

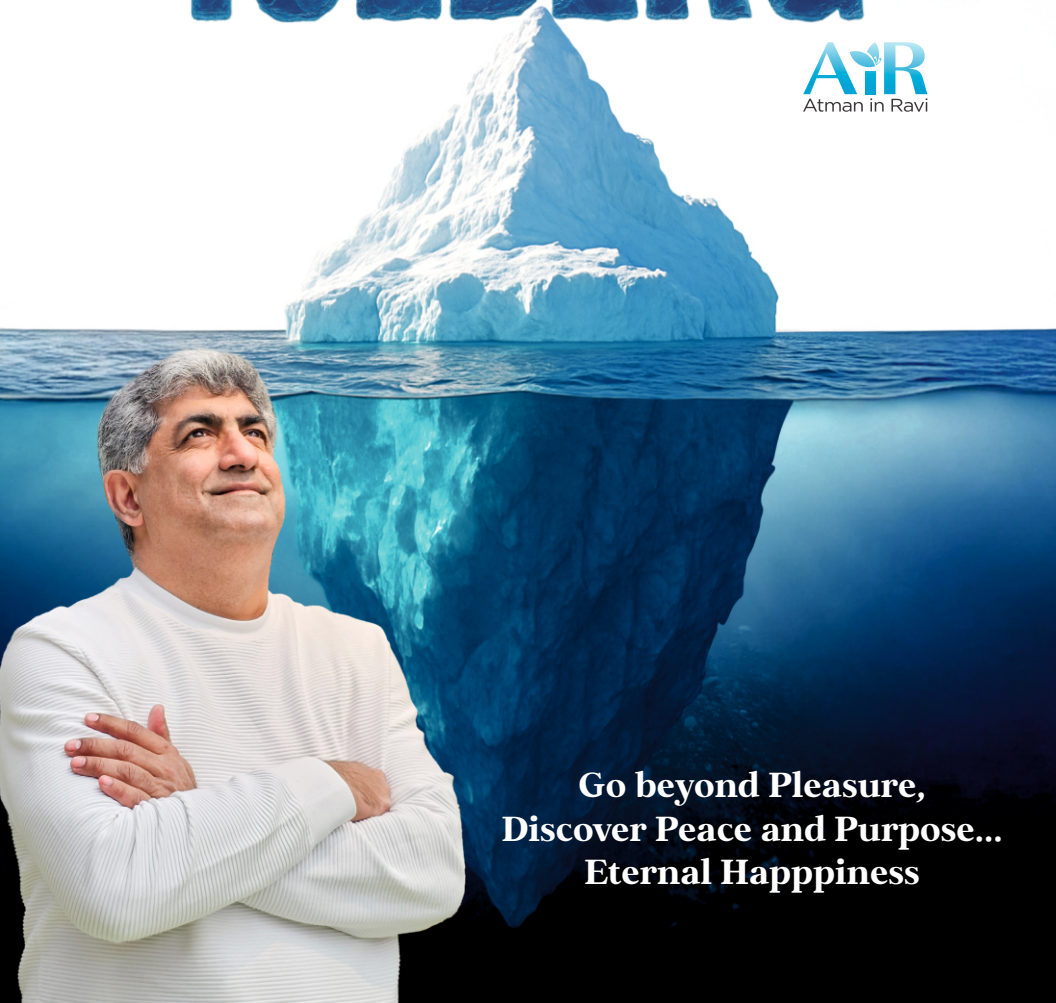
AiR - ATMAN IN RAVI

PLEASURE is...

just the **TIP** of the
Happppiness

ICEBERG

AiR
Atman in Ravi



**Go beyond Pleasure,
Discover Peace and Purpose...
Eternal Happppiness**

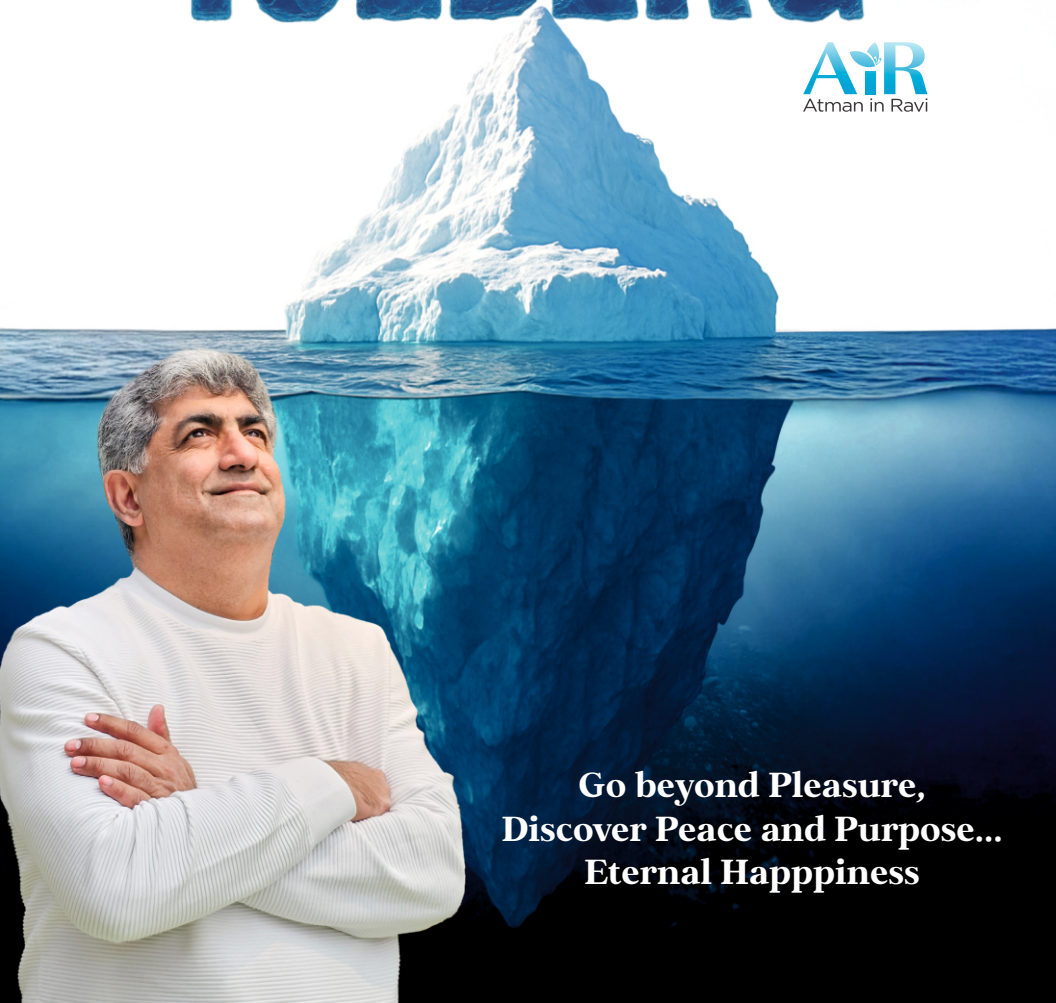
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By

