

**KILL THE MIND
BEFORE
THE MIND KILLS YOU**

AiR - ATMAN IN RAVI



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By

AiR
Atman in Ravi
Ravi V. Melwani

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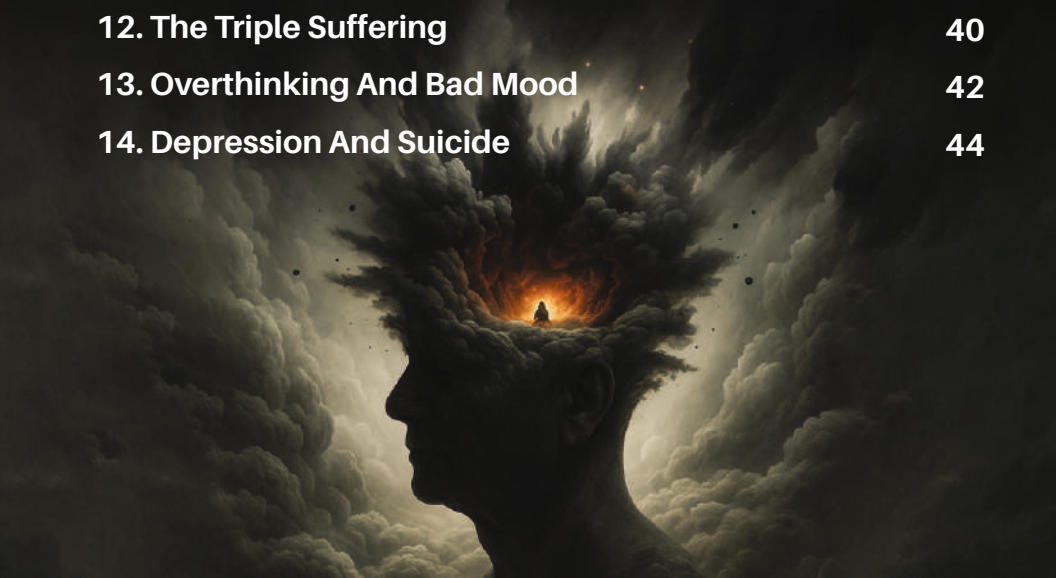
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About The Author

AiR - Atman in Ravi



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

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 *Songs of Life* "*Jeevan Sangeet*" and written several blogs, quotes and poems. He conducts Spiritual Retreats and organizes talks to help people evolve on their Spiritual journey. He has also done 100 plus podcasts. 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.

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



AiR Linktree

Preface



*We think our Mind is King, it is everything!
Little do we realize that it's the cause of all Suffering!*

The whole world has been trapped and fooled by the mind. A mind which we cannot find! Still, it makes us blind. It pushes the truth behind. If you don't kill the mind, the mind will kill you. After writing about 100 books on Life, Happiness, Success and Enlightenment, I realized that although I wrote books on the mind, Consciousness and peace of mind, the world needs a book that directly reveals what the mind is, how it makes us miserable and how we can eliminate the misery and the suffering that it causes. This book is the answer.

What is the mind? The MIND is Misery, Ignorance, Negativity and Desires. But where is the mind? What is its shape, its size and its colour? Have you seen the mind? Has anybody seen the mind? No, nobody has seen it. The mind does not exist. It is just a bundle of thoughts. In reality, there is no mind. However, because toxic thoughts appear as the mind, it drills us and kills us. We experience fear, worry, stress and anxiety in our head till we are dead.

The mind doesn't knock on the door. It enters uninvited and pushes us on the floor and we are happy no more! Toxic thoughts of the mind pour like rain and push us down the drain and we become miserable, again and again. How can we get out of this pain?

There is only one solution – we must kill the mind! If we don't kill the mind, the mind will kill us. But how do we kill the mind that does not exist? How do we eliminate all the toxic thoughts of the mind? How can we be free from the monkey mind that jumps into yesterday and tomorrow creating misery and sorrow? This book has all the answers.

Today, more than ever before, the world is suffering because of the mind. There is so much mental illness because there is no stillness. The pandemonium created by the mind is causing depression and is leading people to suicide. The mind makes us a slave and we suffer till we reach our grave. We are not brave enough to kill the mind. The mind creates a trap and until we are able to block it, lock it, snatch it, catch it and latch it, the mind will continue to rob our peace. We must learn the art of seizing the mind and making all suffering cease. The good news is that it is possible.

If only we realize the truth about the mind, what causes the mind and how it behaves, we will be able to eliminate it and live peacefully and blissfully. But this is not easy. It needs discipline and practice. It needs guidance. The mind does not want to fail. So, it traps us in its jail. It makes us a prisoner of pleasures, people and possessions. It creates desires that never quench our thirst. Ultimately, we burst. It's time we learn how to kill the mind. It's very simple. We just have to still the mind. If we don't, we will suffer, cry, live and ultimately, die.

Introduction



*With the Mind, we will never reach our Destination.
Kill the Mind and do it without Hesitation!*

We all seem to have a mind. But none of us has seen the mind. We can't because it doesn't exist! Still, it creates regret, shame and guilt, and our life is built around fear, worry, stress and anxiety. To add to this, we become angry and jealous. We experience revenge and hate. How can we overcome our pride, greed and selfishness, and put all these monsters out of the gate? It's not too late! This book has all the answers.

In this book, we will understand what the mind is, where it is, how we can catch it and latch it, and how we can stop it and chop it. The mind has no physical existence. Still, it is the cause of all our ignorance. It causes depression and even incites us to commit suicide. This monster called the mind is like a wild uncontrollable monkey. It jumps into yesterday, which is gone and then, to a tomorrow that is not yet born. In a moment, our peace of mind disappears. How can we find peace? How can we seize this rascal mind and lock it behind prison bars? There is a way!

If only we learn how to still the mind, we can kill the mind! The mind is a bundle of toxic thoughts. But can we stop thinking? If somebody were to challenge you, '*Stop thinking!*' would you be able to stop? Maybe for a short while but just like we can't stop breathing, we can't stop thinking. If we do not learn the art of eliminating the mind, then as long as we are alive, we will be caught in toxic thoughts.

The whole world is confused and thinks that our mind is our most powerful weapon. We think that it is the source of all our intelligence, our ideas and creativity. The mind fools us into believing this. In reality, it is the root cause of all our misery and pain, just as it causes us to be reborn, again and again. Unless we discover the truth about the mind, we cannot leave it behind and live a life of Eternal Peace, Divine Love and Everlasting Bliss.

We all want to be glad but so often, we become sad! It is all because of the mad mind. It fills us with negative thoughts and traps us in a miserable existence. This book reveals the way to eliminate the mind, to Enlighten the ego and to live with peace and bliss. This is only possible if we flip from mind to Consciousness. We must overcome the ignorance of the mind and replace it with intelligence, the biggest gift that every human being is blessed with. Unfortunately, if our mind continues to ride our life-horse, it becomes our boss, and we are at a great loss. We must become aware of the mind and its toxic thoughts and learn the art of taming this monkey and making it a monk. This book will show us how to remove all the junk, the many negative thoughts created by the mind. Once we eliminate the mind, peace, we will find, and peace is the foundation of Eternal Happiness. But beware! If you don't kill the mind, the mind will kill you! This book will show you the way to kill the mind. Then peace, you will find.

1. Why Should We Kill The Mind?



*Our mind causes misery, pain and sorrow.
Kill it, or you will suffer today and tomorrow!*

We all experience suffering. We experience pain of the body, just as we experience the miseries of the mind – fear, worry, stress, anxiety, regret, shame and guilt. Adding to this, we become angry and jealous. We take revenge and we hate. What is the cause of our pride, greed and selfishness? All these miseries and sorrows are rooted in the mind. As long as we live with our mind, peace and Happiness, we can never find. If we want to be happy, we must eliminate the mind. We must kill it. If we don't kill the mind, it will make us suffer and cry. And we will live and we will die. But the story doesn't end there. The mind will make us return to earth in a rebirth. After a miserable life, we will be gone but the mind will make us reborn, and this will go on and on. Therefore, we must kill the mind. There is no other option.

Those who hear this term for the first time will wonder, 'Why should I kill my mind? My mind is King! It is what makes me achieve everything. My ideas, my creativity, my dreams, my plans, all come from my mind.' Little do we realize that these are real lies! Our mind is making us blind.

Our mind is not the one that is giving us brilliant ideas and making our life successful. It is only a cloudburst of negative thoughts that creates stress and makes our life a mess. The mind is not the intellect that creates intelligence. The mind is the cause of all our ignorance. As long as we continue to live in the state of mind, Happiness, we can never find! That is why when we try to still the mind in silence or meditation, we experience deep peace and Happiness.

The mind attacks us with toxic thoughts. One moment, we are worried. The next moment, there is fear. Then the mind goes to the past. It digs up memories that create regret, shame and guilt. If the mind is not killed, we will continue to live in the past and suffer. Then, the mind jumps to tomorrow. It imagines fears that are not real dangers. It makes us anxious, '*What if this happens or that happens?*' By doing this, the mind robs us of our present moment. We lose our peace of mind. Therefore, if we do not kill our mind, we will swing like a pendulum into yesterday and tomorrow. We will not live peacefully in the moment, as the mind creates misery and sorrow.

If we want to live with peace, the very foundation of Happiness, we must eliminate the mind. We must destroy it. We must find a way to kill it. If not, the mind will destroy our life. It will kill us. Therefore, we have a choice. Either we eliminate the mind or we let our life and our Happiness be eliminated by it. Therefore, before the mind kills us, we must become aware of this monster, the mind and its miseries, ignorance, negativity and desires. And before it can light a fire, we must face it, fight it and finish it. How can we kill the mind, a mind which we cannot find? This book shows the way.

2. What Is The Mind?



*The Mind is Misery, Ignorance, Negativity and Desire.
Its toxic thoughts create a fire!*

The mind is a bundle of toxic thoughts. Thoughts of fear, worry, stress, anxiety, regret, shame and guilt. When all these toxic thoughts get together, the mind is built. By itself, the mind has no physical existence. But is there any doubt that the mind exists? There is no doubt.

The best way to understand the mind is to compare a human being to a computer. A computer has hardware and software. Without the software, the hardware cannot work. The mind is the software that is loaded into the human computer. The hardware is the gross physical body. We have hands and feet just as we have critical organs like the brain and the heart. All these, along with the bones and the skin create the physical body, which has the mind within. But where is the mind? We cannot find!

Radha was tormented by her mind. It created so much anxiety that she had lost all peace and tranquillity. She would wake up every morning with so many fears – fear about her daughter failing in her studies, fear about her husband walking out on her. These were not real or imminent dangers. They were just False

Expectations Appearing Real, just FEARs. They were a figment of her imagination. But she was stressed. She continued to have repetitive, sad and toxic thoughts, shot like bullets by her mind. She would overthink, which created a kind of a mental paralysis.

Today the whole world suffers from what is known as mental illness because of the mind. But it is so strange that nobody is able to locate the mind — where it is exactly. No doubt, the toxic thoughts of the mind drill us and kill us. But while we can locate the heart and the brain, all we know is that toxic thoughts pour on us again and again and we are pushed down the drain. But where is the mind? We cannot find!

The mind is a subtle aspect of our existence. It is created out of thoughts - not just thoughts but toxic thoughts. These are sad thoughts that disturb us. In fact, the mind is our biggest enemy. It stops us from being glad and we are really mad because we are not able to identify that it is the mind that makes us sad. Somehow, the mind fools us into believing that it is our best friend. We try to use our mind to not lose an opportunity. We think it is the mind that creates success. Somehow, we think that our mind can think positive thoughts. Once again, the mind has fooled us!

Every human being has both positive and negative thoughts. But the mind is primarily negative. It may deceive us by occasional positive thoughts but it has no intention of promoting our wellbeing. Its objective is to make us suffer and cry, as we live and die. This means that more than putting a board on our gate, '*Beware of dogs!*' we must put a board on our life, '*Beware the mind!*' The mind can trigger anger and hate, and drag the false ego into our gate. With the mind, peace, we cannot find, and peace is the very foundation of Happiness.

The greatest discovery of man is therefore, not the discovery of stars and planets like Mars. Rather, the greatest challenge of humanity is to discover the mind. What is this rascal, this monkey that seems to do the impossible? It can take us into a yesterday that is gone and create shame, and then jump into a tomorrow that is not yet born and spoil our life game. Only the rascal mind can do it. Still, what the mind is and where the mind is, is a mystery that has remained unsolved through history. If we don't find the mind and kill it, we will be miserable. We must catch it and latch it before it can snatch our joy and detach us from our peaceful existence. If we don't kill the mind, the mind will kill us. But how to kill the mind? First, we must understand what the mind is and then eliminate it. Otherwise, it will continue to grind us and make us leave our peace and bliss behind.

Man is busy creating new technology. He is creating submarines to go below the surface of the ocean just as he is creating space craft to discover what lies in the distant skies. But man is not going within himself to find the mind. Ultimately, man wants to be happy. But he remains unhappy because the mind does not let man find it. Just like the little cat that goes round and round trying to catch its tail, the mind has created a game for us, a game of confusing thoughts in which we are caught. We don't discover who we are and why we are here. We are born and we are gone. Isn't it time to stop and find the mind — a mind that makes us blind?

3. Have You Seen The Mind?



*What is its colour and shape? What is the mind's size?
Nobody knows the answer. Isn't that a big surprise?*

We all talk of the mind. *My mind is troubling me! My mind is so afraid or worried.* It appears to be so real. But when we try to search for the mind, where is the mind, we cannot find! We know exactly where the brain is and what it looks like. We know the location of the heart and the kidneys. Is there any doubt? No, there isn't. But when it comes to the mind, nobody has ever seen the mind. Isn't that strange?

There was a king who went to a holy man and begged him, 'Sir, my mind is full of worry, stress and anxiety. I am so miserable. Can you help me empty my mind?' The wise man was an expert. He told the king, 'Sure. I will clean your mind instantly. Just come tomorrow morning at 6 am and don't forget to bring your mind when you come.' The king was puzzled, 'How can I go to the wise man without my mind?' He discussed this with his wife. The intelligent queen told him, 'Go in the morning and find out since you are so stressed and unhappy.'

The next morning, the king went to the hermitage of the old saint and was greeted by the sage, 'Welcome. Have you brought your mind?' The king blurted out, 'How can I come without my

mind?' The old man smiled and said, 'After my meditation, I will come to you in this room. Please be ready with your mind.'

The king pondered, 'How can I give my mind to the saint? I want to be free from all fear, worry, stress and anxiety.' He kept thinking and before he could realize, the saint appeared. 'Let's start,' said the saint, 'Give me your mind.' The king fumbled, 'How can I give you my mind? I don't know where it is!' The saint quizzed, 'You said your mind is troubling you so much! How come you don't know where it is?' 'I searched for my mind,' said the king, 'but could not locate it.' The wise man explained, 'How can you find the mind that does not exist? It is just a bundle of toxic thoughts. It appears to exist. The moment you drop these thoughts, there will be no mind. You will be free from all misery and stress. You can choose to eliminate this mess!'

Don't all of us suffer because of the mind? But is it easy to drop all the thoughts of the mind? No, it is not easy. Unless we still the mind, we cannot kill the mind. The chatter of the mind continues nonstop. Even when we sleep, the mind seems to appear as our dreams. We imagine that the aeroplane that we are flying in has crashed or our pet dog has had an accident. All this misery is because of the mind, the mind that we cannot find.

Have you ever seen the mind? Is there any trace of it? What does it look like? Where is it? The answer is, 'No.' But of course, you have experienced the mind. It can create so much regret and shame that you can get paralyzed revisiting the past and you cry. The past is gone, never to return. But still, it is only the mind that can jump into yesterday and make us nurse, curse and rehearse the past and make us aghast about something that we cannot do anything about!

While nobody has seen the mind because it has no physical or gross existence, there is no doubt that the mind exists. It exists as bundles of toxic thoughts that make us sad. It is the source of all our misery and ignorance. Because of its desires, it creates disappointments. It creates so many negative thoughts that we are unable to find a way to overcome the mind. Today, the world is filled with clinics that talk of 'mind medicine'. There is so much mental illness. And what do psychiatrists prescribe? Either relaxants, tranquilizers or silence that can create stillness. We use meditation to slow down the gushing flow of the toxic thoughts of the mind. Only then can we snatch it and latch it. Unless we detach it from our day-to-day life, the mind will continue to push our peace behind and we will continue to remain blind. We will remain ignorant about the truth that the mind actually doesn't exist. It is nothing but toxic thoughts.

Shesh cried in front of the doctor, 'My mind does not let me sleep! It makes me weep as I worry needlessly. I imagine all kinds of fears. Help me! My life has no meaning. Otherwise, give me some tablets so that I can end my life. I don't want to wake up every morning with worry and stress. My life is such a mess!'

