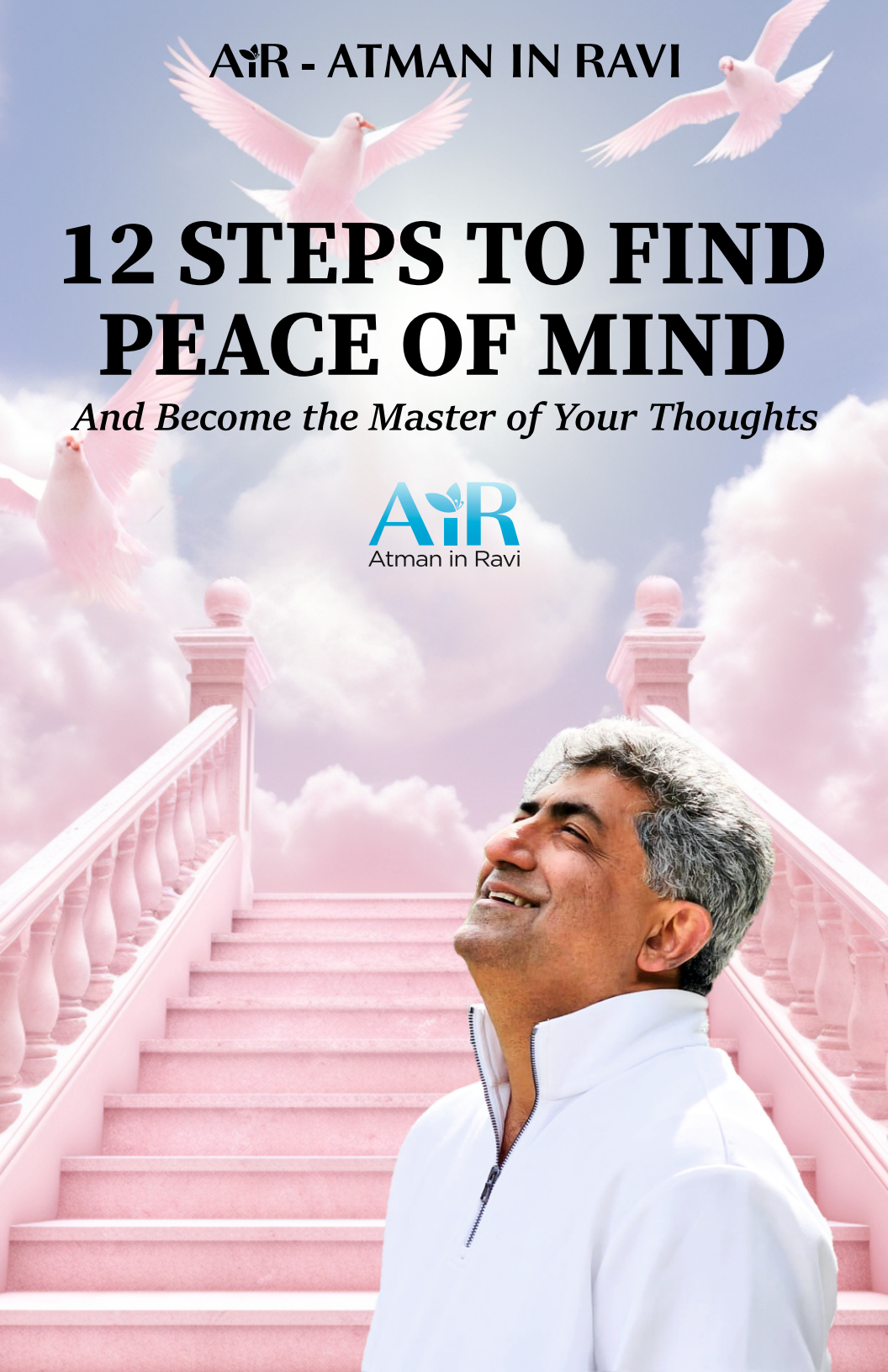


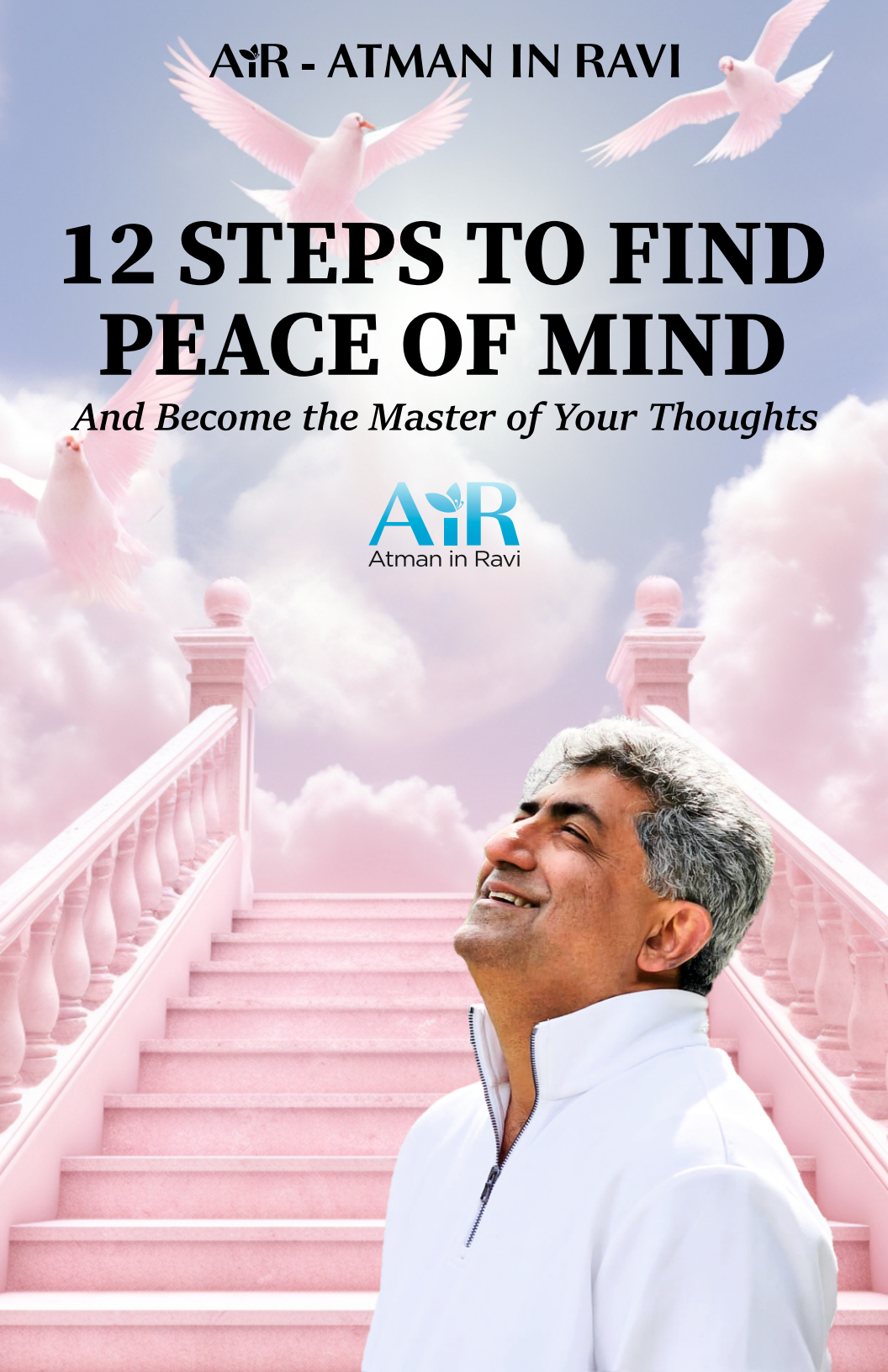


AiR - ATMAN IN RAVI

12 STEPS TO FIND PEACE OF MIND

And Become the Master of Your Thoughts

AiR
Atman in Ravi



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By



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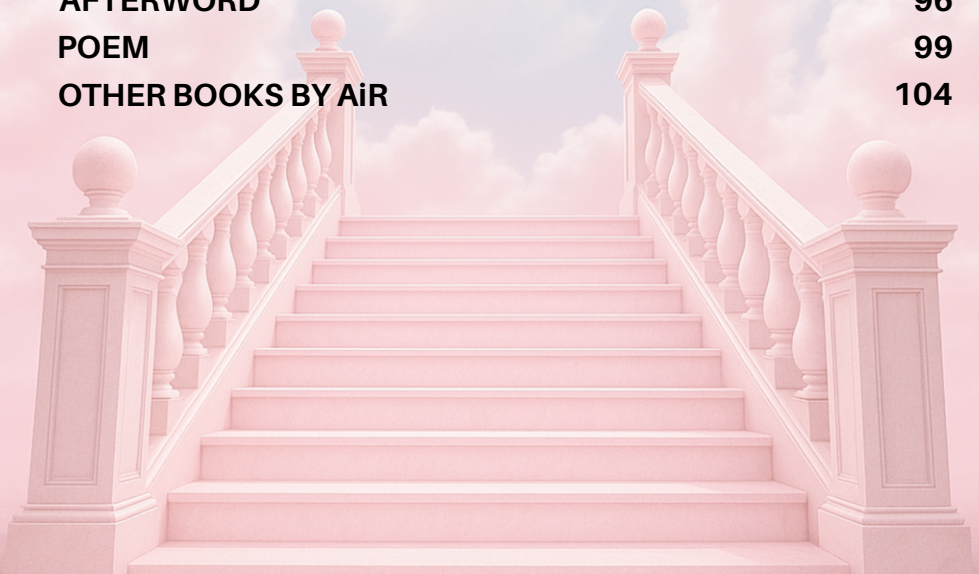
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About the Author

AiR - Atman in Ravi

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

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

Like anybody else, AiR started his life being religious. He built a Shiva temple in 1995. Subsequently, inspired by his

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

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

Based on his Realizations, AiR has authored over 90 books, composed and sung about 1500 *Bhajans* and written several blogs, quotes and poems. He conducts Spiritual Retreats and organizes talks to help people evolve on their Spiritual journey. He is a TEDx speaker and is often invited to speak at several organizations, corporates and universities. He conducts daily webinars on Zoom, Facebook and Instagram Live to help people realize the Ultimate Purpose of life – Enlightenment.

“

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

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PREFACE

Everybody wants to be happy. But we don't realize that peace is the foundation of Happiness. We may have everything but if we lose our peace of mind, we become miserable.

How can we find peace of mind? Peace, we cannot find! Peace is within. But also within us is the rascal mind, a mind that we cannot find! Still, it destroys our peace. In many a rotten thought we are caught and then, we are paralyzed by fear. We are stressed and worried and our anxiety destroys our tranquillity.

Therefore, the biggest challenge in life is to live in peace. In this state of stillness, the garden of Happiness blooms. We enjoy pleasure and our life achieves its purpose. But alas, the mind drills us and kills us! Because of toxic thoughts of the mind, our Happiness is left behind!

What is the method to find peace of mind? While I have written so many books on Happiness, I thought that there must be one book which guides us, step-by-step, on how to find peace of mind. The challenge is to kill the mind, a mind that we cannot find! But if we still it, we can kill it.

The mind is nothing but a bundle of toxic thoughts. It is like a thought factory, producing up to 50 toxic thoughts every minute. How can we slow down the pace of the mind? *The mind pushes us to be an ace and so, we race. But we lose our peace and grace.* If only we learn how to become the master of our thoughts, we can eliminate the mind, our biggest enemy.

The mind makes us believe that it is our best friend. Most of us can't imagine living without a mind. We are confused. Of course, we need thoughts but thoughts are different from the mind. We confuse our mind with our intellect. We must use our intellect to discriminate thoughts and then, attain true achievement and fulfillment. What we don't realize is that the mind is a rascal. It destroys our peace, our bliss and creates unhappiness. Once we are in Consciousness, we Realize the Truth. Otherwise, we remain a slave of the mind till we reach our grave.

The mind creates miseries and along with the ego, agony that destroys us. What is the method to tame the monkey mind and make it into a monk? What is the way to enjoy pleasure, live with peace and discover purpose? What is the way to live with peace, love and bliss?

I got a flash of inspiration and decided to write a book which would clearly describe the '12 Steps To Find Peace Of Mind' because the moment we become the Master of our thoughts, we eliminate all misery and sorrow and we begin to live in bliss.

*Where there is a piece of Mind,
There can be no Peace of Mind.*



INTRODUCTION

What are the 12 Steps To Find Peace Of Mind? Is it possible to become the Master of our thoughts? Yes, it is. There is good news. If we follow these 12 steps with determination and conviction, we will be able to kill the mind before the mind kills us.

Our mind is our biggest enemy. We worry about the AK-47 but the mind is more dangerous. It is MK-50, the Mind-Killer-50. It shoots at us 50 toxic thoughts every minute, steals our peace and destroys our Happiness.

What is the systematic way to eliminate the mind and find peace? How can we seize each moment and live it with joy? How can we overcome fear, worry, stress and anxiety? How can our regret, shame and guilt, cease?

The first step to finding peace of mind is to discover who the thief is. The thief is our mind! Because we do not realize who is robbing our peace and bliss, we praise the mind and say, '*The mind is king! It is everything!*' When we become aware that the mind is the culprit, we can then follow the 12 Steps To Find Peace Of Mind.

How can we find peace of mind if we cannot find the mind? Have you ever seen the mind? Nobody has seen the

mind! It is invisible. Still, it steals our peace. When we become aware that the mind is a bundle of toxic thoughts, we begin our journey to still the mind and kill the mind.

In this book, there are 12 steps on how to find the joy stealer, the invisible mind and still it, so as to kill it! For this, we must move into a state of Consciousness, where we are able to eliminate the rotten thoughts of the mind. In this state, we can activate the intellect, our precious tool of discrimination. It is only then that we can block the mind and lock the mind. If we don't, not only will we live with fear and worry, anxiety and stress, but we will also be agonized by anger, hate, revenge and jealousy caused by the false ego that is created by the mind.

If we follow the 12 steps, we will be able to flip over from negative to positive thoughts. Then, as we eliminate the junk, we can live like a monk, having tamed the monkey mind.

Happppiness is a choice. So is unhappiness. But when the mind creates a situation where in a toxic thought, we are caught, we become slaves of the mind. The mind becomes the boss and we are at a great loss.

Those who follow the 12 Steps To Find Peace Of Mind, will eliminate the mind and live in that state of Eternal Bliss known as *SatChitAnanda*, living in Truth Consciousness. The mind creates ignorance which makes us miserable but if we still it and kill it, we can become the Master and reach destination Happppiness faster!

*There are 12 steps to Find Peace of Mind,
But to begin, we must find, 'Where is the Mind?'*

STEP - 1

Find The Thief Who Is Stealing Our Peace



Every now and then, we lose our peace. Misery and gloom take over our life. But what is the cause of this? What is creating this unhappiness? Little do we realize that the joy stealer is the mind. The rascal mind is the thief! It does not knock at our door. It enters uninvited and pushes us on the floor. Then toxic thoughts pour like rain and we become miserable, again and again. The culprit is the mind. Our mind is the thief that steals our peace.

When Do We Know That We Have Lost Our Peace?

We may be celebrating something, we may be very happy but in a flash of a moment, we are shot down by the MK-50! The Mind-Killer-50 shoots at us up to 50 toxic thoughts a minute and then, we are dead because there is poison in our head. It may be a thought of fear that drills us and kills us or needless worry that makes us overthink. Sometimes, it is just unproductive stress that leads to anxiety. Whatever it be, these are toxic thoughts of the mind.

In a matter of moments, our peace does cease because the mind is a rascal that can seize our bliss and peace. Therefore, we must be aware of this thief, the mind. When the mind appears, peace disappears. But unfortunately, we are not even aware that it is the mind that robs us of our peace. We don't even know what the mind is. We think it is our best friend, when in reality, it is an enemy that robs us of our peace and Happiness.

The Thief Is The Mind

How many people realize that the rascal mind is the thief? The mind manipulates us and appears to be our friend. It makes us believe that the mind is king, it is everything, when in reality, it is the cause of our suffering. If there is no mind, we will never be ill as we will be still and free from toxic emotions like fear and worry, stress and anxiety. It is the mind that causes regret, shame and guilt and on this, our unhappiness is built.

So, who is the joy stealer? Our mind! We may have everything, but if we have no peace, we cannot be happy. And the reason why we lose our peace is the mind. How can we find peace? Peace, we do not have to find. It is within. We just have to still the mind! But unfortunately, when we try to find the mind, where is the mind, we cannot find! Still, it appears as a bundle of toxic thoughts to steal our peace and bliss.

Fear, Worry, Stress, Anxiety, Regret, Shame And Guilt

Why do we lose our peace of mind? We lose our peace because of the 7 miseries that predominantly make us unhappy. They are fear, worry, stress, anxiety, regret, shame and guilt. When these toxic emotions enter our life, instantly, peace exits. And peace is the foundation of Happiness. In a flash of a moment, our bliss is replaced with the shadow of unhappiness.

Fear is a False Expectation Appearing Real. It is not a real danger as the mind projects it to be. Worry is a waste of time, overthinking, repeating the fear, rehearsing the problem and yearning. Stress is an attack of sad and sadistic thoughts. Anxiety is a combination of fear, worry and stress. The mind makes us regret, feel ashamed and guilty about our past that is gone. Imagine all these toxic emotions in our life! Then we wonder why there is misery and strife! The cause is the mind. It robs us of our bliss.

A Small Piece Of Mind Can Steal Our Peace Of Mind

Even a little bit of the mind is enough to destroy us. The mind is nothing but toxic thoughts. It fools us into believing that it is a combination of positive and negative thoughts. But in reality, it is nothing but toxic thoughts. Therefore, even a small piece of mind can steal our peace. We must eliminate the mind completely to discover peace. We must kill it, destroy it, before it destroys us because where there is a piece of mind, there can be no peace of mind, bliss or Happiness.

Mind Is Misery, Ignorance, Negativity And Desire

What is the mind? It is nothing but Misery, Ignorance, Negativity and Desire. When we read this for the first time, we may be surprised because we have been taught so many good things about the mind. So, we remain a fool because of what we are taught in school. Little do we realize that the mind causes our misery due to ignorance

and negativity. We desire but this fire of desire can never quench our thirst. It can only make us burst with discontentment and disappointment, all because of the mind that makes us blind. The moment we realize that the mind is the one that steals our peace, we become aware of the miseries of the mind. Slowly, we awaken to the ignorance that it causes. If we are strong, we are able to eliminate the negative toxic thoughts of the mind and ultimately, eliminate the mind completely to live with peace.