AiR
Atman in Ravi
Ravi V. Melwani

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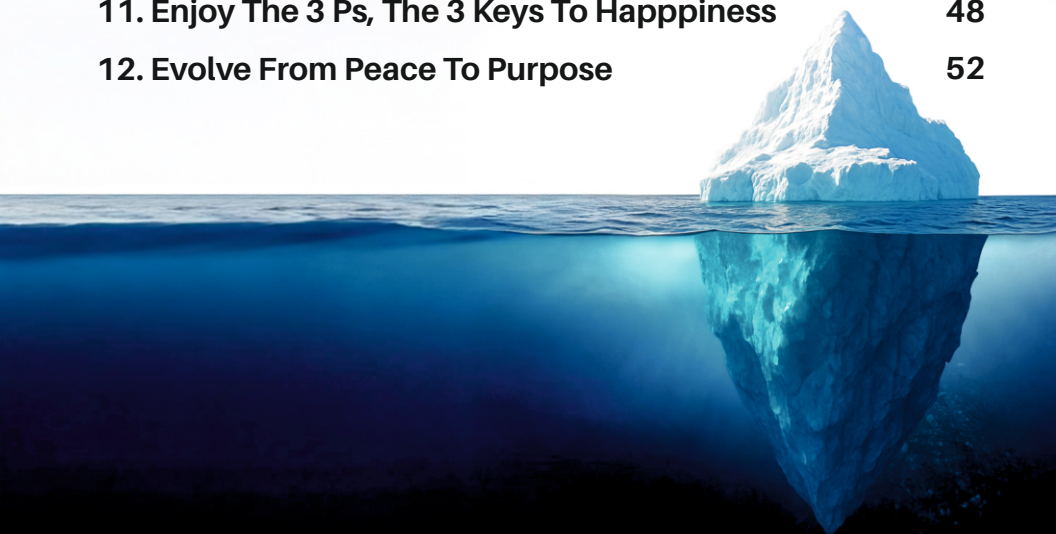
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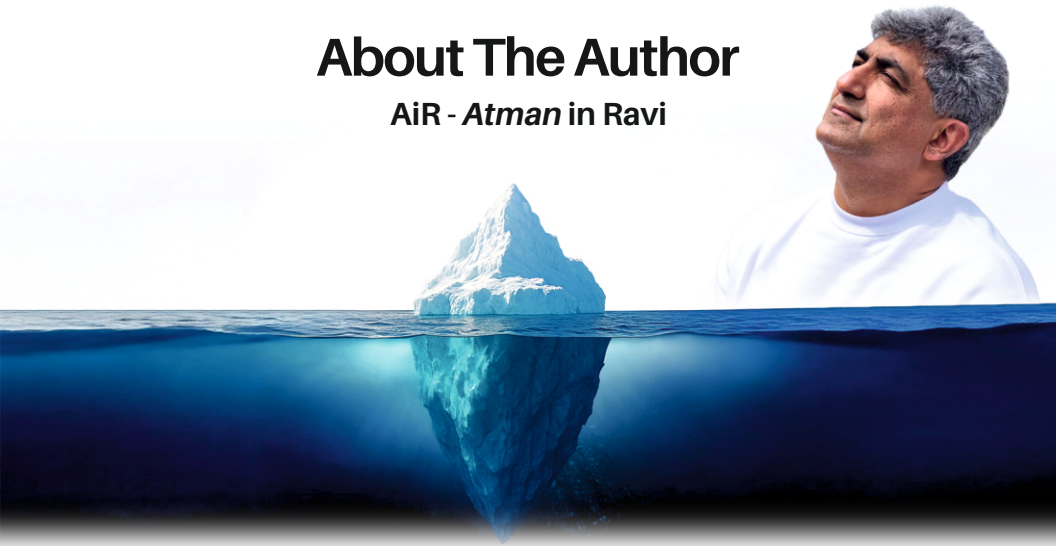
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About The Author

AiR - *Atman* in Ravi



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

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

Like anybody else, AiR started his life being religious. He built a Shiva temple in 1995. Subsequently, inspired by his Guru, he realized that God lives in the temple of our heart and he changed the name of the temple to *Shivoham Shiva Temple*. Now, he doesn't pray *to* Shiva but prays *through* Shiva, to SIP, the Supreme Immortal Power that is nameless and formless, birthless and deathless, the Divine Power that is everywhere, in everything. His Realizations resulted in his own metamorphosis as he realized that we are the Soul, the *Atman*, a part of the Supreme Immortal Power. He let go of his given name and called himself AiR – *Atman* in Ravi, which means, the Soul embodied as Ravi. AiR, now, lives as an instrument of the Divine, doing His Divine Will.

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

Based on his Realizations, AiR has authored over 90 books, composed and sung about 1500 *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.

Connect with AiR - Atman in Ravi at:



Website: air.ind.in/



[Speakingtree.in/air-atmaninravi/](https://speakingtree.in/air-atmaninravi/)



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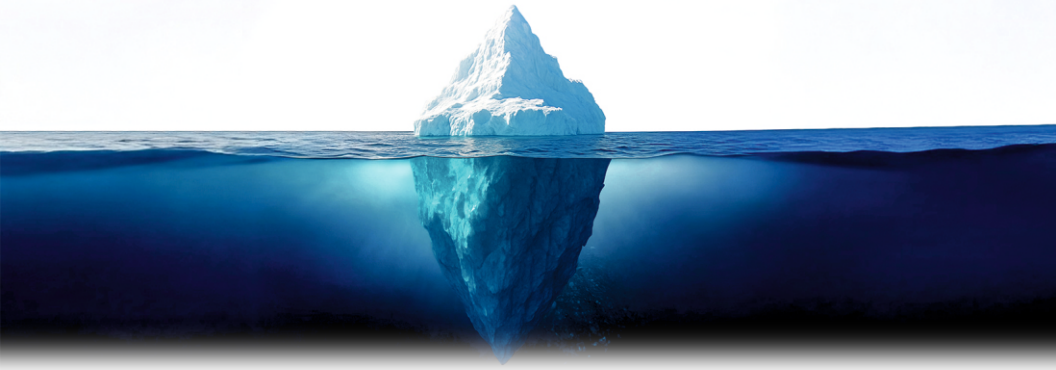
You can directly WhatsApp AiR on +91 98451 55555

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



AiR Linktree

Preface



Does everybody like pizzas? No, not everybody likes pizzas. Some prefer Chinese or Thai food. There are some who like burgers just as there are some people who love Tandoori food and Biryani. But everybody wants to be happy. The whole world is seeking Happiness. It is the one thing that has a 100% market share! Still, people don't know how to be happy. They run after pleasure thinking that pleasure is Happiness. But Pleasure is just the tip of the Happiness iceberg.

An iceberg is not what it appears to be. Only 10% of its volume is visible above the water line. 90% of its mass is invisible to the human eye. So is Happiness. We only enjoy 10% of Happiness thinking that Happiness is pleasure. Of course, it is. But it is just the tip of the iceberg. The larger source of Happiness is peace. Peace is the very foundation of Happiness. But the ultimate source of Happiness is purpose. Purpose liberates us from all misery and sorrow. It leads us to a state of Eternal Peace, Divine Love and Everlasting Bliss. Unfortunately, we only see the tip of the Happiness Iceberg!

A few years ago, I wrote a book to wake people, to shake people and to make people realize that success is not Happiness. Happiness is success. The belief that money

can buy Happiness is overestimated. Of course, money can create pleasure. But it is just the tip of Happiness. You can sip Happiness, little by little, but if you want to drown into the ocean of Happiness, you must discover the 3 Ps, which are the 3 keys of Happiness - Pleasure, Peace and Purpose.

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

Of course, I have written many books on Happiness but people have not realized that they are enjoying only pleasure. They have not discovered the real treasure. They are ignorant about the fact that they are enjoying only 10% of the potential Happiness that we are gifted with. We all have the right to live with peace. And peace, we don't have to find. We just have to still our mind. Then peace, we will find. Peace gives us contentment and fulfillment, which is far greater than pleasure that comes from achievement.