Is this an uncommon situation? Many of us are troubled by our mind, a mind that we have never seen. Still, it can kill us! We have only one option — to eliminate the mind — to kill the mind before the mind kills us. If we don't tame the monkey mind and make it a monk, our life will always be full of junk!

4. Toxic Thoughts Of The Mind



*Beware of the Mind with its toxic thought!
Our Life is doomed... if in it, we are caught!*

The mind is nothing but a bundle of toxic thoughts. Nobody has seen the mind. But is there any doubt that it exists? No. Of course, it appears to exist! But unfortunately, we don't realize the essential truth about the mind.

It is because of ignorance that the mind rules our life. It creates misery with its negative thoughts and desires and becomes MIND - Misery, Ignorance, Negativity and Desire. The root is ignorance — we don't know that the mind is nothing more than a bundle of toxic thoughts. It has no real existence. But when we let toxic thoughts bundle together, then we are permitting the illusory mind to become real in our life. This subtle dragon called the mind, then, becomes a real monster in our life. It creates up to 50,000 toxic thoughts a day — thoughts of fear, worry, stress and anxiety. It drills us and kills us with regret, shame and guilt. Not only does it make us suffer on earth but it also makes us return in a rebirth.

Nobody can control thoughts, but we can control the mind. We can stop the mind from being formed as we slow down the pace of our toxic thoughts and live in Consciousness. If we don't, we are permitting the mind to crystallize into a real entity.

If we eliminate toxic thoughts that become the mind and we are established in Consciousness where the intellect is the boss, the mind cannot create loss. But if we let toxic thoughts accumulate, these thoughts will pour like rain and the mind will push us down the drain and we will suffer, again and again. Have you seen a thick cable? What is it made of? Bundles of wires. If you unwind the wires, one by one, slowly but steadily, the cable will cease to exist. So also, we find that in silence or meditation, when we slow down the pace of toxic thoughts, there is no mind. But the moment we start living our normal life, the mind pours negative toxic thoughts into our head. And we are dead. How can we eliminate this mind? How can we kill it? We must first, still it. Just like we eliminate all toxic junk from our kitchen, toilets and homes, we must eliminate all toxic thoughts in order to live like a monk.

It seems easy to say, '*Still the mind and kill the mind.*' But the world knows that the one who conquers the mind is greater than the one who conquers the world. This is the biggest challenge of life. Unless we understand that there is no mind — it is just a bundle of toxic thoughts, we will never have the courage and the confidence to still these toxic thoughts and get rid of the mind. Unfortunately, the mind is like a Phoenix, the mythical bird that rises from its ashes. We think that the mind is dead but in reality, it lies dormant in our head, only to wake up and attack us. If we don't kill the mind completely, it will kill us, destroy us. How can we eliminate the poison of the mind from our life?

5. The Raw Material Of The Thought Factory



***What you put in the Thought Factory, is what will come out!
Don't fill yourself with fear, worry, stress and doubt!***

Charlie was a happy man. What made him happy? Every day, he would wake up and say, 'I choose to be happy today!' Whoever he met, he would tell them, 'Smile. Be cheerful.' He was not a millionaire. He had an average income to sustain his family on. But when it came to Happiness, he was a billionaire. What was his secret? He chose to live with optimism, with positivity, with courage and confidence. His life was full of enthusiasm, faith, hope, belief and trust. He made one simple choice – the choice to be happy. Every morning, he would sing to himself:

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

Charlie was doing something very magical. He was choosing positive emotions that became the basis of his thoughts, his life.

Our mind is like a thought factory. It produces thoughts based on what we feed it. If the toxic thoughts of our mind rule our life and there is always fear, worry, stress and anxiety, these will create negative feelings that in turn, will crystallize into negative emotions, the raw material that will produce future thoughts. **Thoughts are real things. They are impulses, like electrical signals. They are expressions which arise out of emotional impressions in our Consciousness.** If we do not control our emotions, we cannot control our thoughts and thus, the miserable mind comes into being and makes us unhappy. If only we choose positive raw material or positive emotions, our thought factory will produce positive thoughts.

Sudharshan was constantly irritated and angry. He found faults with everybody around him – his family, friends and neighbours. He detested people who were doing professionally better than him. He would think of ways to belittle them. His chronic stress started manifesting in physical sickness. What was the problem? Sudharshan was allowing negative and toxic emotions to fill his life. He was choosing to live with anger, hate and jealousy because he was letting his mind and ego dominate his choice of emotions. He was inadvertently choosing bitterness and stress. He enjoyed no peace and tranquillity. Did Sudharshan realize that he was filling his life with negative emotions? Did he even know that he was responsible for his own misery and sorrow?

The truth was that Sudharshan's mind had taken charge of his life. His mind had become the boss. It was riding his life-horse. It was choosing negative raw material so that it could thrive. If only Sudharshan, like Charlie, chose positive emotions, he could have overtaken his toxic mind. But because his mind was choosing negative emotions, he continued to feed toxic raw material to his thought factory.

In turn, he was producing thousands of unhappy thoughts which became his miserable mind.

Each one of us has a thought factory. We are producing thoughts and the primary source of thoughts is our emotions. The emotions we choose are a matter of choice. We can choose the raw material that will determine the quality of our thoughts. However, by default, if we let the mind take charge of our life, it will only choose negative emotions and the result will be negative thoughts. It is easy for the mind to choose negative emotions like regret, guilt and shame. This spoils our life game. We get caught in the vicious cycle of negative thoughts, feelings and emotions. There is no way to break this negative cycle until we kill the mind.

If only we eliminate the mind and its toxic thoughts, we can move to a state of awareness or Consciousness and use our intellect to choose positive emotions. These emotions become the raw material that will produce positive thoughts. In fact, if we fill our head with positive thoughts, we will slowly but surely eliminate our mind and its toxic thoughts from our life.

All this depends on who the director of our thought factory is. If the director of our thought factory is Mr. Positive, we will choose positive emotions. But if Mr. Negative, the mind, becomes our director of production, it will feed negative emotions and produce negative thoughts. Ultimately, we have a choice. If we don't kill the mind and choose positive emotions, the mind will kill us by choosing negative emotions. Once it takes charge of our life, our life will be a disaster. It's time to become the master.

6. The Thought Chain



*Why do we suffer pain again and again?
It is all rooted in the Thought Chain!*

Anita would often wonder why she was so frequently in a rotten mood. She would spend the whole day in misery and sorrow, only to wake up to another rotten tomorrow. But then, there were times when she was bubbling, full of enthusiasm, bliss, joy, love and peace. What was the mystery? There seemed to be a trajectory of her flow of life, her actions, her thoughts and her feelings that were controlling her destiny. Then, she discovered the thought chain.

Thoughts create feelings. Feelings create actions. Actions create habits that create our character. This becomes our destiny. Therefore, is it thoughts that lead to our destiny? Yes! Undoubtedly! But what creates thoughts? To complete the thought chain, we must realize that the raw material is emotions, which we can choose. We cannot directly choose our thoughts but once we choose our emotions, the thought chain unfolds. However, the thought chain can be intercepted by the mind. Every time we choose positive emotions, it can be countered by toxic emotions and thoughts of the mind. It is by default that the mind seems to establish itself in our head. Unless we eliminate the mind and it is dead, we cannot take charge of our thought chain and our destiny.

Anita was determined to take charge of her life. She realized that she had to choose positive emotions over negative. Whenever she chose courage, confidence, faith and hope, she had optimistic thoughts. She felt good and positive actions followed. But she noticed that whenever she did not choose positivity, the negative toxic thoughts of her mind would make her mood bad. Then, she would feel that life was meaningless. She would not want to go out, meet friends and talk to people. She would just sulk and cry, as she would nurse, curse and rehearse her miserable life. But it was all in her hands. She learned the secret. And she knew that she must choose positive emotions if she wanted to be happy.

The thought chain is for real. Nobody can stop the chain from unfolding but we have the opportunity to choose our emotions. If we don't, the mind will take charge and the chain that starts with thoughts will get us caught in a destiny of misery and sorrow. We will be constantly jumping from yesterday to tomorrow and we will miss the beauty of the present moment.

Are you in charge of your thought chain or do you live in vain as you suffer again and again? Do you let thoughts pour like rain and push you down the drain? You can snap out of this by taking charge of your thought chain. People don't realize that thoughts create feelings that create actions. But sometimes, you can reverse it. *If you act happy, you can think happy and feel happy.* But for this, you have to first kill the mind. If you do not still the mind, it will create such a pandemonium of disastrous thoughts that right from your thoughts to feelings and actions – everything will be miserable. The next time you are in a bad mood, snap out of that toxic thought chain and regain Consciousness in which you can choose positive emotions and choose Happiness.

7. Attraction And Manifestation



*My Mind is magical. It can create Attraction!
I will use my mind for every Manifestation.*

Most of the world is enamoured by the Law of Attraction. Thus, they make the mind, 'The King'. They believe that they can achieve anything. They submit themselves to the positive power of the mind and they remain blind to the truth about attraction and manifestation.

Of course, the Law of Attraction works. But we must look deeper to discover what lies within attraction. The magic is action. If you remove the word 'action' from **attraction**, what is left is 'attr' – A Thought That Roams. The mind makes us believe that we can attract anything. Is this true? Unfortunately, it's not. But undoubtedly, every thought is an electrical impulse within our body. Thoughts are powerful. They become feelings and actions. But not all of them. Until we use the thought chain with visualization that has passion, attraction will remain a dream. The key takeaway is to realize that the mind stops us from all positive attraction. That is why we are told to beware the negative force of attraction. *When Ramu kept on visualizing, 'I don't want to be fat. I don't want to be fat!' the mind*

captured the word, 'fat' and he put on weight. What should the attraction have been? 'I want to be thin!' So, every thought germinates like a seed to become a feeling. Then, it is our choice to put it into action or not.

If the mind fools us into believing that we can manifest anything, attract anything, then we too can be like Renuka who was manifesting opening a chain of nail studios all over the country. She kept dreaming about it and wishing it. But nothing happened. She was lazy and her visualization was weak. She had a dream but she did not create a team or plan a scheme and put the required beam to support the dream. Her attraction lacked action and without action, there can be no manifestation.

Each of us chooses a different destination. So, we have a different and distinct path and direction. We use attraction or manifestation with our dreams. But ultimately, we need Illumination. We need Realization. If we let the mind take charge of our life, we will manifest all the wrong things. We may seek pleasure and achievement but the real treasure is fulfillment and Enlightenment. The challenge is not to let the mind fool us into attraction and manifestation. We must kill the mind and be established in Consciousness. Then, we must use our intellect for visualization and manifestation of Liberation, freedom from all misery on earth. This is our ultimate challenge.

It's time for us to eliminate the mind, our biggest enemy so that there is no confusion in our life path. We need to reach that conclusion, that ultimate destination, which can be seen only when we eliminate the toxic thoughts of the mind. If we all believe the rascal mind, everybody in this world could be a king. 'If wishes were horses, beggars would ride.' Mere wishes are not enough to achieve goals.

8. How To Think Positive All The Time



*'Think Positive,' they say. But can we do this?
We can't control our thoughts. But we can control our Bliss.*

I must have read hundreds of books which talk about positive thinking. Norman Vincent Peale wrote a book called 'The Power of Positive Thinking'. Napoleon Hill's 'Think and Grow Rich' and Dr David Schwartz's 'Magic of Thinking Big' are all best-selling books. These are great books to motivate us but the challenge is our mind. The mind attacks every positive thought with a negative one. If we are in the mind state, it is impossible to think positive.

Then, what is the way out of negative thinking? Is it even possible to think positively, all the time? The good news is that there is, and I discovered the trick to flip over from negative to positive thinking. We can't control thoughts but we can control the raw material that goes into our thought factory. These are Emotions – Energy in Motion. If we make it a conscious choice to choose PEP, Positive Emotions that create Power, we are feeding our Consciousness with the raw material that will produce positive thoughts. Consider emotions like faith, hope, trust, belief, enthusiasm, courage, confidence, compassion,

forgiveness, love, kindness, peace and optimism. Just reading these emotions will release positive chemicals into our blood. When we choose PEP, we have made a conscious choice to live with these emotions. At every turn in life, we will resolve to live with these positive emotions. But is this enough? No, it's not. We need to do one more thing. We have to eliminate NEP.

NEP is Negative Emotions that create Poison. We don't really have to choose NEP. The mind constantly produces negative thoughts — thoughts of fear, worry, stress, anxiety, regret, shame and guilt. Along with the ego, it produces anger, hate, revenge, jealousy, pride, greed and selfishness. These 14 dragons further create emotions of pessimism and we experience lethargy, depression and even suicidal thoughts. When we don't choose PEP consciously, we are by default allowing NEP, Negative Emotions that create Poison to become the raw material of our thought factory. Unless we flip over from NEP to PEP, we can't think positively.

I learned the trick. I resolved to live with PEP. At every opportunity in life, I chose PEP. I made PEP the manager of my thought factory. I fired NEP! I eliminated the mind, the rascal that was constantly producing negative thoughts. Thus, having no negative thoughts, there were no negative feelings or actions. I locked myself in Consciousness and used my intellect to choose only positive emotions, the raw material for positive thoughts. The result, I lived a positive, happy life. You too can think positively, all the time. But for this, the process is simple. First, resolve to live with PEP, eliminate NEP. Then, consciously push out the mind and its negative thoughts as you choose positive emotions. This will create positive thoughts. Not only will you be positive but you will also be happy, all the time — only if you learn to live with PEP.

9. The 7 Miseries Of The Mind



*Who doesn't experience fear and worry, anxiety and stress?
We all feel regret, shame and guilt, and our life becomes a mess!*

Every human being faces the 7 miseries of the mind. These are fear, worry, stress and anxiety that mostly make a miserable tomorrow. Then, there are regrets, shame and guilt, which push us back into a past that is gone. What is making us swing like a pendulum from yesterday to tomorrow, creating misery and sorrow? It is the rascal mind! The monkey jumps into the past and the future and we become unhappy. If we do not kill the mind, the mind will kill us.

The mind can lead us to depression. If we let toxic thoughts create aggression, we will lose all inspiration. We may even end up with suicidal thoughts, all because of the mind, which we cannot find. That bundle of toxic thoughts becomes our biggest enemy. If we are able to eliminate the mind, we will be free from these 7 miseries that it creates.

What is **FEAR**? It is a False Expectation Appearing Real. It is not a danger that is real. It is just a fear. But it doesn't kill us! Didn't COVID teach us this? No doubt, it was a serious

ailment and could be fatal but what was shocking was that it shut down the entire world for months. This fear gripped and paralyzed the globe from 2019 till 2022 till people awakened to face it, fight it and finish it, not fear it. Mahatma Gandhi rightly said, '*Fear of the disease kills far more people than the disease itself.*' Confucius is famously known for saying, '*Do not use a cannon to kill a mosquito!*' This is what fear does! It destroys us. And what is its source? The mind! When toxic thoughts of the mind accumulate, they grind us to a halt. If we want to eliminate fear, *we must do the things we fear, then the fear will disappear.* But to do this, we must not let the mind appear.

What is 'worry'? **WORRY** is

Waste of life

Overthinking

Repeating the fear

Rehearsing the problem and

Yearning

What causes us to worry? Toxic thoughts of the mind cause us to worry. They drill us and they kill us and we become miserable because of worry. We can't even enjoy the most delicious curry! We just hurry and cry till we die! How can we eliminate worry?

Shyam was well-settled but along with money, name and fame, he had also accumulated worries. This had made him lose his peace of mind. There was no real problem in his life but he imagined problems - What if I lose all my money? What if I am cheated? Overthinking overruled his Happiness and he couldn't enjoy life. Although he had everything, it seemed he had nothing! He spent his entire day worrying and even though he would sit still, his mind would run around, hurling stressful

thoughts at him and make him worried. One day, a relative and well-wisher wisely explained to Shyam the uselessness of overthinking and wasting his life. He taught him the meaninglessness of fear and how he should deal with the problem when he comes to it. This led Shyam to live with peace.

What is stress? Poisonous thoughts of the mind create stress. **STRESS** is:

Sad thoughts
Toxic thoughts
Repetitive thoughts
Exhausting thoughts
Sadistic thoughts
Suffocating thoughts

Stress is nothing but a product of thoughts. Thoughts from our mind that nobody can find. Still, the mind creates stress and pushes our peace and Happiness behind. If we let stress fill our head, we will be dead.

Kishore destroyed his life because he had opened the door to more and more toxic thoughts. He had no control over his mind and its rubbish thoughts. He would suddenly feel sad and then wonder why. He viewed life through the spectacles of pessimism. He would worry about his health day and night. He would imagine that he had fatal or debilitating diseases. He would feel fearful and exhausted. What was causing this suffocating feeling in him? The repetitive thoughts that were being shot at him, like bullets from a machine gun – up to 50,000 thoughts a day, all sad, suffocating and toxic thoughts. Needless to say, he was doomed to live an unhappy life. We have a choice. We can let the mind create its 7 miseries through stress and make our life a mess or we can address these toxic thoughts and

dress our Consciousness with positive, inspiring and happy thoughts.