Kill The Mind Before The Mind Kills You

Do we realize that slowly but steadily, our mind is destroying us? Not only does it steal our peace but the mind's rotten thoughts also lead to the decay and destruction of positive thoughts. Mentally, physically, emotionally and spiritually, the mind paralyzes us and makes us a slave till we reach our grave. Kill the mind before the mind kills you! Ultimately, the mind has only one objective — to be king and make us nothing! Although we are powerful human beings, the mind makes us human 'doings' and we are caught in toxic thoughts. We crave but we are not brave enough to kill the mind. Alas, we never find the thief and therefore, we remain miserable because of its toxic thoughts! If we do not kill the mind, the mind will kill us. Ultimately, we will be gone, only to be reborn as the Mind and Ego, ME and we will never be free!

There are 12 steps to find peace. But the first step is to find out who the thief is. If we do not identify the thief, how can

we destroy the monster that is creating the disaster? The mind makes us a fool. We foolishly try to use our mind, when in reality, we have to learn to lose our mind. The moment we realize that the mind is the burglar that is robbing us of our peace and Happiness, our journey to finding peace of mind will begin.

“

*Who is stealing our Peace of mind?
Little do we realize that the thief is the mind!*

STEP - 2

**Try To Find
The Mind Which
You Cannot Find!**



To find peace of mind, we must first, try to find the mind. Nobody has seen the mind. Still, it appears to exist and creates so much misery and sorrow. Like a monkey, it keeps jumping into yesterday and tomorrow. However much we try to find the mind, where is the mind? We cannot find!

Have You Ever Seen The Mind?

If I give you a yellow Happiness Ball, you can touch it and even feel its shape, size and material. It's yellow and round. But what is the size of the mind? What is the shape of the mind, the colour of the mind? Have you ever seen the mind? Nobody has ever seen the mind. Still, it seems to exist. It makes us miserable and sad. It makes us worry till we are mad! Nobody can deny the existence of the mind. But where is the mind, you cannot find!

Some people think that the mind is in the head. That is where the brain is. Today, the world differentiates between the brain and the mind. The brain is the hardware. The mind is the software. The mind seems to exist in every part of our body for we can trigger thoughts from our toes to our head. Therefore, where is the mind? We cannot find because the mind has no tangible physical existence.

Just like a computer, the 'human computer' has a body as its hardware and the mind as its software. Unfortunately, life's biggest challenge is to be able to uninstall the corrupt software of the mind that is afflicting the body with diseases. The world is struggling with mental diseases that

make us ill. Not many of us are able to still the mind and kill the mind!

The Mind Does Not Really Exist

The mind as a software only has a subtle existence. It cannot be seen, even though it appears to exist. What is the mind? It is just a bundle of toxic thoughts. When negative thoughts get together and attack us, and they pour like rain and make us miserable again and again, we feel the presence of the toxic mind.

It is unfortunate that over the generations, we have been programmed to believe in the power of the mind, when in reality, there is no mind. Toxic thoughts get together to become our boss. They seem to ride our life horse. They take charge of our life as the mind, which we cannot find. Though the mind does not seem to exist, it has such an impact on our life that not only does it create all our misery on earth but it is also responsible for directing our Karma, carrying our unsettled Karma and consequently, bringing us back into this world in a rebirth. How is this possible when the mind does not really exist?

The mind appears due to our ignorance. Because we accept its toxic presence, we suffer on earth and return in a rebirth. The mind, which we cannot find, stops us from realizing the purpose of life. It creates the ego that says 'I' and makes us suffer till we die. It's time to find the mind!

The Mind Is Just A Bundle Of Toxic Thoughts

What is the mind? We confuse the mind with thoughts. Thoughts may be positive or negative but the mind is primarily a bundle of toxic thoughts that becomes the MK-50, the Mind-Killer-50. It can create up to 50 miserable thoughts every minute. This can amount to a whopping 50,000 toxic thoughts every day. No wonder the mind has such a profound influence on our lives. A mind that we cannot find, yet, it has such a presence that it makes us leave all our peace and Happiness behind.

When do we experience the mind? We experience the mind when toxic thoughts like fear and worry create stress and anxiety. In those moments when we are depressed and when we experience regret, shame and guilt, we can feel the presence of our mind. The mind fools us into believing that it also creates happy thoughts. No doubt, we have happy thoughts but they do not constitute the mind. Let us remember, the MIND is Misery, Ignorance, Negativity and Desire and therefore, it is nothing more than a bundle of toxic thoughts. We can kill all these ill thoughts if we learn to still the toxic mind. Like they say, *the one who conquers the mind is a greater conqueror than the one who conquers the world!* If we want to find peace of mind, we must first try to find the invisible mind. Only then can we be at peace.

First, Become Aware Of The Mind

If we want to find peace, the first step is to become aware of the presence of the mind. There are times when we are peaceful and blissful. At such a time, there is no mind. There are also those times when we sleep like a log and we wake up from a blissful, peaceful sleep. Then also, the mind doesn't seem to exist. But normally, during the day, the mind constantly intercepts our life causing stress and creates a mess. Sometimes, it troubles us even when we sleep by creating nightmares.

While we cannot see the mind, we can definitely become aware of the mind. Its existence is accompanied by toxic emotions. We become afraid of a false expectation that appears real. We overthink our problem and make a mountain out of a molehill. We let a perceived danger drill us and kill us. We start sweating, become nervous and even depressed. What are all these symptoms? These symptoms indicate the presence of the mind. While we cannot see it physically, we can feel its existence because of the toxic feelings created by the poisonous thoughts of the mind.

If we want to find peace, the first challenge is to become aware of the mind. We should be mindful of the rascal mind — a mind that does not knock at our door. It enters uninvited only to create more misery and sorrow. The moment we become aware that the mind has arrived, we move into a mind state from a state of Consciousness. We lose awareness of life as the toxic thoughts of the mind overtake us, just as how dark clouds shadow a beautiful bright blue sky. Once we become aware of the mind, we

can find ways to destroy it and eliminate it. Alas, most of us are not even aware that the rascal mind has taken charge of our life and our peace.

The Mind Drills Us And Kills Us

So, what is it that continues to drill us and kill us? Either different toxic thoughts attack us and create misery and sorrow or the same thought continues to drill us and kill us, something that we call, overthinking. What causes this overthinking? It is a bundle of toxic thoughts! This is the function of the mind, a mind that we cannot find! Unfortunately, because we are not aware of the mind, we lose Consciousness. We lose command of our life because we have not learned how to kill the mind and find peace of mind. We surrender to the monkey mind that jumps into a past that is gone, creating regret, shame and guilt. Then, the monkey jumps into a future that's not yet born, creating fear, worry, stress and anxiety. The sum total of the mind is that we are filled with misery and sorrow. We lose the gift of the present moment as we suffer in yesterday and tomorrow.

What is stealing our peace and joy? What is robbing us of our moment, our life? It is the mind! Because of its toxic thoughts, we are flooded with misery because we are unable to create a dam that can stop the gushing river of the mind and its miserable thoughts. Unless we learn to find the mind, we can never still it and kill it. Peace will be a distant dream.

Thoughts Pour Like Rain And Push Us Down The Drain

As long as we are blinded by the miserable mind, peace, we can never find and peace is the foundation of Happiness. How can we be happy if the mind continues to pour thoughts like rain, creating fear, worry, stress and anxiety, pushing us down the drain? We may seek peace but it will be in vain because the mind will continue to attack us again and again. We must stop the typhoon of the mind. We must eliminate the tornado of toxic thoughts. This is the truth. As long as we are a slave of the mind that continues to crave, we will only carry misery to our grave. But there is hope. We must catch hold of the rope called Consciousness or Awareness. Then, we can cope with the toxic thoughts of the mind.

Just like we breathe, we think. We cannot stop thoughts. But we can definitely stop the mind. The mind does not exist in reality. It is created out of our ignorance. It is our choice to choose positive or negative thoughts. But when we let the mind take charge, it does not spare us! And once the toxic thoughts of the mind pour like rain, our peace goes down the drain.

Where There Is Mind, There Is No Peace

We are all seeking peace and Happiness. Little do we realize that where there is a mind, there will be no peace, just as when there is peace, there will be no mind. Enter mind, exit peace! Enter peace, exit mind! It is our choice.

The mind is the enemy of peace. It does not want us to be peaceful, for in that state of peace, the mind ceases to exist. Therefore, the mind fights very hard to bombard us with thoughts. It does not allow us to be still and continues to throw at us ill thoughts that replace our tranquillity with anxiety.

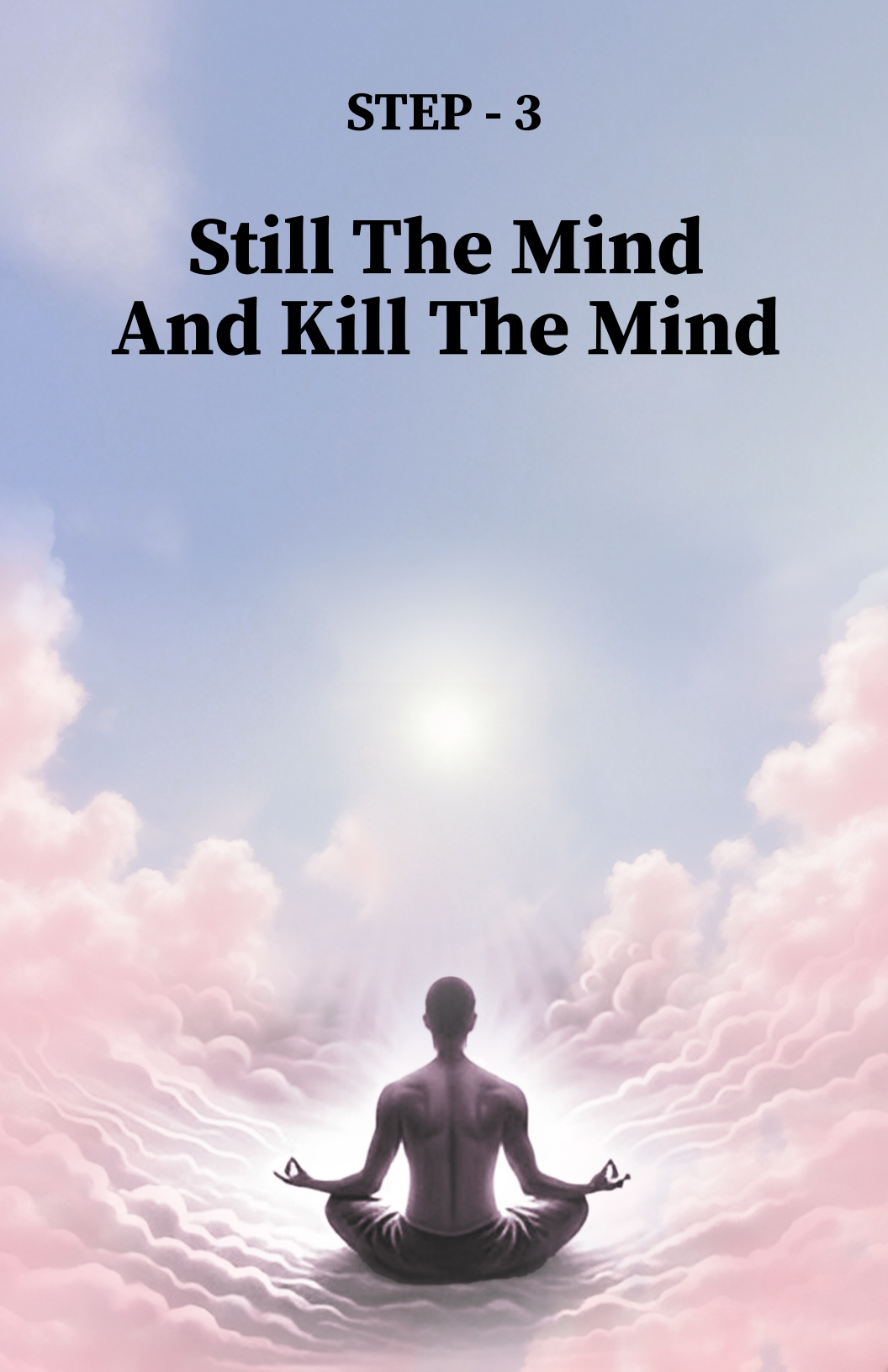
If you are seeking peace of mind, first, eliminate the mind. And if you want to remove the mind, you must try to find the mind. In that very moment, when you realize that the mind does not exist, you begin your journey to live with peace.

“

*To find Peace, we must first, find the Mind.
Where is the Mind? You will never find!*

STEP - 3

Still The Mind And Kill The Mind



As long as we don't still the mind, the mind will continue to kill us. It will bombard us with worry and stress, fear and anxiety. Its objective is to rob us of our peace and tranquillity. But we have the power to kill it! If we don't kill the mind, our mind will kill us! How can we kill the mind that we cannot find?

How Can We Kill The Mind That Does Not Exist?

None of us has seen the mind but none of us can deny its existence. It appears to be. Along with the ego, it says, '*I am ME.*' The ME, the Mind and Ego, gives us identity. Without the mind and ego, how would the body function? Just like a computer needs software, the human computer needs the director, the Mind and Ego, ME, that can make the actor, the body, function. Therefore, the subtle aspect of our existence, the mind, although invisible, exists. It is the one that is causing all our misery. But it fools us into believing that it is the one that is creating our life of Happiness. This is a lie. The mind is what makes us suffer till we die.

It is easy to distinguish when we are in a state of mind and when we are not. When there is peace, there is no mind. But when there is tension and worry, stress and anxiety, the mind is at work. It is the mind's play that creates a storm in our head. Thoughts pour like rain. They drill us and kill us. Sometimes, it is the same thought causing fear and at other times, it may be different toxic thoughts creating worry and stress. When our life is a mess, it is the mind that is causing this unhappiness. Therefore, to

become aware of the mind is not so difficult. When the mind appears, peace disappears.

It is at this time when the mind is active and we are miserable that our Awareness, our Consciousness must be activated, if we want to kill the mind. We must learn to bring back Consciousness. If we are not bold and courageous enough to face the mind, it will deface us. So, the first step is becoming aware of the rascal mind.

The Mind Appears To Exist

Now that we know what the mind is, can we deny its existence? It is a bundle of thoughts. Specifically, the toxic thoughts become the mind. Just like a bundle of thin wires can become a cable and drops of water put together can become a gushing river, thousands of toxic thoughts can appear as the mind. If we untie the cable, wire by wire, there will be no cable, just wires. If we take out drops of water from a glass, it can become empty. So also, if we eliminate toxic thoughts from the mind, there will be no mind. However, the mind appears to exist just like the river and the cable. It is for us to see through and through that these are just toxic thoughts. There is no mind. If we don't understand that the mind as such does not exist, then it will appear and destroy us. Therefore, it is important to understand that we should not permit toxic thoughts to bundle together to become the dangerous mind that appears to exist.

What is the way to stop the mind from making itself real in our life?

If We Still The Mind, We Can Kill The Mind

The simple way to kill the mind is to still the mind. We have to slow down its pace. The mind can create a whopping 50,000 thoughts a day. It can shoot at us up to 50 toxic bullets of thoughts every minute. In this state of mental attack, it is impossible to kill the mind. The only way is to still the mind. If we become aware of the mind, the mind becomes conscious and slows down its pace of manufacturing and hurling toxic thoughts at us.

We must focus on our MTR, the Mental Thought Rate. Slowly and steadily, we can reduce the flow of thoughts in our head. From 50 thoughts a minute, it can become 40 thoughts, then, 30 thoughts, till ultimately, thoughts don't pour like rain. They appear as gentle snowflakes, one-by-one, as we freeze our mind into a coma. The mind that has no real existence must be eliminated. It must be decimated and destroyed. This is life's biggest challenge!

To kill the mind, there is only one way. We have to still the mind. The moment we still the mind, we empty the mind of its rotten thoughts. Then, there is nothing left in the mind to exist. It is no more!

Silence And Meditation

Today, the whole world is talking about silence and meditation. Why has this become such a rage? The term 'meditation' is portrayed as something fancy, mystical and magical, when in reality, it is nothing but silence. We are

told to keep our spine erect. We use fancy mats to sit on and repeat mystical *Mantras*. All of this is fine, provided we can silence the mind. Meditation is nothing but slowing down the MTR, the Mental Thought Rate. If we are sitting in meditation but our mind is wandering, such meditation is of no use. Therefore, one must learn to be still. For this, one must shut their senses so that they stop seeing, listening, smelling, eating and touching. Otherwise, these sense perceptions can create thought impulses that can initiate a thought storm. Then, from one thought, the monkey mind can jump to another thought and we can get caught in the web of the mind.

Meditation is profound provided it can still the mind because then, we can kill the mind! There can be no greater practice than silence and meditation. One may start with One-Minute-Meditation, every now and then. In that short 60-second period, we can slow down the mind and experience peace. In the Five-Minute-Meditation sessions, we can do much better. Those who practice one hour of meditation in their daily routine, experience a deep sense of peace. It is simple! When there are no toxic thoughts for one hour, we experience Divine tranquillity, as we eliminate all anxiety. In meditation, there are no thoughts of fear, worry, stress and anxiety because there is no mind to create this mess.

Eliminate Mental Illness

Mental health has become such a big thing in today's world. Why? Because the world has exploded with millions of options for our sense gratification. In the times

gone by, life was simple. Earlier, there were limited options for food. Today, we have hundreds of different cuisines. Earlier, there were limited apparel. Today, fashion has become international and we are lost in styles, designs and labels. Music, perfumes and even exotic holidays attract our mind and soon we find that we are lost in a whirlwind of pleasures. While it is good to enjoy, it has made us prisoners of the mind. The mind is lost in millions of thoughts and for those who are lost in the material world, it has become practically impossible to still the mind. In fact, there are so many varieties of mental illnesses that we wonder what the cause of our depression is. Our depression is caused because of the aggression of thoughts. Our desires make us burst as we don't quench our thirst. There is disappointment and our mind makes us disgruntled. What is the way to eliminate mental illness?

The simple way to overcome mental illness is stillness. Psychiatrists and psychologists prescribe meditation and silence. But the truly awakened ones add contentment and fulfillment to the prescription. Unless we learn to count our blessings, the mind will not be still. Toxic thoughts of desires will continue to kill us in the guise of giving us pleasure but in reality, these aggressive thoughts of desire will steal our true treasure of peace and bliss.

If we want peace of mind and if we want to eliminate mental illness, we have to still the mind. We have to make silence and meditation a part of our daily routine if we want to enjoy a state of peace, the very foundation of Happiness.

Stop 50,000 Toxic Thoughts Every Day!