This book is to inspire people to go deeper and realize what Happiness truly is. Everybody wants to be happy but not many people know the true meaning of Happiness. Happiness is a state of being and we discover the art of being happy when we discover our true purpose. We must Awaken! We must be Enlightened with the truth. Then, we will realize that 90% of the Happiness Iceberg is below our line of vision. We don't even see the real Happiness that can be with us through this journey called life. When will we look deeper into what true Happiness is? When will we discover that 90% of Happiness that most people miss? This is the purpose of this book, 'Pleasure Is Just The Tip Of The Happiness Iceberg'.

Introduction



Although everybody wants to be happy, very few people discover what Happiness truly is. Of course, it means to smile, to laugh and to be positive. But how can we smile, all the while?

Anybody can be happy, once in a way.

But how can we be happy, every day?

When we go deeper to find the 90% of the Happiness Iceberg that is invisible to the world, our life will flow with peace, love and bliss, all of which constitutes Eternal Happiness.

Happiness is not just pleasure that comes and goes. Anybody can trigger momentary pleasure. But soon, we lose our peace of mind. Then, we find that our life is a mess because of our anxiety and stress! We don't discover that it is the mind itself that steals our peace. The Happiness that comes from pleasure will cease as quickly as it was triggered. But if we still the mind and kill the mind, we can eliminate toxic thoughts and enjoy peace, the very foundation of Happiness. Unfortunately, while we know this, we don't discover how to live in a state of Consciousness in which we can eliminate the mind and peace, we can find.

We run after Pleasure but that's just the Iceberg's tip.

When will we start the Peace and Purpose trip?

The journey of Happiness is beyond pleasure. Pleasure is just 10% of the Happiness Iceberg. Pleasure is just the tip. Deep under, in the ocean of life, lies purpose that unlocks the door to Eternal Happiness. Pleasure is just a circus! But life is not to have fun till it is done. Behind the laughter of several people, hides insecurity. There is fear, worry, stress and anxiety. We become angry, upset, and all this agony and anguish steals our Happiness. When we discover the 3 keys of Happiness, the 3 Ps of Pleasure, Peace and Purpose, then, we can enjoy the Happiness Iceberg in full. What is the secret to discovering that 90% of the Happiness Iceberg that is not visible to most of the world? This book will reveal the way. We must evolve from the journey of achievement through the plateau of fulfillment to the peak of Enlightenment. But unless we scale the highest peak of Happiness, and discover our purpose, we can never be truly and eternally happy. So, what is the trick? It is to take an exit from the road of achievement and pleasure.

Most people zoom from womb to tomb. They try to climb one peak of success and then another, without realizing that they will reach the cliff called death. What they earn, others will burn. They don't stop running after achievement. They don't learn the art of living. They just run the race. They don't live with grace. This book can help get them out of the maze. It can be the greatest discovery of life, the discovery of Eternal Happiness, Divine Love, Everlasting Peace.

This book is a roadmap to the path to discover that 90% of Happiness which is like a hidden iceberg. But if continue to only see the 10% called pleasure, we will just live and die. We will suffer and cry. We will not experience that true high that comes from peace and ultimately from purpose. But the key is to act, to stop, to take an exit from achievement and pleasure.

1. Do You Want To Be Happy?



Who does not want to be happy? We all want Happiness. Whether it is a farmer in a village in India or a CEO in America, every human being wants to be happy. An astronaut would not go into space and live for long periods in solitude if it made him unhappy. Whoever we are and whatever we do, we are motivated by the instinct of seeking to being happy.

*Everybody wants pleasure, nobody wants pain!
We all work hard not to suffer a loss, but to gain.*

In fact, the whole purpose of life seems to be Happiness. But are we truly happy? As we live through the rollercoaster of life, sometimes we are glad and at other times we are sad. We experience pain of the body just as the mind creates miseries — fear, worry, stress and anxiety. To add to the miseries, the ego creates anger, hate, revenge and jealousy. We don't want this! But we slip into a valley of sorrow, hoping to be happy, tomorrow.

What is the way to be happy, every day? We all smile once in a way but can we create sunshine of peace, love,

bliss every day? The good news is yes, we can. There is a way to Eternal Happiness. Unfortunately, over 80% are just running a race, trying to be an ace. We are caught in the thought that success is Happiness. We run after the treasure called pleasure, desiring name and fame. Ultimately, we have money, properties, houses, stocks, gold and diamonds. But are we truly happy?

What is Happiness? Happiness is a state of being. It is not just the accumulation of wealth. Of what use is money if we lose our health in trying to accumulate wealth? If we look around, the world is full of entrepreneurs, millionaires and billionaires, who boast of their success and achievement. But is that Happiness? Of course not. But some happiness does come from the things that money can buy. We all need money to buy good food, a good house and clothes that can make us look and feel good. These are our basic needs — food, clothing and shelter. But somehow, our focus shifts from our need to our greed. Soon we become unhappy.

In the pursuit to earn more and more and to acquire all the gizmos of the modern world, our Happiness goes out of the door. Our desires and passions drive us into that pursuit of Happiness, which is an endless dream. Of course, we are happy but like day turns into night, our moments of Pleasure soon dissolve into the next desire. Then, there is disappointment. We don't pause to find the cause of our Happiness.

*We just enjoy waves of pleasure,
Interspaced with unfulfilled expectations and stress,
All our desires are never met,
And our life remains a mess!*

I, too, lived a life that was no different. For 25 years, from the time I was 16-years-old till I turned 40 years of age, I ran after success and achievement because I was made to believe that success is Happiness. I earned a lot of money as I built my business, working 18 hours a day for 7 days a week. I was passionate just as I was successful. I thought that I was happy. But was I? I was running through life and I thought that Happiness was entertainment and pleasure. I never paused to realize that there was a greater treasure called Enlightenment. Today, after almost 60 years of living life, I realize that most of us don't discover the true meaning and purpose of life. People don't understand that Happiness is not just pleasure but much more. It is not only being positive but also being peaceful. Ultimately, Happiness does not depend on our material achievements but on our contentment and fulfillment.

In my journey of success and achievement, I accomplished many things. I became a member of YPO – Young Presidents' Organization, where the rich, famous and the who's who of the society, are members. Great individuals with great dreams! But do they experience great Happiness? They think that they do but they don't realize that their pleasure is just the tip of the Happiness Iceberg. As millionaires and billionaires, they are just running through life, enjoying excitement and entertainment. But there is no Enlightenment. There is no Awakening to the Truth – What is True Happiness?

Each president and promoter is trying to become richer, stronger, more powerful and more famous. This gives the rich a kick and it motivates the poor to be rich like them. That's great but is that Happiness? No, it is not. Many of my friends and close buddies have had sleepless nights

trying to buy a better car, a more expensive house, a holiday villa and even a private jet. Their aspirations were endless, for greed is a bottomless well. But down there too, there was no Happiness. I saw amazing people playing the game of money-making and pleasure-seeking! Alas, the world thinks that pleasure is Happiness. But that is a lie. Pleasure can only initiate the journey of Happiness.

At 40 years of age, I took an exit from the highway of achievement. I shut down my business. Today, after 20 years of living a life of fulfillment and reaching the ultimate peak of Enlightenment, I realize that True Happiness is not just seeking pleasure and enjoying material treasure. Rather, True Happiness is living with peace and discovering the purpose of our life. I started to truly live with peace, love and bliss. In my journey of several decades, I found more Happiness in serving others through my philanthropy and charitable work. I experienced pleasure in the world of achievements just as I experienced peace, living with fulfillment. I chose the latter for I realized that while we all want to be happy, we have to dive deeper beyond what the eye can see to discover peace of mind and ultimately, purpose.