Why do we become anxious? What is the cause of **ANXIETY** attacks? Anxiety is nothing but a combination of fear, worry and stress. These combined create anxiety and rob our peace and tranquillity. There is no reason to be anxious. There may not even be any fear. But anxiety makes us pause, even without us understanding the real cause. It is the mind. When the mind becomes MK-50, the Mind-Killer-50, it becomes a weapon more dangerous than an AK-47. It silently kills us by bombarding us with toxic thoughts that pour like rain. We get drenched in misery and go into depression because of the aggression of poisonous thoughts. If we want to be happy and restore peace and tranquillity, the very foundation of Happiness, we must eliminate all anxiety. For this, there is only one way – kill the mind before the mind kills you!

What makes us **REGRET**? We may have done something years ago. It's over and done with but still, we go back to that incident, again and again. In reality, can we? Can anybody actually go back to yesterday or last week or last year? Nobody can! But the mind can. *Jennifer was devastated. Every precious moment of every invaluable day was destroyed because she could not get rid of her regret. 'Oh, how I wish I had not moved cities. How could I have been so indifferent to my family? I chose to live far away and the distance came between us – it became more and more. I wish I had stayed on.'* She would repeat this thought many times every day. It seemed like she was stuck in a time loop even though this had happened years ago. But she was not really stuck. Her mind had locked her with poisonous regret that was destroying her life.

Sometimes, it is not just regret. It is **SHAME** too that spoils the game! 'Oh my God! What will happen to my name?' The mind manipulates us and makes us feel ashamed. Sometimes, it may be for what we have done and at other times, the opinion of others may make us fail as shame could create a jail. Even if we have blundered, we must reverse it. But some people are unable to do it. Like Rajesh. He could not let go. He would nurse it, curse it and rehearse it. He had done a wrong and he could not unwind that. 'I wish I could die,' he would think, 'I feel so ashamed of what I have done. I stole from my friends. I cheated them. I gambled away the money that they had trusted me with. I betrayed them.' A wise master challenged him, 'I will give you all the money and resources to go back and change what you did. Can you?' Rajesh realized that what was done could not be undone. He eliminated his shameful mind and decided to help people and make a positive difference in the world, trying to amend the wrong he had done.

GUILT can kill us. But what is guilt built on? Guilt is built on the toxic thoughts of the mind. The mind kidnaps us and causes us to regress into a draconian moment of the past. Then, it repeats the incident and makes us feel guilty. No doubt, we should not have done that. But how does guilt help? It only destroys us. The destroyer is not our action. It is the mind. Nobody is perfect. We all make mistakes. But our biggest mistake is to let our mind create guilt. Then, we are not free. The mind binds us to the ground like a tree and we go round and round, repeating that thought of guilt. We feel lousy about ourselves and we waste our life repeating the guilty feeling triggered by the mind. Roger had troubled many of his colleagues for several years. One day, he awakened and realized his mistake. He felt guilty. 'How I wish I had not been so tough on others. I behaved so arrogantly and rudely. I should have been kinder, more tolerant.' Such were the thoughts shot at him by his mind.

Because Roger realized that he could not go back to the past and change what he had done, he decided to live each moment of the present with kindness and humility and built a positive life that wiped out all his guilt. Should we not live like Roger? Should we not wipe out all the miseries of our mind? It is a choice. We can be happy or we can be unhappy but if we open the door to the mind, peace and joy, we will never find.

The mind is infamous for creating these 7 miseries. It can destroy our peace, the very essence of Happiness. We don't need to live with fear and worry but the mind gifts us these miseries. More people die out of 'Rottenthoughtitis' — a disease caused by the 7 miseries of the mind. These rotten thoughts create anxiety and stress, and soon, we are in such a mess that we shuttle into the past and live with regret, shame and guilt. Then, we swing to the future and live with worry and anxiety.

It's time to kill the mind before the mind kills us! We can manage tuberculosis, fibrosis, conjunctivitis and arthritis but if we are diseased with 'Rottenthoughtitis,' we are sure to be dead even before we die. These people are like the walking-dead. They are riddled with bullets of fear, shame, worry and guilt. Although they breathe, they don't live. They just exist. They worry needlessly and lose the precious present moment, living either in yesterday or tomorrow, which don't exist. They transfer all their misery and sorrow to today because of a mind, which nobody can find. Isn't it time to kill the mind unless we prefer to let the mind kill us?

10. The Mind Creates 'I' — The False Ego



*The Ego creates agony, but who creates the 'I'?
The Mind creates the Ego, that makes us suffer till we die!*

What is the ego? It is that identity of 'I', 'me' and 'mine'. While we are individual beings, it is the mind that makes us believe that we are superior, we are different and we are the best! We develop pride because the mind teaches us to be better and compete with others. Naturally, we create the agonies of the ego. The monsters of anger, hate, revenge and jealousy, are byproducts of the ego. It is the ego that creates greed and selfishness. But the root cause is the mind.

The human computer is made of the body, mind and Soul. The body is unique just as the Soul is. The mind is nothing but a bundle of toxic thoughts. It is this mind that fools us into believing that we are this individual entity called 'I'. The moment we eliminate the mind and its ignorance, instantly we realize, '*I am not the body that will die. But I am. Who am I?*'

As long as the mind traps us into being the ego, we live and die as the body, mind and ego complex. Because of the Mind and Ego, ME, we don't discover our true identity.

We remain trapped in the Lower Self, the false ego and do not enjoy the peace and bliss of the Enlightened Ego.

We all have the 'I', the ego. When we are born, it is the Mind and Ego, ME, that carries Karma and takes birth in a body. But it is this entity - the body, mind and ego - that suffers. If the ego is Enlightened to realize that *I am not the body that will die and I am not the mind*, we overcome physical pain and mental misery. However, this is only possible if we kill the mind. If we do not kill the mind, it will continue to make the ego live as the false lower self. We will never discover the higher true self that we actually are.

The mind does not only create the ego; it also inflates the false ego. The 'I' will remain till we die. But because of the mind, we cannot realize the profound truth, '*I am not 'I'.*' The mind stops such a Realization because the moment the ego is Enlightened, the mind will cease to exist. Therefore, the mind works very hard and fools us into living as the false ego.

Today, the whole world is suffering because of the false ego created by the mind. There is conflict and chaos. There is war and destruction because the mind has inflated the ego of political, religious and military leaders. There is a thirst for power, wealth and fame. It's a shame that we don't realize that the culprit is the mind. If only we eliminate the mind, the false ego will be Enlightened and we will realize the truth of life that we are not the body that will die. We are the Divine Soul. We are all, in reality, manifestations of the one Supreme, the one Divine. Because of the mind, the ego creates comparison, competition, conflict and war. Little do we realize that the entire suffering of the world today is because of the Mind and Ego, ME, and this is rooted in the mind that makes us believe that we are the Lower Self, the false ego.

11. The 7 Monsters Of The Ego



*Oh, the agony of anger, revenge, selfishness and greed!
What causes hate, jealousy and pride that makes us bleed?*

We suffer because of the 7 monsters without realizing who is the mother of all the monsters. Who gives birth to anger, hate, revenge and jealousy? Why is our life full of greed, selfishness and pride? The root cause is our false ego, the false ego that is created by the mind. Little do we realize that all our agony, our anguish is rooted in the false ego that stops us from realizing our real self.

'Who am I?' Because we don't answer this question, we suffer and we cry. We live and we die. We think that we are this body and we suffer physical pain. Of course, the body experiences pain but are we the body? The body was created over 9 months after we were conceived as one cell, the zygote. One day, this body will die and people will destroy this body as they are absolutely sure that we have departed, we have left, we have passed away. Still, we suffer the pain of the physical body because the ego believes that we are the body, when in reality, this body is not who we are. So, who causes this ignorance? It is the mind that makes us blind. As long as we live as the body,

mind and ego, we will remain ignorant and never discover that we are not this body. Not only will we suffer physical pain but when we identify ourselves as the body and the mind says, '*I am the Mind and Ego, ME,*' then, anguish and agony will be. It is only when we eliminate the mind that we will stop being blind! Only then will we realize the difference between the false ego and the Enlightened Ego. If we do not kill the mind, there will be no Self-Realization and we will live as the Lower Self, agonized by the 7 monsters throughout our life.

It is, thus, critical to kill the mind and to Awaken to the Truth that *I am not 'I'. I am not the body that will die. I am not the mind that I cannot find. Then, the ego will be Enlightened. I am that Power that is throbbing within. I am the Divine Soul.* This is our ultimate goal - to eliminate the ignorance caused by the mind and to discover our true identity and to be free from the agonies caused by the ego. What are the 7 monsters that create so much anguish in our life?

ANGER can destroy us, can burn us. Therefore, we must burn anger before we are burned by the ego. *Jeshan realized that it was because of his ego that he would get so angry. He carried this anger like a piece of burning coal – to throw it at those who angered him. But he was blessed to realize that the burning coal of anger was causing far more damage to his own hand that was holding it rather than to those he was hurling it at.* What does anger do? It creates a fire inside us. Why do we get angry? Because of unfulfilled expectations. The ego gets upset when its instructions are not followed. Anger is rooted in that false identity of 'I'. *Jeshan used to scream, 'I told you to do it! How dare you did not!'* It was his ego that was causing the anger. Little did he realize that the fire of anger was destroying his peace, his Happiness and his life. We all experience anger but where does this anger come from?

Does the right hand ever punch the left hand in anger? Do we hit our teeth that bite our tongue? No, never! Because we realize that it is all me. It is the ego that differentiates between you and me. So, I am ready to kill you, destroy you because of anger caused by the ego! Where is this rooted? In the ignorance caused by the mind. In reality, we are not the body. Rather, we are the Divine Soul that wears the body. But the false ego does not understand this. And so, we burn in anger.

Not only do we become angry but we also want to take **REVENGE**, we become **JEALOUS** and we **HATE**. These 3 toxic monsters are caused by the ego that is fooled by the mind. *Karishma was consumed by the agony caused by her ego because she was jealous. She was vengeful. Her ego wanted supremacy and fooled her into believing that she was the best and she deserved the best! When her colleagues were selected to go on a foreign trip, she was so jealous that she stealthily stole their passports and cut them into pieces. She was jailed. Her dynamic career came to an end. It was her ego that failed her.* Many of us live like Karishma and Jeshan. We are slaves to our anger and jealousy. Revenge and hate exist inside our gate. We live each day with these monsters that agonize us. Who enjoys the anguish? Nobody does! But because of the mind, these toxic emotions are naturally instilled into the false ego.

How does the mind create the false ego? It fools us into believing that *I am different from you*. 'Of course, we are different,' you will say. But the reality is that while we have two hands or 10 fingers, they all belong to one body. The mind stops us from realizing that ultimately, we are all one energy, one Power. Our true identity is that we are the Soul, the Spark Of Unique Life that comes from SIP, the Supreme Immortal Power that we call God. We are all

manifestations of God. But the mind creates the ego that stops us from realizing this. It then gives birth to the 7 monsters that destroy our life. Not just anger, hate, revenge and jealousy but also pride, greed and selfishness.

What creates **PRIDE**? *Ashish was sure that he was the best! He was proud of his achievements. He was convinced that there was nobody as good as him. He thought that he was perfect, he was unique. He was a narcissist and egoistic – full of himself. He thought that people were in awe of him. He derived a sadistic pleasure in humiliating his peers. Little did he realize that his pride was demotivating all those who were around him. His employees and his near and dear ones put up with his behaviour and pride as long as they benefitted from his gifts and his wealth but when Ashish faced tough times, almost everybody deserted him. The only person who stood by him was his childhood friend, Randhir. Even in his toughest hour, his friend did not leave him. Randhir had no ego. He lived with humility and with simplicity. He genuinely loved not only Ashish but everybody. He treated everyone kindly. Now, this does not happen when our ego is inflated by pride.*

The ego creates **GREED** and all that we want is for 'I', 'me' and 'mine'. We are insensitive to others. We become selfish and ultimately, the agony of pride, greed and selfishness destroys our peace. As long as we live with the mind, the toxic emotions of the mind will create misery and sorrow. But more than fear, worry, stress and anxiety caused by the mind, the monsters that it creates through the ego, destroy us completely. If we want to destroy the monsters of the ego, we must first kill the mind. The moment we eliminate the MIND – Misery, Ignorance, Negativity and Desire, the ego is Awakened. We then, eliminate the monsters that are rooted in pride, greed and selfishness. Anger becomes forgiveness. Pride becomes humility.

Greed transforms to charity and hate transforms to love. To experience this bliss, the freedom from the monsters of the ego, we must eliminate the mind and Enlighten the ego. If we don't kill the mind, the mind will create the 7 monsters that will kill us.

Every human being wants to be happy. Little do we realize that the ego steals our Happiness. It makes us falsely believe that we can celebrate our success. Deep within, the ego is creating monsters that are planting seeds of failure. As long as the mind and ego keep us trapped in the prison of ME, we will never awaken and turn the ME to WE. The false ego is motivated by ME. The Enlightened Ego is inspired by WE. Competition is replaced by collaboration and the formula, TEAM - Together Everyone Achieves More, replaces the authoritarian, ephemeral rule of the false ego. For this transformation, we must kill the mind that stops us from Awakening and evolving from the false ego to the Enlightened Ego. When we kill the mind, we transcend the Lower Self and are free from the monsters that create the agony and anguish of anger, hate, revenge, jealousy, pride, greed and selfishness. We are free from the Mind and Ego, ME, and live a life of peace, love and bliss.

Therefore, we must understand how the ego quietly steals our Happiness away. As long as we live as the false ego, fuelled by the mind, we are sure to suffer. We need to transcend the ego, Enlighten it. Remember, we cannot kill the ego. The ego is our identity and will remain till death, till our last breath, but we can Enlighten the ego to realize that we are the Divine Soul. Then, we can be blissful.

12. The Triple Suffering



*The Body, the Mind, the Ego are sure to give us pain.
Alas! The Mind causes this suffering, and we cry in vain!*

Every human being suffers on earth. We experience the pain of the body, misery of the mind and agony of the ego. Nobody can escape these. As a child grows tall, the child will fall and experience pain. But it is the mind and the ego that experience suffering caused by this pain. Pain is inevitable. Suffering is not. It is the mind that aggravates our suffering. Without the mind, we will be able to face the pain and fight it.

Pain of the body is just one of the miseries that we experience. Greater than physical pain is mental misery — fear, worry, stress, anxiety of the future, regret, shame and guilt of the past - these are the miseries caused by the mind. To add to these mental illnesses, the ego robs our stillness with pride, greed and selfishness. Soon, we burn in anger, hate, revenge and jealousy. All this put together becomes the triple suffering that we all suffer — physical pain, mental misery and the anguish of the ego. But where is all this suffering rooted?

Bhushan was a rich man. But he was lonely. His pride and arrogance had alienated most of his family and friends. Being a

workaholic, he had neglected his health and had acquired several lifestyle diseases. While he had plenty of money to treat these ailments and access to the best doctors in the world, he was miserable. He lived with constant worry and stress, and this only increased his sickness. He was afflicted by the triple suffering of the body, mind and ego. One day, Rajashree, his old friend explained to him, 'Your problem is your mind. If you continue to let toxic thoughts attack you, you will never be in the pink of health. Your physical problems are being fuelled by the state of your mind. Your pride is fuelling loneliness that is making you suffer. Eliminate the mind and its toxic thoughts. Let go of your ego. Be humble. Be kind to all. See how it works!'

When Rajashree met Bhushan after 6 months, he was looking hale and hearty. He had invited her for dinner and she couldn't believe the change. Bhushan told her with a smile, 'My doctors are surprised at how well I am doing. I spend time in meditation and silence, and that stillness has cured my illness. My mind no longer controls me – I killed it. I am in touch with my loved ones. They have warmed up to me again and I can see the love in their eyes. You are the cause of my Happiness. I am grateful to you for guiding and helping me see the truth. Thank you, my dear friend. You have transformed my life!'

Like Bhushan, there are millions of people who suffer from 'Rottenthoughtitis' though they are oblivious to the fact that they are suffering from this mental ailment. These rotten toxic thoughts inflame all 3 sufferings of the body, mind and ego. If we truly want to be rid of the triple suffering in life, we must kill the mind. If we don't kill the mind, we will suffer and cry, till we die. We will whine and complain of our physical pain. We will drown in the misery of the mind and our ego will enrage us to burn in the fire caused by the mind. Leave the mind behind, then peace you will find!

13. Overthinking And Bad Mood



*What causes overthinking? Who creates a bad mood?
Of course, the Mind feeds us with its toxic food!*

Life is like a buffet. We can choose our mood just like we can choose our food. The toxic thoughts of the mind become the fodder, the food of our bad mood. The mind makes us overthink and before we realize it, we blink and we sink. The toxic thoughts of the mind are like quicksand. Once we are a victim, we can no more be happy.

