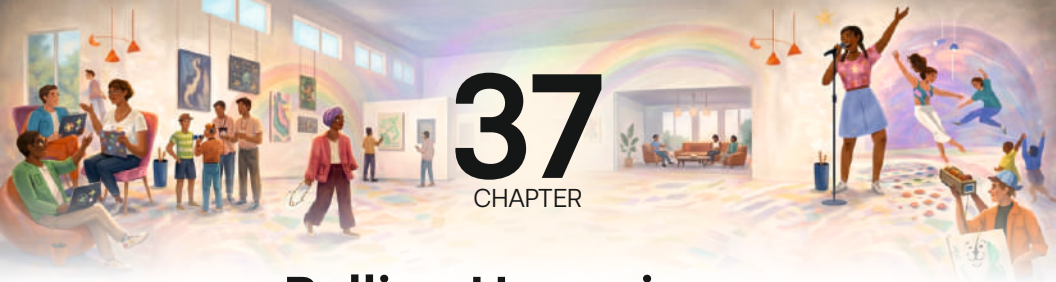
The mind makes us believe that I am 'I' and creates the false ego. The false ego causes agony and anguish with pride, greed and selfishness. We all experience anger, hate, revenge and jealousy and lose our tranquillity. How can we be rid of all the monsters that torment our life?

To be free from the 15 monsters of life, which includes the 7 miseries of the mind, the 7 agonies of the ego and the suffering caused by the pain of the body, we must learn the art of being in Consciousness. When we are in Consciousness, there is no mind. The intellect is activated. In this state, the ego is Enlightened. The 7 agonies of the ego disappear. In a state of Consciousness, the 7 miseries of the mind cease and we experience peace. In this state of Consciousness, even though the body has pain, living as the Divine Soul, we don't suffer. The Art of Being Happy is all about living as the Divine Soul, as we are established in Consciousness without a trace of the mind.

We all experience the 15 monsters of life but the trickster is just one, our mind. If we eliminate the mind, we can Enlighten the ego. Without the Mind and Ego, ME, the 15 monsters will not be, and we can be happy.

*The Art of Being Happy  
is eliminating the 15 monsters of Life.  
Without the Mind and Ego, ME,  
there will be no agony, no strife.*





# 37

CHAPTER

## Pulling Happiness Triggers

Those who learn the art of pulling Happiness triggers discover the art of being cheerful and playful. We must all learn this art. Let us be smart. We must create a Happiness Card, which contains 'My Happy List'. Why is this important?

We all want to be happy but unless we do things that make us happy, how can we be happy? The gun may be loaded but unless we pull the trigger, we cannot shoot. So, to enjoy the fruit of Happiness, we must know what makes us happy. Each of us is unique. A cigarette may make somebody happy but it may make others miserable. So also, some may like coffee and some others may like tea. We must find out what triggers our Happiness and make our Happy List, our Happy Card.

Decades ago, I used to pull Happiness Triggers and be happy but often I used to forget what made me happy. So, I cut a small piece of cardboard and wrote down the 10 things that made me happy. What was my 'Be Happy' list?

1. Listen to my favourite song
2. Tea with my best friend
3. Play with my dog
4. Take a long walk
5. Read a positive book

6. Eat a *dosa*
7. Play cricket
8. Watch a happy movie
9. Meet my beloved
10. Talk to God

Surprisingly, I found that after I made this Happy Card, I was never unhappy. The card was always in my pocket and when one card became old and dirty, I made a fresh card. Then, I laminated it. I even made a poster which reminded me to pull one of these Happiness Triggers that would create instant Happiness.

Do you have your Happiness Triggers? Have you made a list of what makes you happy? Have you made your own unique, 'Be Happy' card? Many of my friends who saw this card did the same and told me that it was the best thing that they ever learned from me. My father still uses this 'Pull Happiness Triggers' secret by carrying his 'Be Happy' card with him. Each of us will have different triggers to make us happy. But if we don't have a Happy Card, if we don't know what makes us happy, if we don't do what makes us happy, how can we be happy?

We all like to be happy and we all have Happiness Triggers. The art is to pull a trigger every now and then, and be happy. This will bring a smile on our face. We will live joyously. We will live positively. This is the Art of Being Happy. But remember, to be happy, we must spell 'Happy' with 3 Ps. This can be another Happiness Trigger in your life.

*A simple way to be Happy  
is to pull a Happiness Trigger.  
Do you have your Happy list?  
It may be some dessert or a dinner!*



# 38

CHAPTER

## Eliminating Joy Stealers

While we should pull our Happiness Triggers to be happy, those who discover the Art of Being Happy, also eliminate joy stealers. There are many thieves that steal our Happiness. They could be people or circumstances. We must identify what all steals our peace and bliss and eliminate them.

What are your joy stealers? What has made you unhappy in the past? Reflect. It may be the neighbourhood lady who traps you in a conversation that irritates you. It may be a family member who calls and troubles you. It may be the habit of sleeping late and watching toxic content on the television or mobile phone. Whatever be the joy stealer, eliminate it from your life. For this, first identify the joy stealers. Make a note of what is robbing you of your Happiness for if you know it, you can anticipate and eliminate it.

I used to have many joy stealers in my life. Going to a cousin's place was one. Every time I went there, I would become miserable. I eliminated the joy stealer and resolved never to go there again, and I remained peaceful and blissful. Sometimes, the habit of comparing myself to others used to make me unhappy. I stopped this toxic habit. Why compare when it steals my bliss? Whenever I criticized someone, I soon felt depressed thereafter. I stopped criticizing and started appreciating instead. In

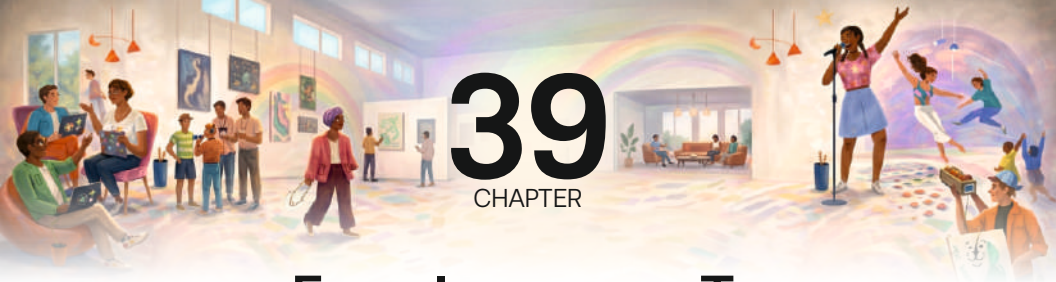
this way, I removed a joy stealer and replaced it with a Happiness Trigger.

We all have joy stealers. We all have situations where our Happiness disappears. Unfortunately, we don't realize this. We don't remember our joy stealers and so, we repeat them. This only robs us of our peace and Happiness. Being happy means not being unhappy. It means doing things that make us happy and not doing things that make us unhappy. Do you have a list of joy stealers? Do you know the foods you eat that make your stomach hurt? You may know, yet you eat the same food that makes you unhappy. Some of us watch a movie, which is tragic and end up feeling upset and depressed. But soon after, we watch a similar movie again.

Why do we repeat things that make us unhappy? Because we have not learned the art of eliminating joy stealers. A joy stealer may be somebody telling us to do something. It may be a parent who enrolls us for a course we don't want to take and so we become unhappy. We don't capture the joy stealers that rob us of our peace.

Why are we making people, habits, circumstances, repeatedly ruin our life? We must learn to shut the door and not let the joy stealers in anymore. It could be your rotten mind or your ego that is your joy stealer. When they appear, eliminate them and make them disappear. Discover the Art of Being Happy. Choose to be happy. Don't choose to be unhappy. Be aware of your joy stealers and just like you shoo away mosquitoes that bite, push the joy stealers out of sight.

***We all have joy stealers that rob us of our Peace and Bliss.  
Be aware of these thieves and protect your Happiness.***



# 39

CHAPTER

## From Ignorance To Intelligence

Those who learn the Art of Being Happy learn how to flip over from ignorance to intelligence. They learn to flip over from a state of mind to the state of intellect by activating the intellect. How can we do this and why must we do it?

If we live in a mind state, our mind is going to create misery. Its job is to flood us with ignorance. Its essential nature is negative, and it creates desire. This Misery, Ignorance, Negativity and Desire, which is the MIND, is the principal cause of our unhappiness. To be happy, we must learn the art of eliminating desire, of flipping from negative to positive and choosing joy over misery. To do this, the key is to replace ignorance with intelligence. As long as the mind prevails, it rides our life-horse. *Once, there was a man riding a horse. Somebody asked him, 'Where are you going?' He sheepishly replied, 'Ask the horse!'* When the mind becomes our boss, we are at a great loss!