Do you want to be happy? You have the key in your hand. You can discover True Happiness. It's time to look beyond the iceberg that appears above the surface of the water. True Happiness is deep. Let's dive down together.

*We measure our Happiness with pleasure.
We must go deeper to discover the True Happiness Treasure!*

2. Pleasure Is Just The Tip Of The Happiness Iceberg



We all want pleasure. Different things give different people, pleasure. Nobody wants pain, everybody wants pleasure. Unfortunately, we have not discovered the real treasure of Happiness. We are so lost chasing pleasure that we lose our peace. We forget to discover our purpose. We think that only pleasure is Happiness. But is this true? Let us find out.

Pleasure is only the tip of the iceberg of Happiness. A large part of Happiness remains undiscovered as we revel in our pleasure thinking that we are happy. So, we become unhappy because pleasure comes and pleasure goes. Pleasure is not that Happiness that forever flows. This, unfortunately, man does not know.

*Pleasure is just the Happiness iceberg's tip.
To discover True Happiness, let's take a dip!*

What do we see in an iceberg? We see the tip of the ice over the surface of water. But do we realize that 90% of the iceberg is submerged within the water? No, we may not realize that only 10% of it is visible. The rest of the iceberg

is invisible to the eye. So it is with Happiness. We have explored only 10% of Happiness in life. 90% of our Happiness that comes from peace, that comes from discovering our purpose, remains hidden. Man is fitted with the pleasure-pain drive.

It seems like man wants only pleasure.

He does not want pain.

Man does not want any loss. He wants only gain.

But it is sad that man becomes unhappy, again and again.

This is because man is constantly seeking to find Happiness. He doesn't discover that true Happiness is within, just like an iceberg. He doesn't realize that 90% of his Happiness comes from peace, love and bliss, which pleasure is not. Imagining the tip of the iceberg to be the iceberg itself, man continues to run after pleasure without achieving True Happiness.

Unless man realizes that Happiness is not the tip of the iceberg that he can see, truly happy, he cannot be. He runs after pleasures and this causes him pain. He creates desires and thus, experiences disappointments. He runs after success and creates stress and his life becomes a mess. Man is madly running a race to earn more and more. Pleasure enters his door but peace drops to the floor. He is so busy trying to be an ace that he gets caught in a maze. He does not live with grace. And he does not discover peace, the very foundation of Happiness.

Man must realize that Happiness is like an iceberg. The Happiness that we see is just the tip. The large part of our Happiness remains invisible to most of humanity. We are so enamoured by the pleasures of this world and we are lost running after the trivial trinkets that gratify our

desires. Typically, man's pleasure comes from gratifying his senses. He is so busy in sense gratification that he wants to provide the eyes with something beautiful, the ears with ecstatic music, the nose with exotic fragrances and the tongue with delicious meals. Man experiences sensual pleasure through his skin. He thinks that this is Happiness. He does not discover the reservoir of Happiness that is hidden within.

Man lives like the musk deer. The musk deer is known to frantically look all around the forest for the fragrance of the musk that comes from within it. In its frenzy to find the musk, sometimes, the deer falls off the steep cliffs and dies. Then, the hunters cut open the stomach of the musk deer and retrieve the musk that was in its navel. Man, too, is like a musk deer. He lives and dies, running after Happiness thinking that pleasure is Happiness but does not realize that Happiness is hidden within.

No doubt, pleasure gives us Happiness. Every human being enjoys gratification of the senses. We love to eat, drink and make merry! We like to wear good clothes, shoes and accessories. But this pleasure is only 10% of the Happiness Iceberg. This pleasure that we think is Happiness, is only temporary or ephemeral. This pleasure comes and goes. It is not Happiness that forever flows.

It is very rare to find someone who realizes that pleasure is just the tip of the Happiness Iceberg. Only a few tread the path of seeking Eternal Seamless Happiness. Most of us just live and die. We suffer and we cry. This is because we just want to have fun till life is done. So, what is the secret of Happiness? The key that opens the door to Eternal

Bliss is to realize first, that pleasure is not Happiness. If we truly want to climb the peak of Happiness, we must realize that success, achievement, money, name and fame, are just the tip of the iceberg. Unless we go deeper to find out what true Happiness is, we will continue to enjoy pleasure but we will never discover that there is a greater treasure of Happiness within us.

What is the hidden part of the iceberg of Happiness? It is the state of Eternal Peace, Divine Love and Everlasting Bliss. How many of us enjoy this? Look around. Some of us want to buy a new car. Some of us do online shopping. Some try to beautify our looks so that we feel good as we try to impress others. The world of cosmetics has grown to offer millions of shades and types of creams, lotions and perfumes. The world is filled with spas and wellness centres like never before. Instead of providing what we need, we have started pampering our greed all because we think that pleasure is Happiness. Little do we realize that it is just the tip. Eventually, we slip into a valley of gloom. We live with comparison and competition, and become unhappy all because we think that pleasure is Happiness.

Unless man evolves from pleasure to peace and ultimately, purpose, he will never reach the depths of True Happiness. There is an ocean of bliss and joy that lies below the surface of pleasure. But because we are so enamoured by what gives us pleasure, we don't look deeper for True Bliss. We are so stuck in material pleasure that we do not discover True Spiritual Bliss.

*Pleasure is fleeting. It comes and goes.
It is not True Happiness that forever flows.*

3. Success Is Not Happiness



If success was Happiness, all the rich people in the world would have been glad. But when we look around, we find that many are sad! This is because we have not understood the formula right.

*Success is not Happiness.
Happiness is Success.*

Because we think that success is Happiness, we make our life a mess! Throughout life, we run after success. We keep climbing, going from one peak to another but we never reach the ultimate peak. I went from one peak of success to another for 25 years, only to realize that success and achievement were only the first peak of life. I took an exit and climbed the second peak, a plateau called fulfillment. I started discovering the Happiness Iceberg. But this was possible only after I realized that success and pleasure are a very tiny part of our Happiness.

Most of the successful people in the world fool themselves into believing that they are truly happy. But in reality, they have not tasted True Happiness. They are just

running to earn and earn. One day, what they earn, others will burn. They don't realize that Happiness does not come from earning money. It comes from spending it.

A friend of mine met a very close friend of his in a hospital in Hong Kong. That person was battling the last stage of cancer. He had spent his life making money. Now, he started to cry. He said, *'If only I had spent my life spending the money I made, rather than just making more and more money, I would have died a happy man.'* Many successful men like this live a life of regret. They say, *'I wish I had learned to play the guitar. I wish I had climbed more mountain peaks. I wish I had gone to see the penguins in Antarctica.'* Many successful people have died with unfulfilled wishes. They failed to realize that success was just the tip of the Happiness Iceberg. They fooled themselves into believing that success was life. They started off with a glass full of life and no success. Slowly, their glass of life got empty and it was full of success. But there was no life left. Of what use is such success?

Most of us spoil our health making wealth and then, we spend our wealth to regain our health. In the process, our life gets exhausted. We do not discover that part of the success iceberg that is beyond our vision. We are so busy running after our mission of success that we are trapped in our vision and our obsession of becoming rich and famous. This is like a bubble that ultimately will burst. We don't realize that desires will never quench our thirst. Success will demand more and more, and True Happiness will go out of the door.

Adrian was a very successful man. He was so busy going from being a millionaire to billionaire that he had very little time to enjoy his life. He had made more money than he could imagine.

In fact, an analyst told him that his money would be more than enough for the next 7 generations. But he still continued living his life running after success. All he could see was that tip of the iceberg that was pleasure, success and achievement. One day, he lost everything. He had over-invested his money in his greed. He was caught in so much debt and such a financial mess that all he had left was stress! His success became the cause of his unhappiness.