Imagine waking up every morning with thoughts of worry and stress. Imagine getting out of bed with the fear of what is going to happen today. Every moment that we live with toxic thoughts of the mind, destroys the moment. Thus, we destroy life itself. We have to eliminate these 50,000 toxic thoughts that fill every minute of every day. By itself, thoughts are fine. If they swim into our Consciousness, like little fish for us to discriminate, we have no issues. But when they bundle together as toxic thoughts and become the rascal mind, then we are doomed.

Our greatest challenge is to stop this gushing river of toxic thoughts. Just like a river in spate needs a dam to stop its aggressive gush, we have to lock the mind, block the mind and stop its rush of toxic thoughts into our head. Otherwise, we will be dead! In fact, most of us experience this. We open the doors to the gushing river of toxic thoughts and then, we wonder why we are flooded with misery and sorrow. We do not realize that our head is filled with poisonous, miserable toxic thoughts. If we want peace of mind, then this, the third step is crucial – Still the Mind. Kill the mind! When we create a dam and stop the 50,000 toxic thoughts from flooding our day, we can be at peace. We can choose our thoughts and we can live. Isn't it time to still the mind and kill the mind?

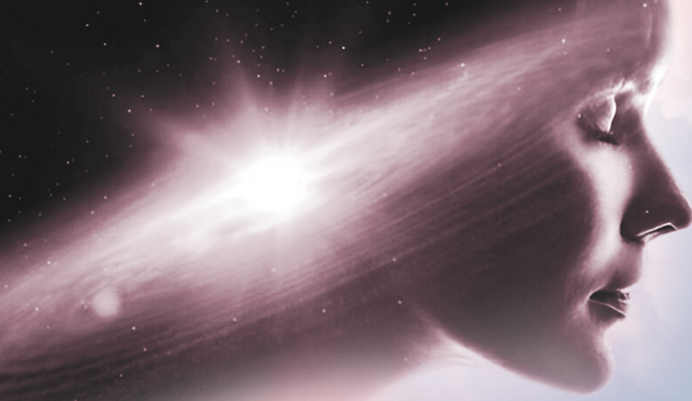
Beware! The Mind Is Like A Phoenix

While the third step to finding peace of mind is to still the mind and kill the mind, we must beware of the mind – it is like a Phoenix! Haven't we heard of that legendary bird that symbolizes being reborn, as it rises from its own ashes? No doubt, it may be a mythological story but it teaches us how the mind reappears after we still it and kill it. Why? Because the mind is nothing but a bundle of thoughts and as long as we are alive, just as we can't stop breathing, we can't stop thinking. However, we can live with thoughts but eliminate the mind. If we don't learn this, the mind will return and attack us like the Phoenix. However, if we block the mind and lock the mind, it cannot return like a Phoenix. We should not permit toxic thoughts to accumulate and become the mind again. What is the way? That is the fourth step to peace of mind.

In this journey to finding peace of mind, we have covered 3 steps so far. The first step is to find the thief, who is stealing our peace. The second step is to find the mind. The third step is to still the mind and kill the mind. What next? If we get to step four, the mind will go out of the door and we will experience peace.

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*If we want Peace, we must kill the Mind!
How to kill the Mind that we can't find? Still the Mind!*



STEP - 4

**Flip Over To
The State Of
Consciousness**

To find peace of mind, we have to change our state of mind. We have to flip over from the mind state to the state of Consciousness. But how can we move from mind to Consciousness?

First, Still The Mind

We have already gone through the first 3 steps — finding the thief, the mind that we cannot find. Then, realizing that it is just a bundle of toxic thoughts. The third step is to eliminate the mind and the only way to kill the mind is to still the mind.

Without stopping the gushing river of thoughts, it is impossible to flip over to Consciousness. The mind is bombarding us with about 3000 thoughts an hour. How can we become conscious, become aware of each thought? Just like we build a dam to stop a gushing river, we have to lock the mind by blocking it. But when do we build a dam? Not when the river is in spate. When can we block the mind? Only when we slow down its pace. We slow down the race of thoughts as we escape from the maze of fear, worry, stress and anxiety.

So, through the practice of silence and meditation, we can slow down the MTR, till ultimately, there is no mind, just a few random thoughts that roam through our Consciousness. But this is our first challenge - to move to Consciousness and still the mind.

Thoughts Will Still Appear

After overcoming the huge challenge of slowing down the gushing mind, the next challenge is to deal with thoughts that appear in our Consciousness. The mind will still try to poison us with negative toxic thoughts. It will create desires and negativity so that we remain ignorantly miserable, living with regret, shame and guilt. But once we still the mind, we break its power to dominate our life.

When thoughts gently appear in our head, it is a signal that we have succeeded in stilling the mind. The mind no more drills us and kills us. In place of the mind, thoughts will continue to wander in our Consciousness. It is in this state that we can build a dam because there is no gushing river of thoughts. We must watch each thought, observe it as a witness. This means that we separate ourselves from the thought and distance it so that we can snatch it and control it. In such a state, where we become the master of our thoughts, we are ready to flip over to the state of Consciousness.

Moving To The State Of Consciousness

What is the meaning of moving to the state of Consciousness? Most of us don't even experience this state. We are so lost in the mind state that we never understand what it means to be in Consciousness. When we move from a state of mind to the state of Consciousness, we are no more paralyzed by innumerable negative thoughts that attack us. Thoughts, no more pour like rain,

creating constant pain. These gentle thoughts get interspaced through moments of silence and this quiet space, where we are without miserable thoughts, increases till ultimately, there is no thought. As we watch each thought, we get a grip on it and we do not let it slip. The thought can no more spoil our mood, create negative feelings or lead us to a regrettable action.

There was once a man who was riding a horse. Somebody asked him, 'Where are you going?' He replied, 'I don't know. Ask the horse!' When we let the mind ride the horse of our life, it becomes our boss. Then, we are at a great loss because we can never experience the state of Consciousness, where there is an absence of mind. Therefore, we must first become aware of the mind and its toxic thoughts and then, slow it down and eliminate it. Then, we would have moved to the state of Consciousness.

Consciousness Is Awareness

In the state of Consciousness, there is Awareness. We become aware of each thought, positive or negative. In this state, we can pick and choose our thoughts because there is no mind that fills us with poison. Therefore, many people call it, 'Mindfulness', not because the mind is full, rather because we become mindful that there is no mind. This is a state of practically no thoughts. Thoughtlessness doesn't mean the absence of thoughts but it definitely means the absence of the mind, the bundle of toxic thoughts.

As long as we are in Consciousness, there is Awareness of gentle thoughts that swim into our Consciousness like

little fish, without creating Misery, Ignorance, Negativity and Desire, the MIND.

Don't we experience times, when we wonder what we did? We feel so foolish! We were trying to throw a ball but instead, we threw our mobile, which was in the other hand. This demonstrates our lack of Awareness. When there is no Consciousness, we sometimes act like fools because of our foolish mind. But when we are in complete Awareness, we are able to discriminate and live intelligently, which is the biggest gift of being in Consciousness. For this, we must know the difference between the mind state and Consciousness, just as we should become an expert in flipping from mind to Consciousness. Once we make it a habit to be in Consciousness, then this Awareness will not let the toxic mind enter, creating misery and stress. In Consciousness, there is no mess, no unhappiness because we become completely awake, agile and stop every negative thought from taking command of our actions.

In Consciousness, There Is No Mind

Those who have made their mind their best friend, do not want to let go of the mind. They even talk about being friends with the mind. They discuss how they use the mind to achieve success. You can't! The mind is our biggest enemy. Its job is to rob us of our peace and our Happiness. Until we reach the state of 'no mind', we will never reach the state of Consciousness, where we discriminate using our intelligence and make the right decisions.

One of the two possibilities exists. Either we live as the mind or we still the mind, we kill the mind and we live in Consciousness. Most of the time, we are constantly moving from mind to Consciousness and then, back to the mind. We must remember that just like when the day comes, the night goes and when the night comes, the day goes, so also, when the mind appears, Consciousness disappears. Our challenge is to be firmly in Consciousness, so that the mind disappears for good. In Consciousness, we cannot find the mind. The mind is a bundle of negative thoughts. But in Consciousness, there are no bundles of thoughts. There is stillness, Awareness and Mindfulness. There is no mind!

How To Remain In Consciousness?

The mind is a burglar, a thief. It's like a monkey that doesn't want to be still. It's constantly jumping into a yesterday that is gone, creating regret, shame and guilt. Then, it jumps to a tomorrow that's not yet born and creates fear, worry, stress and anxiety. As long as we let the rascal mind continue its monkey business, we cannot remain in Consciousness. We must still it and kill it! That's not enough. We must eliminate it. We must push it and flush it out of our life. This happens when we lock it and block it and remain in Consciousness.

How can we do this? First, we must realize that there is no mind. It appears to exist because we permit it to create a bundle of toxic thoughts. The moment we become aware that the mind has an illusory existence, we will refuse to accept the entity called the mind. Then, we will be left to deal with thoughts. The moment we learn to slow down

the pace of thoughts, our MTR, we will be able to still the mind. If we are able to still the mind, we can kill the mind. The moment we kill the mind, we don't need to flip over to Consciousness. We will automatically be in Consciousness.

As long as the mind exists, it will not permit us to experience Consciousness. It is just like how dark clouds make the bright blue sky disappear. Does the sky actually disappear? No! We all know that above the clouds, the sun is shining as we see glimpses of the sparkling bright sky. Those who have experienced taking off and flying in an aeroplane on a gloomy, cloudy, dark day, must have been pleasantly surprised to see the bright sunshine, once the aircraft breaks through the barriers of the dark clouds. So it is with Consciousness. As long as we are alive, we are capable of being in Consciousness but when we permit the dark clouds of the toxic mind to cover the bright blue sky of Consciousness, Consciousness seems to disappear. What is the truth?

We must learn to eliminate the dark clouds of the mind. There, we will find Consciousness. There, we will find peace of mind. For where there is no mind, there are no dark clouds of toxic thoughts. We will experience the true bliss of Consciousness.

This completes the 4th step to finding peace of mind. Peace is the foundation of Happiness. It is not easy to become the master of our thoughts. But it is very much possible, provided we can lock ourselves in Consciousness. Then, we are gifted with the greatest treasure of our life, which when activated, will lead to Eternal Peace and Everlasting

Happiness. That is the fifth step. But we cannot reach the fifth step without climbing the first four steps – first, identifying the thief; second, realizing that the mind does not exist; third, stilling the mind and killing the mind and fourth, flipping over and locking ourselves in a state of Consciousness. Are you ready to move to the fifth step to find peace of mind?

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*As long as the Mind exists,
there can be no Consciousness.
Just as there is no Happiness,
when we are full of misery and stress.*

STEP - 5

Activate The Intellect, The Tool Of Discrimination



If we want to find peace of mind, it's not enough to find the thief who steals our peace. It's just not enough to find the mind, that bundle of toxic thoughts. We must still it, kill it and flip over to Consciousness. But what next? The next step is that we must activate the intellect, our most precious tool of discrimination.

Our Special Gift - The Intellect

We human beings are blessed with a very special tool. It is called the intellect. While we have so many blessings like eyes to see, ears to hear, a tongue to taste and a nose to smell, the most precious gift is the ability to determine what is black and what is white, what is wrong and what is right. No other species has this gift. Dogs and cats may have an instinct, by which they live but they can't discriminate and choose. It is only a human being who can contemplate and discriminate. As long as we are bombarded by thoughts of the rascal mind, the intellect will be pushed into a corner. Then, the mind becomes our boss. It rides our life horse. We have no option but to be swayed by the poisonous thoughts of the mind. It is only when we eliminate the mind, we destroy it, that we can reach the state of Consciousness, in which this special gift, this precious tool of the intellect can be activated.

What Is The Intellect?

Just like we seem to have a mind, which is a part of the human computer's software, our subtle body is known as the inner instrument. It consists of the mind, memory, ego and intellect. None of these are physical or tangible. So,

they are considered to be a part of the subtle body. They exist but without any physical identity. For instance, we have a memory but can we copy our memory on a drive and transfer it into somebody else's memory? No, we cannot!

So, the intellect, another aspect of our subtle existence is a faculty of discrimination. It helps us to discriminate between the truth and the myth, reality and illusion, between this and that. Not only does it help us discriminate but it also creates willpower, the power to choose. When the intellect is active, we can live in Consciousness, without giving the illusory mind, space to dominate and discriminate. Within each one of us, we can hear two voices – one voice is that of the rascal mind that makes us blind. The second voice is the voice of the intellect, which makes us discriminate and select.

When The Mind Is In Charge, The Intellect Is Disabled

Why is it so important to activate the intellect? When we reach the state of Consciousness after we still the mind, kill the mind and activate the special weapon called the intellect, the intellect does not permit toxic thoughts of fear, worry, stress and anxiety to rob us of our peace and tranquillity. How? The intellect discriminates each toxic thought and eliminates it. In fact, when the intellect takes charge, it builds a dam so that the gushing thoughts of the toxic river called the mind cannot flood us with misery and sorrow. The intellect eliminates all ignorance caused by the mind. How? It blocks the mind and locks the mind. It shuts the door and then, toxic thoughts are no more.

Therefore, either the mind is in charge or the intellect is in charge. When the mind is bombarding us with thoughts, the intellect is disabled. But when the intellect is in charge, there is no mind.

Activate The Intellect, Disable The Mind

Our mind is like a thought factory. It is constantly producing thoughts. What kind of thoughts do we produce? It depends on who the manager of this thought factory is. If the thought factory is managed by the mind, it will constantly produce negative thoughts but if the manager of the thought factory is the intellect, it will eliminate the mind and produce only positive thoughts.

Therefore, we have a choice. We can activate the intellect as we disable the mind or we can let the mind be activated and let our intellect be disabled. What should we choose? Of course, we must choose the intellect. But then why do we choose the mind? Because we are in the mind state. We are not in the state of Consciousness. The trick is to flip over from mind to Consciousness, to activate the intellect and disable the mind. Then, peace, we will find!

Create A Dam To Stop The Gushing River Of Sorrow

If we want to enjoy every moment of life with peace, love and bliss, we need to do this. We need to build a dam. A dam that blocks the river of the mind, a river of toxic thoughts that flows with about 50,000 gallons of poisonous thoughts, every day. When we stop the mind,

there is no river of negativity, there are no toxic thoughts. We shut the door and live like a monk as we eliminate the junk of the mind by using the intellect to build this dam, to block the mind and lock the mind.

What happens when we don't stop this gushing river of sorrow? The mind jumps to yesterday and tomorrow. The mind enters our head and soon, we are dead. We are bombarded with fear and anxiety, worry and stress and our life becomes a mess! The solution is easy. Eliminate the sorrow of the mind and leave the toxic thoughts behind. Who can do this? The superhero, the intellect that awakens in Consciousness, when there is no mind. Then, the intelligence of the intellect overcomes the ignorance of the mind. The reward is Everlasting Peace of mind.

With The Intellect, The Rain Of Thoughts Becomes Snowflakes

What happens when we flip over from mind to Consciousness? What happens when we move from the mind's control to the intellect's control? Will there be no thoughts? Beware! The mind fools us into believing that thoughts will never stop. Sure, there will be a few thoughts that enter our intellect but there will be no mind. The mind attacks us as a bundle of toxic thoughts. But when we activate our intellect, our mind is locked outside our head. Thoughts then don't pour like rain. They don't attack us and push us down the drain, making us miserable, again and again. Hitherto, we would live in vain, hopeless, depressed. But now, we have turned the tables. There is no gushing river of the mind. There is no rain of thoughts. Thoughts appear like gentle snowflakes and submit

themselves to the intellect for contemplation and discrimination. With the intellect in charge, there will be the elimination of all negative thoughts and the selection of only positive nourishing thoughts. As long as we are alive, just as we breathe, we will think. But with the intellect in command, we will be the master of our thoughts. We will not be caught in any toxic thought.

Choose Your Thoughts

Do you want to choose your thoughts? Do you want to choose your life? You have a choice. You can either lose your peace of mind by letting your mind take charge of your thought factory or you can activate your intellect and eliminate the mind. You can discriminate thoughts and choose. You can become the master of your thoughts, thoughts that become feelings and actions, and ultimately, your destiny. Either you can let your mind take charge and lose your peace of mind or activate your intellect and take charge of your destiny.

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*We can either activate our Intellect,
our most precious tool.
Or let the Mind be in command and
we can remain a fool!*

STEP - 6

Lock The Mind



If you want to find peace of mind, lock the mind, for if you don't still the mind, the mind will kill your peace, tranquillity will cease and anxiety will increase. But how can you lock the mind, which you cannot find? You have to block it, still it and kill it! Let us discover this secret.

How To Block The Mind And Lock The Mind?

The way to block the mind and stop it from pushing our peace behind is to still the mind. Silence and meditation are some of the ways to still the mind. Unfortunately, we are unable to block the mind because we are ever ready to listen to what the mind has to say. In rotten thoughts we are caught as the mind continues to drill us and kill us.

The mind is not just one or two thoughts. It is a bundle of about 50,000 toxic thoughts that gush like lava flowing from an erupting volcano. How do we stop the river of lava? The way to lock the mind and block the mind is to establish ourselves in Consciousness and activate the intellect. We have already discovered how to flip over from a state of mind to the state of Consciousness. We have already reviewed how we must activate the intellect in Consciousness. When the intellect is the master, we lock the mind as we block it. We separate ourselves from being the mind as we remain still, silent, observing the toxic thoughts that are trying to attack us. The moment the mind is being observed, it stops gushing. We have already discovered that the mind is nothing but a bundle of toxic thoughts. When we slow down the MTR, the mind starts disintegrating. This is only possible in Consciousness. Then, each thought submits to the intellect for

discrimination and slowly but steadily, there is an elimination of the mind. The intellect is ruthless. It does not let the mind bombard us anymore. When we remain in Consciousness, the agile mind becomes weak as the flow of thoughts reduces. Therefore, with this method, we first block the mind and then, lock it. The intellect builds a dam, so that the gushing river of thoughts does not enter. Peace prevails just like a still lake without the ripples of toxic thoughts.

Be A *Sthitpragya*

For one to lock the mind, one must be a *Sthitpragya*. The word '*Sthitpragya*', indicates a steady intellect, a state of unwavering Consciousness, where the intellect is in command. There is no sign of the mind, as we make it resign from our life. Only thoughts appear and that too, submissively. Erstwhile, rotten thoughts would attack us and pour like rain and we would be miserable again and again. But as a *Sthitpragya*, the steady intellect is locked and one remains in Consciousness. When there is Consciousness, there is no mind. When the intellect is in charge, toxic thoughts of the mind are totally discharged. This is not a theoretical achievement. It needs practice. Just like we go to a gym to build the muscles in our body, we need to build our intellectual muscles to remain in Consciousness, all the time, eliminating the mind and replacing it with the intellect. One who lives with a steady intellect becomes a *Sthitpragya*. Such a person is wise because there are no lies in the otherwise toxic mind. Truth prevails as the intellect shines in Consciousness.