The mind bombards us with thoughts — toxic, poisonous thoughts — that stop us from believing that we can be happy. The mind makes us believe that we cannot smile. The mind swings us into yesterday and tomorrow, creating sorrow, although we cannot really go to the past or the future. The mind makes us selfish and greedy through the ego, although we know that selflessness and charity can make us happy. The mind constantly creates ignorance and steals our intelligence. It makes us protest

and question everything and robs us of our peace. How can we overcome this ignorance? The only way is to eliminate the mind.

When we move from the state of mind to the state of Consciousness, we move from ignorance to intelligence. In Consciousness, there is no mind and in this state, we activate the intellect. The intellect is a tool of discrimination. It leads us to Illumination, overcoming the darkness caused by the mind. We can see clearly what is black and white, wrong and right and so, we are able to choose Happiness over unhappiness. If we don't use our intelligence, we will end up choosing things that make us miserable. We will let the mind decide and our willpower will be deactivated, leading to sadness.

Haven't we all felt unhappy after making foolish choices? Haven't we experienced sorrow, wasting precious moments letting the mind take us into yesterday and tomorrow? We have all experienced slavery caused by the mind. We all have experienced the agony caused by the ego. But do we know that this is because we have not used our intellect? We must choose to use our intellect. We must not lose it to the mind. We have a choice, either the mind or Consciousness, either the mind or the intellect. If we learn the Art of Being Happy, we will choose intelligence over ignorance. This is a simple way to be happy. Still, if we let the mind fool us, and not let us choose to discriminate, we will remain unhappy.

*Intelligence is bliss. Ignorance causes unhappiness.  
If we don't learn to choose, Peace and Bliss we will miss!*



# 40

CHAPTER

## Flipping From NEP To PEP

When we are positive, we are happy. When we are negative, we are unhappy. But we all experience both, positivity and negativity in life. How can we be happy all the time? Those who discover the Art of Being Happy, learn how to eliminate the toxic thoughts of the mind. They learn to smile and choose PEP, Positive Energy that is Power that gives peace and bliss. Does it mean that they are free from NEP, Negative Energy Poison?

If you have learned the Art of Being Happy, you have learned the art of flipping over from NEP to PEP, from negative to positive. If you still can't, you need to go back and learn the Art of Being Happy. It is natural for us to experience FEAR, a False Expectation Appearing Real. The mind will anyway appear and make us worry with overthinking. Even though we might have learned the Art of Being Happy, there will be occasional stress, some mess and our tranquillity will be intercepted by anxiety. What is the trick that we must pick to remain happy? We must flip over. We must turn from negative to positive. Fear must be replaced by faith, and worry, stress and anxiety must be replaced with peace and tranquillity. It is this art of flipping over that protects us from getting into depression that is caused by the aggression of the mind.

The Art of Being Happy is to learn to still the mind, to kill the mind, and to eliminate it completely. But practically,



does that happen? The mind rises like the phoenix to attack us again and again, and unless we learn this art of flipping over, we are bound to be unhappy again. Therefore, it is for us to remain in Consciousness and observe the arrival of the rascal mind in our head and then, shoot it dead with the weapon of the intellect. Before it can shoot at us toxic thoughts and kill us, we must kill it. When we flip over from NEP to PEP, we choose Positive Energy Power, emotions like courage and confidence, faith, hope, trust and enthusiasm, and we live with optimism. Automatically, we have flipped over from negativity and pessimism to positivity and optimism.

Therefore, the challenge is two-fold. First, to always live with PEP and not leave any room for NEP. Second, when the mind pushes negativity, NEP into our life, we must use our positivity and flip from NEP to PEP. Every NEP attack must be replaced by a PEP victory. If we develop this habit of choosing PEP over NEP, we can be sure of living a life of peace and bliss. However, if we let the mind attack us and defeat us, we will be back in gloom and doom! It is a choice and it is not easy. We must make an effort. People say, '*Think Positive*,' but under the grip of the mind, we are forced to think negative. To be happy, we must learn the art of flipping over from NEP to PEP. Turn over from mind to Consciousness. Lock the mind. Block it and eliminate it from your life. It will reappear. Then once again, flip over.

*The mind will not give up.  
It continues to attack us with NEP.  
To be happy, flip from Negative to Positive.  
Live with PEP.*



# 41

CHAPTER

## Responding In Consciousness

Most of our Happiness and unhappiness depends on the way we respond. If we react, we can be unhappy but if we respond in Consciousness, we can always be happy. We must choose RDR, not RDX. We have already learned that RDX is to React, Destroy and eXplode. But RDR is Respond, Don't React.

Unfortunately, we react spontaneously because of the mind. The mind does not give us a chance to discriminate and respond. We don't contemplate before we reply to a letter, a message, an email or even somebody's conversation. Once we have reacted, the damage is done. We may feel remorseful and regret our reaction. But it will be too late! We are already unhappy. To be happy is to be in Consciousness. This is an art. Unless we discover this art of ruling over the mind, we will not be in Consciousness and respond in the right way.

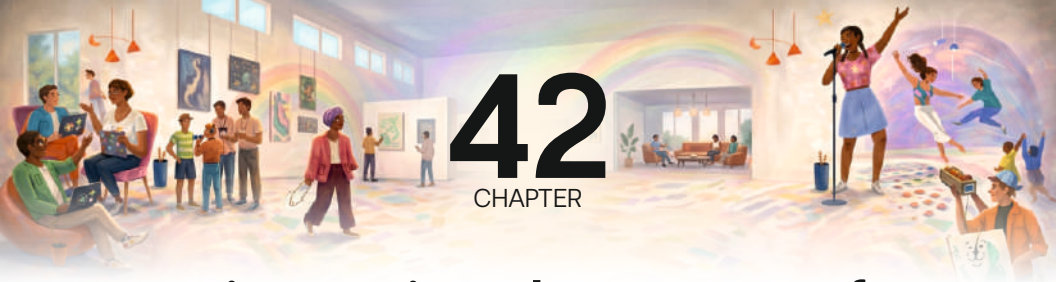
The human body is said to be like a chariot with 5 horses. Our 5 senses — eyes, nose, ears, tongue and skin are the 5 horses. We perceive the world with these 5 senses but the body, the chariot, is driven by these 5 horses. The reins of these 5 horses are controlled by the mind. But in reality, the 5 horses go wild because the mind is not the right charioteer. It cannot discipline the horses of our chariot. The right charioteer is Consciousness. Unless we control the reins, the mind, the 5 horses or the 5 senses will go

wild. Not only will we desire and crave and be unhappy but we will also react without discrimination and ultimately reach a state of depression.

We must discover the art of responding and this means to live in Consciousness. It means to accept and not protest. Whenever somebody says something, we don't need to instantly react. We cannot control their action, but we can control our reaction. Therefore, we must pause and look at the cause of whatever is happening. If we can do this, we can be peaceful and blissful. But this is an art. Most of us can't do it. If somebody insults or hurts us, we spontaneously react and give them tit for tat. Our mind says that it is only fair for us to have done it. But what is the result? We become sad. If only we learn to respond and not react, we can be glad.

Life is unfolding as per Karma and every day, every moment, our reactions are actions that are creating new Karma. Every new action becomes a seed which we are planting. These seeds create new roots, shoots and fruits. We must not plant seeds of misery and sorrow and instead we should give, forgive, make others happy and plant seeds of joy and bliss, so that they result in Happiness. It is unfortunate that most of us react and become unhappy, when we could choose to respond in Consciousness and be happy. It is time to discover the art of being in Consciousness, being happy, controlling the mind and living in Consciousness.

*The Mind is impulsive.  
It reacts and soon, we are sad!  
If we respond in Consciousness,  
we learn the Art of Being Glad.*



# 42

CHAPTER

## Discovering The Ecstasy Of True Love

Love is a fountain of joy. While we can experience the ecstasy and joy of True Love, we don't discover the art of enjoying the rainbow of love and end up with heartaches and heartbreaks. We are constantly expecting to be loved and so, the Divine emotion of love makes us unhappy. Let us learn the art of True Love and discover the ecstasy.

True Love is bliss. It's not just a kiss. But because we don't understand this, we end up thinking that love is the Valentine's Day kind of love, it is hugs, kisses and red hearts. Red is only one of the 7 colours of the rainbow of love. True Love emanates from White, Divine, Soulful Love. Just like the white light of the sun creates VIBGYOR, the 7 colours of the rainbow, True Divine Love that is white, manifests and expresses itself through Violet Love between parents and children, Indigo Love that is between friends, Blue Love that is innocent romance, Green Self-Love, Yellow that is intellectual love, Orange which is Emotional Love and Red that is Erotic Love. All the 7 colours of love form the rainbow of True Love that manifests and creates a fountain of joy. Most of the world has not discovered the rainbow of love. We generally associate men with Red Physical and Erotic Love and women with the Orange Emotional Love, though we have all experienced all the colours of love.