The story of Adrian is not a unique story. There are hundreds, if not thousands of successful men and women, who are blinded like a horse. All they can see is success, pleasure, name and fame. Their perspective of life is restricted, ignoring the true opportunity of living. All they can see is the tip of the iceberg. Their blinders stop them from looking deeper. Sure, we use blinders on horses to make them focus on the way ahead but how can man live like a horse? No, he cannot. He must be his own boss! He can create irreparable loss if he continues to blindly run till life is done! When will man look at all the possibilities of the true success that life offers? When will man realize the purpose of life? When he does, he will discover True Happiness.

It is very unfortunate that we remain a fool because of what we are taught in school. We are taught that success is everything. We are taught to come first in class, studies and examinations. We are taught that success is the most important thing in life, even if it comes to compromising our values and so, we are told that all is fair in love and war. Little do we realize the words of the profound master, 'What would it gain a man if he gained the whole world and lost his own Soul?' We are so ignorant that we look at the tip of the iceberg and we forget to discover the hidden part

which is the larger part that we miss in life.

***Running after Success makes our life a mess!
We must discover the iceberg of True Happiness!***

Success is not Happiness. Happiness is success. We are running after success because we think that it will make us happy. Unfortunately, we don't realize that if we are happy, we are already successful. What is the point of running after something that will give us pleasure, which is only the tip of the Happiness Iceberg? Instead, we should focus on how to be happy. We should learn to discover the true purpose of life. We must learn to live with peace and fulfillment. Unfortunately, the whole world is running after success.

The modern generations are so lost that all they see is the tip of the iceberg. They have no time to look beneath the vision and so, they don't discover their life's mission. All they have been taught is to go from million to billion to trillion! Even if they achieve a zillion, they will not achieve True Happiness. Most people are running like that little kitten that was taught that Happiness lies in its tail. So, it went round and round, chasing its tail. When will we open our real eyes to the truth that success, pleasure, name, fame, achievement and wealth, are just the top of the humongous iceberg called life? True success of life is not just to learn, earn, burn and return. It is to learn, earn, turn and yearn for the true meaning, the true purpose of life – to discover the Happiness iceberg.

4. Don't Create Stress And Make Your Life A Mess!



To be happy, it is imperative that we must not be unhappy. The Happiness equation has a numerator and a denominator. Our net Happiness is the result of being glad minus being sad. Therefore, if we truly want to discover the Happiness Iceberg in full, we must eliminate all unhappiness from our life.

The world thinks that pleasure is Happiness. Looking at the tip of the iceberg, we run after success and achievement. We try to gratify our senses but in the end, we remain unhappy. Why? When we try to achieve more and more pleasure, we inadvertently cause ourselves pain. In our passion for desires that we think will make us happy, we create anxiety and stress and our life ends up in a mess!

When we want pleasure, our ego is in full bloom. Our mind becomes our master and this is a disaster! We want to be the best, richest, smartest and wealthiest. We don't realize that we are creating worry and anxiety that robs us of our peace and tranquillity. Little do we understand that peace is the foundation of Happiness. In our so-called

excitement to succeed, we lose our peace of mind and become miserable.

Why do we let our need become our greed? It is because we are ignorant, indeed! We need money for the basic necessities of life. But when we want more money for more luxuries, we are creating so much pressure on ourselves that we don't enjoy the pleasure anymore.

Sam used to run a business. He was a happy guy. Everything was going on well. But he always looked at Tony and wanted to be better than Tony in every way. Tony was his friend and they would party together every now and then. Sam would always look at Tony's life as a benchmark. What car Tony was driving, what clothes he was wearing and where he was going for his next holiday. Instead of remaining happy, Sam became unhappy. He started working more hours, more days, to earn more. Then, he took some loans to buy a better car. He changed his lifestyle and could hardly spend time with his family and friends. Soon, his life was a mess, for all he was collecting was worry and stress! Yes, he could dress better but his Happiness became less. Many of us are like Sam. We are looking only at the tip of the iceberg that is visible. We don't look at what truly creates lasting Happiness.

Life is a combination of pleasure and peace. If we want more pleasure but we lose peace, the end result is unhappiness. Somehow, we have been indoctrinated to believe that the more we have, the happier we can be. This is a lie. In fact, many people who give, find far more joy and peace in their acts of charity and philanthropy. They don't compete with the world to show their power and strength. This Happiness is plastic, it's fake! It does not last.

Sheela would fight with her husband to buy luxury handbags and branded clothes. Somehow, she felt that this pleasure of appearing superior would make her happy. But every time she compared herself with others, she only became unhappy. She would never count her blessings. Instead, she would count what her friends had and take that stress to her partner. She made it a habit to create a mess. Soon, their relationship fell apart and now Sheela had even more problems than before.

Why do we make ourselves miserable? Why do we compare ourselves with others and become unhappy? All because we do not discover the Happiness Iceberg. We think only about the tip that is visible. The large mass of Happiness is invisible to the world. Happiness does not depend on what we have. It depends on how we feel. If we program ourselves to feel unhappy, despite having everything in the world, we will remain unhappy.

***When we compare our life with others and then desire
more,
We plant the seeds of discontent right at the core.***

One of the ways to be happy, is to dive below the waters of the material world and enjoy the depth of peace, love and bliss that can cause so much more Happiness. Unfortunately, we remain above the waters and face the waves of life. We are so caught in the noisy ocean looking at others and listening to their stories that it only creates stress in our life! We must eliminate this mess if we want lasting Happiness!

Rajesh had a classmate, Suresh. They met after several years. Each of them was now, settled. Both had jobs and were doing well. When the two were studying, they had similar lifestyles. But now Rajesh saw Suresh driving a Mercedes Benz. Then, he

saw him driving a BMW and other luxury cars. Suresh spoke a lot about how he had made good money in the stock market. Rajesh was greedy and jealous. He took all the money he had and put it in the stock market wanting to be rich as Suresh. The reality was that Rajesh was wealthier but Suresh was happier. Rajesh sold whatever property he had so that he could live like Suresh. He even took loans! Sadly, his life became full of worry and stress, all because he thought that Suresh's lifestyle was better than his. One day, in desperation, he broke down and asked Suresh, 'How did you manage to buy those luxury cars?' Suresh replied, 'Oh! Those cars, they don't belong to me. I work in a second-hand car showroom and every day, I drive one of those cars to check their condition and performance.' Rajesh was devastated. He had imagined that Suresh owned all those cars and his raging jealousy had destroyed his life.

Happiness is a state of being. It is not in the flamboyant cars that we drive or the extravagant clothes that we wear to show off. When we get enamoured by pleasure, which is just the tip of the iceberg, we can do things that will create anxiety and problems for us. Isn't it time to discover True Happiness? Shouldn't we focus on our own peace and bliss rather than being jealous, creating stress and making our life a mess!

***Why compare our life with others and create stress?
Why become jealous and create unhappiness!***

5. Is Life Just A Race To Be An Ace?



What is our life all about? From the time we are born, till the time we are gone, we are running a race. We are chasing a better lifestyle. We are trying to acquire certification and validation from others. Ultimately, what is the purpose of life? We are all trying to be happy. Every human being has only one objective – to be happy. Unfortunately, we just zoom from womb to tomb. We forget our Happiness mission!