Why does the mind overthink? Overthinking is the nature of the mind. It is not about your mind or my mind. Every mind overthinks, bombarding us with 50,000 poisonous thoughts a day. Not only when we are awake but also when we are asleep, the mind attacks us by creating toxic dreams. Every human being is cursed with this overthinking mind and unless we learn to still it and kill it, we can easily fall prey to a bad mood.

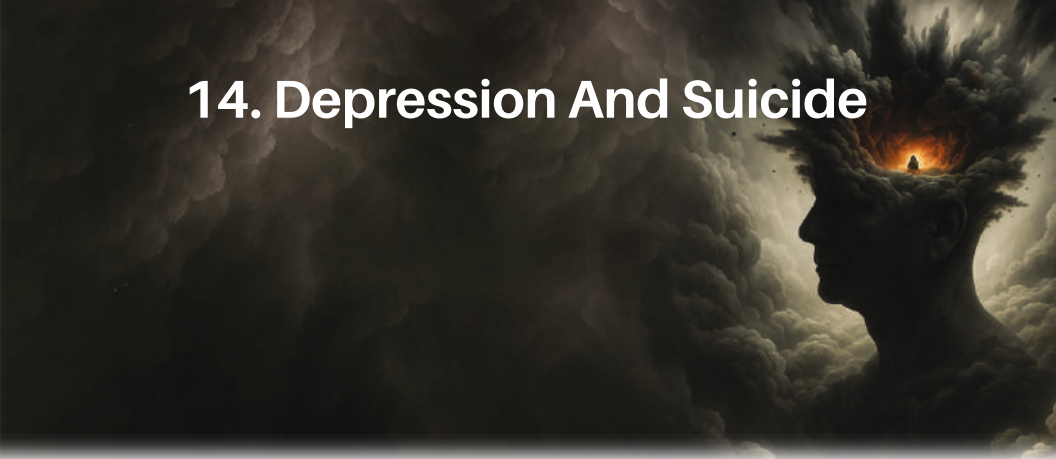
Neetu was a lovely girl. But most of the time, her stunning looks and kind nature were overtaken by her mind. Her overthinking mind would push her to a state of edginess and at times, even depression. She would either remain sad or in a bad mood. She was constantly irritable. Her sisters tried hard to help her, wondering whether her condition was due to lack of sleep, poor food habits or a medical issue. They tried to seek the help of psychiatrists. She also underwent hormonal tests. This was

becoming a serious problem as it was affecting her marriage. Neetu finally understood, after introspection and reflection that it was her husband who was making her edgy – he was far too busy working. She kept brooding about her husband's absence. She felt neglected and lonely. She would think that her husband was cheating on her even though she knew that he was the kindest and sincerest man she knew. However, she understood that she had to stop this onslaught of thoughts. She decided to do something about it. She joined a book club. And after work, she would meet her group to discuss books, characters and authors. This rejuvenated her. She also made a new friend who was upbeat, cheerful and enthusiastic. Her new-found hobby and her friend's positive nature started impacting her. Her life started to change. She was no more sick or depressed. Her emotions were no more negative. She was full of enthusiasm and positivity.

Different reasons spoil our mood and make us overthink. Sometimes, it may be financial pressures and at other times, it may just be the news headlines or even the weather. All these can spoil our state of mind. But the biggest criminal is the mind itself. If every minute is filled with 50 toxic thoughts of the mind, how can we smile and be happy? The best way to overcome a bad mood and overthinking is to eliminate its triggers. Then, there will be no need to go to a doctor. But if we let the mind enter our door, we will fall flat on the floor with overthinking and heaps of toxic thoughts that will rob us of our good mood and make us miserable.

Do you suffer from overthinking? Do you often experience bad moods? If you are inflicted with mood swings, pause and look at the cause. It is the monkey mind that is swinging into the future and the past, and that is why your peace doesn't last! Either the aggression of overthinking makes you blast or the toxic thoughts that the mind envelops you with push you into depression, robbing all inspiration and wiping out all celebration from your life!

14. Depression And Suicide



*When the Mind creates Depression, it can lead to suicide.
Either we can die or we can kill the mind, we must decide!*

It is a choice, either we kill the mind or let the mind kill us. If toxic thoughts of the mind create aggression, it is quite possible that we can go into depression. The attack of these poisonous thoughts is so consistent and strong that it is common for us to think wrong. Fear, worry, stress and anxiety rob our peace and tranquillity and we are unable to be in that state of Consciousness where we can use our intellect to discriminate. The mind makes us blind and we find ourselves doing stupid things, even to the extent of thinking of ending our life.

Somebody very dear to me ended his life, which left us all shellshocked! He was very jolly and cheerful but had some issue with his heart. He was advised to avoid alcohol and to take it easy to manage his heart ailment. His mind chose to do otherwise. His mind constantly replayed his agony – the uselessness of life now. 'If I cannot enjoy my life now, why live?' Like a record in a record player gets stuck and plays the same music again and again, my friend got paralyzed by his mind's toxic thoughts. One morning when his wife went to prepare a cup of tea for him, his mind pushed him beyond the state of depression into such a

state of confusion that he went out into the balcony and jumped off the high-rise building. In a matter of moments, he was dead. The mind had poisoned his head.

Haven't we heard of someone or even our own near and dear ones ending their lives due to depression? Their rascal mind murders them. Would it not have been better if they had murdered their mind? We don't realize the truth that the mind kills us as it drills us with toxic thoughts. Not everybody contemplates suicide but many people live depressing lives. Their depression makes life worthless because the mind causes them to be helpless. It doesn't give a chance to someone with a mental illness to bring back stillness, peace and joy. If only we learn how to move from mind to Consciousness, how to flip from negative to positive, how to eliminate the mind which we cannot find, we can become the master of our thoughts and our life. We will live with inspiration and depression will be replaced with celebration. Yes, it's possible if we follow the right path of being in Consciousness. The mind is a monkey and we cannot control it until we make the monkey a monk. We must cut its tail, the EY. Its Ever-Yelling and Ever-Yearning behaviour must stop. Otherwise, the aggression of toxic thoughts will lead many into depression. If we don't take charge of our mind when it is in a state of irritation and causing mood swings, we may be poisoned by our thoughts and start feeling that life is worthless. These stages may lead us to thoughts of ending our life too. Isn't it time to wipe out the pessimism, hopelessness and the fatigue caused by the toxic mind?

15. How Can We Kill The Mind That Doesn't Exist?



*Where is the Mind? Give me, I want to kill it!
There is only one way to kill it. Still it!*

Roger understood that his mind was behind all his suffering. He wanted to fix it. He wanted to kill it. It was his greatest enemy. He searched very hard to find it but he couldn't. One day, Roger met me when I was talking on Happiness. He asked me, 'I want to kill my mind. How can I do it?' I smiled. I said, 'Give me your mind and I will murder it now.' He thought deeply and replied, 'I have never seen the mind.' 'How can you see the mind?' I questioned, 'It does not exist. There is only one way to eliminate the mind, to destroy it, kill it and that means to still it.'

The mind is nothing but a bundle of thoughts. It has no physical existence. It is not the brain that many misunderstand it to be. It is not in our head. Then, how can it be shot dead? The mind rises when negative thoughts pour like rain. Then, the mind becomes a vicious monkey, a gorilla that attacks us with all the toxic emotions and destroys our peace and tranquillity. If we want to kill the mind, we must dissolve it, disintegrate it and disengage it. What is the method?

The first step to kill the mind is to become aware of the mind. The moment we are attacked by negative, toxic and poisonous thoughts, we must become aware that we have reached what we call the 'mind state'. The mind is not like some Peter or Shirley, who have entered our home. It has a subtle existence. So, we must be conscious that the mind has arrived. Then, there is a method to still it and to kill it. We must flip from mind to Consciousness. We must activate the intellect. Only then can we shoot the mind dead and eliminate it from our head. Yes, the mind does not exist but when it appears, we have no option. Otherwise, it will kill us!

Like Roger, we all suffer because of the mind and the mind confuses us and even teases us, '*How can you kill me, when you cannot even see me?*' The ironical fact is that the mind fools us into believing that it exists, when in reality, it does not. When we overcome our ignorance by using our intelligence and realize that there is no mind, then peace, we can find. Otherwise, the mind will continue to grind us.

Do you want to kill the mind before the mind kills you? If yes, first, get to the root. Be sure what the mind is. Understand that it is your biggest enemy. Are you ready to shoot down the biggest enemy of your life? If yes, get ready with an ammunition that is unique and rare. You don't need a knife, a gun or a cannon. You need awareness. You need Consciousness. How can you kill darkness? You can't! But the moment light appears, darkness disappears. So also, we can eliminate the mind through positive thoughts, through silence and meditation, and through establishing ourselves in Consciousness where our intellect prevails. If you are ready to eliminate your mind, kill it and find peace. Now, let us start. Step-by-step, let us discover how we can kill the mind, which we cannot find.

16. Become Aware Of The Mind



The Mind exists; of course, it does! It robs us of our Peace. Only when we become Aware of its presence will it cease.

To kill the mind, we must first, find the mind. But how can we find it? It does not exist! Still, it makes us blind. It makes us ignorant as it hides the truth behind. But we are not fools, are we? We know when the mind arrives for it brings with it pessimism and depression. It creates fear, worry, stress and anxiety. It robs our peace and tranquillity. It causes regret, shame and guilt. Can't we recognize its toxic presence?

Normally, we should be able to recognize the presence of the toxic mind. But the mind so completely envelops us, wraps us in Misery, Ignorance, Negativity and Desire, that it does not give us a chance to become aware of its toxic presence. The only way to find the mind is to be mindful. In this state of Mindfulness or Awareness, known as Consciousness, we can witness and observe the subtle rascal that robs our peace and Happiness. But how can we be in that state of Mindfulness or Consciousness?

We must have seen this many times - the sun is shining and the bright blue skies herald the beginning of a beautiful

warm, sunny day. Suddenly, the sun disappears. The skies are overcast. Clouds that are dark and grey steal our happy and sunny day! Where did the sun disappear? Where did the blue skies go? We know it, don't we? They went nowhere! They have been covered by clouds so dark and grey that no sunshine can come our way. When does the sunshine return? Only when the clouds drift away. So does the mind appear and disrupt our Awareness, our Consciousness with toxic thoughts that steal our sunny Happiness. We easily become aware of the dark clouds but we don't get a clue when the dark clouds of the mind blanket us with poisonous thoughts. Thus, we become unhappy and miserable. If we want to kill the mind, the first thing that we must learn to do is to become aware when the mind arrives. The moment toxic thoughts start to pour like rain, we should wake up and like we use an umbrella when it rains, we should create a shield to stop these thoughts from attacking us. However, the first step is to become aware. Otherwise, we will be drenched in toxic thoughts and we will be caught in the tornado of the mind and its whirlwind of negativity.

Is your mind asking you, '*How can you become aware of the mind that doesn't exist?*' Then, the rascal is at work. It doesn't want to die. It does not want that we still it and kill it! Therefore, establish yourself in the awareness that your enemy is at work. The mind is bombarding you continuously with bullets of toxic thoughts that will stop you from killing it. But the biggest question still remains unanswered, '*How can you kill the mind that doesn't exist?*' Even if you become aware of the toxic thoughts that accumulate to become the mind, what is the weapon you will use to destroy the mind? We must eliminate it completely, for if we do not kill it, it will kill us. What is the way to kill the mind? There is only one weapon. Let's find it!

17. To Kill The Mind, Still The Mind



*The Mind is a monster that continues to drill and kill!
To kill this demon, we have to make it still!*

It may sound strange but the only way to kill the mind is to still the mind. There is no other way. The mind will continue to create mental illness but like waving a magic wand, we can eliminate all mental illness with stillness. If only we can still the mind, we can kill the mind!

The mind is a bundle of toxic thoughts. It is like a thick cable that is nothing but bundles of wires twisted together. If we open up the cable, wire by wire, there will be no cable left. So also, if we split the poisonous thoughts of the mind and dispose of them, one by one, the mind will cease to exist. But there is only one secret as to how we can do this. We must still the mind. Then, we can kill the mind, which we cannot find.

The whole world today is fascinated by the power of meditation. What is meditation? It is nothing but slowing down our MTR, our Mental Thought Rate. Our MTR can easily be up to 50 thoughts per minute. This can be a whopping 50,000 thoughts a day. No wonder we are

diseased with mental illness and so many get deceased because of it. When we slow down our MTR from 50 to 40 and to 30, it seems like we are getting a hold on our mind. But this is a myth. The mind, soon returns to attack us again. Even if you kill it completely, just like the Phoenix rises from the ashes, the mind that is dead returns to our head! But to begin, we need to kill it, we need to still it.

Prarthana went to a Guru who taught her how she could kill her rascal mind. He taught her how to practice silence, short spells of silence, one minute of meditation and five minutes of silence. By doing so, Prarthana experienced stillness and her mental illness was under control. Not just Prarthana, this applies to all of us. The moment we are completely still, the mind pauses. But for this, we must shut off our senses — our eyes, nose, ears, tongue and skin are like windows that allow toxic thoughts of the mind to enter. When we shut our senses, we can still the mind. It is in this state of stillness that our Consciousness activates our intellect to lock the mind and block the mind. Then, we will learn how to snatch it, catch it, detach it and latch it. Step-by-step, there is a way to still the mind, to kill the mind, and to eliminate it from our life so that there is no misery and strife.

Did your mind permit you to understand this or did it muddle it all up, stopping you from understanding what you read? If it confused you, read again! Silence and meditation are the ways to still the mind — these are the only weapons that we have to kill the mind. We may use other methods like replacing negative emotions with positive emotions, PEP over NEP, but the first step is silence, stillness. If we want to kill our mind, we must still our mind. Otherwise, the gushing river of toxic thoughts will create junk in our head. To become a monk, a master and to end the disaster of the mind, still it and kill it.

18. Flip From Mind To Consciousness



*If you are seeking Peace and Happiness,
Learn to flip from Mind to Consciousness.*

We all want to be happy, don't we? But there is one entity that doesn't want us to be happy. The mind! Its primary job is to create misery and sorrow, as it jumps from yesterday to tomorrow. It steals our present moment of bliss, joy and peace. How can we save ourselves from the clutches of this mind? This is what the whole world is trying to find out. The answer is very simple. It is learning to jump. When in school we were taught long jump and high jump. But this jump is a trickier flip. We have to flip from mind to Consciousness. Every time the mind creates the dark clouds of miserable thoughts and fills our Consciousness, we must flip over into Consciousness and wipe out the toxic thoughts with the sunshine of silence and positivity. One may wonder how to do it. But when we learn the art of flipping over from mind to Consciousness, we become the master of the mind.

Bharat was enslaved by his mind. The mind would attack Bharat with disturbing, toxic thoughts, creating depression through the suppression of Consciousness. One day, Bharat understood that there is no mind! It is only a bundle of toxic thoughts. He understood

that he must distance himself from his mind. He learned how to still the mind and how to fill his head with PEP, Positive Emotions that create Power. As he eliminated NEP, the Negative Emotions that created Poison, he weakened the mind by lowering the MTR, the Mental Thought Rate of negative thoughts. Then, he changed his gear from mind to Consciousness. How did he do it?

For Bharat, to move from mind to Consciousness, all he had to do was to become a witness, an observer of the toxic thoughts that were getting accumulated as the mind. Taking charge in Consciousness, he did not permit the toxic thoughts to become the mind. By being established in silence and positive thinking, he became the master of his mind.

Anybody can become the master of their mind. First, we must realize that there is no mind. Then, we must replace negative emotions with positive emotions and when the mind tries to pour toxic thoughts like rain, we must flip to Consciousness and push the mind down the drain. Then, negative thoughts will not attack us again and again. This is because we will be established in Consciousness, Awareness, Mindfulness or Thoughtlessness. Then, there will be no scope for negative thoughts of the mind to appear. Every time they try to appear, we must flip from mind to Consciousness and just as mist in the morning sun, they will disappear!

If you want to kill the mind, it is not difficult. You can still the mind and kill the mind as you flip over from a state of mind to a state of Consciousness. If you don't, the mind will bombard you and rob you of the opportunity of being in Awareness and Consciousness. It is in this state of Consciousness that we can activate our intellect that will block the mind and lock the mind. But first, we must flip from mind to Consciousness.

19. Activate The Intellect



*The Mind creates ignorance and stops all discrimination.
We must activate our Intellect for Truth Realization.*

The greatest crime of the mind is that it makes us blind and ensures that the truth is left behind. It does not let us see that we are not the body and we are not the Mind and Ego, ME. Who are we? We are supposed to discriminate. We are supposed to find out. But because the mind bombards us with toxic poisonous thoughts, there is too much confusion. We don't get to the conclusion. How can we go from this state of ignorance to intelligence?