To discover the ecstasy of True Love, we must learn the art of understanding that love is Longing, Of the Soul, which is Very passionate and creates an Ecstasy of joy. We think that love is LUST, Love Underestimated as a Sexual Transaction. True Love is Transcendental and Divine. It is a rainbow of 7 colours. It is unconditional and eternal. True Love has no expectations nor is it transactional. In true love you don't say, '*I love you because I need you.*' Rather, you say, '*I need you because I love you,*' and experience the ecstasy of joy.

To be happy, we must discover True Love. We must learn the art of loving not from skin to skin but from Soul to Soul, for True Love resides within, deep within our hearts. Because we are excited, it seems like the heart is beating faster but True Love is deeper. It is an ecstasy that flows from the Soul. Those who discover this, discover the art of True Love and that bliss which is greater than a hug and a kiss. Let us discover what True Love is.

When there is no True Love, we live as the mind and the ego and love manifests as hate and jealousy and there is misery and pain. This is not love for love is Divine. It is an emotion that flows from the Soul. But we think that love is only physical, what the Greeks called *Eros*, and the ancient Sufis called *Ishq-e-Majazi*. In such a love, we shed tears. But true love is full of cheer. The Greeks called True Love *Agape*, and the Sufis called it *Ishq-e-Haqiqi*. Let us discover True Love and enjoy the bliss and the art of true Happiness. If we don't, we will continue to fall in love and cry. True Love is to rise in love and experience a high.

*True Love is Bliss.  
It's not just a kiss! Discover this.  
Love from Soul to Soul  
and discover Divine Happiness.*



# 43

CHAPTER

## Living With Enthusiasm

Do you want to be happy? If yes, learn the art of being enthusiastic. It is the art of having FAITH, Full Assurance In The Heart; to live with HOPE, Having Only Positive Expectations; to live with TRUST, Total Reliance and Unconditional Surrender to The Almighty. When we live with faith, hope and trust, we experience enthusiasm.

Enthusiasm comes from the Greek word, *entheos*, which means 'in God'. When we live with belief in God, faith in God and trust in God, we become enthusiastic. This makes us cheerful and blissful. Why? Because enthusiasm leads to surrendering to a Supreme Power, a Supreme Intelligence that is omnipresent, present everywhere, omniscient, knows everything and omnipotent, all-powerful. When we trust SIP, the Supreme Immortal Power, we live with courage and confidence. We are full of optimism. What does this positivity do? It eliminates the monsters of fear, worry, stress, anxiety, regret, shame and guilt. The mind becomes weak when it is faced by an ordinary man with extraordinary enthusiasm. This creates joy, peace and bliss. Enthusiasm leads us to rejoicing in the Power of the Supreme present within us. Therefore, those who develop the art of living with enthusiasm, live a life of peace and bliss.

Enthusiasm makes you believe that you can be happy. Enthusiasm makes you choose Happiness. Enthusiasm

makes you smile. Enthusiasm makes you trust, accept and surrender. Enthusiasm builds PEP, Positive Energy Power and eliminates NEP, Negative Energy Poison. Therefore, living with enthusiasm is the basic foundation on which the Art of Being Happy rests. When we live with enthusiasm, we live in Divine Consciousness. Living as the Soul, we experience peace, love and bliss. Enthusiasm makes us experience the presence of the Divine within. With enthusiasm, we experience God in the temple of our heart. The kingdom of God is within those who believe and have enthusiasm.

Therefore, choose to be enthusiastic if you want to discover the Art of Being Happy. The enthusiastic one is bold and brave. Enthusiasm announces:

*Nothing can happen to me, for God is with me.  
With men, it might be impossible. But for God, all things are  
possible.*

*When God is for us, who can be against us?  
God will give me the strength of an iron pillar.*

Can such a person who lives with enthusiasm ever be unhappy? Impossible! The presence of enthusiasm, living with God, makes one peaceful and blissful as they experience Eternal Happiness.

Enthusiasm is a choice. You can choose to believe or disbelieve, trust or mistrust, live with hope or be hopeless. What will you choose?

*The Art of Being Happy  
rests on being Enthusiastic.  
With Faith, Hope and Trust,  
live a Life that is joyful and fantastic.*





# 44

CHAPTER

## Rejoicing Life

Happiness is celebrating life. Those who are living in depression have not learned the Art of Being Happy. Life is a gift, it's a present, it's a precious opportunity for us to live and discover our true self. We are not the body, mind and ego that suffers. We are the Divine Soul that flows with Eternal Peace, Divine Love and Everlasting Bliss. How can we live like this? It is only when we discover the Art of Being Happy, when we pick the 3 keys, the 3 Ps, of peace, purpose and pleasure, that we can truly rejoice life.

What is it to rejoice life? It is to value life, to treasure it beyond ordinary momentary pleasures. To rejoice life is to re-choose life. It is to choose positive over negative, intelligence over ignorance, tranquillity over anxiety, celebration over depression. Life is an opportunity to live with peace, love and bliss. How many of us discover this?

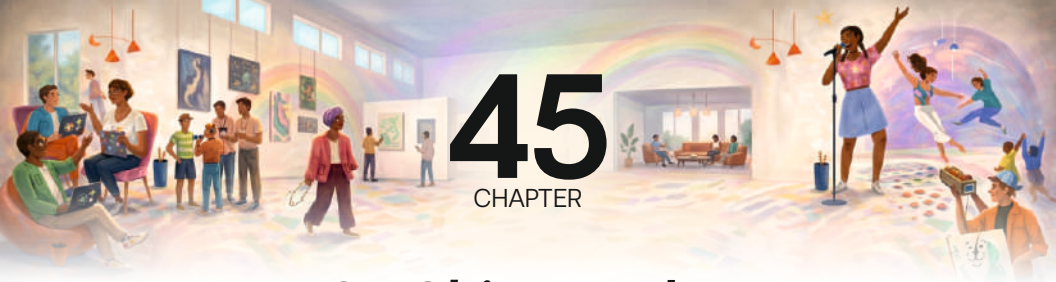
Instead of rejoicing life, many people drag through life as though it is a curse. They nurse and rehearse all that has happened with regret, shame and guilt. They don't reverse and rebuild a life of joy and peace. To rejoice life is to seize each day, each minute and live with enthusiasm. This is a choice — to re-choose and to rejoice, or not to be wise and to let misery overcome us. When we let the mind become our boss, we let stress make our life a mess! But we have a choice. We can rejoice by making the choice of eliminating the mind and living in Consciousness. When we live with

awareness, mindful that we are the Divine Soul, we can be blissful. Unfortunately, many of us are not peaceful because there is no peace 'off' mind. We have not learned to switch off the mind. So, we don't make the best of each moment of life.

This world is a show. We are actors who come and go. This truth, we don't know. Therefore, we become prisoners of pleasures, people and possessions. We fail to be happy because we are caught in the jail of attachment. All this can be erased if we discover the Art of Being Happy.

If we learn the art of smiling, accepting and surrendering, we can rejoice and celebrate life. Unfortunately, we have not understood the meaning of life. We have not discovered the purpose. We run and run, till life is done. We earn and earn, only for others to burn what we earn. We don't discover why we are here and who we are. We live, we cry, we suffer and we die. We are gone and we are reborn, and we forget to rejoice life! We forget that life is a celebration. How many of us are blessed to get this Illumination, this Realization? Only a few arrive at the destination where life becomes a celebration. Today, pause and find out the cause of your existence. Discover your purpose and as you live in peace, enjoy the treasure of every pleasure that comes into your hands. Make your life blissful and cheerful.

*Rejoice life. It's a gift.  
Make the best of it.  
Celebrate each precious day.  
Make the best of each minute.*



# 45

CHAPTER

## ***SatChitAnanda* - Bliss In Truth Consciousness**

Happiness is a state of being. But it is also evolving from pleasure to peace and ultimately, purpose. In fact, it is only when we exit pleasure that we can reach the state of peace. As long as we are in a race to chase with the desire of being an ace, we cannot live with grace. We need to evolve from achievement to fulfillment, from pleasure to peace.

It is in this state of peace that we can discover purpose. As long as we are in the state of mind, our purpose, we cannot find. The moment we leave the mind behind, we are established in Consciousness and with the intellect, we discriminate and elevate ourselves into a state called *SatChitAnanda*.

*Sat* means truth. *Chit* means Consciousness. *Ananda* is Eternal Bliss. When we are in *SatChit*, Truth Consciousness, we experience *Ananda*, Eternal Bliss where we enjoy the 3Ps of Happiness.