Most people spend their day in such a way that they can be happy tomorrow. They invest their time and money so that they can buy a better home, get a better car, go for a dream vacation or if nothing else, build a secure future. Why are we doing all this? Be it a car, a home, a holiday, or just to feel secure, the ultimate objective is Happiness and to ensure that there is no unhappiness in the future. Nobody really knows what our tomorrow is going to be like. Still, our entire focus is on tomorrow. The result is that we are running. We are so busy running this race that we have little time for anything else. All we want is to be ahead of everybody in this race.

Life is not a race to be an ace!
When will we stop and learn to live with grace?

Is life just a race? Why should we be an ace? No doubt, there is excitement in the chase. But for how long? Ultimately, we will get weary and tired. We will run, till life is done and then, ask ourselves the question, '*Why did we run?*' Ask the people who have finished living 60 or 70 years of their life. Most will regret that they consumed their life without living it. Very rarely will you find somebody who will say, '*I wish I had worked harder.*' Most of the regrets they will have would be about not living their dreams. Life is a journey. We come with nothing and we will go with nothing! Unfortunately, we do not discover the purpose of human existence. We don't even ask the question, '*Why was I born?*' We don't want to face the reality that one day, we will be gone! All we do is run the race called life. Most people continue to live in this maze trying to improve their face. We want to look better, become better but we don't realize why — it is because we think that this will make us happy. But we are caught in a maze where all we see is the tip of the Happiness Iceberg.

People are doing different things. In the modern world, there are so many super speciality subjects offered for specializations. *Subhash was a computer engineer. He worked hard to educate himself because he had learned that IT had great scope. So, he spent the first few decades of his life becoming a certified professional. Then, he took up a job and soon, an additional job. He made a lot of money and created a software to invest the money. Very soon, his money was growing, just as his work was succeeding. Year after year, he would look at his bank balance and smile. He was getting richer and richer! He made some intelligent investments which doubled in value. By the*

time he was around 50 years old, he had bought three homes, had a lot of money in stocks and was sharp enough not to keep any liquid cash which he would be tempted to spend.

Subhash was running this race and one day, he got a heart attack and died! He had done everything to be an ace. The only thing he had forgotten was to be happy! Subhash lived and died like a machine. He did not realize that life was not just a race. He did not embrace Happiness because all he could see was the tip of the iceberg that people called success and Happiness. He did not discover the purpose of his existence.

Many of us are like Subhash. We are just running through life and before we realize it, life is over. Our glass of life becomes empty and we fill it with success and wealth. We also enjoy pleasure but we forget that there is a greater treasure than pleasure. Many of us postpone our Happiness because we are too busy running the race called life. We do not live with grace, peace and purpose. We are so enamoured by the circus. Everybody is looking at the visible pleasures of life, very few people go on an inner journey to discover the depth of true Happiness that lies invisible, beyond what the common eye can see.

When will we pause to find the cause of our existence? When will we get out of the claws of this material world where there are constant wars? Life has become a drama of comparison and competition. Instead of our Happiness being based on how we feel, we link our Happiness to what we own. We forget to make the best of the gift of life and soon it is over. We did not discover the secret of True Happiness. We did not discover the purpose of human existence. All we did was to run and run. Alas! Now life is

done. We thought that we are having fun but that was an illusion. Now, life cannot be undone.

***Is life just a race that will take us to our tomb?
We must not zoom. We must discover how to bloom!***

However, there is some good news! Our life is still in our hands. We can make a choice. We can change. We can stop zooming through life and start living watching the flowers bloom, looking at a beautiful sunrise and enjoy the ecstasy and magic of true love. However successful we might be, ultimately, success is not going to improve our Happiness index. Those who are an ace, forget to live with grace. On the outside they may appear to be very successful but deep within, they live a life that is stressful. It is for us to stop running this race. It is for us to discover what life is all about. *Life is not just about success, achievement, money, power, name and fame. If we think that this is our life game, we will end our life with shame!* It's time to dive deeper, to overcome our ignorance and light a flame that will show us, that beyond the fame of being an ace, True Happiness comes from living in Consciousness. It's time to slow down our pace and to live with grace. Let us stop looking at the glitz and glamour of this world. Let us not get carried away by what Happiness appears to be. Let us look deeper and be free to live, not to exist. Let us not be another human machine. Let us remember that we are human beings, not human doings.

6. You Can't Be Happy Tomorrow



Most people are running after pleasure, which will fructify tomorrow. They are busy planting seeds that will create roots, shoots and fruits that they hope to enjoy in the future. Alas, they lose the present moment of bliss!

*People want to enjoy pleasure but not in the now.
Wandering like a cow, they want their tomorrow to be
'wow'.*

This is the nature of a pleasure seeker. Such adventurers are busy running after success and achievement, without enjoying the present moment. They forget that life is about this moment. They don't know how to be content, today. They want to make a happy tomorrow. They have forgotten the age-old truth – tomorrow never comes!

Can you be happy tomorrow? How can you? There is no tomorrow. Today is the tomorrow you thought of yesterday. But it only arrives as 'today'. Even the richest millionaires and billionaires cannot go to tomorrow. Unfortunately, people who are rich only see the tip of the Happiness iceberg. They don't see the peace that dwells

below the surface of the water. They look beyond to see the glaciers and peaks of the mountain. They want to climb from peak to peak so that tomorrow can be happier. Alas! One day, their life will be over and all the preparation for tomorrow will be wasted. If you want to be happy, you must be happy today. Yesterday is gone! You can't go back to yesterday. Tomorrow is not yet born. You can't fill tomorrow with Happiness. But the glamour of the iceberg tip can make us slip.

Have you ever experienced what life is below the surface of the ocean? On the surface, there is so much noise, the roaring waves and all that pandemonium which fills the world. But below the surface, there is complete stillness. There is peace and bliss. How many of us enjoy this? So also, we don't realize that 90% of the Happiness iceberg is not about pleasure that is visible but peace that creates contentment and fulfillment and beyond peace, purpose, which can liberate us from all misery and sorrow. This is possible if we don't let the mind jump into tomorrow. We must learn to be happy, today. Those who are sacrificing today's Happiness for tomorrow's bliss are going to miss Happiness. We must learn to live life, moment by moment, filling each moment with peace, love and bliss, for it is moments that create hours, days, months and years. If we lose the moment, we lose life.

What does the Happiness Iceberg teach us? Only 10% of Happiness is visible to man and focusing on that 10% of the tip of the iceberg, man is running after pleasure. He loses the real treasure that lies below. Running after pleasure, he loses peace. In reality, peace is the foundation of Happiness. Trying to be happy tomorrow, he loses today! And losing today, he loses life itself!

Some wise people have rightly said, '*The past is history, forget about it! The future is a mystery, don't worry about it! Today is the pastry, enjoy it!*' If you want to eat the pastry tomorrow, you will lose the pastry and the joy of eating it. We must enjoy pleasure but we must never forget that pleasure is just the tip of Happiness. Far more fulfilling is peace. Peace leads to purpose and together, peace and purpose make 90% of the Happiness Iceberg. We lose 90% of our Happiness, which is available to us today and now because the tip of the iceberg fools us into achieving Happiness that may appear tomorrow. Let us forget about tomorrow. Let us live life, today. Let us learn to be happy today.

*Of what use is living today with stress and with sorrow,
Hoping that we will be blissful and happy tomorrow!*

What can make you happy today? You can smile. You can serve others and make them happy and by doing so, become happy yourself. You can share, give and live. But worrying about tomorrow, we hoard. We let greed overtake our need. We let the fire of desire rob us of the bliss of the present moment. The truly happy ones know that Happiness is just about today. If every today is happy, tomorrow will take care of itself. Those who live with contentment and fulfillment, live with the Realization that 90% of what is there lies below what the eye can see. So, they live with faith, hope and enthusiasm. They are not insecure looking at just 10% of what they visibly have. If we truly want to be happy, we must learn to be happy today.