Each of us human beings is blessed with a unique faculty of discrimination. We have an intellect. A dog cannot discriminate like a human being. It has some instincts but it cannot choose like we do — we choose our food, our clothes and make all our decisions. Only a human being can do all this. But if we let the mind kill us with its miserable thoughts, we will not be able to activate the intellect which is capable of discrimination and thus, Realization of the Truth. How can we activate the intellect?

As long as we are in a mind state, we can't! But if we flip over from mind to Consciousness, we can use our

intelligence. It is in the state of stillness that the intellect is activated. The intellect is always there but just like the sun gets covered by the clouds, the dark clouds of the mind stop us from accessing our intellect for discrimination.

There was a group of friends. One of them, Mohan, was brilliant and sharp. He was the master of his mind. He was in command of his intellect. But Karthik was a slave of his mind. He was as smart as Mohan – maybe smarter but he was controlled by his mind. Thus, he remained confused and was unable to concentrate and discriminate or choose wisely. Sagar was also in the group. But he had a different story. He could not activate his intellect because his mind had made him a slave to alcohol. After having a few drinks, his head would be fogged. Because he used to drink, he could not think. Whatever be the effect of the mind, our goal is to activate our intellect.

The intellect is a weapon that can discriminate black from white and wrong from right. Therefore, we must treasure this tool, this special gift and use it. Alas! We lose it because of our mind. If we don't kill the mind, the mind destroys our intellect and thus, our life. Only one – either the mind or the intellect – can dominate our existence. If we let the mind be the king, we will experience suffering as we will not use our intellect. But if we let the intellect ride our life horse, we will be the boss! The mind will not cause loss! It is the MIND - Misery, Ignorance, Negativity and Desire that must be replaced by the intellect so that we can achieve not just success, achievement, peace and fulfillment but also purpose and Enlightenment. Look around you. You will see people whose life is a disaster because their mind is their master. But you will also see people who live with Awareness, Consciousness. They use their intellect for contemplation and they arrive at their desired destination.

20. Stop It, Crop It, Chop It, Drop It



*The Mind is a monster. It creates many a toxic thought.
In its poisonous trap, how can we not be caught?*

The mind is like a cannon that attacks us incessantly with toxic thoughts. It may be fear, worry, regret, shame or guilt. But each thought is capable of destroying our peace and Happiness. What is the way out? When the mind shoots a toxic thought, we must learn to tackle it. We must stop it just like when an enemy shoots a bullet, we try to protect ourselves either by using a shield or wearing a bullet proof jacket. If we don't stop the barrage of thoughts, we will be dead. We must create a barrier in our head that stops each toxic thought, one at a time.

As long as we are in a mind state, where the gushing river of toxic thoughts is flowing and drowning us in misery and sorrow, how can we stop the thoughts? We must be in Consciousness. We must slow down the MTR, the Mental Thought Rate. Then, we can stop the toxic thoughts that will no more pour like rain.

The formula is that when a toxic thought is hurled at us by the mind, we must use our intellect, which is activated in Consciousness, to stop the thought. As we stop it, we must

crop it, catch it and detach it from the mind, which otherwise, will continue hurling unstoppable toxic thoughts. When the intellect stops a thought, we must crop it and chop it. We must cut it into pieces so that the thought no more exists. We must eliminate the thought and then, eradicate it. How? By dropping it!

The creative way to kill the mind is thus, to move into a state of Consciousness, activate the intellect and then, deal with each toxic thought of the mind with this simple magical formula – stop it, crop it, chop it and drop it! If we can do this to every toxic thought, the mind will lose its battle and stop attacking us. We will be established in Consciousness. We will enhance the strength of the intellect and build strong mental muscles to deal with occasional toxic thoughts that cannot be eliminated till we are alive.

To kill the mind is one thing but it is another to eliminate a toxic thought. If this is not done, the toxic thoughts will soon accumulate and become the mind and then peace, we will not find. Therefore, to eliminate the mind, we must eliminate every toxic thought. Not only must we stop it but crop it, chop it and drop it, so that we decimate and eliminate it and by so doing, we kill the mind.

Krishna became an expert at chopping and dropping thoughts. He learned the art of saying, 'no' to negative thoughts. Whenever a toxic thought would enter, Krishna would stop it, crop it, chop it and drop it. If the thought bypassed, Krishna would look in the mirror and sternly say, 'Stop it, stupid!' Using this phrase as a self-suggestion, Krishna learned to stop every toxic thought that tried to make him miserable and poison his existence. If we want to eliminate the mind before it eliminates us, learn to stop it, crop it, chop it and drop it!

21. BBC — Bring Back Consciousness



*If you want Peace and Bliss, Bring Back Consciousness!
Otherwise, the Mind will slaughter you with its unhappiness!*

Say BBC and your mind will straightaway jump into world news! That is how the monkey mind behaves. It is an expert in jumping into news and then, creating views that disrupt our peace and tranquillity. It is an expert in creating stress and anxiety. It collects all rotten thoughts and soon, we are diseased with Rottenthoughtitis. So, what should we do? The answer is simple! BBC.

BBC means Bring Back Consciousness. Every time the mind tries to attack us with its miserable thoughts - Misery, Ignorance, Negativity and Desires, the mind is trying to destroy our life. What should we do? We must flip from mind to Consciousness. We must activate the intellect. We must stop every toxic thought, crop it, chop it, drop it! We know all this. 'What's new?' asks the mind. The trick is BBC. The biggest challenge is that we don't even know that the mind has captured our head. Before we realize it, we are dead! Therefore, the need to 'BBC'.

However, we must be aware that the mind has attacked us. We must become conscious of the toxic thoughts that are

zipping through our head. If we are not aware of the enemy's attack, surely, it will drill us and kill us! Therefore, the first step is to become aware that the mind is pushing our Consciousness behind. Immediately, BBC, Bring Back Consciousness. Don't let the mind take charge. Use the intellect to build a dam to stop the gushing river of thoughts. But this is only possible if we Bring Back Consciousness. Without Consciousness, we will give a freeway to the mind. It will continue to think and we will sink! Don't blink! Stare at the mind with Consciousness. The mind is nothing but toxic thoughts. Look at the enemy sternly and lock yourself in Consciousness.

The Mind and the Consciousness are like the two ends of a seesaw, one side up and the other side down. With BBC, we push the mind down. We are supreme, in control when we are established in Consciousness. If we let the mind push us down, it will grind us and destroy us.

Rakesh learned the trick of BBC. He recognised the rascal mind and how it would try to sneak in. He became aware that the mind was arriving, creating a bad mood, creating toxic thoughts. Immediately, he would BBC – he would Bring Back Consciousness. In fact, he learned to wear a wristband with the message, BBC, Bring Back Consciousness. It reminded him to 'Beware of the mind'. He did something very unique. The gate of his house had a board that said, 'Beware of dogs'. He just put a sticker on the board with the words, 'Beware of the mind'. Strange but true. People who read the board never noticed the change. They were in a state of mind but it was enough for Rakesh to Bring Back Consciousness every time he would enter the gate. He used this magical trick to stop the sick mind very quick! Instantly, he could kill the mind, in just one flick! You, too, can kill the mind, brick-by-brick!

22. How To Escape The MK-50



*The Mind shoots at us bullets. It's like a dangerous gun!
Unless we kill the mind, life's battle won't be won!*

We have all heard of the AK-47. It is a dangerous weapon used by terrorists to kill. But not many know of the MK-50, a deadlier weapon, the Mind-Killer-50. By shooting at us about 50 toxic thoughts every minute, the mind can kill us with its 50,000 toxic thoughts every day. Therefore, the MK-50 is far more dangerous than the AK-47. It is an irony that we all dread cannons, guns and weapons that can kill the body but we don't pay attention to a far more dangerous weapon that can destroy our life.

Every 'body' has to die and we will all ultimately die, one day. But the mind is killing us every day. It is destroying our peace, our Happiness, our life. Although we may be physically alive, we are as good as dead because of the poison that the mind fills in our head. If we don't kill the mind, it will keep on killing us on a day-to-day basis – first, with fear, then, with worry, and then, with stress and anxiety. It won't stop. It will take us to the past and attack us with regret, shame and guilt. Then, into the future, filling us with tension and apprehension. We all experience this. What is the way to escape from MK-50?

The whole world talks of mental illness and the importance of stillness. We talk of meditation and silence but will this kill the mind? It will only pause it. We need to get to the cause. We must get to the root and uproot the mind. Meditation and silence are good ways to reduce MTR, the Mental Thought Rate but unless we lock ourselves in Consciousness, we cannot escape from MK-50.

How do we stop a speeding car? We press the brakes. But then, if we release the brakes, the car will move again. We must switch the engine off. Sometimes, we are advised to focus on the breath. This is good. But what if we stop this exercise? The way to escape the monster MK-50 is to put the brakes and then, make a U-turn, go in the opposite direction and be established in Consciousness, not allowing MK-50 to destroy our life. How do we do it?

We can kill the mind. First, we must be aware and sure of this truth. Nobody has ever seen the mind. How can we see it when it doesn't exist! It is just a bundle of toxic thoughts! If we eliminate these toxic thoughts, if we replace them with positive thoughts, if we fill our life with optimistic and happy thoughts, there will be no space for the mind to enter. The secret is to first, still the mind, then, be locked in Consciousness, activate the intellect and then, build a dam to stop the gushing river of thoughts. Like we lock the door of our house every night before we sleep, we must permanently block the mind, the MK-50 from destroying us. Beware! Thoughts will come gently. But only when we are established in Consciousness, can we use our intellect to discriminate thoughts and eliminate the toxic thoughts of the mind. The moment we are free from the bombarding of the MK-50, the Mind-Killer-50, our life will experience peace, love and bliss. But if we don't kill the mind, the MK-50 will surely destroy us. So first, press the brakes and then, switch off the engine.

23. How To Find Peace Of Mind



*Peace is within. Peace, you cannot find.
If you want Peace, just still your Mind.*

Everybody in this world wants peace of mind. Foolishly, we are searching for peace. We go to the mountains. We retreat to exotic destinations to find peace. No doubt, we enjoy the beauty and the tranquillity. But the biggest problem is that we carry our mind with us and as long as we carry our mind, peace, we cannot find. We must eliminate the mind completely. Then, we will enjoy peace.

Jitu and Ramneek, friends and business partners, threw a big party. Both were celebrating their 50th birthday. Hundreds of friends came. There was music, dancing, champagne and celebration. Everybody was having fun but suddenly, there was some alarming news. Somebody told them that the building they lived in was on fire. There was chaos! The party got disrupted. But immediately somebody clarified that it was the building next to theirs that caught fire. There was jubilation, in fact, more celebration, for in that next building lived competitors of Jitu and Ramneek. Peace was restored. But soon enough, fresh news revealed that their building too was threatened by the fire. There was still no fire but the fear and the anxiety stopped the party. All

the pleasures came to a sudden end because of fear. When they went from the venue of celebration back to their home, there was no fire. It was only fear. The entire Happiness of the celebration got torpedoed by the mind.

We all experience this. We are happy but we lose peace. The moment we lose peace, our bliss is shattered into pieces. Our Happiness is destroyed. Little do we realize that wherever there is a small piece of mind, there will be no peace of mind. Therefore, we must eliminate the mind, for where there is peace, there is no mind. Both cannot co-exist. When the mind exists, our peace will cease but when we seize the mind — we catch it, detach it and latch it — then peace, we will find.

Those who are in search of peace of mind, must learn to eliminate the MIND - Misery, Ignorance, Negativity and Desire. The toxic thoughts of the mind become seeds that create a jungle of poisonous feelings in which we get trapped. Our peace is destroyed. But if we learn the art of stilling the mind, we will succeed in killing the mind. Then, the mind will cease to exist. The mind is just a bundle of toxic thoughts that pour like rain. When we establish ourselves in Consciousness, we push these toxic thoughts of the mind down the drain. We are free from suffering and pain. But we need to repeat this, again and again.

It is not easy to kill the mind. Only experts can still the mind. Those who develop the expertise of locking their mind, live in Consciousness. They develop the art of flipping over. Whenever the mind tries to attack us, we must be aware that the onslaught of the mind is going to rob us of our peace. Still, we say, '*I want peace of mind.*'

Little do we realize that we cannot have peace of mind, for where there is mind, there is no peace. If you want peace, eliminate the mind!

I experienced this throughout my life. Whenever the rascal mind entered my head, it would steal the most important treasure, my present moment. It would jump to a yesterday that was gone and make me unhappy. Then, it would jump to a tomorrow that was not yet born and create worry and anxiety. One thing that I realized was that whenever the mind arrived, peace departed and so did my Happiness. There was no point of time in life where peace and mind co-existed. When peace arrived, the mind departed, just as when the mind entered, peace exited! We see it every day with day and night. When the darkness of night takes over the sunshine of the day, the bright sunshine of life comes to an end. But when the sun rises, the whole world lights up. So, we must learn to push the mind out of our life. Then peace, we will find and Happiness will be restored.

Many people try to befriend the mind. They confuse their mind with their intellect, the source of creative ideas. The mind fools them into believing that it is a pillar of goodness and creativity and so, they try to find peace with their mind. Little do they realize that it is their mind that causes their peace to cease. And so, they are never peaceful. They remain unhappy because the mind silently fills poison in their lives. If we really want to find peace, we must kill the mind. A lake is still and peaceful. Ripples destroy the tranquillity of the lake. So do the toxic ripples of the mind. Don't look for peace anywhere. Just still the mind and peace you will find.

24. Being Established In Consciousness



*Once established in Consciousness, there is no Mind!
The intellect is in command. We are no more blind!*

Most of us live in a mind state. The mind is constantly chattering, creating Misery, Ignorance, Negativity and Desire. This is because we are not established in Consciousness. The mind has overtaken the intellect. We are enveloped in ignorance. Strange but true. Most of us suffer this disease of Rottenthoughtitis as we continue to submit our life to the mind.

A farmer was going on a horse. His neighbour asked him, 'Where are you going?' The farmer was in a state of mind. He replied, 'Ask the horse!' The horse had become his boss. So does our mind. This analogy reminds us that we should be established in Consciousness using our intelligence, not allowing the mind to be the boss and be at a great loss! Therefore, killing the mind and eliminating the mind is the only way to Bring Back Consciousness. Consciousness exists. Every living being has a Soul that vibrates Consciousness that gives us life. But the mind overshadows our Consciousness. Once we are established and firmly rooted in Consciousness, we have succeeded in eliminating all traces of the mind. It is such a person who

enjoys pure Consciousness, who is a master as his intellect shines and he is in command of every thought, feeling and action. He can control his destiny. When the mind takes over, we become a slave. We crave and reach our grave. Therefore, the key to permanently eliminating the mind is to be established in Consciousness. If we fail to do so, we may still the mind momentarily but we will never kill the mind.

By being established in Consciousness, we don't give the mind an opportunity to surface and to take charge of our head. The bright sunshine of Consciousness activates the intellect that blocks the mind and locks the mind. Being established in Consciousness means that the mind is deactivated. The mind will question immediately, '*How can you deactivate thoughts?*' But the one in Consciousness is aware, '*We don't deactivate thoughts. We discriminate thoughts. We deactivate the rotten thoughts that appear as the mind.*'

Leela was the master of her thoughts. She was peaceful and blissful. Every rotten thought was stopped, cropped, chopped and dropped. She did not permit rotten thoughts to accumulate and become the mind. She was always cheerful, without a sign of fear, worry or anxiety. Stress never messed up her life because she did not open the door to the toxic thoughts of the mind. Her secret was that she was always established in Consciousness. She knew that it was best to catch the mind, detach it and latch it. It did not exist anymore.

Is this possible? Yes! You, too, can eliminate the mind if you are established in Consciousness. Like *Leela*, you can live a life of Eternal Peace, Divine Love and Everlasting Bliss, provided you stop the Mind, with its Misery, Ignorance, Negativity and Desire from appearing and taking over your Consciousness.

25. The Mind And Karma



*Not only does the Mind create suffering on earth,
It creates Karma and makes us return in a rebirth!*

Why should we kill the mind? What makes it so dangerous? The mind not only creates fear, worry, stress and anxiety that destroys our peace but with guilt, regret and shame, it makes all our Happiness cease. But there is a greater disease caused by the rotten thoughts of the mind. We create Karma due to ignorance that binds us and makes us return to this earth, again and again, to suffer as the body, mind and ego.

What is Karma? The word 'Karma' means action but in reality, it is a law that governs the universe — the Law of Action and Reaction. A law that is based on the principle – *As you sow, so shall you reap*. Let us understand how Karma works and to whom it belongs.

No human being is free from action or Karma. Every action, good or bad, is recorded by the Law of Karma. When we die, the body returns to dust but the subtle body, the Mind and Ego, becomes the ME that returns to earth in a rebirth. What is the problem if this happens? Every

person who comes to earth suffers the triple suffering, pain of the body, misery of the mind and agony of the ego. It is not that there is no pleasure in this world but every pleasure is followed by pain. Therefore, the ultimate goal of life is to be free from this cycle of death and rebirth. Some people call it Liberation or *Moksha*, some *Nirvana* and some Salvation. How can we achieve this ultimate goal of *Moksha*?