When we discover our purpose, we are liberated from the 15 monsters of the body, mind and ego, we are liberated from the triple suffering, and we live in peace, contentment — we are satisfied. Peace is the foundation of Happiness but when it evolves to purpose, we enjoy every pleasure and experience the treasure of *SatChitAnanda*, Eternal Bliss living in Truth Consciousness. Some people also call this *Nirvana*, a state of Eternal Peace, Divine Love and Everlasting Bliss.

*SatChitAnanda* is the ultimate gift for those who discover the Art of Being Happy. They evolve from achievement through fulfillment to Enlightenment. They climb the first step of pleasure, then, go to peace, and discover purpose. Thereafter, living with fulfillment, their state of awakening makes them enjoy this beautiful world of pleasure, without any sign of pain. Living with acceptance and surrender, the one who has discovered *SatChitAnanda*, the art of Eternal Happiness is unaffected by the trials and tribulations of this world. There is no trauma because the Awakened One is free from Karma and enjoys the drama as the Divine Soul. Such an Awakened Soul lives a life of Eternal Peace, enjoys the ecstasy of true love and thus, their Happiness is not intercepted by any misery or sorrow. How can this be? They live in day-tight compartments, celebrating the present moment, unaffected by the mind that tries to swing into yesterday and tomorrow. This state of Happiness is rare. But those who discover the art of bliss stop chasing Happiness. They learn to choose to be glad. They are never sad! Why should they be? This world becomes a heaven on earth as they discover the art of living as the Divine Soul that does not have to die and take rebirth. Each one of us is blessed to live in *SatChitAnanda* but unfortunately, we have not discovered the Art of Being Happy, which leads us to experience this state of Eternal Bliss. Let us discover the Art of Being Happy today!

*SatChitAnanda*  
*is a state of Eternal Bliss.*  
*Discover the art of Eternal Peace,*  
*Divine Love and Everlasting Happiness.*



## Afterword



I always wanted to be happy and I thought I was. But like a yoyo that goes up and down, I was sometimes glad and sometimes sad, sometimes happy and sometimes unhappy, sometimes peaceful and sometimes stressed. I always wished and dreamt of a life of Eternal Happiness. Was that even possible?

For 25 years, I went from peak to peak, from one success to another and evolved on the journey of achievement. I enjoyed money, name, fame, power and wealth and I thought that all this was Happiness. Of course, I was happy. I had pleasure but the real treasure was missing. I was making money but I realized that I was far happier making a difference. So, I started a charity — I would pick people up from the street and put them back on their feet. The fulfillment from this gave me far more Happiness than the joy I got from my achievements. Was this the destination, the Happiness that I was seeking?

I shut down my business and lived a life of contentment and fulfillment. I enjoyed over 5 years on this plateau till I went on a quest, a search for the true meaning of life and Happiness. Then, it happened! I found my purpose. I realized that *I am not this body that will ultimately die. There is no mind but I am. I exist. So, who am I?* I realized that I am the Divine Soul. I changed my name from Ravi to AiR – *Atman* in Ravi, the Soul in Ravi. This Realization led me to a state

of Eternal Bliss. Today, globally, people call me Happy AiR, the Happiness Ambassador because I discovered the Art of Being Happy. I coined the AiR Happiness Secret, based on my Realizations.

Now, I live as the happiest man in the world and show people the way to Eternal Bliss. It is possible to be eternally happy. But unless we exit pleasure, we cannot enter peace. And then, the next step is to discover purpose. Then, we can enjoy pleasure and live a life of peace, love and bliss. This is the secret of Happiness.

Happiness is an art and those who discover it can be truly happy. It's a choice. We can choose to be glad or just remain sad. But we must evolve from pleasure to peace and ultimately, to purpose. Then, we will be blissful in the now and not swing to yesterday and tomorrow. We will be free from misery and sorrow. When we realize that we are the Divine Soul, we will become peaceful and blissful. We will be cheerful and playful, grateful and positive.

You too can discover the Art of Being Happy. Every human being has the privilege to enjoy Eternal Peace and Bliss. But for this, we must take an exit from the highway of achievement, scale the plateau of fulfillment and ultimately be Awakened to discover our purpose. Then, we can truly enjoy this circus called life. The Art of Happiness will free us from all pain and we will learn to be happy, again and again. Discover the Art of Being Happy!

*I too was searching for Happiness throughout my Life.  
Then I discovered the Art of Eternal Bliss with no strife!*



## Poem

# Discover **THE ART OF BEING HAPPY**

*Being Happy is an art, you have got to be smart!  
Happiness is a choice; this is known only to the wise  
Choose to be Happy; Peace, you must prioritize  
Believe that you can be Happy, come on, let's start!*

*What is Happiness? It's a state of Being  
If you want to be Happy, you don't need everything  
You just have to be Peaceful and Blissful  
You just have to be Cheerful and Playful*

*Unfortunately, we are trying to find Happiness, which we chase!  
We don't realize that Happiness is not a race  
And because we are trying to 'become' Happy  
We don't Discover the Art of 'Being' Happy*

*People question, 'Is Happiness a science or an art?'  
Of course, it is a science; but move on, let's start  
Move beyond Pleasure, be at Peace and discover Purpose  
These 3 keys, the 3 Ps will make you enjoy the life circus*

*Those who run after Pleasure, often end up in pain  
Chasing Happiness is like being on a Treadmill in vain  
When we exit Pleasure and enter Peace, we find Bliss  
And with Purpose we find Eternal Happiness*



*Being Happy is believing that forever Happy you can be  
 It is waking up every morning and choosing to be Happy  
 It is living joyously, in the now, blowing your horn  
 Not living in the past or the future that's not yet born*

*To be Happy, don't let in the toxic thoughts of the mind  
 The art involves pushing the mind behind  
 For with the Mind, misery and sorrow is all you will find  
 The Art of Being Happy is not being blind*

*If you want to be Happy, you must learn to give  
 Give to one and all; and also forgive  
 Happiness is easy; just make others have a great day  
 To be Happy, make others Happy. It's a simple way*

*Those who are Happy, have a beautiful smile  
 The Art of Being Happy is to smile all the while  
 It is joyously accepting; not protesting in wonder  
 It is developing the art of total surrender*

*Do you want to be Happy? Then, choose PEP over NEP  
 Positive Energy Power is Happiness; live with PEP  
 Negative Energy Poison makes us unhappy; eliminate NEP  
 Discover this secret of Being Happy; it is the first step*

*The Art of Being Happy is to live in Consciousness  
 Still the mind, kill the mind, and you will find Happiness!  
 Happiness is all about living with Bliss, Love and Peace  
 Discover the Art of Being Happy and all miseries will cease!*

*Remember, Happiness has 3 Ps, Pleasure, Purpose and Peace  
 To learn the art, change the way you spell, HAPPY, please!  
 For with 2 Ps, you can only enjoy momentary Pleasure  
 It's the 3 Ps that are the 3 Keys to the real treasure*

*Yearning for nothing, being content and grateful  
Is the way to be Happy, the art of making life beautiful!  
Discover the Art of Being Happy, fulfilling your need  
Don't make your wants make you suffer as you live with greed*

*This is the simple Art of Being Happy all the time  
It's focusing on your Peace and Bliss, making them prime  
Don't let the mind and the ego commit the crime  
Of stealing your Bliss and making you whine!*

*It's easy to be Happy! Just be Happy — this you must choose  
If you don't learn the Art of Being Happy, Bliss you will lose  
The Art of Being Happy is just to 'Be Happy', and do it now  
Don't search for Happiness and wander like a cow!*

*Happiness is in 'Today', not in the 'Yesterday' that is gone  
Happiness is in 'now', not in the 'Tomorrow' not yet born  
Learn the Art of Being Happy, enjoy Pleasure, live in Peace  
And discover your Purpose, and a Happy life, you will seize*

*Life is just a minute; to be Happy, just live in it  
It has only 60 seconds, but our Happiness is in it  
Learn the art, don't go before or after it  
Those who live in the minute, make the best of it*

*To be Happy, you don't need to be a millionaire or billionaire  
It's easy; you just have to be a smile trillionaire!  
Take an exit from the highway of achievement  
Enjoy Bliss and Peace, as you live with fulfillment*

*Peace is the very foundation of Happiness  
Without Peace, our life will be full of stress, a big mess!  
Peace of mind, you don't have to find.  
Peace is within. Learn to still the mind*

*When we overthink, we blink and we sink  
Move from mind to Consciousness, and less you will think!  
In Consciousness, the intellect, you can activate  
It's the Art of Being Happy, as you learn to discriminate*

*Happiness is not just Pleasure or Peace; it's Purpose  
When you find out, 'Who am I?', you then enjoy the Life circus  
Those who don't, jump up and down like a clown  
Chasing Pleasure, Money, Fame and Power, they drown*

*Discover the Art of Being Happy. Realize you are the Soul  
You can attain Eternal Bliss if you achieve this goal  
The Soul lives with Eternal Peace, Divine Love and Bliss  
Discover the Art of Eternal Happiness*