After the intellect is activated, if the mind is permitted to enter our head, then once again, we are dead. Dark clouds of poisonous thoughts will overtake the horizon of the bright blue skies of Consciousness. The result will be that the intellect will be subdued. The mind will become the king and we will be reduced to nothing! Therefore, to remain peaceful and blissful, the sixth step - Lock the mind and block the mind - is crucial and this is only possible if we live as a *Sthitpragya*. A *Sthitpragya* controls the 5 raging senses of the body, just as a charioteer would control a chariot of 5 horses, tied together by the mind. Without the steadfastness of the intellect, the reins would be loose and the horses, our senses, would gallop uncontrollably in different directions and destroy our peace. The *Sthitpragya* is that warrior, who tightly holds the reins of the mind. Having locked and blocked the mind, the *Sthitpragya* or the steady intellect controls our 5 senses from the fire of desire that would otherwise destroy our peace.

Slow Down The Pace Of The Mind

Have you ever tried to catch a fish in a pond? Normally, it is impossible because they swim with such agility. But stop feeding the fish for a few days and you will slow down their pace. Then, you will be able to pick them up as though they were dead. To stop the toxic thoughts from coming into our head, we have to slow down the pace of the mind. The mind, which can bombard us with up to 50 toxic thoughts a minute, is impossible to lock. It is like trying to build a dam during a flood. The waters will just gush past the construction. So, we need to slow down the mind. We must reduce the MTR, till the mind is no more

gushing with poisonous thoughts. When the mind is stilled, a dam can be built. With this slowing down of the mind, locking and blocking it becomes possible.

Sometimes, when the wind is gushing, it becomes so difficult to close the door. But if we are able to reduce the speed of the wind, we will be able to lock the door. So it is with the mind. This needs practice. Meditation and silence are sure ways to stop the hurricane of thoughts from creating havoc.

Lock The Door

Do you go to sleep every night leaving the door of your house open? If you do, you are sure to have a burglary in your house, sooner or later. So also, those who leave the door of their mind open, permit the entry of negative thoughts into their life. How can they find peace?

The only way to find peace is by making toxic thoughts cease. The way to do it is to lock the mind. The only instrument that can lock the mind is the intellect and the intellect cannot be activated other than in Consciousness. Therefore, we must consciously lock the mind through the intellect to find peace. If the door of our life is not locked by the intellect in Consciousness, the mind, having no courtesy or decency to knock, will just rush in and gush in with its toxic thoughts. But if the door is locked, there will be peace within. We become the master. Therefore, if we want to find peace, we must consciously lock the door of our head to stop the mind from entering.

Don't Let The Mind Enter

Although we lock the door, the mind will not stop. It will try to somehow, enter. It will use every possible tactic to create fear and worry, stress and anxiety. Even if we lock the door of the mind, we are not free from the mind. The mind never gives up. It will continue to make every possible effort to steal our peace. Therefore, being in Consciousness and activating the intellect is not a one-time achievement. We must live in this state, all the time. Imagine, we build a dam and stop a gushing river. The entire water that is outside the dam, still exists. So, if we open the door of the dam, the water will gush in and cause a flood. We cannot let this happen. We cannot let the mind enter.

As long as our 5 senses are open windows, we will see, hear, smell, touch and feel. These become the windows through which the mind can enter. But if these senses are under the control of the intellect, these windows will not permit the mind to enter.

Haven't you seen some homes that are never infested with mosquitoes or flies? They are so because the windows are fixed with a mesh. No pest can enter. When our senses are protected with the mesh of the intellect, no negative thought can enter our Consciousness because the intellect will discriminate each thought and if it is rotten, it will throw it out. This is the way to live a normal life, without letting our mind destroy our peace. We can do anything but we must remain firmly in Consciousness, eliminating the mind. The intellect becomes the doorman that checks every thought that enters without permitting any toxic thought to enter and steal our peace.

Discriminate Each Thought – This Or That

One who lives a life of peace and tranquillity, lives a life of constant discrimination. There is no kneejerk reaction. One does not impulsively react. Every action is performed with conscious thoughts and feelings, controlled by the intellect. Some people are carried away by the heart. And because they don't use their head, peace is dead. Those who live with Eternal Peace, discriminate each thought and eliminate all negative thoughts. Black or white, wrong or right, this or that, there is constant evaluation and discrimination that makes life a celebration! Without this Purification and Illumination, peace cannot prevail.

Become The Master Of The Mind

If you want to find peace, then become the master of your mind. Don't let your mind be your boss. Get your intellect to ride your life horse. If you don't, there will be loss of peace and tranquillity. Stress and anxiety will fill your head and fear and worry will occupy every moment of your life. Regret, shame and guilt will become your song of sorrow and strife.

One who learns to lock their mind becomes the master of his mind and enjoys peace. There is no sign of the mind and its poisonous thoughts. One may watch the mind from a distance, trying to attack but just like a dormant volcano that only hisses, there is no bursting of toxic thoughts.

When you become the master of the mind, the dangerous tiger exists but it is in a cage. It is helpless. Don't try to open the door, it will kill you! When you let the pandemonium and chaos replace your peaceful Consciousness, in that noise, you risk the chance of the dangerous mind taking over. One who is the master of the mind doesn't lose peace and tranquillity.

Enjoy Peace Of Mind

Peace is our birthright. It is within each one of us. Have you seen a young child lose their peace? A child will giggle without any fear or stress. Then, what makes our life a mess? As we grow up, we open the door to the Mind and Ego that becomes ME. Then, we are not free! We experience misery and lose our peace because the mind takes charge.

As we grow up, if we become aware of the monkey mind that jumps from one rotten thought to another, we can consciously cage the gorilla by flipping over to Consciousness and activating the intellect. We must learn to enjoy peace and treasure it. It is greater than any pleasure. Peace is the foundation of Happiness. Unfortunately, when the monkey mind starts its Ever-Yelling and Ever-Yearning, then the monk inside us grows its tail EY and becomes a monkEY. We lose our peace. If we live with contentment and fulfillment, as we lock the mind in Consciousness, we can live a life of Eternal Peace, Divine Love and Everlasting Bliss.

*To live with Peace,
we must learn to block and lock the Mind.
If we don't,
the Mind will replace our Tranquillity with anxiety!*

STEP - 7

Overcome The 14 Miseries Of Life



Why should we find peace of mind? Because without peace, our Happiness will cease. Peace is the very foundation of Happiness. But what corrodes our peace and bliss? It is the mind, a mind that we cannot find! Then, is it possible to find peace of mind? Let us discover the 14 miseries that decimate our peace and thus, establish the importance of these 12 steps to live a life of peace and bliss.

The Mind Creates 7 Miseries

There are 7 specific miseries created by the mind, miseries that we all find appearing in our day-to-day lives. We all experience fear. We worry. We live with stress and anxiety. We live with regrets and in shame and then on guilt, our life is built. All these 7 miseries are caused by the mind.

Fear is not a danger. FEAR is – a False Expectation Appearing Real. What causes fear? The toxic thoughts of the mind. Poisonous thoughts pour like rain and we are paralyzed by fear. When there is fear, how can there be peace? Once the mind is done with fear, the mind then creates worry. WORRY is a complete Waste of life, with Overthinking, Repeating fears, Rehearsing problems and Yearning for things beyond our reach. We worry only because we are bombarded with negative thoughts of the mind.

The mind creates STRESS, a combination of toxic thoughts that are Sad, Toxic, Repetitive, Exhausting, Sadistic and Suffocating. How can there be peace? As the mind creates fear, worry and stress, it combines all these and robs us of our tranquillity by creating anxiety. People actually get

anxiety attacks and become miserable all because of the toxic thoughts that appear as the mind.

The past is gone. We can do nothing about it. In fact, we cannot even go back to the past. But somebody or something can. It is the illusory mind. It drags us into our past and makes us regret. We become miserable. It makes us feel ashamed of what we did and creates sorrow. To add insult to injury, it makes us feel guilty about things we can do nothing about and therefore, makes us unhappy.

These 7 miseries are the 'gifts' of the mind - a mind that does not exist. Unless we follow the 12 steps discussed in this book, we will suffer and cry till we die.

The Mind Ignites The False Ego

Not only the 7 miseries that we have just gone through, the mind also ignites the ignorance of the false ego and with it, creates 7 more monsters that cause agony and anguish. It is the mind that makes us think, '*I am 'I'. I will die.*' The false ego is a product of the mind. The ego, in reality, is just an identity of our existence. Without the mind, it can be peaceful and not cause us any pain. But because of the mind, we experience the Mind and Ego as ME and we are not free from misery. Therefore, one has to work to Enlighten the ego, to Realize the Truth, '*Who am I?*' to experience that state of Eternal Bliss, which comes when we still the mind and live in Consciousness with the intellect.

The Ego Creates 7 Monsters

What are the monsters caused by the ego? Surely, we have all met these monsters in our life. They are anger, hate, revenge and jealousy, pride, greed and selfishness. It is because of the ignorance of the ego that we believe, '*I am this body.*' It is our foolishness that we believe that we are all different from each other. These thoughts are rooted in the toxic mind and then, the monsters of the ego are born.

Why do we live with pride, greed and selfishness? All these are due to the competitiveness of the ego – '*I am better than you! I want to be richer than you. I want to be happy but I don't care about you.*'

Sometimes, subconsciously, our tongue is bitten by our teeth. We all have experienced this. But have you ever seen the tongue getting angry at the teeth that bit it? The tongue forgives because the teeth and tongue are both 'me'. I have the teeth and tongue in my mouth. But when somebody else spits foul words at us through their tongue, we immediately become angry. We are ready to take revenge. We live with hate and jealousy only because we believe that we are different from each other. This conditioning is right from school and so, we remain a fool. However, if we eliminate the mind and its toxic thoughts, the ego in Consciousness, can be Enlightened. We can realize that we are not the body that will die, we are not the mind that we cannot find, we are the Divine Soul. When we achieve this goal, as we still the mind, then Eternal Peace, we will find.

All Our Miseries Are Because Of The Mind And Ego

If one calmly reflects on one's misery and sorrow, the truth will surface that most of it is caused by the Mind and Ego, ME. These two are the principal reasons for all our miseries. The ego will remain with us from our first breath till our death. For it to be Enlightened, we have to kill the mind. Once we eliminate the mind and Enlighten the ego, we will be free from these 14 miseries of life, the 7 miseries of the mind and the 7 monsters of the ego. The result is peace.

As long as we live with the mind and ego, we cannot experience peace, love and bliss, the very essence of our Happiness. However, the root cause of all this is the rascal mind, the MIND that creates Misery, Ignorance, Negativity and Desire and binds us to the 14 miseries of life which steal our peace.

When We Still The Mind, The Ego Is Enlightened

What is the way to eliminate the misery of the mind and the agony of the ego? We have to kill the mind! The moment we still the mind, we destroy and eliminate fear, worry, anxiety and stress. Not just these but we also get rid of the mess of the egocentric monsters. How does this happen?

As long as the mind is alive and it fills us with toxic thoughts, the false ego prevails. We want to be the best, the richest, the first, the most famous, the happiest and this

causes our ego to become angry, jealous, to hate and take revenge, as we are rooted in pride, greed and selfishness. The truth is that all the 7 monsters are caused only because of the false ego, which is created due to the poisonous thoughts of the mind. When we eliminate the mind and its toxic thoughts, we get into the state of Consciousness. The intellect discriminates and realizes that *I am not this body that will, one day, die. Nothing is mine. I came with nothing and I will go with nothing. I am not this body, which is just a costume I wear. I am the Divine Soul, that Spark Of Unique Life.* We achieve this goal of the Enlightened Ego only when we still and kill the mind. Without doing this, the ego will continue to pound us with agony that will destroy our peace.

We Can Overcome The Miseries And Monsters

There is good news! We can eliminate fear, worry, stress and anxiety. We can overcome regret, shame and guilt. Anger, hate, revenge and jealousy can be a thing of the past as we uproot pride, greed and selfishness. All these 14 miseries of our life that steal our peace can vanish in that magic moment when we kill the mind. In that flash, the ego can be Enlightened. The moment we realize our true identity, all agony, all misery disappears and we are transported into a heaven of Eternal Peace.

How can we experience this magic of living life without the 7 miseries of the mind and the 7 monsters of the ego? For that, we must follow the 12-step process and reach step 7, where we Enlighten the ego as we eliminate the mind. For this, we must first, identify the thief that is stealing our

peace. Then, comes the biggest challenge – to find the mind, which we cannot find! When we become aware that the mind is nothing but a bundle of toxic thoughts, we can still it and kill it! Only then can we flip over to Consciousness and activate the intellect. After the first 5 steps, we must firmly lock the mind, which is step 6. Only then can we succeed in step 7, overcoming the 14 miseries and living with peace.

It is absolutely true that today, the whole world is suffering because of wars caused by the Mind and Ego, ME. If only we learn to eliminate the mind and Enlighten the ego, peace will prevail in the world. We will be able to experience Divine Love for one and all and there will be bliss in the world.



*14 miseries of the Mind and Ego, fill our Life.
These 14 monsters cause all our strife!*

STEP - 8

Flip Over
From Negative To
Positive



If we want peace of mind, we have to flip over from NEP to PEP, from Negative Energy Poison to Positive Energy Power. As long as we are filled with toxic thoughts of the mind, peace, we cannot find.

Don't Try To Stop Thoughts

Some people think that they can find peace if they meditate. Sure! But how long can they meditate? You cannot cut yourself off from the world for 24 hours. Meditation is complete stillness, silence. It is all about slowing down the pace of thoughts till we reach the state of Mindfulness, Awareness or Consciousness. Even in this state, thoughts exist but the mind disappears. The toxic river of thoughts that pours like rain that makes us miserable and live in vain, is cut off but we cannot stop thoughts just like we cannot stop breathing. Thoughts will gently enter our Consciousness. If these thoughts are not the toxic thoughts of the mind, we can find peace.

But how can we have positive thoughts? That is the trick. If we understand how to flip over from NEP to PEP, we have learned the trick!

Understanding 'Thought'

What is a thought? *A thought is an impulse, which is an expression of an emotional impression in our Consciousness.* Therefore, thoughts depend on emotions. Emotions are the raw material fed into the mind, the thought factory, to produce thoughts. For instance, imagine that we want to manufacture bottles. If we provide glass as the raw

material, we will get glass bottles. But if we provide plastic, we will get plastic bottles. It is the same with thoughts. The raw material that goes into the mind, the virtual thought factory, will be the kind of thoughts we produce. This analogy must be used to think positive thoughts and to live with peace.

Thoughts are impulses. These impulses come as expressions from our Consciousness. These expressions depend upon emotions. If the emotions that fill our Consciousness are negative, the impression of these negative emotions will result in the expression of negative thoughts. Similarly, if the impressions in our Consciousness are filled with positive emotions, these positive impressions in our Consciousness will result in positive thoughts. Those who understand that thoughts can be controlled, choose PEP, Positive Energy Power and fill their life with positive emotions. This weakens the rascal mind that otherwise fills us with negative emotions or NEP, creating poison and robbing us of our peace. Therefore, we must learn the art of producing positive thoughts.

How Can We Think Positive?

If we want to think positive, we must overcome 2 primary challenges. The first is the mind — we must kill the mind because as long as there is a MIND, there will be Misery, Ignorance, Negativity and Desire. We have learned the several steps to still the mind and kill the mind. Once we are aware that we are in the mind state, we can flip over to the state of Consciousness and by activating our intellect, lock the mind and block the mind. Now, there is no mind. But we cannot stop our thoughts. Thoughts can be both

positive and negative. The second step is, if we want to think positive, we must create those positive expressions from our Consciousness, which are nothing but thought impulses. How do we do it?

We feed our Consciousness with positive emotions like faith, hope, trust, enthusiasm, peace, love, bliss, courage, confidence, forgiveness and optimism. When such emotions fill our Consciousness, these emotions – energy in motion, create PEP, Positive Energy Power. These positive emotions are the positive impressions that create a reflection of the expression of positive thoughts. Positive in, positive out. Negative in, negative out. If one lives in Consciousness, eliminating the mind and activating the intellect, one can enjoy positive thoughts, just as one can live a life of peace, love and bliss. But for this, we must be conscious of choosing only positive emotions.

The Mind Is A Thought Factory

The mind is a thought factory. Mostly, a negative thought factory. Its job is only to create NEP, Negative Energy Poison. It fills us with negative emotions, energy in motion that creates depression, misery and sorrow.

What does the mind do? It chooses emotions of fear, worry, stress, anxiety, regret, shame and guilt. With its best friend, the ego, it further adds toxic emotions like anger, hate, revenge, jealousy, pride, greed and selfishness. These emotions become energy in motion, creating negative impressions in our Consciousness. Don't you know the result? The result is negative expressions or impulses, which are nothing but negative thoughts. As

long as the mind is the manager of our thought factory, we will only have misery. We cannot find peace! For peace, we need positive emotions to fill our Consciousness. Therefore, if we don't still the mind and kill the mind, it will not permit us to choose PEP, Positive Energy Power, to reflect from our Consciousness. The mind will continue to bombard us with negative thoughts that will automatically lead us to choosing negative emotions and we will be doomed. Where there is a mind, there can be no peace, for there is a barrage of negative thoughts and emotions.

The Raw Material Is Emotions

The key to living a positive life, which can be filled with peace, love and bliss is to make a conscious choice of choosing the right emotions. When the thought of hate appears, we must confront it with the emotion of love, just as when doubt knocks at our door, we should throw it out and get faith to enter our gate. Every negative emotion will create a negative impression in our Consciousness and therefore, cause negative thought impulse. But if we are conscious to choose positive emotions, our Consciousness will reflect positive thought impulses.

The key is emotions - the raw material of thoughts. Once we understand how thoughts are born, we can choose positive over negative but this is only after we still the mind and kill the mind. Otherwise, the mind will block positive emotions from reflecting in our Consciousness. We must be alert enough to replace pessimism with optimism, fear with courage and depression with celebration. We must make it a habit to flip from NEP to

PEP. This is one of the most important steps to live with peace.

Feed The Mind With PEP - Positive Emotions That Have Power

How can we feed the mind with PEP, Positive Energy Power, when it is full of NEP, Negative Energy Poison? The mind doesn't want any positive thoughts. The mind flourishes with NEP, Negative Energy that is Poison. But because we have learned that there is no mind, it is just a bundle of toxic thoughts, we can slowly but steadily slow down these toxic thoughts of the mind, as we still and kill the mind. Once the lava of the negative volcano stops, we become the master of our Consciousness. We can feed our Consciousness with PEP, Positive Energy Power. As long as the mind exists, it will block PEP. The 50 negative thoughts in every minute will become a barrier for positive thoughts and emotions to flow.