Nobody is free from action but to whom does Karma belong? The body dies. The Karma belongs to the Mind and Ego, ME, which is the director of actions. The body is only the actor. Therefore, the Mind and the Ego, ME, carries this Karma, which is unsettled and returns to earth in a rebirth. Some people think that this is a far-fetched idea but most of the world today understands and accepts the presence of the Law of Karma.

There are several universal laws that govern this world. We are familiar with the Law of Gravity. The Law of Cycles makes the earth rotate precisely once in 24 hours. It revolves around the sun in 365¼ days. Is this magic? No! There is a clear logic. There are Divine Laws that are causing everything in this world to unfold. Such is Karma, another law that governs everything that happens in this world. Therefore, if you plant mangoes, you cannot get apples. What you do will come back to you. What we give is what we get. Most people accept and don't need to be convinced about Karma. But very few discover how the mind fools us and makes us misunderstand Karma.

Karma belongs to a human being, who is a composite entity of the body, mind, ego and Soul. The body is the hardware, the mind is the software and the Soul is the

power supply. The body will die when the power is switched off. The mind blinds us into believing that *I am 'I'*. So, *when I die, I carry my Karma, and I return to earth in a rebirth.*

Nobody can deny the logic that we are born and that one day, we will be gone! The mind does not permit us to realize the truth. It stops us from contemplation and Realization. When the body dies, which is certain for every living being, the Soul departs. But where is the mind? There is no mind! The mind makes us blind and makes us believe that we are the Mind and Ego, ME. Therefore, we create Karma and when death happens suddenly, without warning, we have no option but to return to settle these unsettled Karma that may be good or bad.

For those who are established in Consciousness, there is the Realization that there is no mind. Nobody has seen the mind. Therefore, to whom does the Karma belong? When these questions are answered, there is the Realization that it is the mind that is causing us to return to earth in a rebirth. Not only is it creating misery for us on earth but it is also creating an eternal prison of death and rebirth, in which we will suffer again and again.

Most of the world understands the suffering created by the mind. But very few realize that the imposter mind that does not exist is causing perennial suffering by binding us in the cycle of *Samsara*. Unless we kill the mind, the truth, we cannot find. We will not discover, '*Who am 'I'?*' and we will die. We will be reborn, and this will go on and on.

26. How To Enlighten The Ego



*The Ego will say 'I' and make us cry, till we die!
Until we kill the Mind, the Ego will remain blind.*

What is the ego? It is the identity that says 'I', 'me' and 'mine'. Everybody alive has an ego and the ego remains with us till we die. But what is the problem with the ego? The ego remains a fool because of the mind. The mind makes us believe that *I am 'I'*, that *I will die*. The mind creates fear and worry through the ego. All desires of the mind fructify because of the Mind and Ego, ME. Therefore, the ego remains as the Lower Self, the false ego, till we die. The mind does not permit the ego to discover the truth of, *'Who am 'I' ?'* Unless we question the existence of the mind, the ego will remain blind. How do we get out of this rut?

To Awaken the ego, we must ask the simple question, *'Who am I? Am I this body that will die?'* The answer stares us in the face. There is no body when we are conceived. Our birth date on our birth certificate is fake. We are born 9 months before our so-called birthday. Once we are conceived as a single-celled zygote in our mother's womb, we cannot change our mother. Thereafter, that one cell divides and the cells multiply to become the embryo. Ultimately, we arrive on earth after about 9 months. Is this

not the truth? Science teaches us this in school. But we still remain a fool because of the mind! We look in the mirror and say, '*The one I see is me.*' It is not 'me'! The mind fools us! It is just my body.

One day, this body will die. Every 7 to 10 years, the cells of the body are replaced, as per science. *Therefore, am I the little baby that is born on my so-called birth date? Am I the toddler who went to school or the teenager who went to college? I am none of these. Ultimately, this body will die, and people will say that I passed away. My family, my near and dear ones will be so sure that I have left the body that they will destroy the body by cremating or burying it.* Therefore, there is no doubt that we are not the body but it is the mind that continues to fool us and makes us believe that *I am the body. I am ME.* It further fools us into believing that *I am the body and mind.* But where is the mind?

We have already learned that the mind has no physical existence. It appears to be. In reality, it is just a bundle of toxic thoughts. As long as the mind exists, it fools the ego into believing that *I am the body, the mind and the ego.* It hides the fact of who we truly are! Therefore, the ego lives and cries, suffers and dies without discovering, '*Who am 'I'?*'

When the ego that says, 'I,' questions, '*Who is this 'I'?*' then, the ego is Enlightened. The ego realizes that *I am not the body that will die. I am not the mind that nobody could find. But I exist. Who am I? I am the Soul, the Spark Of Unique Life.* When the ego realizes this, the ego is Awakened. But for this, we must first kill the mind, otherwise, the mind will make us blind. The ego will continue to live in ignorance and suffer, till we eliminate the mind.

27. The Journey Of Self-Discovery



*If we let the Mind take charge, there will be confusion!
Flip to Consciousness, for Self-Discovery, Self-Realization.*

The biggest challenge of life is to discover who we truly are. The journey of Self-Realization will not only help us overcome all ignorance created by the mind but it will also take us to the state of Eternal Peace, Divine Love and Everlasting Bliss. But it all starts with the mind, a mind that we cannot find. Still, its toxic thoughts make us blind! It stops us from discovering who we truly are and why we are here. Therefore, the only option is to eliminate the mind, to kill it, for if we don't, it will stop us from embarking on this journey of Self-Realization. The result will be that we will be dead, gone and will be reborn, and this will go on and on. Every time we come to earth because of our unsettled Karma carried by the mind and ego, we will suffer pain of the body, misery of the mind and agony of the ego.

The journey of self-discovery is the key. Self-Realization is that quest which asks the questions, 'Who am I? Where did I come from? Where will I go? What is my purpose?' When we ask these questions, the mind stops us from finding out the answers. This is because the moment we Realize the Truth, the mind ceases to exist. The mind fights hard to keep us

enveloped in ignorance so that it can exist and along with the ego, become ME. Then, we are eternally bound, like a tree to the ground, to the cycle of birth and death. We will never be free. When we kill the mind, we become free from ignorance. The ego is Awakened because there is nobody to fool us into believing that we are the body, the mind or the ego. We are none of these. If this is true but we exist, who are we?

Several Saints including *Gautama Buddha*, *Adi Shankaracharya*, *Swami Vivekananda* and *Ramana Maharshi* have shared their story of Awakening. *Ramana Maharshi* questioned, '*Naan Yaar?*' meaning, '*Who am I?*' *Adi Shankaracharya* had the Awakening of, '*Shivoham, I am nothing, only a manifestation of God.*' All these Saints, Awakened to the Truth that we are not the body that will die. We are not the mind that we cannot find. The ego is Enlightened to realize that we are the Soul, the Spark Of Unique Life. The Soul is none other than SIP, the Supreme Immortal Power that we call God. The journey of Realization reveals what the scriptures said thousands of years ago. *The kingdom of God is within. God lives in the temple of our heart.* '*Aham Brahmasmi!*' '*Ek Onkar!*' Whether it was *Guru Nanak* who said this or whether it has been stated in the Bible, the truth must be realized and it cannot be realized as long as the mind exists. The purpose of the mind is to block our Realization. We have a choice — either we kill the mind and realize the truth or the mind kills us, destroys us and makes us suffer. We must choose.

The purpose of life is to discover the purpose of life and if we don't attain self-discovery or Realization, we will suffer and cry, live and die, only to return to earth in a rebirth, and the cycle will go on and on. What is the way out? Still the mind! Kill the mind! The mind that we cannot find must be left behind. The ego must be Enlightened.

28. Being Free From Karma And Suffering



*As long as we create Karma, we will experience trauma!
To be free from all suffering, we must be free from this drama.*

We experience trauma because of Karma in this life drama. We don't realize that life is Karma. Nothing happens by chance. There is nothing like luck. We pluck our destiny. Just like the seeds we plant decide the fruit on the tree, the deeds we plant decide our destiny. Therefore, our deeds, our Karma are very important. If we plant seeds that will grow into plants with thorns, we can't get tulips. What is the role of the mind in this drama of Karma?

The body is only the actor. It does the Karma, the action. It is the Mind and Ego, ME, that is the director. Therefore, the body, mind and ego, together are rewarded or punished for the good and the bad deeds, respectively. However, one day, the body will die. What about the unsettled Karma? The Mind and Ego, ME carries it and returns to earth in a rebirth. If we have bad Karma, we are handcuffed to suffer. But even with good Karma, our hands are bound by golden handcuffs. We are brought back to this world to experience the triple suffering of the body, mind and ego.

The goal of life is to be free from suffering on earth and free from the cycle of rebirth. However, as long as there is Karma, good or bad, we will have to come back to settle our account. How, then, can we be free from Karma and from suffering? The mind and ego, will never give up the identity of ME. The ego will always say, '*I am the best. I will do the best.*' The 'I', 'me' and 'mine' is fuelled by the mind to keep the body, mind and ego trapped in this cycle of *Samsara*, death and rebirth. While we are aware of the misery caused by the mind and the agony caused by the ego, only a small fraction of us realize the infinite suffering they create for us, life after life.

When Sunil told an Enlightened Master that this world was beautiful and he would like to return to do good work, to serve humanity, the Master explained to Sunil that he was being fooled by his mind. The mind wants to bind us in Karma. It wants to stop us from the Realization that we are the Divine Soul. Our goal is to become one with SIP, the Supreme Immortal Power. What we appear to be is not the reality. We are Divine energy trapped in ignorance created by the mind. The Master explained to Sunil how the body comes from the 5 elements and returns to the elements. The mind doesn't exist. The reality is that we are Divine Souls but we are trapped in the ignorance of the mind and so, we suffer. Sunil was one blessed seeker who Awakened to the Truth of the suffering caused by the mind. While he attained freedom from Karma, he was still attacked by the mind that wanted to control his quest for Liberation.

We all seek Eternal Happiness. But we don't realize that as long as we continue to arrive on earth in a rebirth, we will have no option but to suffer. The body must decay and die and as the mind and ego, we will experience misery and agony. The only way out is Realization of the Truth and Liberation or freedom from rebirth.

29. Nirvana And Moksha



'Nirvana? Moksha? Why do we need these?' asks the Mind. Liberation and Salvation is what we must ultimately find.

What is the ultimate goal of life? It is not just to be a clown who jumps up and down. Life is not a circus. Life has a purpose. There is a reason why we came to earth. There is a profound purpose for this human birth. Unfortunately, because of the mind, we cannot find this purpose. We live and we die, we suffer and we cry, because the mind does not permit us to find out, 'Who am 'I'? 'I know who I am,' we say but is this true?

Robert came from America to India searching for the purpose of life. He met a Saint and told him that he wanted to find out life's purpose. The Saint asked him, 'Who are you?' He replied, 'I am Robert.' The Saint said, 'I did not ask you your name. Who are you?' Robert said, 'Oh, I am an American!' 'Did I ask you for your nationality?' asked the Saint. 'Ok,' said Robert, 'I am a wealth manager.' 'That's your occupation, your profession,' retorted the Saint and repeated, 'Who are you?' 'I am the son of Mr and Mrs Smith and the father of Roger and Racheal.' 'My dear, you are talking about relationships now. I am asking you about you,' clarified the Saint. Robert was confused, 'I am a

millionaire from New York. That's who I am!' 'That's your financial status. Who are you?' asked the Saint. Robert was flabbergasted. He fell on his knees and told the Saint, 'That's why I am here! Please help me discover myself. Help me find my purpose.'

The Saint started explaining to Robert, 'We don't know who we truly are. We come and we go. We don't understand the meaning of this show. Our purpose is to discover who we are and to be free from this cycle of Samsara, of death and rebirth. But this is only possible when we eliminate our mind and Enlighten our ego. Then, we will realize that we are not the body that will return to dust. We are not the mind that we cannot find. We are the Divine Soul. This Realization is just the beginning. The goal is Nirvana, Moksha, Salvation.'

Most of us will live and die without discovering, 'Who am I?' Then, we will return to earth in a rebirth. This will go on and on, as we are reborn. Nirvana or Moksha means Self-Realization – *I am the Soul*. It means God Realization – *The Soul is SIP, the Supreme Immortal Power. Therefore, I am a manifestation of SIP. I am not 'I'. I will never die. When the body dies, I will become one with SIP, the Supreme Immortal Power.*

As long as the wave believes that it is a wave, it will never realize that it is the ocean. As long as we remain in duality caused by the mind, we will suffer. To attain Moksha or Nirvana, we must kill the mind. The ego must be Enlightened. Then, we will achieve the ultimate purpose of life, the ultimate goal. The Soul or the *Atman* becomes one with *Paramatman* or the Supreme. But attaining this state of Salvation cannot happen, unless we kill the mind.

30. Living In SatChitAnanda

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

How can we live with Eternal Happiness? Is this even possible? I have done podcasts with several stars in Bollywood and they have all scoffed at the idea of Everlasting Bliss. To them, Happiness is pleasure. They have not come across the real treasure of peace and purpose. I explained to them that Happiness has 3 Ps. It is not just pleasure that comes from success and achievement, we need peace that comes from contentment and fulfillment. Ultimately, we need to find purpose. Unfortunately, the mind blocks us. It does not permit us to realize the truth. It keeps on bombarding us with lies. Unless we overcome these real lies that are created by the mind, we cannot reach that state of Eternal Happiness. The mind creates Misery, Ignorance, Negativity and Desires. This is MIND. In reality, we are the Divine Soul. The mind stops us from realizing this. Therefore, we experience misery and suffering, living as the body, the mind and the ego.

If we want *SatChitAnanda*, we need *Sat Chit*. *Sat* is Truth and *Chit* is Consciousness. If we can be established in

Consciousness, *Chit*, and be rooted in the Truth, *Sat*, we will be led to *Ananda* or Eternal Bliss. *SatChitAnanda* is Truth Consciousness Bliss. It is Eternal Happiness.

Happiness comes and Happiness goes. This momentary Happiness is pleasure. Peace lasts longer. But it is still not eternal because the mind creates fear, worry, stress and anxiety. The ego appears and creates anger and hate. When we kill the mind and the ego is Enlightened, we are established in truth Consciousness. If we can do this, we will experience Seamless Eternal Happiness.

Our heart aches and our heart breaks because we have not discovered the ecstasy of True Love. We love from skin to skin, without realizing that True Love is from the Soul within. Again, it is the mind that makes Love create suffering. In reality, the Soul flows with the joy of peace, love and bliss. But we do not experience this because of the mind. The mind robs us of our peace and fills us with ignorance and so, our life becomes a mess with the mind's stress. When we Enlighten the ego and realize that there is no mind, we live with *SatChitAnanda*, with *Nirvana* and ultimately, are liberated with *Moksha*. All this is only possible if we eliminate the mind. If we don't kill the mind, the mind will kill us!

Eternal Bliss or infinite suffering is a choice. We can be glad or we can be sad. If we are mad, we will permit the mind to kill us. However, if we live with *Sat* or Truth and *Chit* or Consciousness, we will experience that state of Eternal Peace, Divine Love and Everlasting Bliss. The mind is our biggest enemy. It does not permit us to realize this truth. We must flip to Consciousness and kill the mind to enjoy *SatChitAnanda*.

Afterword



*For years I thought that my best friend was my mind.
Till I realized this rascal was making me blind!*

For the first five decades of my life, for about 48 years, I was fooled by my mind. I always thought of it as my best friend, my everything. I thought that the mind was king. Little did I realize that it was the cause of all my suffering.

We all believe that our mind is what gives us great ideas. That our mind executes and achieves our goals. Or that the mind is the creative genius in our head. Most of us believe this till we are dead. We don't realize that there is nothing like the mind. It is just a bundle of toxic thoughts. It appears to be but has no reality. Therefore, is there no mind? Of course, there is. But it is an imposter. It pretends to be 'ME' but it deceives us with its own fraudulent games. The mind is created out of ignorance.

The moment I was Awakened, I realized that there was no mind. It was just a bundle of toxic thoughts that were accumulating as the MIND - Misery, Ignorance, Negativity and Desires. Did I want any of this? Of course not. I shot down the toxic thoughts and behold, there was no mind! I started to live a life of peace, bliss and joy.

For 25 years, I thought that the desires of my mind were what created my success, my Happiness. But that was a lie. Of course, we all desire but that fire only burns us. The passion and obsession created by the mind creates stress and makes our life a mess. I let go of pleasure that came from achievement and evolved to the state of fulfillment where I found peace. How did I find peace of mind? It was within me. When I killed the mind, as I stilled the toxic thoughts that created it, I was free! It was then that I was able to discover my purpose.