*Anybody can be Happy once in a while  
Those who discover the art, learn to smile all the while  
They live in SatChitAnanda, in Truth Consciousness Bliss  
This is the Art of Seamless Eternal Happiness*

*Rejoice Life! Come on, make it a celebration!  
Learn the art and be free from all depression  
Live with enthusiasm, with faith, trust and hope  
Then, with life's challenges, easily, you can cope*

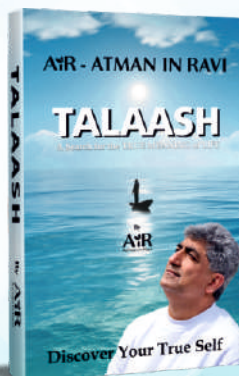
*The Art of Being Happy is to live with Peace, Love and Bliss  
It's easy to be Happy, the art is all this  
When you try to 'become' Happy; Happy, you can't be  
Just 'be' Happy and from the body, mind and ego, be free*

*Discover the Art of Being Happy, it's bliss!  
It's a simple way to Being Happy, a state where Peace is seamless  
Live with Peace, discover Purpose and enjoy every Pleasure  
Discover the Art of Being Happy; Discover the Real Treasure*

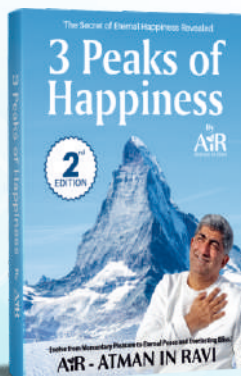
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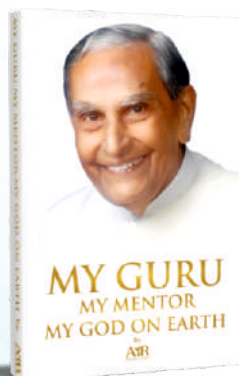
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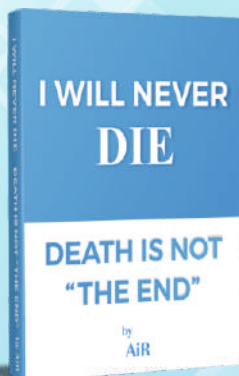
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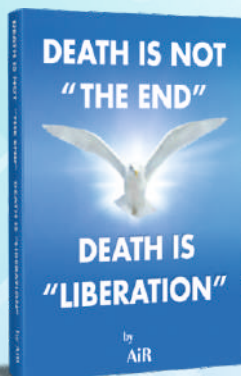
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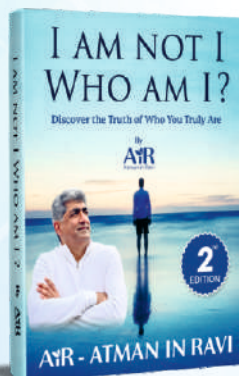
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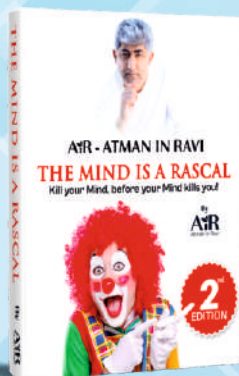
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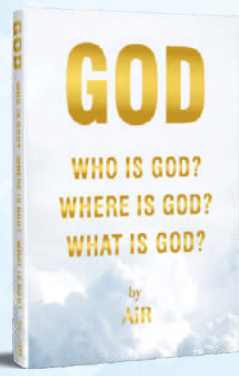
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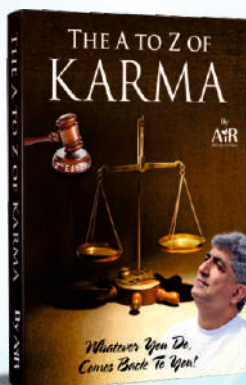
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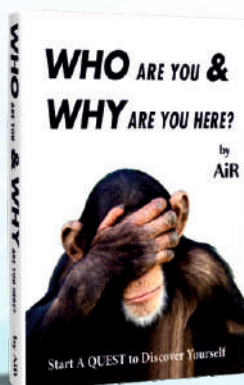
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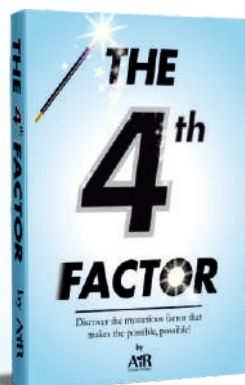
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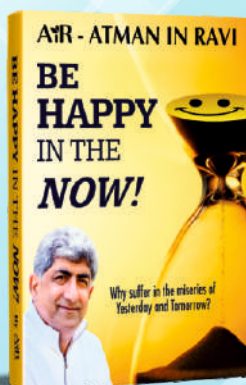
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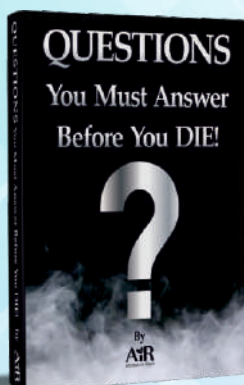
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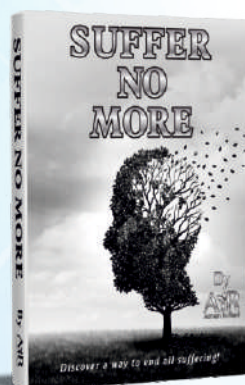
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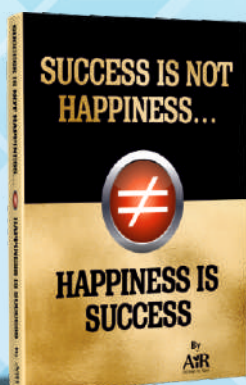
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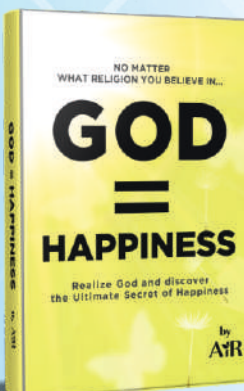
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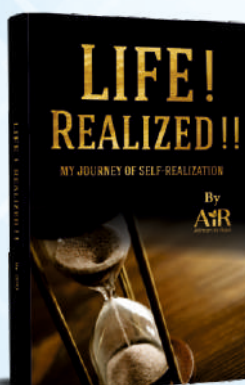
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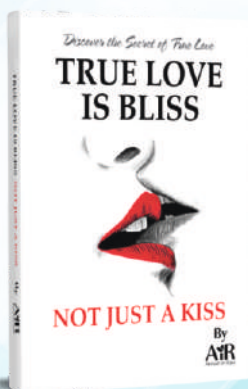


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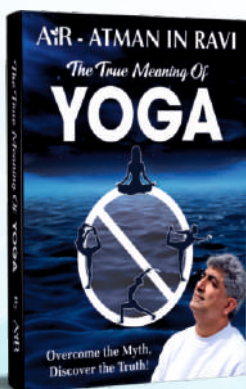
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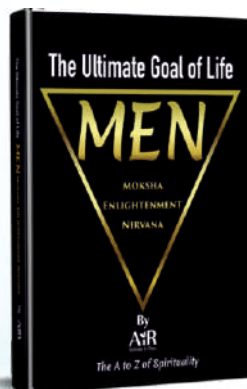