Therefore, we have to simultaneously slow down the pace of the toxic thoughts of the mind. As we still the mind and kill it, we feed our Consciousness, not our mind, as it is in a kind of a coma with positive emotions that are powerful. These PEP emotions will become positive impressions in our Consciousness that will reflect as positive impressions of thoughts. By doing this, we will actually destroy the mind and its negative power over us. The more we feed PEP into our Consciousness, the weaker we make the mind. If our Consciousness is full of positive emotions, we would have succeeded in killing and eliminating the mind, the illusory rascal from our life. But for this, we must be unstoppable in choosing positive emotions and creating positive thoughts.

Eliminate NEP, Negative Emotions That Have Poison

Just as we keep feeding PEP, Positive Energy that has Power, we must simultaneously flush out all NEP. Don't we clear our garbage cans every day? Don't we flush our toilets? Imagine retaining all the garbage in our home! There would be an unbearable stink. This is what the mind does. Filling us with junk, the monkey kills the monk, as we blink and sink in negative thoughts of the mind. How can we have peace?

However, if we are in Consciousness and become aware of the illusory rascal monkey mind, we can consciously eliminate NEP and replace it with PEP. Automatically, we will flip over from negative to positive.

The Thought Factory Will Produce Positive Thoughts

Once the thought factory is filled with positive raw material and positive emotions, there is no chance of producing negative thoughts. This will happen only when we are locked in Consciousness and there is no sign of the mind. The intellect becomes the master. Just like any factory that has QC, Quality Control, the intellect becomes the controller of all thoughts. It eliminates negative thoughts that are junk and permits only positive thoughts to flow from our head, as we live as a happy peaceful monk.

It is for us to take charge of our thought factory. We must be in Consciousness and stop the mind, lock it and block it.

Whenever a toxic thought enters, what must we do? We must stop it, crop it, chop it and drop it. This is done by the intellect, provided we are in Consciousness, not in the state of mind. Then the thought factory will produce only positive thoughts.

This ability to be able to control thoughts will seem like a fantasy for those whose head is filled with NEP, Negative Energy Poison. *But little do they realize that there is hope. If they eliminate the dope of the mind, they can cope. But they must catch hold of the rope called PEP.* PEP must be in oversupply, filling our Consciousness with positivity and energy, eliminating all negativity and poison. Then, our thought factory, controlled by the intellect, in Consciousness, will produce only positive thoughts as we choose positive emotions as the raw material of our thought factory and our life.

The Positive Thought Chain

Those who haven't learned how the thought chain works, whine and cry about how they have a hopeless destiny. Being prisoners of the mind, they feel that their life is filled with toxic emotions. Once they learn how the thought chain works, they can flip over from negative to positive, NEP to PEP.

What is the thought chain? Thoughts create feelings. Feelings create actions. Actions create habits. Habits create character and character creates our destiny. We must have heard of this before but we have not learned what creates thoughts. It is very easy for somebody to say, '*Think positive!*' but the challenge is, '*How can I think positive?*'

Here is the secret. If you choose positive emotions over negative emotions, you are feeding the thought factory with positive raw material. These positive emotions will create positive thoughts that will lead to positive feelings and actions, building a positive character and a positive destiny. Now look at what happens when we choose negative emotions? The thought chain is reversed. Negative emotions will create negative thoughts that will result in negative feelings and actions. We will build negative habits and our negative character will end in a negative destiny.

If we want to change our destiny, we must change our thoughts. But if we want to change our thoughts, we must choose positive emotions. We can't choose positive thoughts but we can choose positive emotions. If only we fill our Consciousness with positive emotions like faith, hope, trust, love, joy, peace and optimism, we can be sure of positive thoughts. But if our Consciousness is shadowed by the mind and we permit negative emotions, like fear, worry, stress, anxiety, anger, hate, revenge and jealousy to fill our thought factory, the result will be toxic, poisonous negative thoughts. It is our choice.

Our life is in our hands. We can choose positive or negative and coming this far, this primarily depends on 2 factors. The first factor is to choose Consciousness over the mind. Thereafter, we have to fill our life with positive emotions instead of negative emotions. This is the secret to peace, love and bliss.



*Choose Positive Emotions and live with Peace,
Love and Bliss.*

*Negative emotions of fear, worry, anger, hate
and stress — give them a miss!*

STEP - 9

Tame

The Monkey Mind,

Make It A Monk



To find peace of mind, we must first eliminate all the toxic junk and make our monkey mind, a monk! The mind is a monkey. It is constantly jumping into a yesterday that is gone and a tomorrow, not yet born. It creates fear, worry, and stress and makes our life a mess! Unless we make the monkey, a monk, our peace will be shattered into pieces and anxiety will replace our tranquillity.

The Monkey Has A Tail

Notice the word 'Monkey'. In fact, it is a 'Monk' with a tail. The tail of the monk is EY. What is this EY? When a human being is led by the mind that is EY – Ever-Yelling and Ever-Yearning, the erstwhile monk becomes a monkEY. Who has made the monk into a monkEY? It is the mind and so we call the mind, the monkey mind. Unless we tame this monkey mind, peace, we cannot find. The monkey mind creates a pandemonium, '*I want this, I want that.*' It steals our peace and bliss.

The constant chatter of toxic thoughts in our head creates regret, shame and guilt and soon, we are dead! What if we cut away the tail of the monkey mind? What will be left is a peaceful monk.

Stop The Noise! Hear The Divine Voice

Deep within us is a Divine voice, a voice in our Consciousness, often referred to as the voice of our conscience. There is no doubt that this inner voice is alive. But because of the noise of the monkey mind, we cannot hear this Divine voice. We must stop the outer noise to

hear that inner voice. When we are in a club or a party and are trying to talk on the phone, it sometimes becomes impossible because the sound on the outside, around us, is overbearing and overpowering. So is the noise created by the monkey mind. It drills us, kills us and steals our peace. As the monkey takes charge, it seizes our Consciousness and our tranquillity ceases. Then we wonder, '*What happened to our peace?*' No wonder there is no peace of mind because the monkey mind has captured the monk. If we want peace, we must stop the noise. In that stillness where we hear the inner voice, there is peace.

Don't Yearn Till You Burn

Most of us just live and die. We don't even know why. First, we learn and then, we earn. Then, we keep going around in circles. One day, at death, we burn and then we return. But because of the monkey in us, we continue to yearn. We want more and more.

What we don't realize is that what we earn, others will burn! We live our life earning and earning and earning. Then, we will be gone and somebody else celebrates burning our wealth! Isn't it foolish? Instead of living with tranquillity and peace, we let our years cease, one by one and we don't seize the opportunity of living with peace, love and bliss. The cause is the monkey. It is time to make it a monk, to cut its tail, to stop its yearning and to start living. Unfortunately, most people are trying to make more and more money but the story of money is very funny. You cannot take with you even a penny. Happiness comes from spending money but we are busy only earning it. Finally in the end, we are left with a lot of

money but no life! We burn only because the monkey mind made us yearn. Isn't it time to learn how to tame the monkey, make it a monk and enjoy peace, the very foundation of Happiness?

Overcome Greed, Live Fulfilling Your Need

We all need to fulfil our needs. Who doesn't? Therefore, we must work and earn. But there is a difference between need and greed. A monk fulfils his need. But the monkey mind lives with greed. Have you ever tried offering a banana to a monkey? If you are holding 4 bananas in your hand, chances are that the monkey will attack you and snatch all the bananas from you. Such is the character of a monkey.

Our monkey mind is no different! It converts our need to greed and so, our peace is lost. We must learn to live like a monk. This does not mean renouncing the world or letting go of all the good things that the world has to offer. But it also does not mean indulging only in sensory pleasures that steal the true treasure of peace. Are greedy people, happy? While they may have more than they need, their greed robs them of their peace and bliss. On the contrary, those who have little are often ever ready to give and share. This creates a far more peaceful and blissful life than living with greed. As long as the monkey rules our life, we will never discover the monk. Only one can exist and it depends upon whether we choose need or greed as the philosophy of our life.

Contentment And Fulfillment Give Peace

What is the secret of peace? As long as we are like a monkey, running after success and achievement, we will enjoy only pleasure. For peace, we must take an exit from the highway of achievement and live on the plateau of fulfillment. This means being fully satisfied and living with contentment. For this, the monkey must evolve into a monk. The monkey does not know the meaning of contentment and fulfillment. It only knows how to snatch, catch and latch on to every possible patch. It is never satisfied. But a monk lets go. A monk gives. A monk is content and so, a monk is peaceful. The monkey mind says, *'What is mine is mine. What is yours is also mine!'* The monk says, *'You can take mine. Nothing is mine!'* What a contrast exists when we are driven to achievement by the monkey mind, compared to living with fulfillment as a monk!

Stop Overthinking

What does the mind do? The mind doesn't stop thinking. It bombards us with up to 50 thoughts a minute. This overthinking leads to worry. How can we be at peace? What is the way to stop this overthinking? We must tame the monkey. We must slow down its pace. Then, we will win the race. The monkey is trying to be an ace in the chase called life and thus, we lose our peace and our grace. The moment the monkey becomes a monk, there is no overthinking, there is no worry, no anxiety. It is the overthinking that repeats the fear and makes us rehearse the problem. It is the overthinking that creates regret, shame and guilt. The past is gone. Why even think of it?

But the monkey doesn't understand this. When we cut the monkey's tail and it becomes a monk, from mind, we flip to Consciousness, where there is an ocean of peace. But for this, we must consciously stop overthinking.

How do you tame a monkey? Is there any magic method, any formula, any secret? There is one. Patience and persistence. If you patiently and persistently train any pet, it will adhere. So will the monkey mind. We must discipline it and tame it. Then, we can end its game. If we can stop its constant jumping, peace can be restored.

Choose Your Mood

Can you choose your mood? The good news is that you can. But the bad news is that as long as the monkey is in command, you can't.

What is a mood? Mood is how you feel. Feelings come from thoughts and thoughts are created by the monkey mind. However, if we tame the monkey mind, the thoughts come under the command of the intellect in our Consciousness. We can choose our thoughts and so by choosing thoughts, we can choose our feelings and our mood. Wouldn't you like to choose a good mood, a mood that makes you glad? Or would you rather prefer that the monkey mind chooses a mood that makes you sad? The way to live a life of a good mood is the way of the monk, not the monkey. The monk is peace whereas, the monkey is anxiety.

Don't Swing Like A Pendulum

Have you seen the monkey jumping from branch to branch and tree to tree? So does the mind jump. It jumps to a yesterday that is gone. Then, it jumps to a tomorrow, not yet born. It swings like a pendulum. It never stops.

Have you ever seen the pendulum of a clock, stop? Never! Unless, its battery, its power is finished. So, we have to switch off the power of the monkey to stop its swinging business. Peace is about living in the present moment, living life moment-by-moment, making the best of today. But the monkey mind steals our today, by jumping into yesterday and tomorrow. We experience misery and sorrow. In reality, can we go into the past that is gone and a future that is not yet born? We can't! But the mind can! If we permit the monkey mind to swing like a pendulum, it will keep on going into our yesterdays, creating regret, shame and guilt, and into our tomorrow, creating fear, worry, stress and anxiety. Then, what will happen to our peace and tranquillity?

Don't Be A Monkey. Be A Monk!

In the journey of life, peace of mind is the most difficult thing to find, all because of the monkey mind. But the mind is something that you cannot find. If we follow all the steps and reach step 9, where we tame the monkey mind and make it a monk, there will be no monkey left. It is the monkey that becomes a monk. So also, it is the monk that becomes the monkey. It is our choice.

With the monkey tail, EY, that is Ever-Yelling and Ever-Yearning, there can be no peace. But taming the monkey and creating a monk within automatically means peace. Anxieties and worries cease. Isn't it time to seize the opportunity, to tame the monkey and make it a monk?

It is our choice. We can be a monkey, living with greed or a monk, living fulfilling our need. Peace is a choice and so is anxiety and stress. If we make our life a mess, we have nobody else to blame. The monkey is me and so is the monk! It all depends on whether I can eliminate the toxic junk or not. The method is simple. First, identify who is stealing our peace. Second, still and kill that thief. Third, flip over to Consciousness; fourth, activate the intellect and fifth, lock the mind. Then, we can be positive that the monkey has been tamed. Start taming your monkey mind, now. Let it become as gentle as a cow. Take that vow and your life will be wow!

“

*You can tame your monkey mind
and make it a monk.
Or let anxiety rob you of your peace,
as you fill your head with junk!*

STEP - 10

Live In
SatChitAnanda



Having crossed 9 steps to find peace of mind, we finally reach the tenth step, a state of Eternal Bliss, Everlasting Peace called *SatChitAnanda* – a state of Eternal Bliss living in Truth Consciousness. Of course, we must move from mind to Consciousness as we kill the mind and overcome ignorance. Thereafter, we have to lock the mind and activate the intellect. Unless the monkey mind becomes a monk, it is not possible to reach step 10 and live in *SatChitAnanda*. How can we do this?

Bring Back Consciousness

The first thing to do to experience *SatChitAnanda* is BBC, Bring Back Consciousness. When rotten thoughts appear, we must not let them develop into the toxic mind. In Consciousness, we can stop a toxic thought as we crop it, chop it and drop it. The intellect can block the mind and lock the mind, remaining in Consciousness of the truth. But the key is to Bring Back Consciousness, when the mind is trying to re-enter through a toxic thought. Unless the intellect is activated to audit every thought, we are in danger of slipping into the mind state. However, if we are in Consciousness, with the intellect being active, even if a few toxic thoughts sneak into our Consciousness, creating Misery, Ignorance, Negativity and Desire, the MIND, we can instantly Bring Back Consciousness as we eliminate the mind and its toxic thoughts. This is the first step to being in *SatChitAnanda*.

Live Realizing The Truth

The most important principle of *SatChitAnanda* is Sat or the truth. The mind is trying to manipulate us with the

myth. This can happen only if we lose Consciousness and deactivate our intellect. As long as we are in Consciousness, we can't fail. But we must not just live in Chit or Consciousness, we must also live with *Sat* or truth. When there is *SatChit* or Truth Consciousness, we can enjoy *Ananda*, a state of Eternal Bliss that emanates from peace. If the foundation of our *Sat* or truth is weak, the mind can bulldoze us as it will overtake our intellect and our Consciousness.

Therefore, there is a constant battle between *Satya* and *Mithya*, truth and ignorance, just as there is a constant battle between the mind and Consciousness. If the mind wins over Consciousness and the illusion prevails over the truth, there can be no *Ananda*, peace and bliss. If we are seeking Eternal Peace and Bliss, this state known as *Ananda* can appear only if we are living in Truth Consciousness. Once we are locked in the Consciousness of truth, we don't have to seek *Ananda*. It is automatic. But being in *SatChit* is a conscious effort.

Enjoy *Ananda*

Once we have reached this far, where we are locked in *SatChit*, we can enjoy *Ananda*, that state of Eternal Bliss which is built on the foundation of peace. We can enjoy *SatChitAnanda*, as long as we are locked in *SatChit*. This state of *Ananda* is experienced by very few. It is the highest state of bliss. Unfortunately, to realize this, we need to go through the 10 steps to discover true peace. Otherwise, we cannot evolve to a state of living with Eternal Bliss in Truth Consciousness.

Now, after taking the nine steps successfully, it's time to enjoy *Ananda*, living in eternal bliss as we have realized the truth and are in Consciousness that we are not the body, mind and ego. In the flash of *SatChit*, we will overcome the triple suffering that most mortals experience. We will reach a state of elevation, wherein we will realize that we are manifestations of the Divine. We are the Soul and the Soul is SIP. We are manifestations of God. What greater joy can we know or experience than living in this state of peace, love and bliss? Unfortunately, not many people enjoy this *Ananda*, because not many are capable of being locked in *SatChit*. They may experience moments of *Ananda* but to enjoy the true nectar of *Ananda* as an endlessly flowing river, we must eliminate the mind and be established in Consciousness of the truth. Then our life will be full of peace, love and bliss.

The Mind Will Attack

Those who reach the elevated state of *SatChitAnanda* will face the onslaught of the mind. The mind is like a Phoenix. Even though we still it and we kill it, it will rise from the ashes. All it needs to do is to penetrate our Consciousness and deactivate the intellect. Then, it will become the master and we will face disaster!

Therefore, being in *SatChitAnanda* means that we must beware of the mind and how it can attack us with up to 50 toxic thoughts a minute, thoughts that can drill us and kill us! This attack seems natural. In fact, it seems that life is programmed to be a challenge for us human beings so that we can fight the mind — Face it, Fight it, Finish it! The mind attacks us with Misery, Ignorance, Negativity and

Desire. If we fall prey to these toxic thoughts, we will be defeated. However, if we are locked in *SatChit*, in Truth Consciousness, the mind cannot enter. After all, once we are aware that the mind is only a bundle of toxic thoughts and we still the mind, we can kill the mind! We can weaken the mind by flipping over from NEP to PEP, negative to positive. But we must be prepared that the mind will attack our Consciousness and try to steal that Eternal Bliss called *SatChitAnanda*.

The mind attacks us with fear, worry and stress, causes anxiety and creates a mess! It can also attack us with regret, shame and guilt and shake the foundation on which our Truth Consciousness is built. Therefore, our greatest enemy is the mind and we must be prepared to face it and then, deface it completely.

Don't Let The Mind Create Misery

When we reach the state of *SatChitAnanda*, we are already enjoying peace and bliss. But there is a danger that the mind can still attack us. The mind has an armour of weapons that it uses to enter our Consciousness and then, blocks our intellect. First, it creates fear. If we are not in *SatChit*, fear can destroy us. Fears are not real dangers but imagined dangers. If the mind doesn't succeed, it uses worry and we hurry in our head. It repeats the fear and makes us rehearse the problem and we lose our peace. If we are in *SatChit*, we may not let fear and worry break our defence mechanism. But the mind doesn't stop. It bombards us with STRESS - Sad, Toxic, Repetitive, Exhausting, Sadistic and Suffocating thoughts. Only the one who is established in Truth Consciousness, can face

the attack of the mind. Many fail as anxiety overtakes the tranquillity of *SatChitAnanda*. Finally, the mind shoots at us, from our past, poisonous thoughts of regret, shame and guilt. If our *SatChit* is not strong, we can lose the battle with the mind. However, one who is totally established in Truth Consciousness, will mind the mind, grind the mind, bind the mind and be at peace.