Look at the millionaires and billionaires of the world. They have name and fame. But when it comes to Happiness,

what a shame! They are so busy building their business empires that they don't wake up till they reach their grave. What they earn, others burn. They fool themselves into believing that they will be happy tomorrow. They don't realize that there is no tomorrow. Most rich people work 18 hours a day, 7 days a week trying to make more and more money. They don't realize that if they started spending their money, they will not have enough time to spend it. Then why go on earning what one cannot spend? Soon, they will reach their end. If only they learn to give what they had, they would be far more glad. But it seems that they are drugged. They have an addiction and the addiction robs them of today, which is their greatest wealth.

When Alexander the great died, it is said that he asked that his empty hands be left out of the coffin to remind the world that even the greatest man cannot take with him, even a penny. What is the cause of this foolishness of the rich and the famous? They only see the tip of the iceberg. They think Happiness is pleasure, success and achievement. Neither do they enjoy peace nor do they discover purpose. They live a life of fear, worry, stress and anxiety. They have no tranquillity. Their life is built on regret, shame and guilt. They live with anger, jealousy, revenge and hate. Their peace and Happiness goes out of the gate. If we truly want to be happy, let us learn to be happy today. There is no tomorrow.

7. It's Time To Take An Exit



Are you seeking Happiness? Then it's time to pause and to find the cause of why you are just running a race. Have you already achieved success and achievement and are you enjoying pleasure? Or are you are living with the aspiration to be rich? In both the cases, it is time for the Realization that life is not about going from peak to peak of success. Life is not about going from pleasure to greater pleasure. Pleasure is only the tip of the Happiness Iceberg. It is time to take an exit. It is time to stop running like a mad man! When will we have the time to truly enjoy life?

Life is a limited resource. Every 'body' will die. We must learn to live before our life is over. Of course, we must be happy. But we must understand that Happiness does not have two Ps. We must not only enjoy pleasure but also learn to live with peace. Ultimately, to overcome all misery of the mind and agony of the ego, we must discover our true purpose and for this, we must learn to take an exit from the highway of achievement.

The journey of life is like a highway. Most of us zoom from womb to tomb. We don't discover our true purpose. We think that life is a circus. We are no better than a clown jumping up and down. Unfortunately, in stress and anxiety, we drown. We don't learn how to smile. We just frown. Isn't it time to stop, to take an exit from this mad race? Isn't it time to slow down our pace? When will we truly live with grace and enjoy the Eternal Bliss of True Happiness?

Man does not live like a human being. He lives like a human doing. He keeps on doing for he is fooled into believing that 'doing' makes him happy. He doesn't live as a human being. *Man does not realize that Happiness is a state of being, not becoming.* It is a state of being, not doing. The wise ones prioritize and they learn to exit 'the doing'.

Recently, I met a bunch of youngsters from the IT industry. They told me, '*We want our life to be a life of FIRE.*' I could not understand what this meant. Then, one young entrepreneur told me, '*I want FIRE – Financial Independence Retirement Early.*' I was amused. It made me chuckle because I, too, had shut down my business when I was 40-years-old. I had financial independence but instead of retiring early, I had Realization early. I realized that life is not about retirement and entertainment. It is more about Enlightenment. Many youngsters, who think that they want to take an exit from a hectic burnout life, don't realize that if there is no purpose after retirement, then one can reach a state of depression and eventually, the possibility of suicide. It's great to have FIRE - Financial Independence Retirement Early, provided that there is an awareness that life has a purpose. You don't take an exit from work to make your life lethargic. You don't exit to retire but rather

to light a new fire and to aspire to live a life of purpose and meaning. Then, you attain that state of True Happiness.

How many people exit the highway of achievement?

How many seek a life of purpose and fulfillment?

Why did we come to earth. Why did we take this human birth? Are we born because one day, we must be gone? Taking an exit means realizing the purpose of life. We have not come here to revolve like the planets. We have come here to evolve. We must evolve from the Lower Self to the Higher Self. Most importantly, we must discover the Happiness Iceberg.

Until we discover that pleasure is only the tip of the iceberg, we will never discover the treasure of peace. We will never go beyond leisure to discover our ultimate purpose. Life is precious but only 1% of this world takes an exit. 1% of the world is visually blind but 99% is spiritually blind.

Everybody wants to be happy. There is no harm in seeking Happiness. But to live with the illusion that pleasure, which is just the tip of the iceberg, is Happiness, is being foolish. Just like we know that 90% of the iceberg is hidden, we must know that 90% of Happiness is unknown to man. Most people think that meditation and peace are boring. They have not experienced the bliss that comes from stillness. That is why today, there is so much mental illness.

People are running after success and Happiness. They don't stop to look beneath. There is a vast reservoir of Happiness inside us. Deep within us, there is a river flowing, a river of peace, love and bliss that flows in our

Consciousness. Because we do not take an exit on the highway where we are seeking achievement, money, name, fame, success and pleasure, we keep on driving in the wrong direction. Then, how can we reach our destination?

It's time to look at the road signs. There is an arrow mark towards fulfillment. There is an exit towards Enlightenment. We should not be so blind that we let the mind ride our life horse. Somebody asked a man riding a horse, 'Where are you going?' The man honestly replied, 'I don't know! Ask the horse.' So many of us make our mind the boss. We experience a great loss! The mind has blinkers that makes it see only the tip of the Happiness Iceberg. The mind cannot see below. In fact, it does not want us to reach the state of Eternal Happiness. The mind bombards us with toxic thoughts that pour like rain and make us miserable, again and again. It's time to still the mind, to move from mind to Consciousness, to look for the next exit and to discover that state of Eternal Happiness.

Sometimes, we are driving so fast and carelessly that we miss the exit. Then, we have to drive on and on, losing valuable time and fuel. Let us learn to use our energy to discover peace that comes from fulfillment and purpose that comes from Enlightenment. For this, we need to take an exit. Bill Gates took an exit. Gurucharan Das took an exit. I took an exit. When will you take an exit? When the time is right, we must move away from this race and switch on the light of Eternal Happiness.

If you truly want to happy, then do a Happiness audit. Don't just run after pleasure and achievement, take an exit!

8. Happiness Is Not Just Earning; It Is Spending!



What is life all about? What is this journey meant for? Why do we come to earth? Do we pause to find out the cause of our existence? We learn, then we earn and ultimately, we burn, only to return and churn, again and again. When will we turn and yearn for our true purpose, for the state of Eternal Happiness?

Happiness isn't about what we earn but more about what we spend.

We must remember this Eternal Truth till we reach our end.

Isn't it time to realize that pleasure is not the ultimate treasure? We all enjoy pleasure and we must. But there is something greater. When will we experience the Eternal Bliss with peace? When will we be in Consciousness to realize the simple truth that life is not just about earning and then burning? It is about spending and making use of the resources that we have earned. Otherwise, ultimately, life is just a waste.

When we look around, it is funny that people are just making money when everybody knows that nobody can

take with them even a penny! Then, why waste our entire life just making money? We must learn to spend before our end, for it is in spending where True Happiness lies. Our mind makes us blind. It fools us into believing that having money is Happiness. It inflates our false ego to feel rich, when we have bundles of currency in our cupboards. The mind fools us into believing that we need a lot of security, houses, properties, stocks, shares and different types of investments. The question we don't ask is, 'Why?' Why are we so insecure when in reality, life is like a journey? We come and we go. Nothing belongs to us. Of course, we want to have fun, and we must. But what about the greater fun that is beyond just pleasure? When will we discover this treasure?