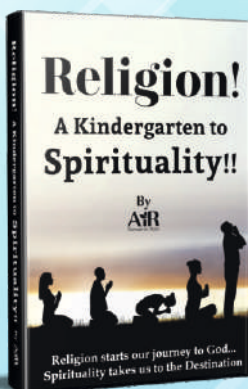
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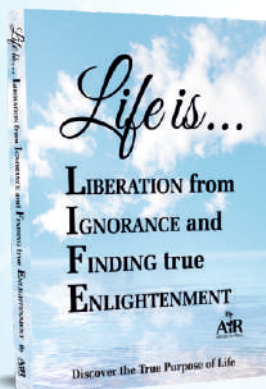
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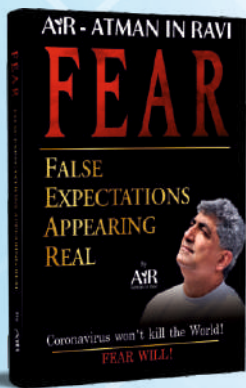
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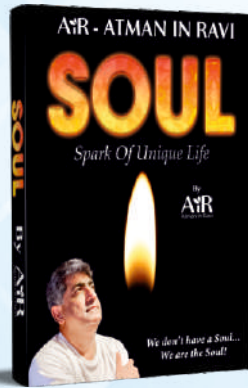
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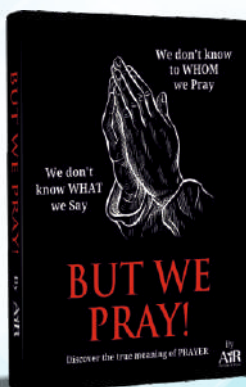
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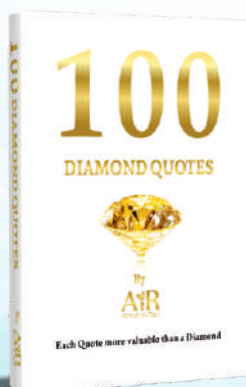
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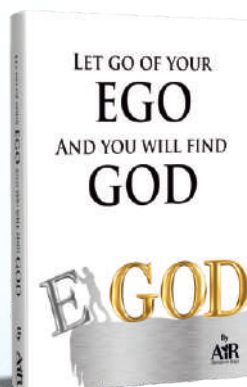
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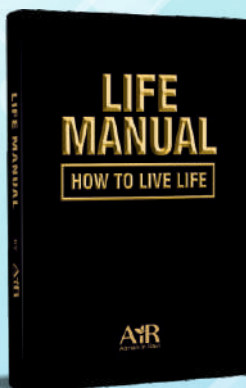
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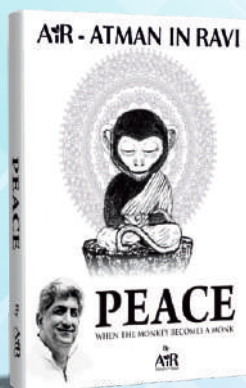
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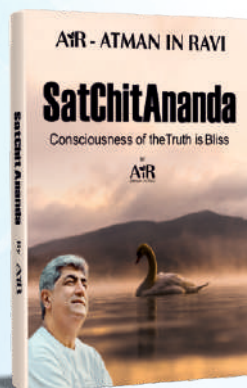
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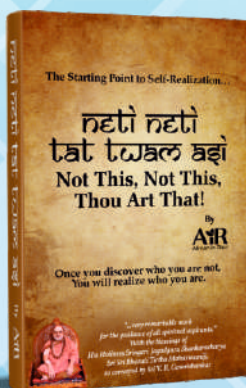
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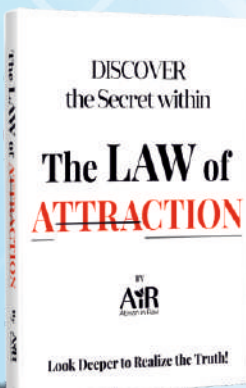
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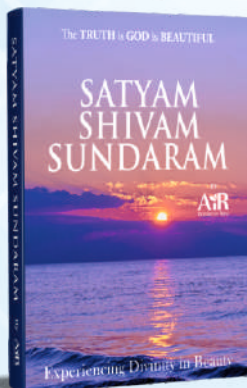
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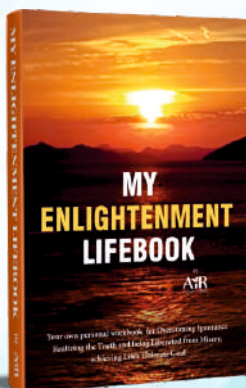


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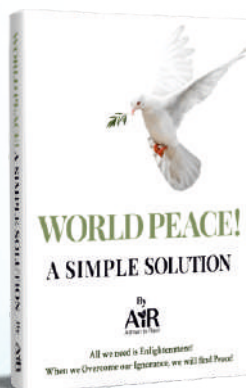




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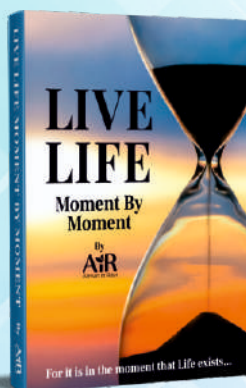
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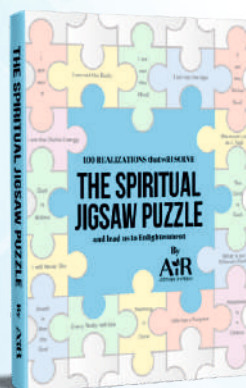
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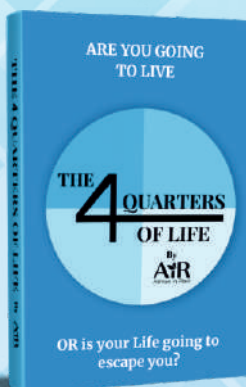
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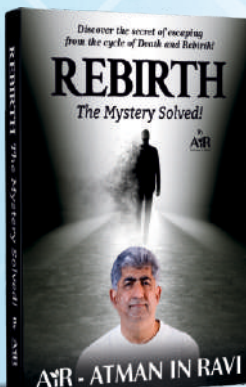
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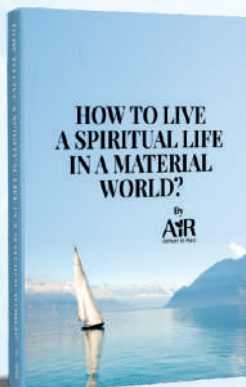
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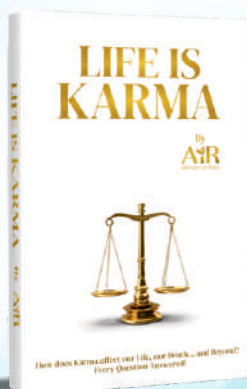
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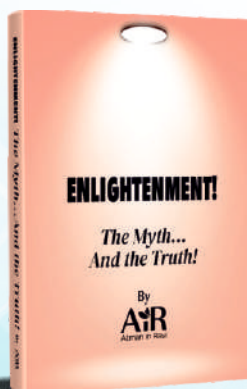
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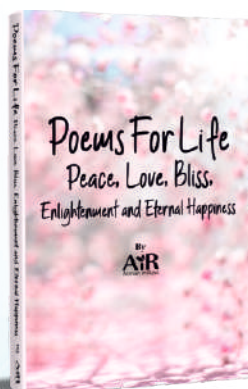
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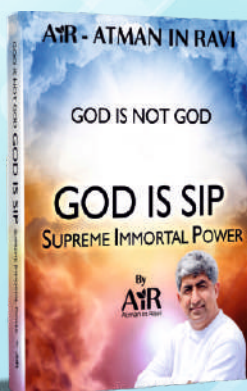
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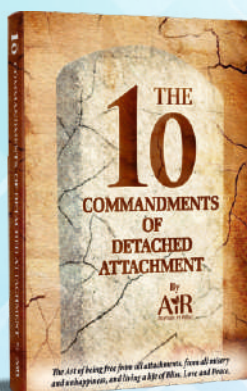
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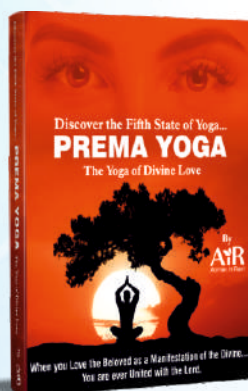
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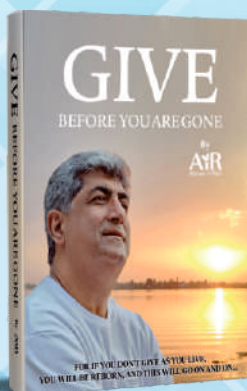
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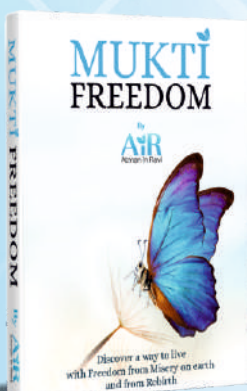
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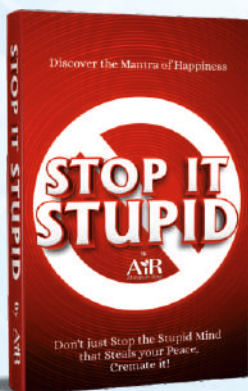
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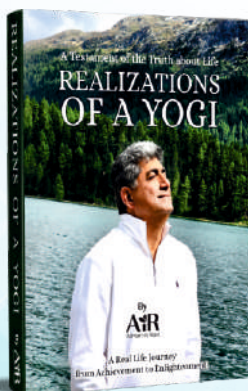
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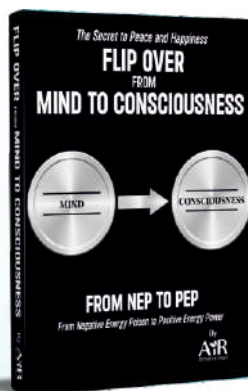
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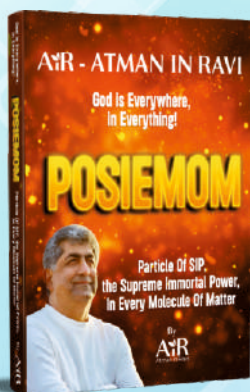
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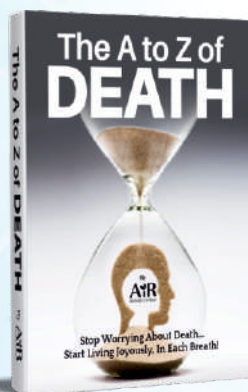
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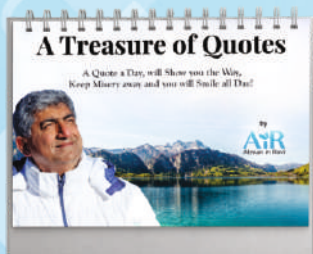
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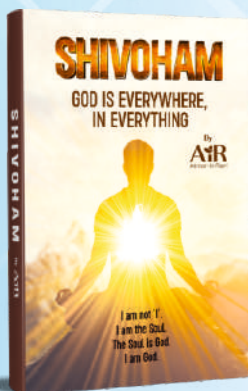
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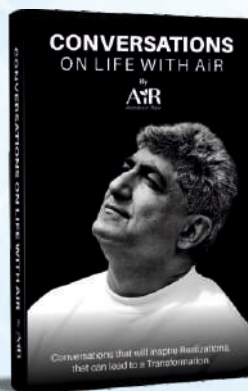
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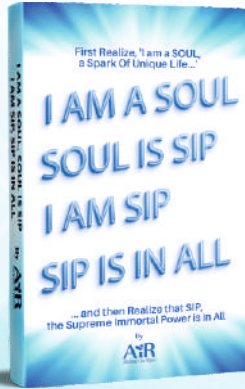