Today, I live in Consciousness without a mind. Yes, you may laugh but I have no mind. Just beautiful, positive, peaceful, blissful and cheerful thoughts that enter my Consciousness. I live with greater creativity and intelligence as my intellect is the boss. There is no mind that is riding my life-horse and creating loss. I am free from the MIND — all Misery, all Ignorance, all Negativity and all Desires. This is what we all want, isn't it? But as long as we let the mind become our master, our life will be a disaster. I decided to kill the mind, a mind I could not find. Still, I eliminated the rotten thoughts and pushed out the mind. I not only eliminated it, I cremated it and destroyed it, so that it does not appear again.

So, does that mean that the mind is no more? Oh no! It's like a Phoenix that can rise from its ashes. It still tries to raise its ugly head through different types of negative thoughts. It still tries to create fear and worry, stress and anxiety. It appears in the form of regret, shame and guilt. But I am fully in Consciousness and mindful of the dangerous mind that I have eliminated. I have locked the door, so that the mind can enter no more! But unless we are established in Consciousness with the intellect in command, the mind may return to kill us!

Now that I am established in Consciousness, I live as a peaceful monk. There is no more junk of the rascal, the monkey that was jumping to yesterday and tomorrow. I live in the present moment, with peace, as I have cut off the tail of the monkey that was Ever-Yelling and Ever-Yearning, and tamed it into a monk.

Being the master of the erstwhile mind that is caused out of ignorance, I have dedicated my life to helping people overcome the illusory mind. My mission is to help people be free from all suffering on earth and from the cycle of rebirth. The mind not only troubles us when we are alive but along with the ego, it becomes ME and carries Karma from this life into the next. This goes on and on and we will continue to be reborn unless we kill the mind. How can we kill the mind that we cannot find? You know that now!

I am grateful and feel blessed to have discovered the true credentials of the mind. It has no address. Nobody has seen it. How can anybody? It does not exist! Still, it appears and destroys our peace. Having become a master in mind management, I help people overcome the disaster that the mind is. All we need to do is to flip from mind to Consciousness. I do it every time and when a rotten thought appears, I stop it, crop it, chop it and drop it, so there is no question of the mind being created. It's time that we realize that the mind is our biggest enemy. Before the mind kills us, we should still it, kill it, destroy it and eliminate it completely from our life!

Poem

KILL THE MIND BEFORE THE MIND KILLS YOU



*Kill the mind before the mind kills you!
If you don't, your life will be a disaster!
For your toxic mind will become the master,
And in misery you will sink, faster and faster!*

*Kill the mind, before the mind kills you!
You can try to find but there is no mind
Nobody has ever seen the rascal mind
Still, it blinds us and makes us leave the truth behind*

*Kill the mind, before the mind kills you!
The mind is nothing but a bundle of toxic thoughts
In many a toxic thought, we are caught
It is because of the mind that we suffer a lot!*

*Kill the mind, before the mind kills you!
You must get out of the mind's web
You must learn to flip from NEP to PEP
Replace negative with positive — that's the first step*

*Kill the mind, before the mind kills you!
For toxic thoughts become feelings and create pain
Such is the trauma caused by the thought chain
Eliminate the mind or you will suffer again and again!*

*Kill the mind, before the mind kills you!
Sure, thoughts are powerful and cause manifestation
What appears in our life, is through visualization
Eliminate the mind and reach your destination*

*Kill the mind, before the mind kills you!
For the mind creates worry, stress and fear.
It is the mind itself that eliminates peace so dear,
It clouds our intellect and steals our cheer.*

*Kill the mind, before the mind kills you!
For it creates stress, worry and anxiety
It robs our peace, it robs our tranquillity
With regret, shame and guilt — all toxic negativity*

*Kill the mind, before the mind kills you!
For it is the mind that creates the Mind and Ego, ME
Because of this ME, we can never be free
It makes us blind and the truth, we cannot see!*

*Kill the mind, before the mind kills you!
Otherwise, the ego will create anger, revenge and hate
Jealousy and pride will be inside our gate
Greed and selfishness will be our state!*

*Kill the mind, before the mind kills you!
Otherwise, triple suffering will be on our plate
Misery and sorrow will become our fate
Because of the mind, we won't think straight*

*Kill the mind, before the mind kills you!
Otherwise, it will create a bad mood
It will overthink and nothing will feel good
We will not smile; forever, we will brood!*

*Kill the mind, before the mind kills you!
 It's dangerous and can create depression
 With toxic thoughts that can create aggression
 Even suicidal feelings through its expression*

*Kill the mind, before the mind kills you!
 But how can we kill the mind that we cannot find?
 Be locked in Consciousness and stop its grind
 Eliminate toxic thoughts that make the rascal mind!*

*Kill the mind, before the mind kills you!
 Tame the monkey mind, make it a monk
 Eliminate the toxic thoughts that create junk
 Otherwise, you can't think; it's like you are drunk*

*Kill the mind, before the mind kills you!
 Always flip from mind to Consciousness
 Eliminate the mind that causes unhappiness
 Be mindful and live with Peace, Love and Bliss*

*Kill the mind, before the mind kills you!
 Activate the intellect that can stop it
 When a toxic thought comes, crop it!
 Repeat this for every toxic thought; chop it, drop it!*

*Kill the mind, before the mind kills you!
 How can we find peace of mind?
 There can be no peace, where there is a mind
 Peace is within, just still the mind*

*Kill the mind, before the mind kills you!
 For where there is mind, there is no peace
 With the mind, our Happiness will cease
 It's time, the criminal, we must seize!*

*Kill the mind, before the mind kills you!
For the mind is the director of all Karma
With the ego, it traps us in the life drama
Then, we have no option but to face trauma*

*Kill the mind, before the mind kills you!
Question, 'Who am 'I'? I'm not the body that will die
I can't be the mind that I cannot find—the mind is a lie!
The ego must be Awakened, I am not 'I'*

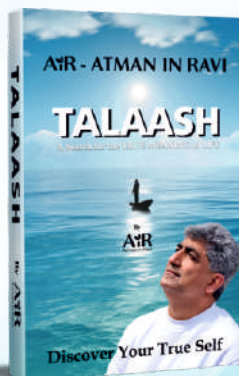
*Kill the mind, before the mind kills you!
The final goal is Self-Realization
Eliminate the mind to get Illumination
Purification will lead to the ultimate Liberation*

*Kill the mind, before the mind kills you!
For the mind traps us in doing our Dharma
It fools us into doing good Karma
It stops us from attaining Moksha*

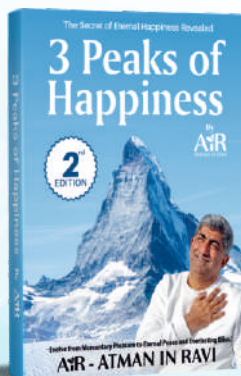
*Kill the mind, before the mind kills you!
For with the mind, there is no Peace, no Bliss
True Love, we don't find, this ecstasy, we miss
The mind creates all types of unhappiness!*

*Kill the mind, before the mind kills you!
You are not the body, ego or mind, you are the Soul
You can be forever happy, in this new role
Eliminate the mind and achieve this goal!*