Eliminate The Myth. Be Conscious Of The Truth

Once we are able to tackle the assault of the mind, we are in *SatChitAnanda*, which means Truth Consciousness. But we must shoot down every attack of myth, just like modern day warfare has defence mechanisms that automatically shoot down missiles and drone attacks that could otherwise be deadly. Being in *SatChit* means being the master. It means being fully conscious of the truth, not letting any myth of the mind envelop the truth in ignorance.

Therefore, there are two aspects of *SatChitAnanda*. One aspect is *Chit* or Consciousness, which means winning against the mind. The second aspect is *Sat* or truth which is about facing every myth or ignorance with courage, confidence and conviction.

Truth Consciousness Bliss

SatChitAnanda is a Divine state, an elevated state of peace. It is transcending the mind and Enlightening the ego. It is being in Consciousness of, '*Who am I? I am not the body that will die. I am not the Mind and Ego, ME. I am the Divine Soul.*'

Reaching this state of Truth Consciousness Bliss means one can be established in life with peace, love and bliss. But it is not an easy journey. The truth is the truth and in Consciousness, we can have bliss. But how to deal with the mind that we cannot find? We must follow all the steps that we have climbed thus far. It is important to Enlighten the ego and realize, '*I am not this body or mind, I am that, the Divine Soul.*' Living in Consciousness of our true self, the Realization that we are the Soul, the Enlightened Ego can become the greatest weapon that can eliminate any attack of the mind that can destroy our peace. It is only when we are in Consciousness that we realize the truth of life. We realize that the mind is our enemy. We become aware of our intellect, as we overcome all misery and sorrow.

One who lives in *SatChitAnanda*, in Truth Consciousness Bliss, must finally pass the penultimate step, the 11th step, before being able to live as a *SatChitAnanda Atman*, a peaceful, blissful Soul in Truth Consciousness.

“

*SatChitAnanda is Truth
Consciousness Bliss.
It is Eternal Peace,
as we are locked in Truth Consciousness.*

STEP - 11

Eliminate The Mind



In this journey of finding peace in our life, we have crossed 10 steps. One may wonder after this long journey, whether we will still need to eliminate the mind. Yes, we must! So, first, we identify that it is the mind stealing our peace. Then, we try to find the mind but realize that it has no physical existence. We still the mind, which is nothing but a bundle of toxic thoughts and we think that we have killed it. But it is not dead! We do everything possible — flip over to Consciousness, activate the intellect and lock the mind. All these are the steps needed to overcome the misery of the mind and agony of the ego. After flipping from NEP to PEP, negative to positive and taming the monkey mind to make it a monk, finally we reach a state, where we can live in *SatChitAnanda*. But the mind still exists! The mind is not dead.

The 11th step to finding peace of mind is to eliminate the mind, destroy it, removing it from our life and decimating it, so that it can never return. Is that possible? The good news is that yes, it is possible!

The Mind Does Not Exist

By now, we should be absolutely clear that the mind does not really exist. It only appears to be and it causes misery. The truth is that it is just a bundle of rotten thoughts. We have already mastered the way to still the mind. While it seems that we have killed the mind, in reality, we haven't! Have you seen a reptile that seems to have been sliced to pieces but all its body parts are still wriggling, moving dangerously? Coming back to the mind, the mind is more dangerous than any reptile. Even after taming the monkey mind and making it a monk, the mind can become a

monkey again. What is important is to become completely aware that something called the mind has no real existence. It is our ignorance that permits the mind to take shape from a bundle of thoughts. One who lives in Truth Consciousness, in *SatChit*, is totally aware of the truth that the mind does not exist. But the million-dollar question is, '*How can we eliminate the mind that does not exist?*'

Be Aware Of Toxic Thoughts

For a moment, we must be patient. Otherwise, the mind will ask the question again and again, '*Why try to eliminate the mind if it does not exist?*' The fact is that the mind appears to exist. The reality is that the mind is that bundle of toxic thoughts that drills us and kills us. Unfortunately, we are not aware that these toxic thoughts bombard us and become the mind. As long as thoughts exist randomly, there is no mind. But when we permit toxic thoughts to accumulate, they become the mind.

A drop of water cannot fill a bucket but when you leave the tap open, drop by drop, the bucket becomes full, it can overflow and wet the entire floor. One will wonder how a single drop of water can wet the floor. Sure, it can't but a full bucket can! So, one toxic thought cannot kill us but the mind can. The 11th step to finding peace of mind is - to eliminate the mind.

Live In Consciousness

In this journey to find peace of mind, the key is to live in Consciousness. Every time the mind, the bundle of toxic thoughts appears, we must BBC, Bring Back Consciousness. We have enough steps to do that. But the problem is that

we cannot keep on bringing back Consciousness and therefore, we permit the mind to attack us. The permanent solution is to eliminate the mind.

Sometimes, when we have a very bad cold, we can take tablets, which may cure the symptoms but if we want to be cured completely, we have to eliminate the infection that is causing the cold. So, we need antibiotics. What is the antibiotic that can eliminate the mind? All the steps are needed but what is the most important? Resolve is most important. The resolution that we are going to completely eliminate the mind from our life gives us power.

Some people become nervous. How can we live without the mind? It is because they have not learned the difference between the mind and thoughts. When we eliminate the mind, thoughts will still remain but they will appear gently in our Consciousness, like little fish entering an ocean.

Let The Intellect Be The Boss

To eliminate the mind, we have already discovered that the intellect must be activated. It must lock the mind and block the mind. But for how long will the intellect go on blocking and locking the mind? The solution lies in the Realization of the Truth that there is no mind. The solution lies in being in Consciousness and not letting toxic thoughts accumulate into being the mind. The solution lies in eliminating the mind completely, so that the intellect becomes the boss, living with the conscious Realization of the mind's existence. The intellect that is now the master has to deal only with thoughts. The intellect will not let the thoughts become the mind.

Don't we know how an infected wound becomes septic if it goes untreated? We all get wounds but we treat the wound. When a wound is left untreated, the infection can spread throughout the body. In fact, if we don't address the infection, we can die! It is like an ember that sparks from a small campfire and suddenly, the whole forest is engulfed in flames. So, the intellect eliminates toxic thoughts, one-by-one. Then, there is no question of the toxic thoughts becoming the mind. The mind is eliminated. If, by chance, the intellect is asleep and we are not in Consciousness, the mind can appear and destroy us.

Choose Positive Thoughts

To eliminate the mind, a key step is choosing positive thoughts over negative thoughts. We have already learned that to do this, we have to choose positive emotions, PEP, over negative emotions, NEP. This helps the intellect and makes it easier to win the battle of Consciousness versus the mind. What happens if we don't choose positive thoughts and emotions? We permit our thought factory to produce negative thoughts that will ultimately become a gushing toxic river called the mind. If there is no negative thought, where is the question of the mind appearing? However, the game to eliminating the mind and finding peace is a combination of all these steps – being in Consciousness, activating the intellect and choosing positive thoughts and emotions. Together, when we follow all the steps and eliminate the mind, we will be eternally free from its misery. This is possible but it will happen only if we follow all the 11 steps that we have reviewed thus far. To live with peace, we have to eliminate the mind. If we don't eliminate the mind, peace, we cannot find!

Overcome Depression And Mental Illness

What is the cause of depression and other mental illnesses that even leads to thoughts of suicide? It is the rascal mind! As long as there is the mind, the aggression of toxic thoughts can easily lead us to depression.

What is depression? It is an infection of the mind. It is like a gangrene for the body. Sometimes, our hands and feet are as good as dead because poor blood supply leads to the death of our tissues. It is deadly even to look at. But far more deadly are mental diseases. Nothing is visible but we see a person commit suicide. Depression is worse than gangrene because in it, there is no death of body tissues. It is the death of the individual's courage, confidence, faith, hope, trust, enthusiasm, compassion, joy, peace and love. Imagine, all these beautiful emotions disappearing from life. That is depression. When negative thoughts like fear, worry, stress and anxiety are created by the mind, one gets completely diseased. One then, lives with regret, shame and guilt.

Overcoming this depression is sometimes close to impossible. Doctors today are struggling with rising cases of mental illness. Alas! We have not learned the magic of stillness. One can overcome depression if one eliminates the mind. One has to just follow all the 12 steps. The good news is that usually, in cases of gangrene in the body, that body part has to be cut off for the person to survive whereas when it comes to someone suffering the misery of the mind, just following the 12 steps can take him from depression to celebration!

Live In *Samadhi*

What is that state where one has completely eliminated the mind? Some people call it *Samadhi*. It is a state of Divine Consciousness, a state where the intellect is firmly established. There are positive thoughts and there is no sight of the mind. Negative thoughts are discriminated and eliminated. But *Samadhi* is possible only when we develop the art of enjoying silence. It starts with meditation and contemplation but ultimately, one is in meditateness in every moment that they are awake. This meditateness is only possible if we eliminate the mind, a mind that we cannot find, a mind that does not exist.

Do you want to eliminate the mind? If yes, live in Truth Consciousness, live in a state of *Samadhi*, where you are still within. There is no tornado of thoughts and no hurricane of miseries. There is complete Realization of the Truth that we are not this body, mind and ego. We are the Divine Soul, that Spark Of Unique Life. We can reach this state of eliminating the mind, the eleventh step, only if we patiently and persistently climb the first 10 steps. Then, we can enjoy peace, the very foundation of Happiness.

“

*You cannot eliminate Thoughts but
you can eliminate the Mind!
When there are no toxic thoughts,
Peace, you will find!*

STEP - 12

Live As The Divine Soul



To enjoy a state of Eternal Peace and Everlasting Bliss, where the fountain of love flows, one must learn to live as the Divine Soul. We have to be established in this Awareness, this Consciousness that we are not the body that suffers, we are not the mind that creates misery and we are not the ego that creates so much agony; we are the Divine Soul. This Realization is the twelfth step to living with Eternal Peace. It is not just about finding peace of mind, rather, it is about living every moment of life with peace, love and bliss as we become the master of our thoughts.

Living In Divine Consciousness

What is Divine Consciousness? It is that ecstasy of joy that flows when there is peace. It happens when there is no mind, when the mind is completely eliminated, decimated and extracted from our life. Then, we are in that state of Consciousness, where the intellect is the master and we become aware that we are Divine manifestations. We are not the body that will die. The mind doesn't exist. That is why nobody has seen the mind and nobody can ever find the mind.

If we are neither the body that is constantly changing nor the mind, the ego realizes, *'I am not 'I'. But I am! Who am I? I am that Spark Of Unique Life. I am the Soul. I am a manifestation of SIP, the Supreme Immortal Power.'* This is living in Divine Consciousness. It is living with the Realization that nothing matters. This world is just a show. We come and we go. We enjoy the drama. There is no trauma! We experience Eternal Peace as all miseries cease.

We live as a *Yogi* in Yoga, in union with the Divine, realizing that we are none other than the Supreme Immortal Power, SIP. This is Divine Peace.

I Am Not The Mind And Ego, ME

To live peacefully as the Divine Soul, we must go through the processes of Purification, Illumination and Realization. What are these processes? When we realize that I am not the body, I am not the mind, then first, the ego is Enlightened. '*I am not this. I am that.*' However, the mind, which is nothing but a bundle of toxic thoughts, will continue to attack us, till we completely eliminate it.

With an Enlightened Ego, which will remain with us till our last breath, we will eliminate the mind. When there is no mind and the ego is Enlightened, we transcend ME, the Mind and Ego and live as the Divine Soul. This is Eternal Peace. The body will continue to exist. Even if it suffers, the Enlightened Ego is peaceful with the Realization that *the body is suffering but I am fine*. This state of transcending the Mind and Ego, ME, completely is the ultimate state of peace, love and bliss. One who realizes, '*I am not the body, mind and ego, I am the Divine Soul,*' will never blink and sink in the toxic thoughts of the mind as the mind no more exists!

I Create No Karma

As long as the mind and ego exist, we are bound by the Law of Karma. Our twin Karma, the one we brought to earth and the one we did after our birth, together unfold as everything that happens in life. So, there is pleasure and pain, loss and gain. But when we realize, '*I am the Divine*

Soul, not the Mind and Ego, ME, ' we stop creating Karma. Not just that but all our Karma drops and disappears from our Karmic account because of the Realization that *I am not the doer of Karma. I am the Power of the Soul.* When this happens, Karma exits and peace enters every atom of our existence.

I Am Not The Sufferer

The one who crosses the 12 steps to find peace of mind, enjoys the state of Eternal Bliss because he realizes that the body may suffer but he is not the one who suffers. He is the Divine Soul. Although the body may experience pain, there is no suffering because the awakened one converts the pain into poetry. Such a person is filled with energy to bear the pain. With the Realization that *I am not the one who suffers*, comes peace. Living as the Divine Soul means being established in the Consciousness of the truth of who we are. Nothing can steal our peace and our bliss because we become one with the Divine. Although we are still encapsulated in the body but since we have eliminated the mind and transcended the ego, we live as the Divine Soul that is free from all suffering.

I Will Not Be Reborn

Not only will we be free from all misery on earth but these 12 steps to finding peace will also free us from the cycle of rebirth. The body will die but we will overcome all fear of death because we will be firmly conscious that we are the immortal Soul. We are neither born nor do we die. We discover the truth of, '*Who am I?*' We are not the body. It's the actor. We are not the mind and ego, the illusory director.

We are the Divine Soul. We are part of the Creator. The Soul emanates the emotions of peace, love and bliss. In that moment, when the body dies, the Soul is liberated and united with the Supreme Immortal Power, SIP, that we all call, God. There is no returning to earth in a rebirth.

I Am A Manifestation Of The Divine

To live a life of Eternal Peace, Divine Love and Everlasting Bliss, the ultimate challenge is to be firmly established in the truth of, *'Who am I? I am not 'I'. I will never die. I am the Divine Soul.'* When we achieve this goal, we live as a manifestation of the Divine. We live as a Divine instrument. We accept everything without protest. We surrender completely without wonder. We do our best and surrender the rest, realizing that we are nothing, we do nothing. The Divine is in charge. The Supreme controls everything and so, living as a Divine manifestation, every moment of our life becomes a Divine celebration!

One who lives as an Enlightened Soul, Awakened to the Truth, having overcome the ignorance of the mind and ego, experiences the state of Eternal Happiness, living in Truth Consciousness. Such a person becomes a *SatChitAnanda Atman*, a Divine Soul that experiences peace, love and bliss, living firmly in Truth Consciousness. The mind is not just killed but it is cremated. It has completely been dissolved into nothingness! It can never reappear. Such a peaceful and blissful person lives in Soul Consciousness, with the intellect as the commander, discriminating thoughts. No action of such a Divine Soul is ego-driven. Rather every action is an offering to the Divine as one lives peacefully and blissfully as a Divine instrument.

“

*When we follow the 12 Steps,
To Finding Peace,
We climb that peak of Peace, Love and Bliss,
Where all miseries, cease!*





AFTERWORD

For over 25 years, I, too, lived with anxiety and stress. My life was a mess! There was a lot of success but there was tension and worry too. There was fear that disturbed every cheer. No doubt I enjoyed pleasure but little did I realize that the true treasure was peace. It was the very foundation of Happiness.

After 25 years of going from one peak to another, I took an exit from the highway of achievement to discover a loftier peak of Happiness - fulfillment. I shut down my business and decided to pursue the things that I loved and enjoyed. I did humanitarian work, helped people build their faith and live a positive life. I travelled the world. I visited over 100 countries across the 7 continents. It was only when my Spiritual Master urged me to start a quest that I discovered the ultimate peak of Happiness - Enlightenment.

I realized that far more important than pleasure were peace and purpose in life. Contentment gives peace but unless we discover our true purpose, '*Who am I? Why am I here?*' we will never reach that state of Eternal Happiness, which requires us to be established in Truth Consciousness.

We all experience fear and worry, misery and stress. We all go through regret, shame and guilt that makes our life a

mess! I was no different. I too, struggled with these toxic emotions. My ego created anger, hate, revenge and jealousy, as my pride, greed and selfishness destroyed my tranquillity, till one day, I realized that the mind that causes all this misery and the ego that creates all the agony and anguish actually don't exist. The mind is nothing but a bundle of toxic thoughts and the ego is the false identity of, '*Who am I?*' Over the last 10 years, after my Spiritual Awakening, I discovered these 12 steps where I personally became the master of my thoughts. I was able to still my mind, kill my mind and eliminate it completely. This journey took me through the simple Realization of the Truth — *I am not this body that will die*. This body arrived over 9 months before my so-called birthday. There is no doubt. One day, this body will die. But that is not 'I'. People will say that I passed away. I realized that I was not the body. I searched for the mind and I discovered that there was no mind. It was just a bundle of toxic thoughts. In that flash, my ego was Enlightened. *I am nothing. I am not 'I'. I am that Spark Of Unique Life, the Soul*.

This journey of Realization led me to realize the way to still the mind and eliminate it, as I Enlightened my ego to live in a state of *SatChitAnanda*, Eternal Bliss in Truth Consciousness.

Whatever is written in this book is not some theory. It is my practical experience with the monkey mind and how I cut its tail and made it a monk. To tame the monkey, we have no option but to activate the intellect in Consciousness. Then, we have to lock the mind and block the mind and not let it push open the door and push us on the floor. But there is no mind! It is just a bundle of rotten toxic thoughts. We all experience negative thoughts. But

how many of us look in the mirror and tell ourselves, '*Stop it! Stupid!*' How many of us stop a rotten thought, as we crop it, chop it and drop it? I did it and so I eliminated all toxic thoughts! I learned the art of choosing PEP, Positive Emotions Power, to fill my Consciousness. Thus, there were no negative thoughts and the net result, no mind!

Today, I live a life of Eternal Peace because I follow these 12 steps. I have discovered True Love and enjoy the ecstasy of bliss. But all this is possible only because I eliminated the mind to find peace. Happiness is a choice but this is known only to the wise. If we become miserable, it is because of our mind, which we cannot find. It's a choice. We can still it and kill it. If we don't, it will kill us. The fact is, this world is a show, we come and go. But it is the mind that creates ignorance and stops us from Realizing the Truth. It is the mind that overpowers our Consciousness and stops the intellect from discriminating. When I destroyed the mind, I made the intellect my master. Now, there is no further disaster as I live a life of Eternal Peace, Divine Love and Everlasting Bliss. You too can! If you make it a choice to use these 12 steps to eliminate the mind, peace, you will find and with it, you will find the gift of Eternal Happiness.