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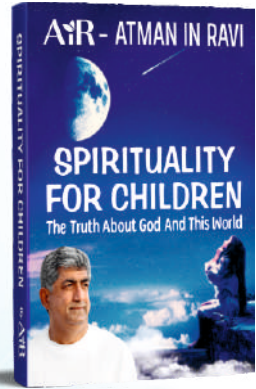




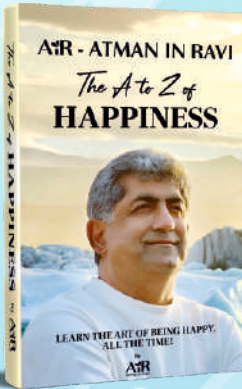
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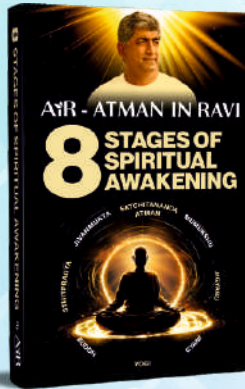
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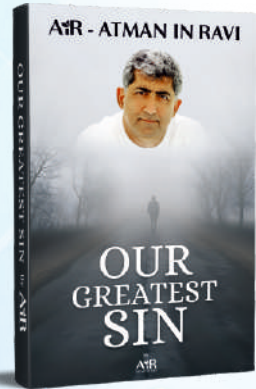
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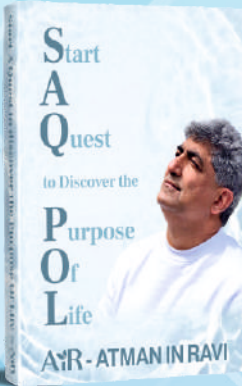
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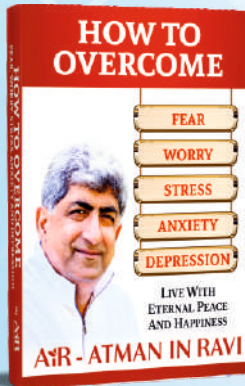
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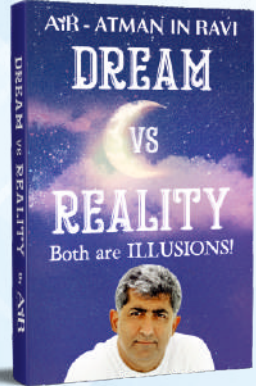
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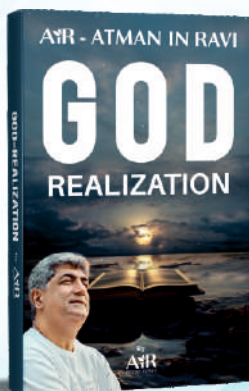
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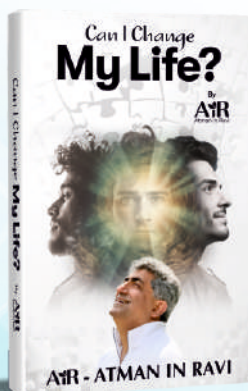
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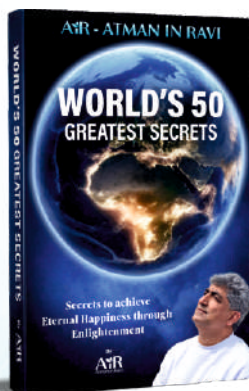
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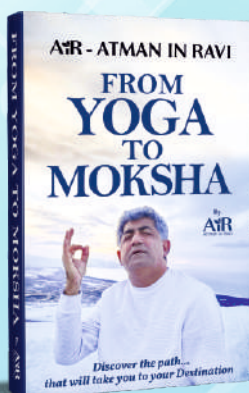
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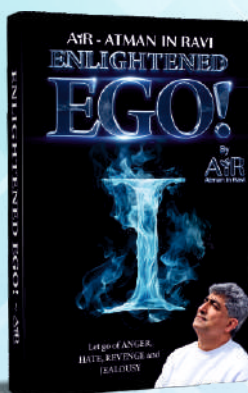
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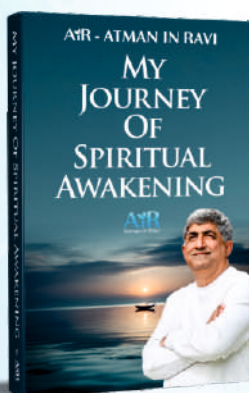
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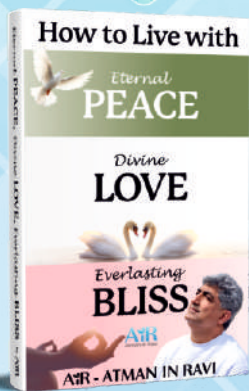
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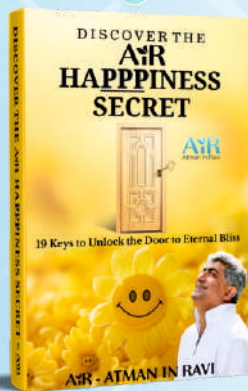
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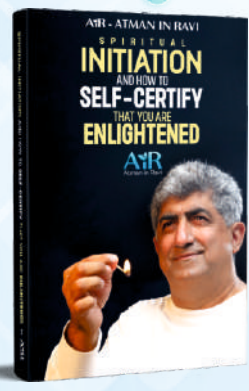
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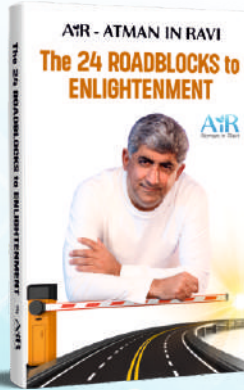
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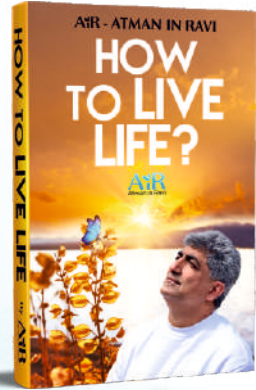
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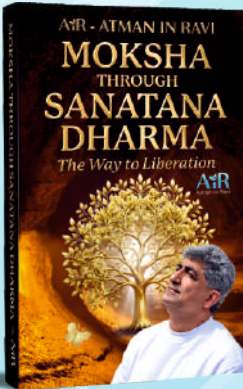
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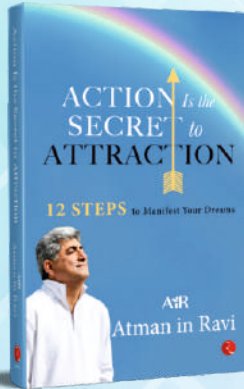
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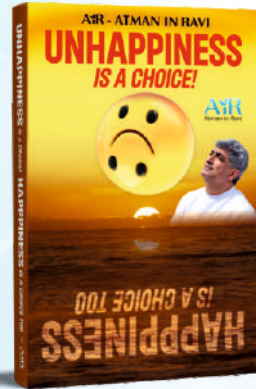
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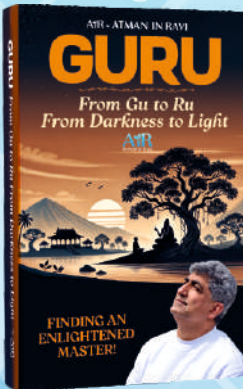
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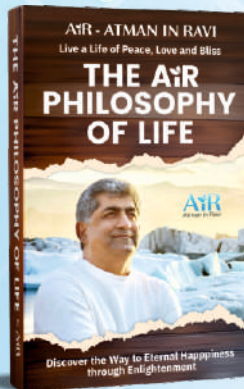
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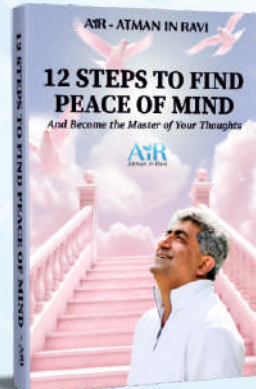
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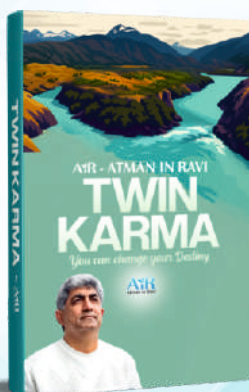