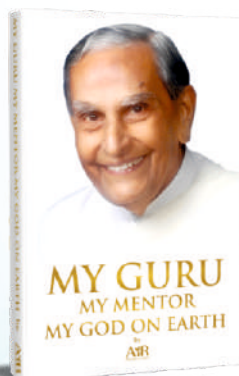
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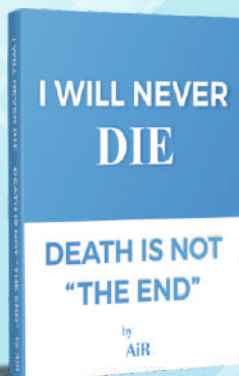
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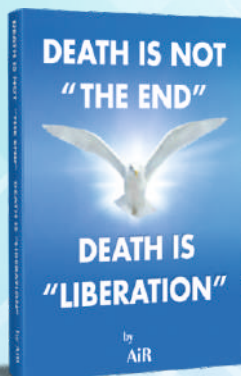
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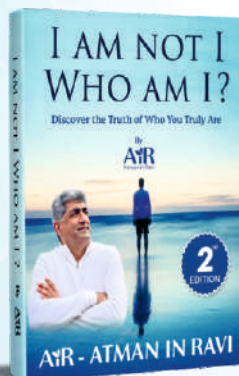
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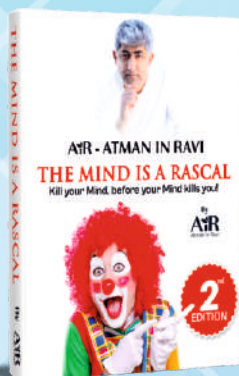
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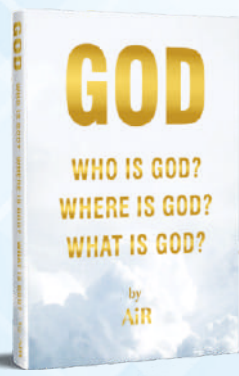
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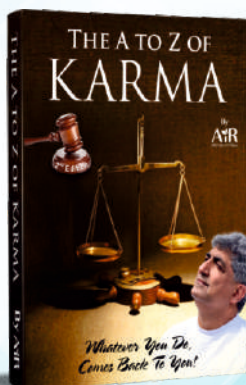
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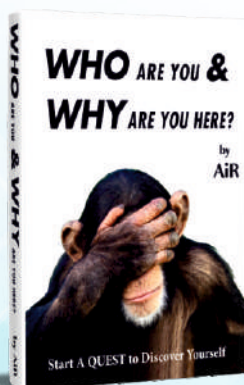
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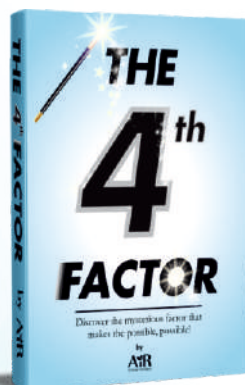
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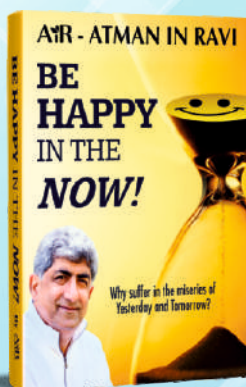
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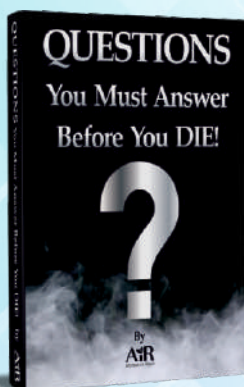
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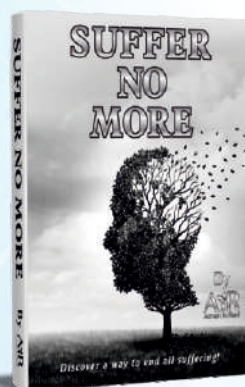
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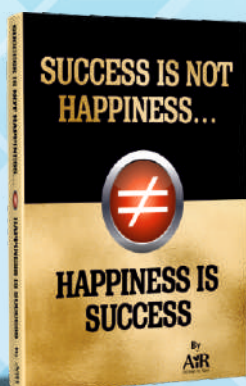
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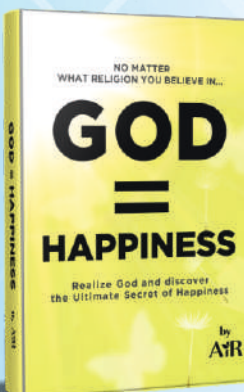
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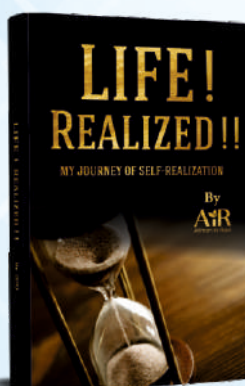
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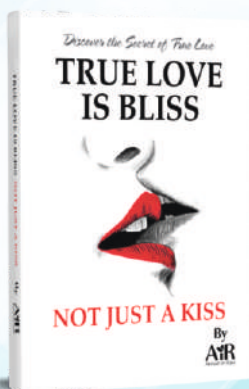
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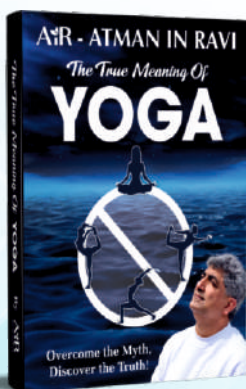
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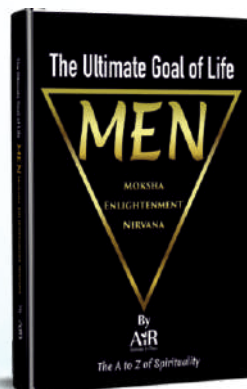
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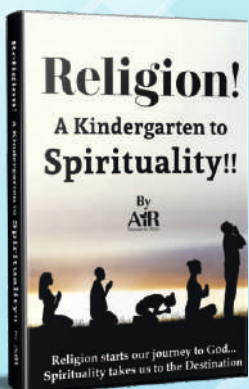
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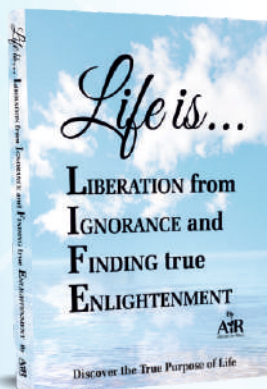
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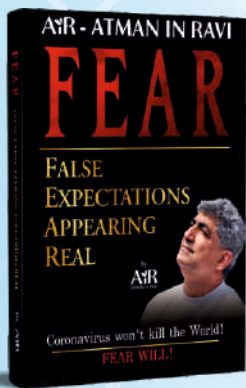
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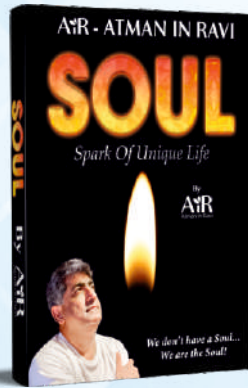
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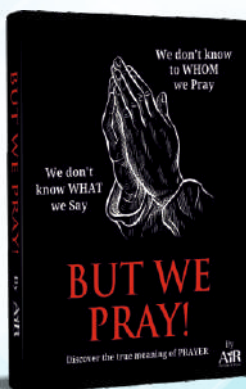
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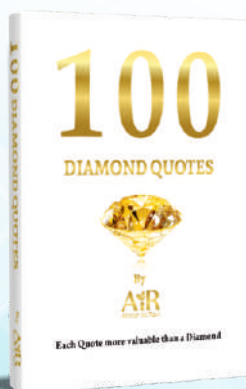
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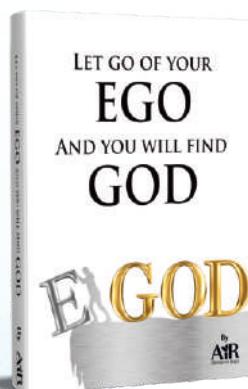
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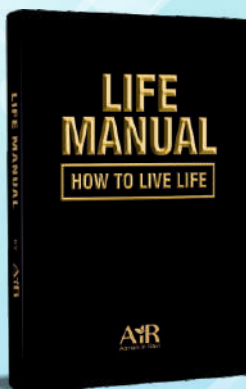
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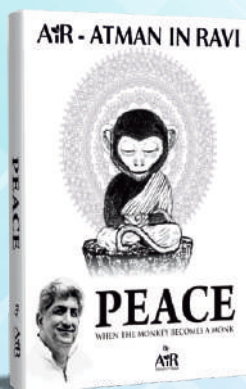
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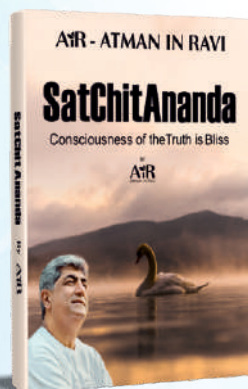
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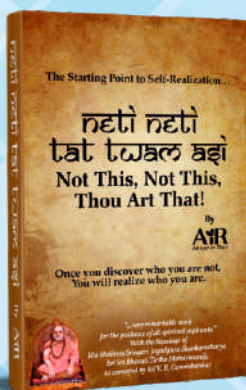
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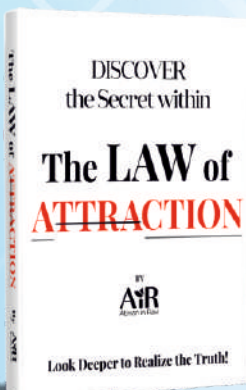
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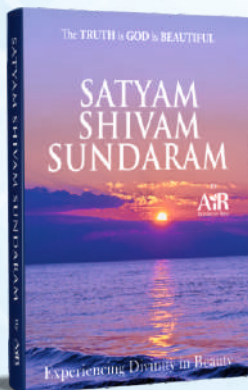
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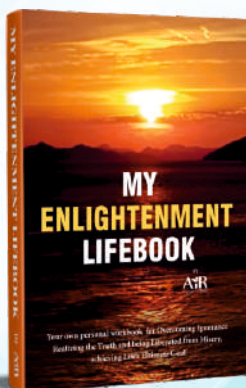
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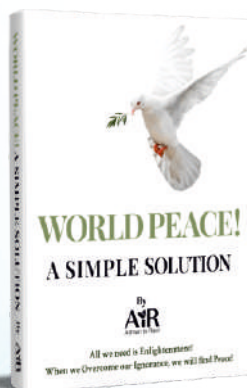
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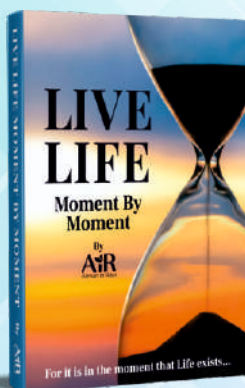
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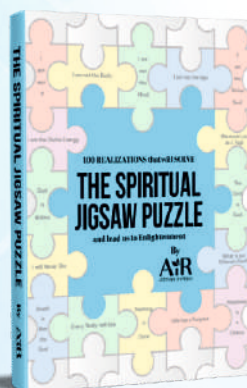
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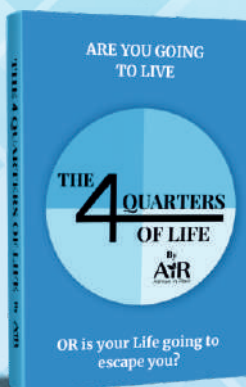
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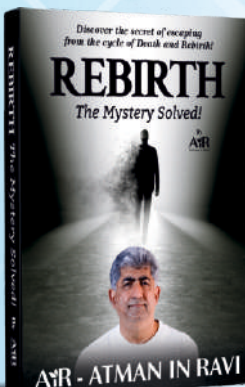
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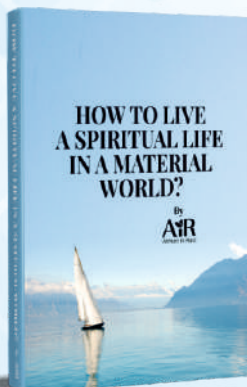
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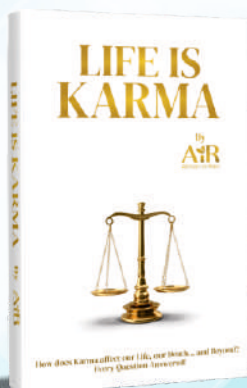
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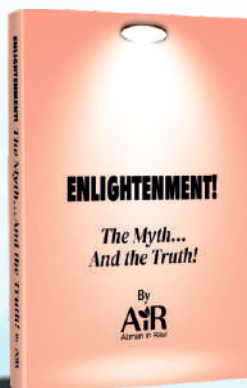
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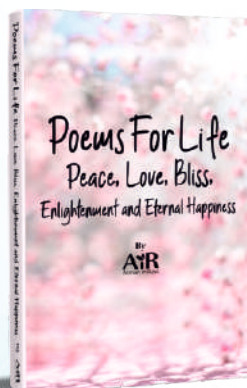
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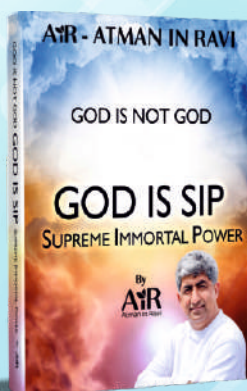
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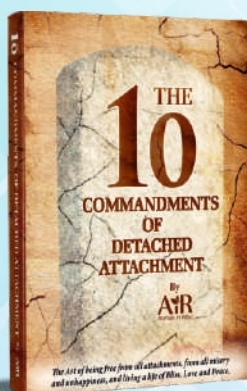
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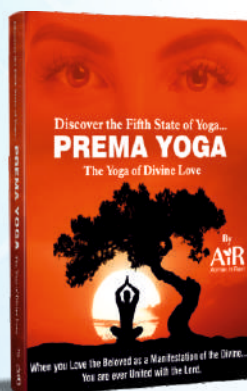
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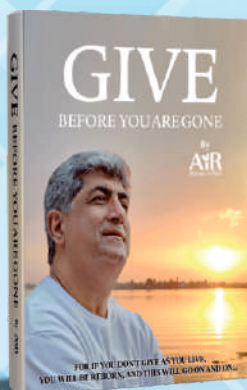
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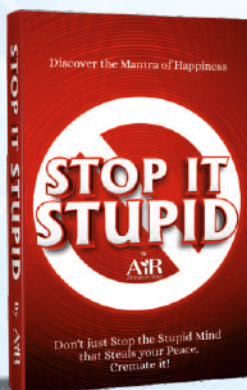
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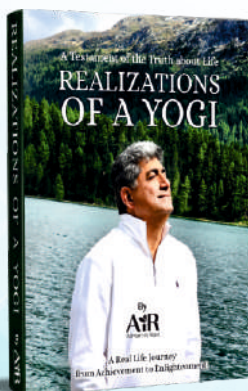
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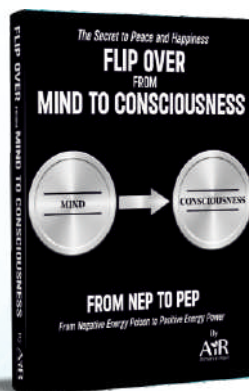
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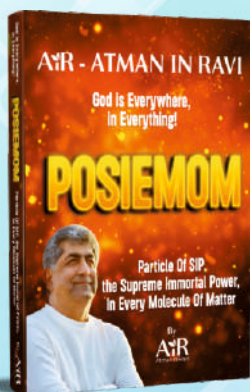
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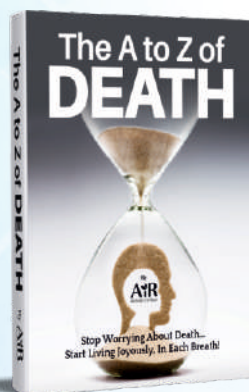
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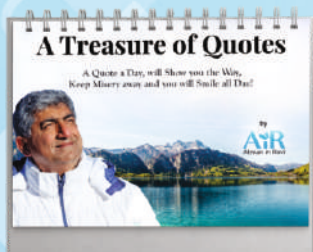
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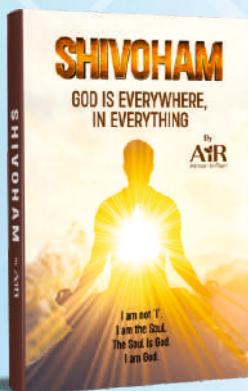
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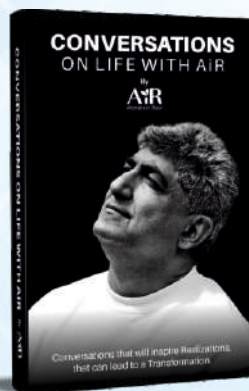
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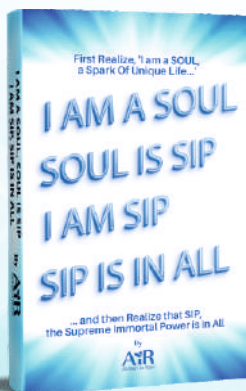
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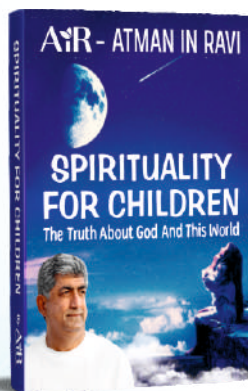
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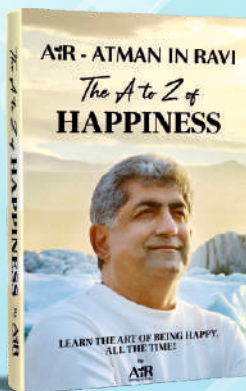
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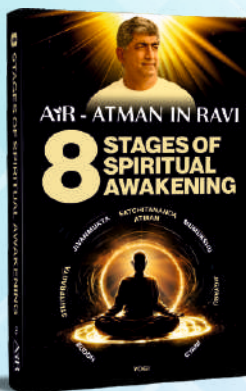
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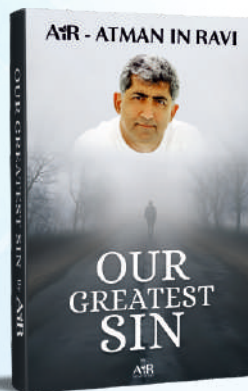
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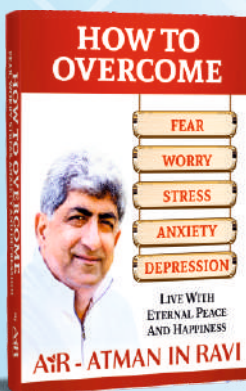
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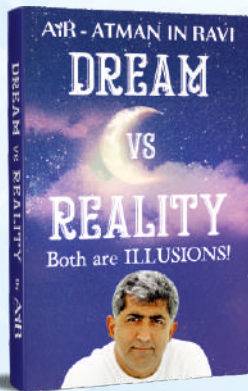
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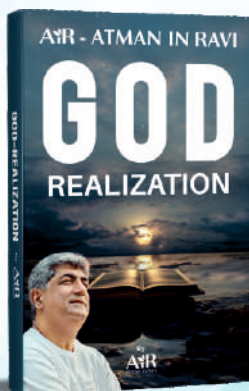
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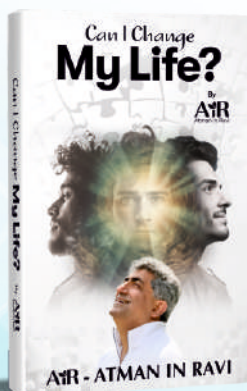
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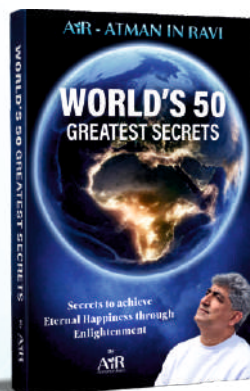
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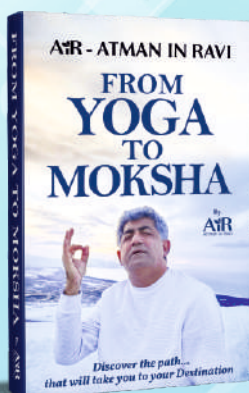
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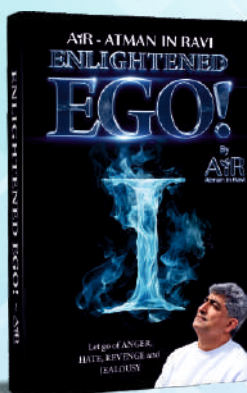
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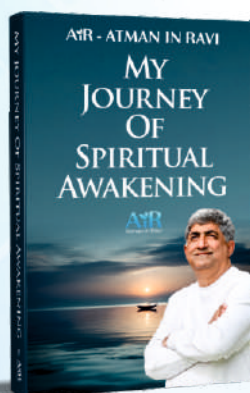
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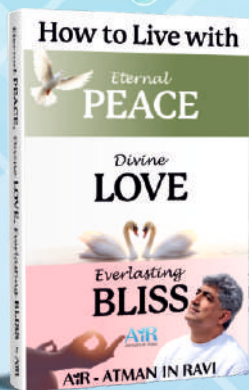
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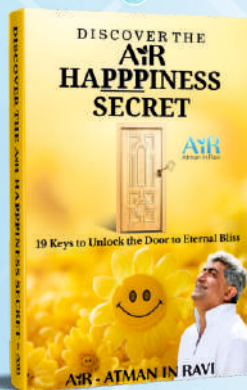
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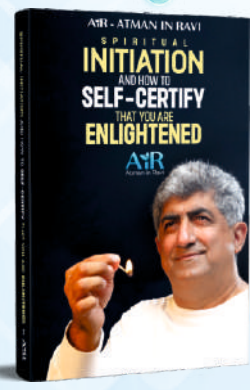
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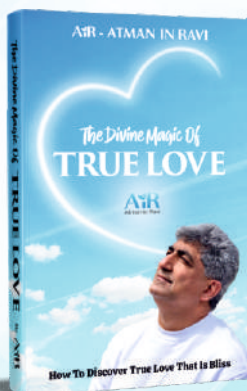
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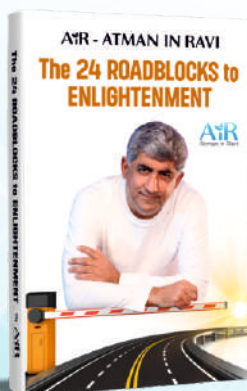
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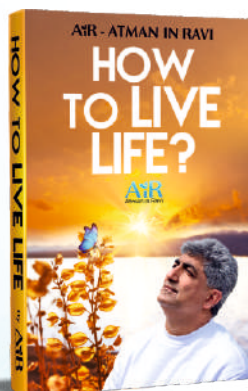
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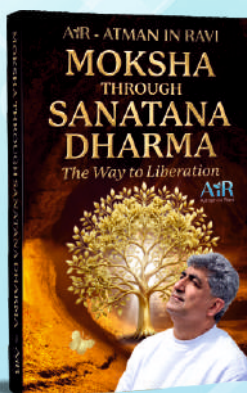
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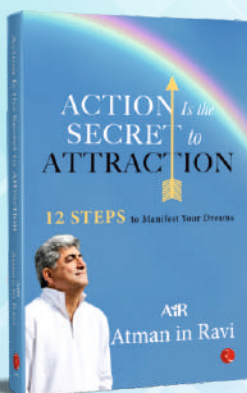
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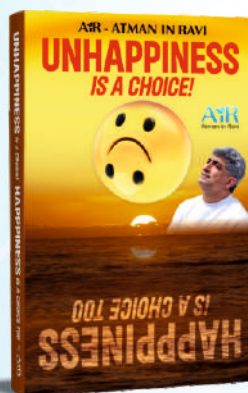
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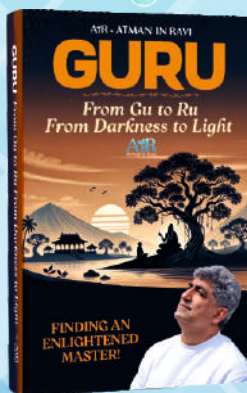
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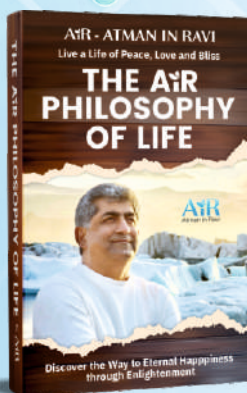
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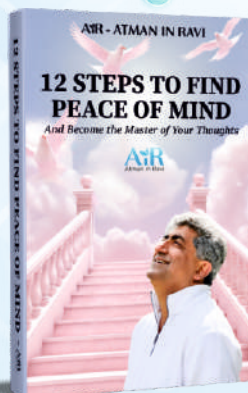
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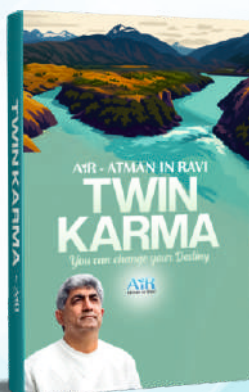
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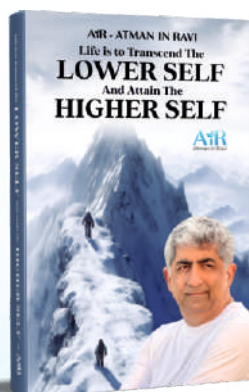
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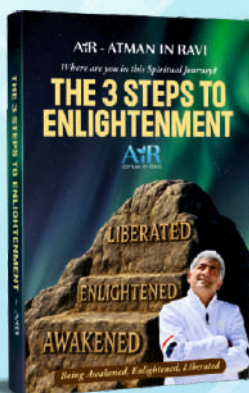
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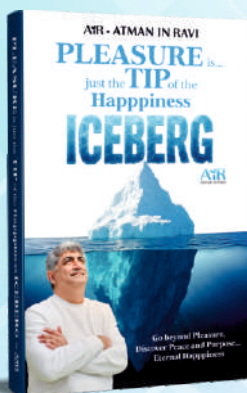
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We all want peace. It is the foundation of Happiness. But where there is even a small piece of mind, there can be no peace of mind. The mind attacks us with over 50 toxic thoughts every minute. This can be an exhausting 50,000 negative thoughts every day. With these thoughts, it grills us, drills us and kills us!

So, if you don't kill the mind, the mind will kill you! What to do? It is simple. Still the mind. That's how you can kill the mind. When it appears, catch it, detach it and latch it. When a toxic thought attacks you, stop it, crop it, chop it and drop it. This book will teach you how to be the master of your mind. Then, Peace, Love and Bliss, you will find. But first, eliminate the mind. Learn to flip from mind to Consciousness and fill your life with Happiness!



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