“

*My Mind was a rascal!
It behaved like it was King...
Till I destroyed it,
realizing it was the cause of my suffering!*



POEM

12 STEPS TO FIND PEACE OF MIND

And Become the Master of Your Thoughts

*Everybody is looking for Peace of Mind
Peace of Mind, we cannot find!
Peace is within, we must still the Mind
But how to still the Mind that we cannot find?
As long as the Mind is creating a toxic Thought
In misery and sorrow, we are caught!
Therefore, we must become aware of this thief
The one who is creating all our grief!
The moment we realize, it's the mind that's the rascal
All misery and sorrow, we can then tackle
To find Peace, there are steps twelve
Let us begin our Quest; into it, let's delve*

*Who is the one who is stealing our Peace?
Who is making our tranquillity cease?
The thief is none other than the Monkey Mind
The first step is the thief to find
The second step is to go deeper
And for this, we must be a sincere seeker
We must try to find the Mind that we cannot find
The Mind does not exist, so, leave it behind
The third step is to know how we can kill the Mind!
If we want to kill the mind, we must still the Mind
Otherwise, the toxic Mind will drill us and kill us
And Peace that we seek, will always miss us!*

*The fourth step is the most difficult flip
To Peace of Mind, it's the ultimate trip
From state of Mind, we must move to Consciousness
Then our unhappiness will flip to Happiness
For when there is Consciousness, there is no Mind
No rotten Thoughts in our head, we will find
Toxic Thoughts will not pour like rain
In Consciousness, we will not be pushed down the drain
If not, the Mind will make us miserable, again and again
And to find Peace, our efforts will go in vain
Therefore, the most important step is step four
To be locked in Consciousness, push the Mind out of the door!*

*The next step is the Intellect, to activate
Then, every Thought, we will be able to discriminate
The Intellect knows what is black and white
It will discriminate between Thoughts that are wrong and right
But without Consciousness, the Intellect cannot shine
The Mind will intoxicate us and make us whine
The Intellect, once active, will stop the river of Thought
We will experience Peace, not in stress, we'll be caught
Then, the Mind, the Intellect will block
And stopping the gushing Thoughts, the Mind it will lock
This is to find Peace, step number six
Peace and Tranquillity, we will soon fix*

What is the reward for killing the Mind?

It's step seven, we overcome fourteen miseries that make us blind

The mind creates misery, fear, worry, stress, anxiety and more

Regret, shame and guilt, push Peace out of the door

Then, the Mind creates the Ego and further, agonies seven

Pride, greed and selfishness, they steal our heaven

Through the Ego, the Mind creates anger and hate

Revenge and jealousy push Peace out of the gate

When we still the Mind, we find Bliss in our Life

We eliminate all sorrows, all miseries, all strife

Step by step, as our miseries cease

We become the Master and find Eternal Peace

Step eight is to flip from NEP to PEP

From negative to positive Thoughts, an important step

The Mind is a factory, constantly producing Thought

It is dangerous in negative Thoughts to be caught

But it is up to us, what raw material we give

Whatever we give, that is how we will live

If negative raw material to the factory we feed

Then, worry and stress, not Peace will be the lead

So, we must fill our Mind with positive emotion

And positive Thoughts will be the reaction

Let's choose courage, confidence, faith, love and Peace

Let's eliminate anger, guilt, and fear, and make anxiety cease!

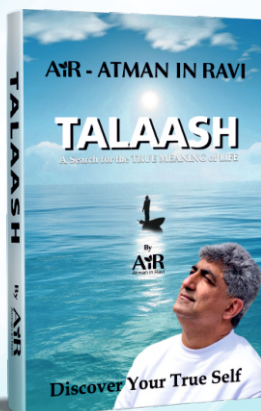
*The ninth step is to tame the monkey into a monk
 Remove all toxic Thoughts that are creating junk
 The Monkey Mind has EY as its tail
 The Ever-Yelling and Ever-Yearning monkey will make us fail
 Instead of being content, fulfilling our need
 The Monkey Mind is constantly creating greed
 Then the monkey swings into a past that is gone
 Then creates fear, jumping to a future not yet born
 Isn't it time to kill this rascal Mind?
 If we tame the monkey, then Peace, we will find
 Then, we can live with Eternal Bliss
 As step ten will lead us to Truth Consciousness*

*Step ten is SatChitAnanda, Eternal Bliss
 It is the art of Bringing Back Consciousness
 It is being locked in Sat Chit, the Truth
 Eliminating toxic Thoughts, right from the root
 This happens when we eliminate the Mind as step eleven
 Then, we are sure to experience heaven
 In the state of Truth Consciousness, there is no Mind
 And thus, no toxic Thoughts we will find
 The Mind that is no more, doesn't ride our life horse
 In Consciousness, the Intellect becomes the boss!
 Then there is no more mental illness
 For eliminating the Mind is eternal stillness*

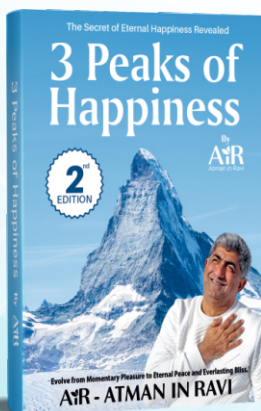
*To find Peace of Mind, there are steps, twelve
None of these steps we can afford to shelve
The twelfth step is to live as the Divine Soul
This is achieving our ultimate goal
Transcending the Mind and Ego that says it's ME
From all misery and stress, we will be free
Not only will be free from all misery on earth
This will free us from the cycle of Rebirth
For where there is no Mind, there we will find Peace
Without the Mind, all miseries and sorrows will cease
Let's begin the journey to become the Master of our Thought
Then, Peace and Tranquillity, in our Life, will be brought*