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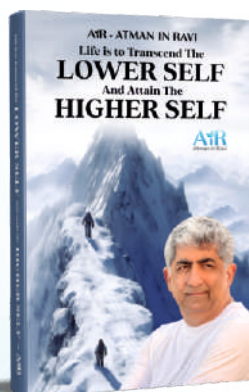




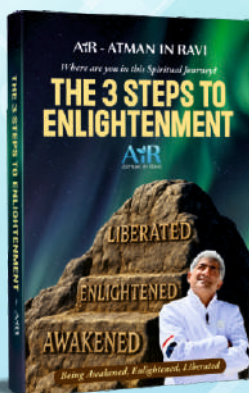
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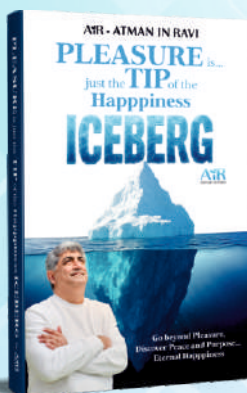
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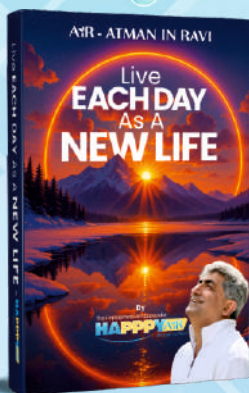
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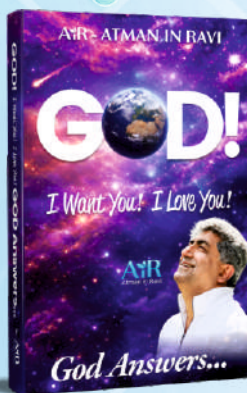
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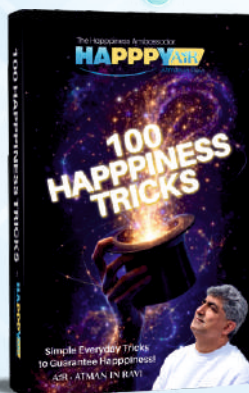
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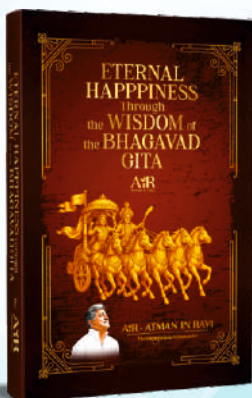
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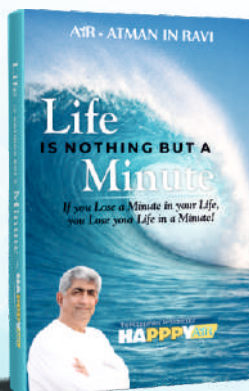
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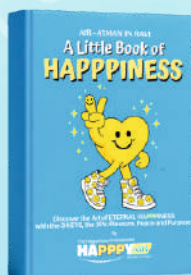
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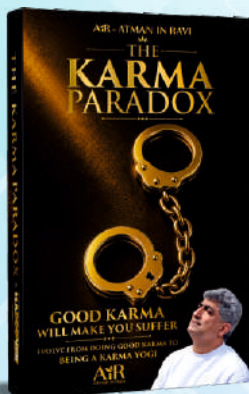
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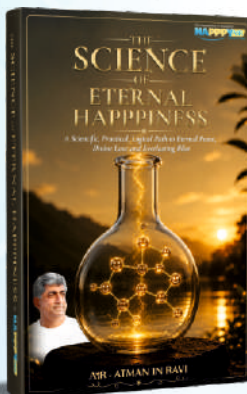
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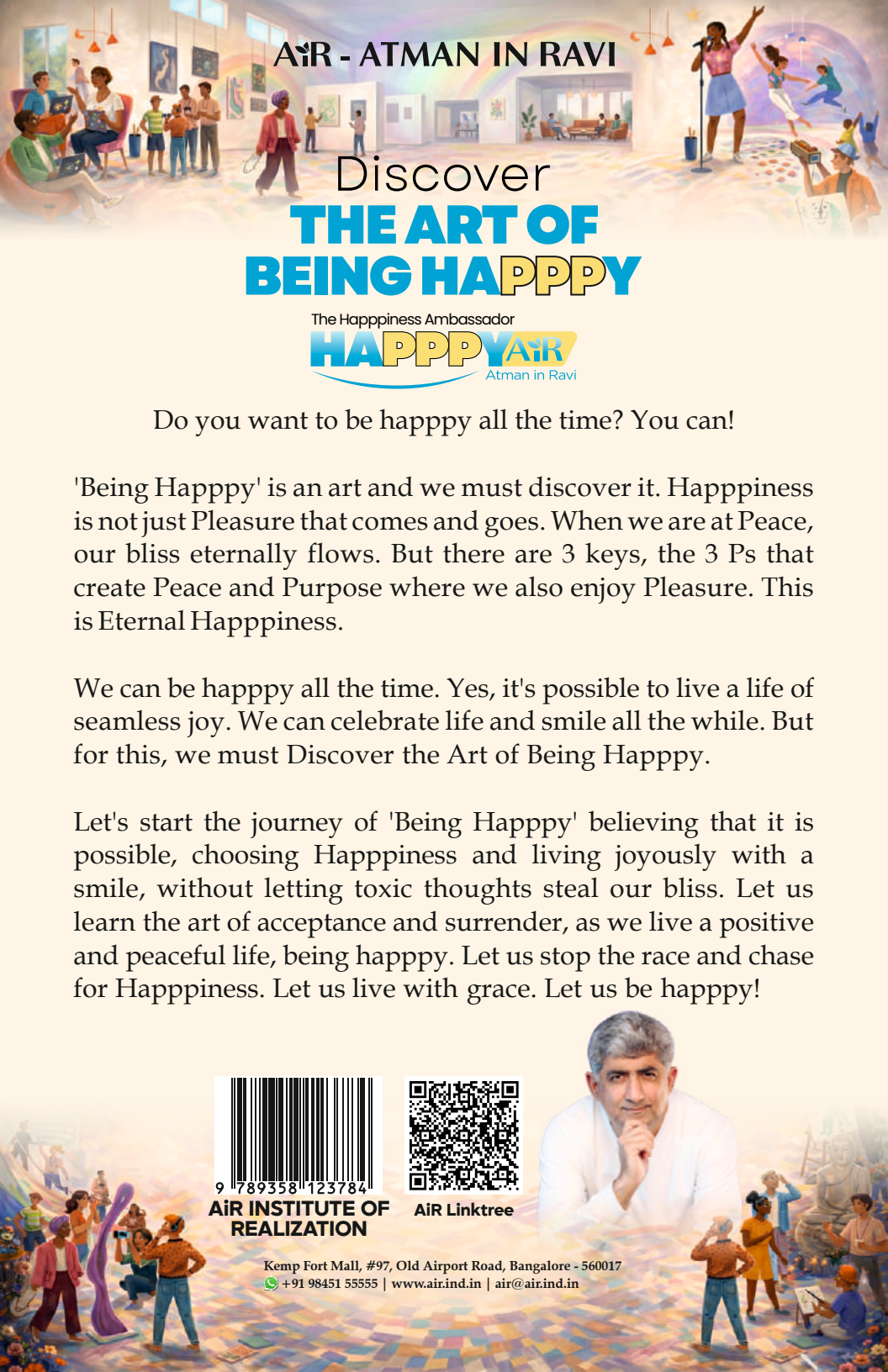
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