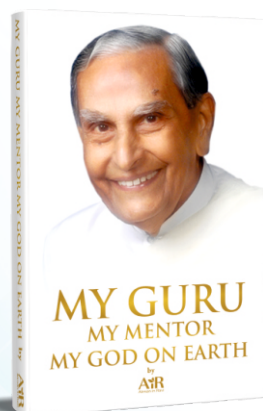
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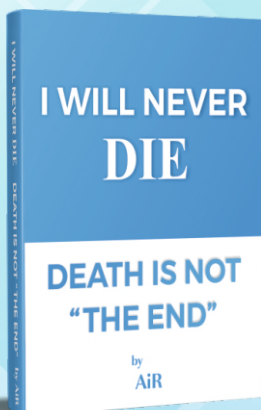
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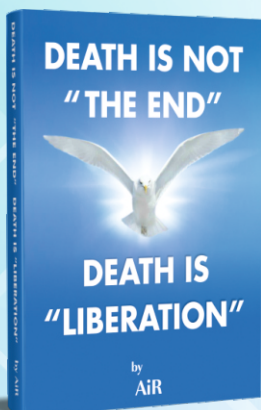
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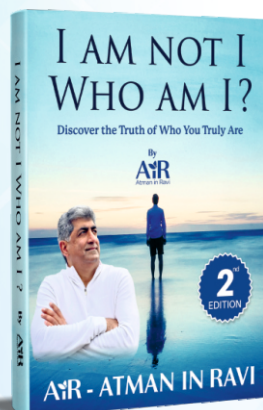
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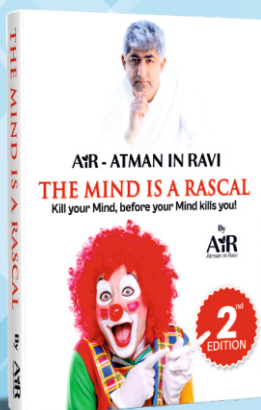
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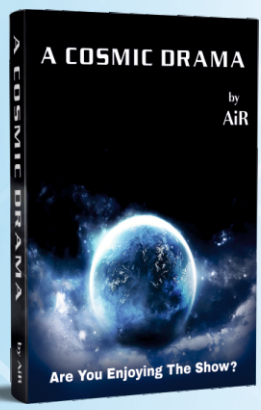
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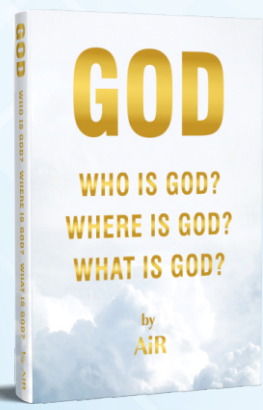
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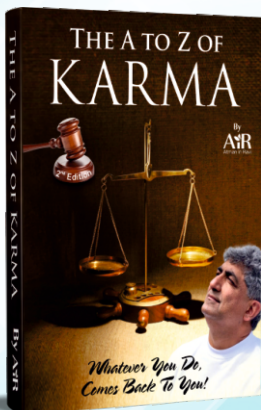
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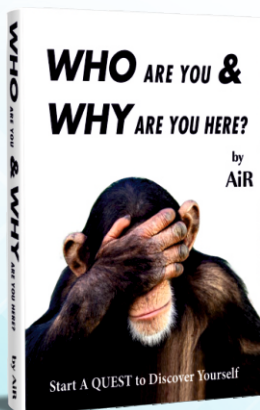
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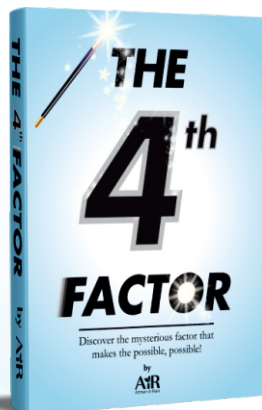
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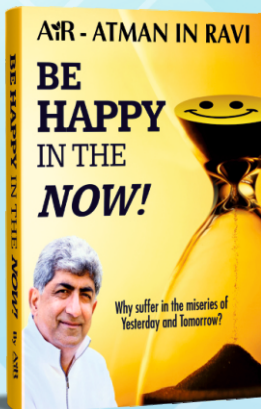
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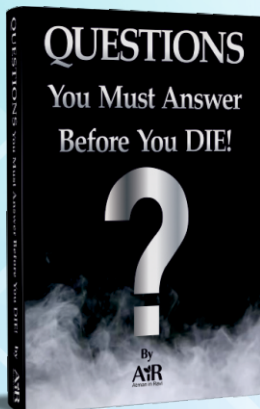
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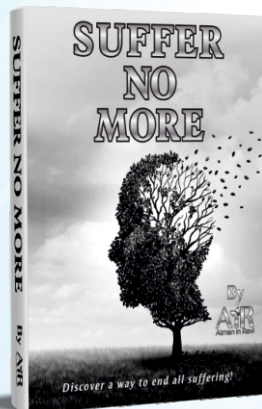
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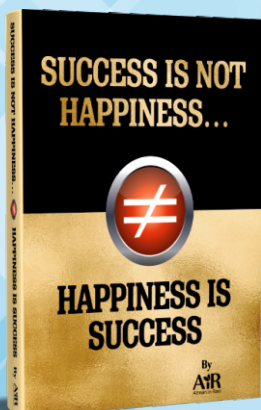
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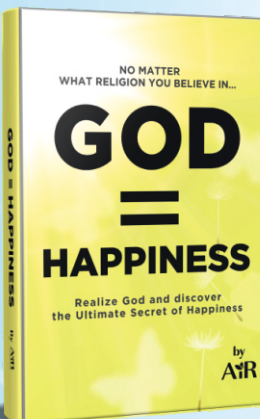
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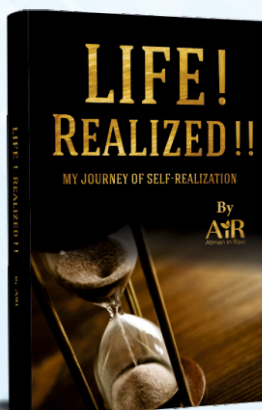
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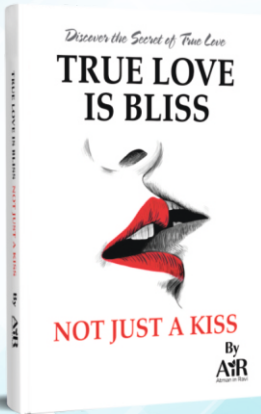
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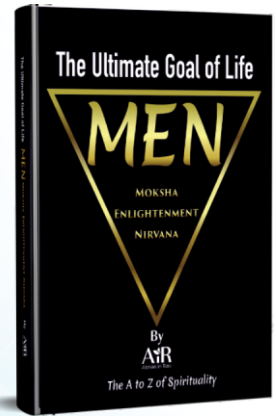
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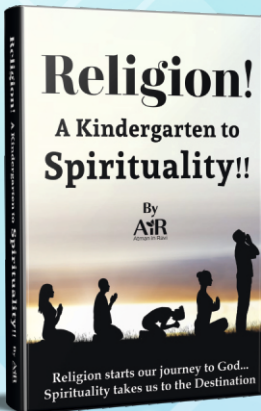
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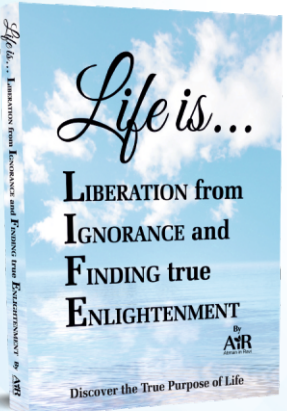
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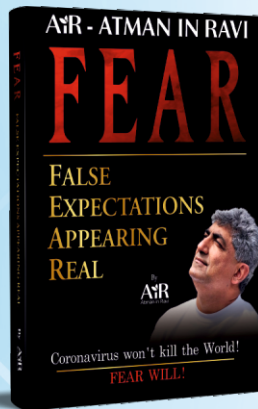
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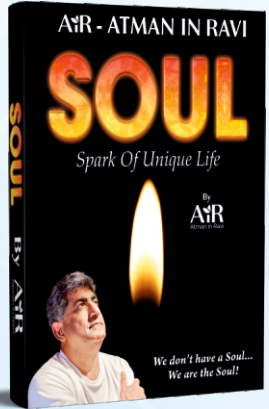
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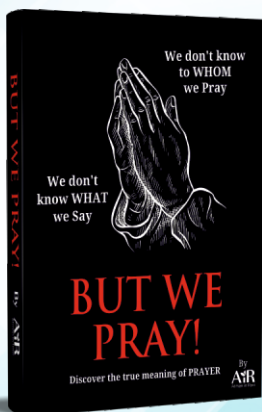
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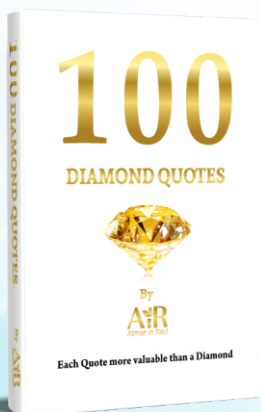
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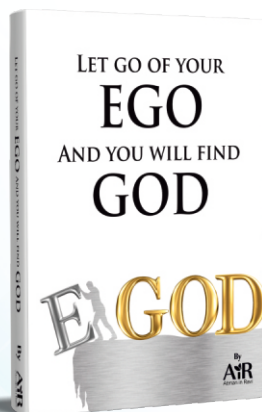
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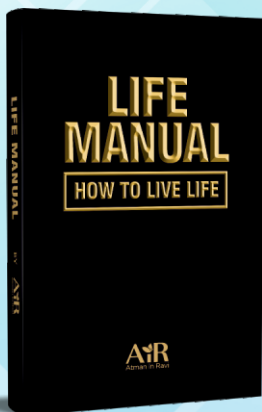
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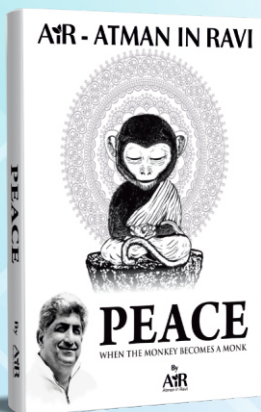
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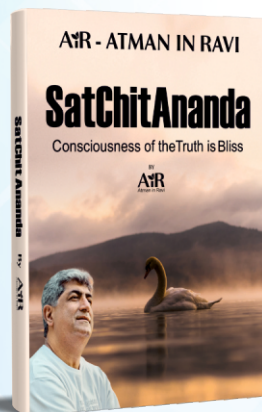
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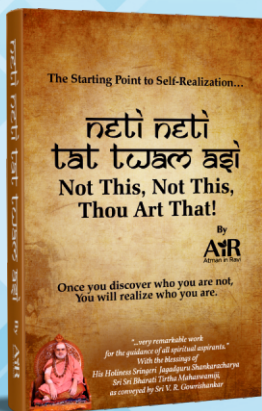
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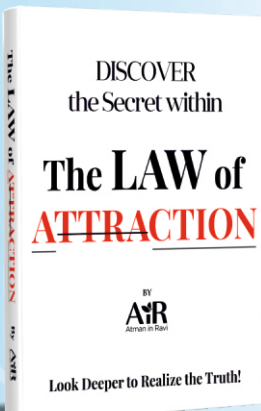
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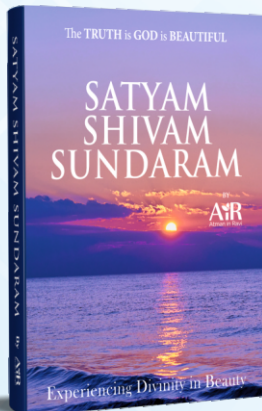
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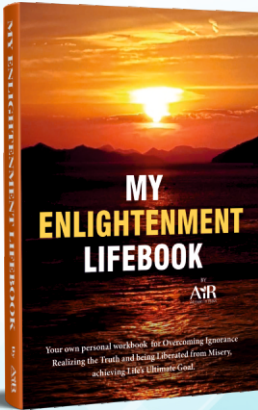
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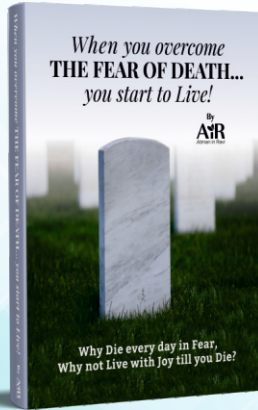
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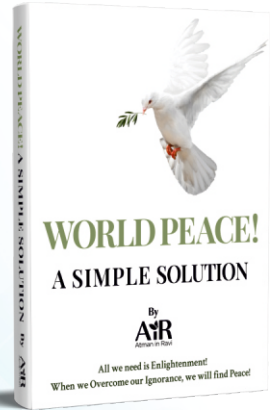
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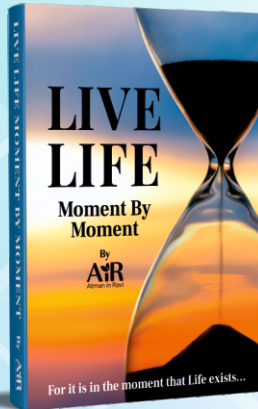
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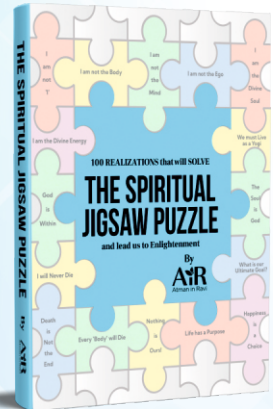
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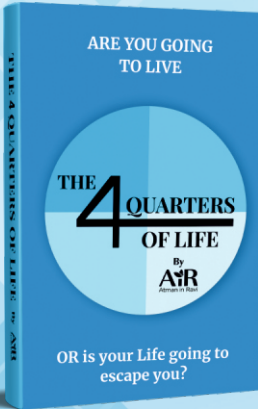
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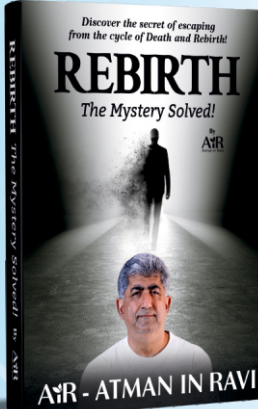
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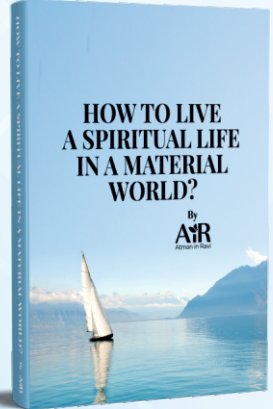
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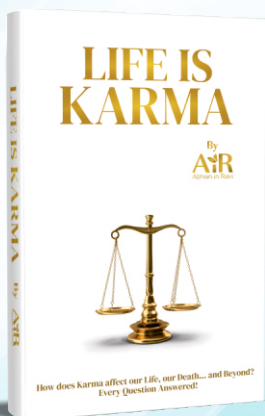
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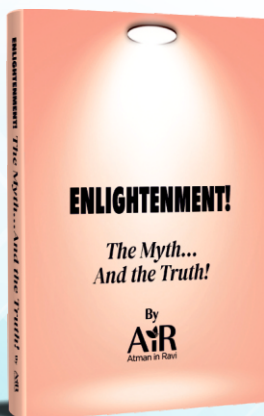
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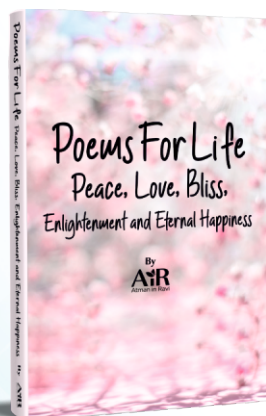
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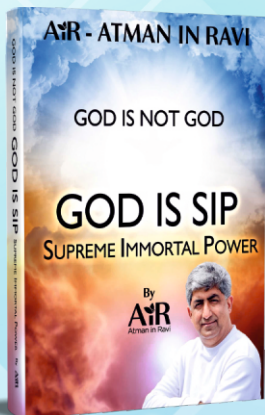
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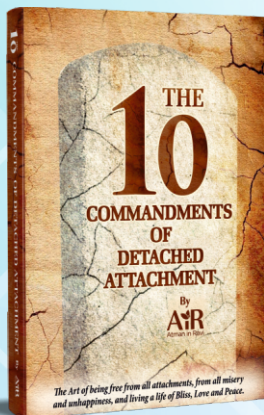
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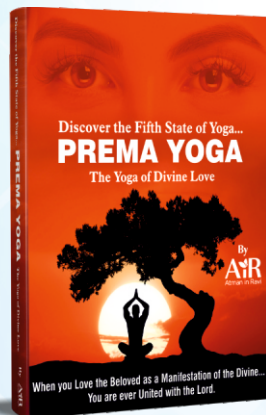
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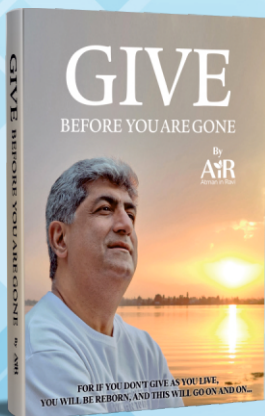
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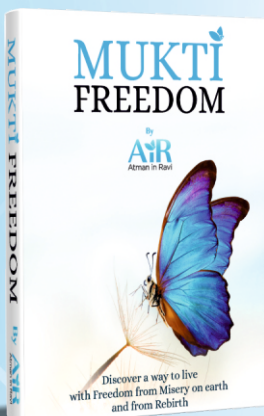
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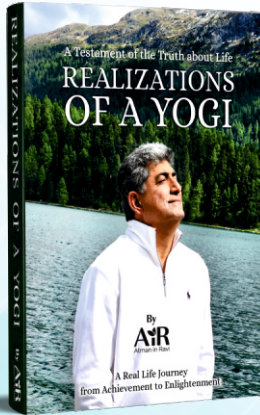
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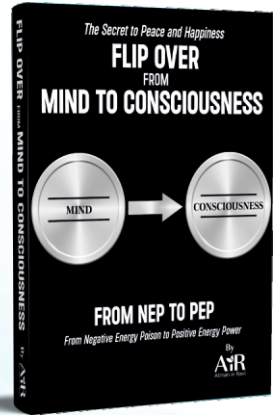
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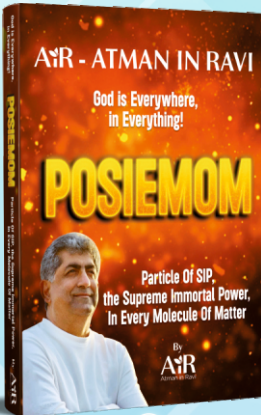
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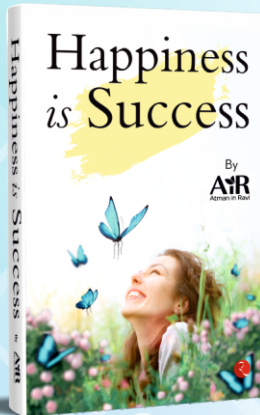
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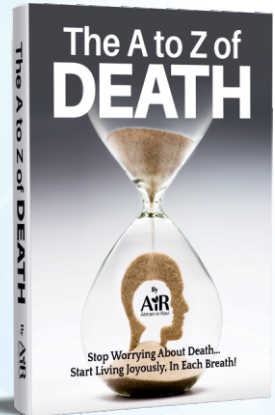
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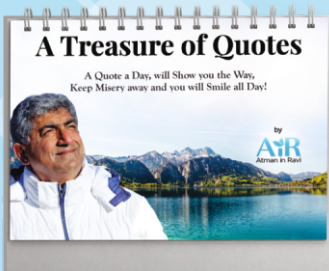
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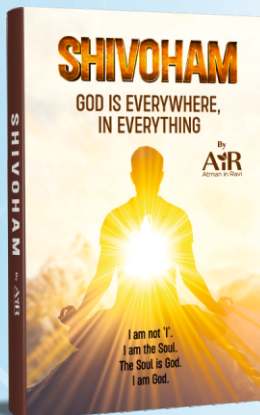
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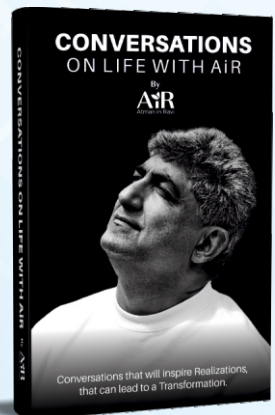
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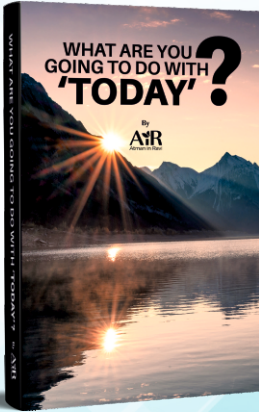
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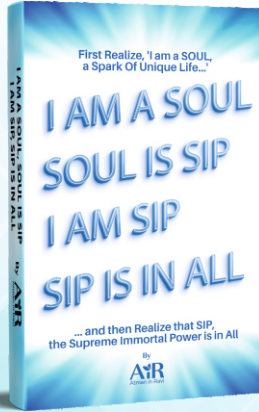
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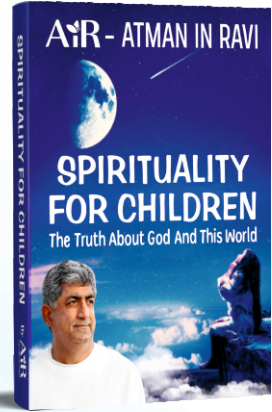
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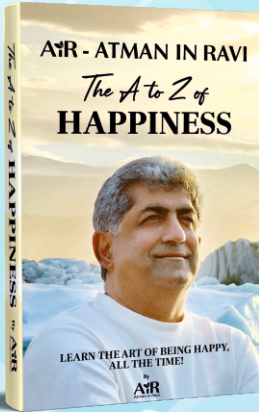
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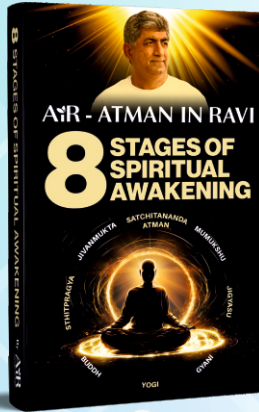
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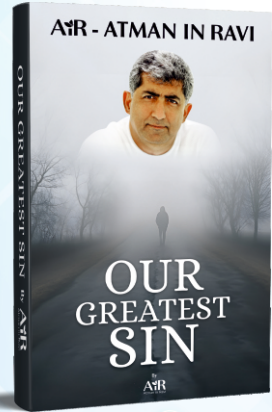
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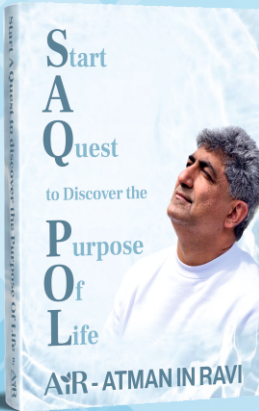
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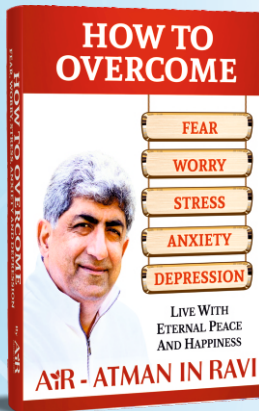
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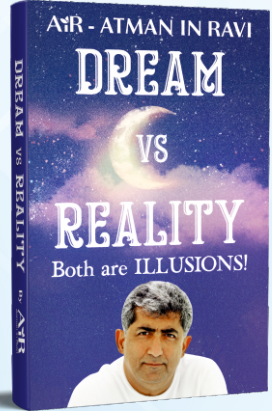
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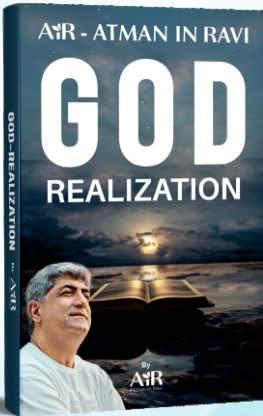
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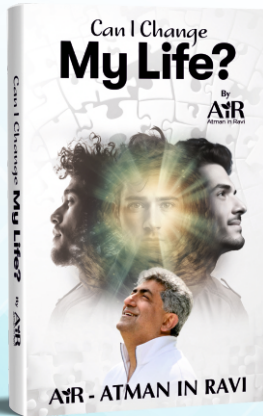
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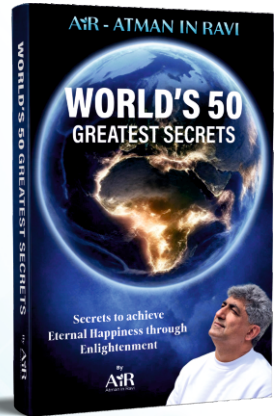
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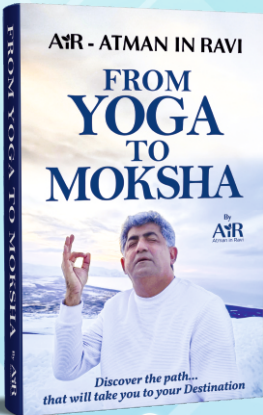
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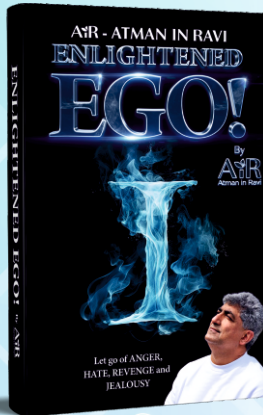
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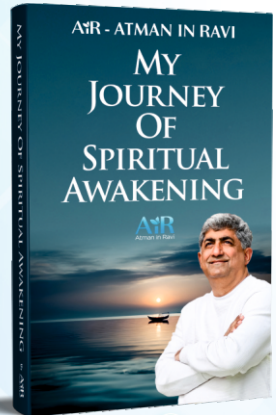
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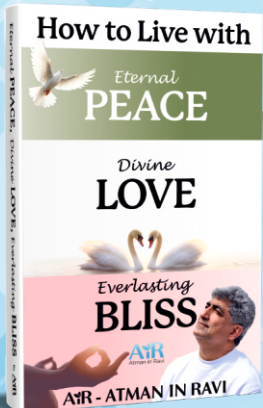
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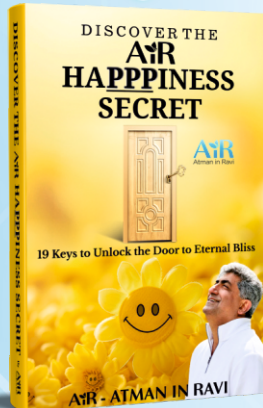
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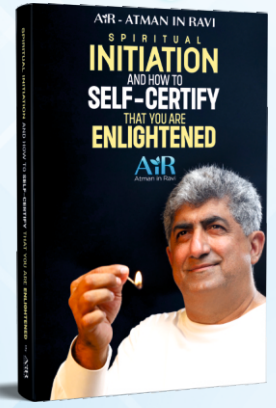
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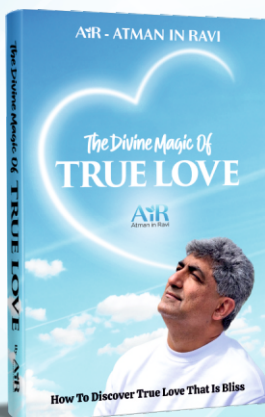
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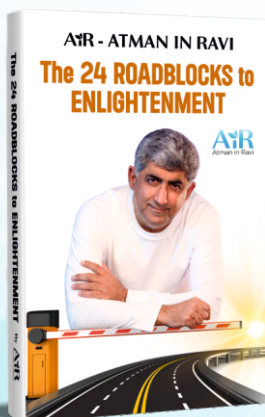
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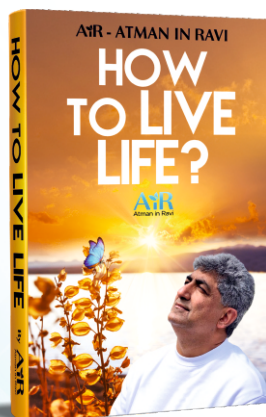
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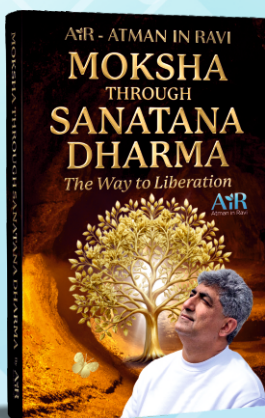
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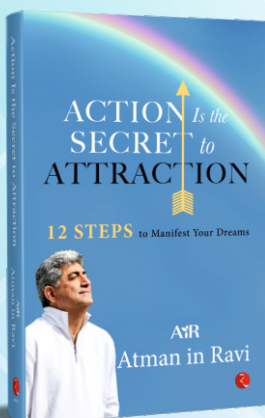
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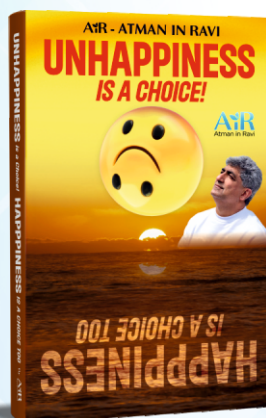
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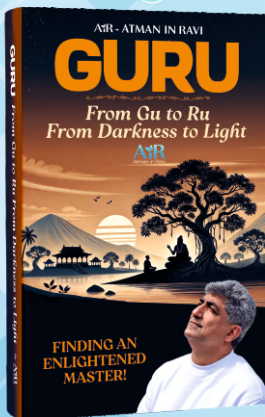
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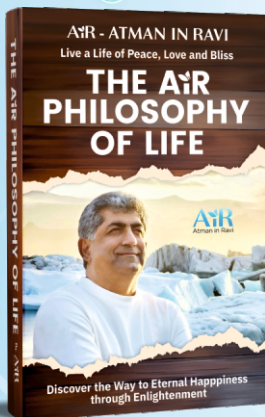
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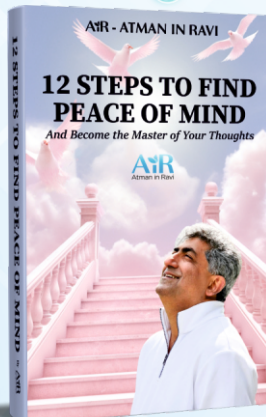
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12 STEPS TO FIND PEACE OF MIND

And Become the Master of Your Thoughts

Are you trying to find peace of mind? You can't! Peace is within. If you want peace, still the mind. Then peace, you will find. But how can we still the mind that we cannot find? When we search for the mind, we realize that there is no mind! The mind is just a bundle of toxic thoughts. When in a negative thought we are caught, we are attacked by fear, worry, stress and anxiety. We suffer with regret, shame and guilt. To add to this agony, is the anguish of anger, hate, revenge, jealousy, pride, greed and selfishness, created by the ego, all because of the mind.

Here is the good news! You can eliminate all suffering and sorrow, if only you kill the mind that takes you to yesterday and tomorrow. To kill the mind, you must still the mind. There is mental illness because there is no stillness. How can we kill the mind?

This book gives us 12 steps which will help us first, identify the thief who steals our peace. Then, it will help us move from a state of mind to a state of Consciousness and as we flip over, we will find peace, love and bliss. But this is only possible if we follow the 12 steps. Only then will we reach a state of positivity and experience Eternal Bliss. The monkey mind can be tamed and made a monk, as we eliminate all the junk! The simple method is in your hands. Your life can have peace or your mind can shred it into pieces! It's your choice!



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