I am an avid traveller and I check into a hotel practically, every week. The hotels are beautiful. The rooms are great. But I don't get attached to the bed or the bath. I realize the truth that none of that is truly mine. I am just a traveller, a guest. One day, I will check out and go. While I see people enjoying pleasure during travel, my extensive travels are for peace, for a state of Eternal Bliss. It is in this Consciousness that I realize that many of us don't remember that we are guests in this world. We bring nothing and we can take nothing. But we can enjoy everything that this world has to offer. But instead of enjoying, we are suffering because we are clinging to things that don't belong to us. Possessions and people will come and go. We should not let our Happiness depend on these pleasures. We must learn to be good travellers through the voyage called life. We must earn but we must also spend. We must not get attached to our income, wealth and possessions. None of it belongs to us truly. While it is ours to use, ultimately, we have to leave it all behind. But if we don't use it, we will lose it.

When I drive around in Europe, I rent a car. I enjoy every drive, conscious of the fact that I must return this car at the end of the trip. I use the car and have a blast. There are people with me who sometimes look at other cars and comment, '*Maybe we should have hired a Ferrari or a convertible BMW.*' We can't. We have started the journey, we are in the middle of it and we must enjoy the drive. The fun is not about the brand of our car. The joy is in the scenery and the landscapes through which we drive. Many people live, losing the joy of life without being conscious of the reality. Life is a journey, which will end. When will we take a turn and transcend the lower pleasures of life and enjoy the higher bliss? When will we learn to accept and surrender to what is? Isn't it better to enjoy what we have, than to yearn for something beyond our reach and become miserable?

The journey of life is also the journey of Happiness. They are not different from each other. To live a happy life, we must earn and enjoy pleasure. But we must also learn to spend and enjoy life. There is no meaning in living with a false ego that is happy, believing, '*All of this is mine.*' The truth is that nothing is mine. What is the point of being insecure and hoarding tonnes of money and wealth, only to ultimately leave it behind? We must insure our lives to a reasonable level of security but we must not lose the beauty of life with an absurdity of greed, which is far greater than our need! Ultimately, Happiness does not depend on what we have but how we feel.

*Those who are rich, consume their life making more
wealth!
Sadly, they motivate others to follow suit and lose their
health!*

Many of my friends have consumed their lives making money. Then, they make more money. When I ask them, *'What is the point?'* they say, *'We need to make just a little more money!'* Years have passed and their life continues to be a mess, full of anxiety and stress. They have forgotten how to enjoy True Happiness. They keep fooling themselves saying that making money is very exciting and it makes them happy! But the truth is that Happiness is not just about earning. It is also about spending. Sure, there is excitement in making money but there is no excitement in wasting all our money or just leaving it unspent and leaving the world! We must take an exit from this rollercoaster and enjoy Eternal Happiness.

What is alarming is not just the fact that people zoom from womb to tomb without truly living life. Not only is their inner sanctum full of anxiety and gloom but they also encourage others in the room to spend their life picking up a money-broom. These rich and famous folks motivate youngsters to become scavengers of money and wealth as they sweep this world collecting diamonds and gems which ultimately, they will leave behind. What is the use of spending our life collecting things which we will ultimately lose? Life is not to have money in a heap and ultimately weep because we could not enjoy the rewards of our hard work. People must be inspired to live a truly happy life. We must make money but we must also take an exit and learn to enjoy the money. Otherwise, our life is a waste. Let's not make it an addiction to earn and earn. Let's break this tradition and start a new trend. Let us enjoy as we spend before our end!

9. When Will You Go From Achievement To Fulfillment?



The journey of life is not just a journey from birth to death. There is more to life than just taking breath. Some people think that life is about success, achievement, name, fame, money and pleasure. They go on climbing the many peaks of success. It is common for people to believe that the future belongs to those who believe in the beauty of their dreams. So, people make schemes, build teams and construct support beams without realizing that the ultimate gleam of success is not a peak. It is a cliff called death. Therefore, there is more to life than money and wealth. We all need money. But it is a myth to believe that more money and more success is more Happiness. The pleasure that comes from money and success is just the tip of the Happiness Iceberg.

About 20% of the people in this world are wise. They prioritize fulfillment over achievement. They take an exit from the highway of success. They discover that far more than pleasure is the Happiness that comes from peace. Peace is the foundation of Happiness. But because we are running after success, we compromise on peace and therefore, do not experience the state of fulfillment that is

far greater than any achievement. This small quadrant of people who prefer contentment to achievement enjoy Eternal Bliss that is far greater than pleasure that creates Happiness.

But what about those who are galloping like a horse with blinders? They cannot see anything but achievement. Soon, their life is over! They do not experience the magic of fulfillment. Greed overpowers their need and the mind creates layers of dark clouds that block the sunshine of their Consciousness. This deprives them of intelligent discrimination, as the mind creates a desire that builds the fire of passion for success. People are so busy making mission statements, even obsession statements that they forget about the true mission and purpose of life. Those who have not tasted fulfillment, tend to believe that life is all about pleasure and achievement. Only those who are wise enough to take an exit from success, reach significance in their life. Philosophers, authors and even the millionaires and billionaires of the world are testament to the truth that the ultimate purpose of life is not achievement. One millionaire sadly said, *'If only I had my life to live over again, I would have left my business long ago and lived my life. Now, my life is over! I can do nothing about it.'*

I was 40-years-old when I shut down my business to live my dreams. I had worked for 25 years for 18 hours a day, 7 days a week, pursuing success. I was the epitome of the one who believed that success and achievement were everything in life. How wrong I was! At 40 years of age, I took an exit and started enjoying the second peak of life – fulfillment. I had made enough money. Now, it was time to spend it. What the world today calls FIRE, I did that 20 years ago. I had Financial Independence and Retired Early! But I did more than just retire. Enjoying the plateau

of fulfillment, I stopped making money and started making a difference. I accelerated my humanitarian initiatives to serve the poor and the destitute just as I initiated efforts to help people on the spiritual path. I travelled to over 100 new countries living a life of contentment and fulfillment. I enjoyed peace and bliss. I started to discover a part of the Happiness Iceberg that was not visible before. I explored Happiness unknown to most of humanity, which comes with contentment and fulfillment.

I discovered a new acronym for the word, FULFILLMENT –

F – Full Satisfaction and Contentment
U – Universal Connection
L – Living with Meaning and Purpose
F – Faith, Hope, Surrender
I – Inspiration, Energy and Enthusiasm
L – Liberation and Freedom
L – Laughter and Love
M – Making a Difference
E – Emotionally Positive
N – Noteworthy Success and Achievement
T – Tranquillity and Peace

This acronym changed my life. In the 5 years that I lived with fulfillment, I experienced more Happiness than I had in those 25 years of achievement. I enjoyed peace and pleasure. It was a double bonanza. But the greater gift was living with peace from fulfillment. I was able to embark on a quest for the third and ultimate peak of life. If I had not exited the highway of success, I would have lived and died, thinking that the tip of the iceberg is all there is in life.

Why is the majority of the world running the race for achievement? It is wrong conditioning that blinds most of the world and often, the mind is to blame — a mind that we cannot find! Because we are running the achievement marathon, we have no time for anything else but pleasure that comes from success. Today, the world suffers from so much mental illness, all because there is no stillness. Mind medicine is the biggest fad as mental diseases have overtaken the world. The cause is stress. This has created such a mess, all because people are running after success! The whole world is not just enamoured by pleasure but pleasure has become an addiction. A small group of people today have benediction and are trying meditation. They are experiencing magic through peace. More and more people are therefore, subscribing to activities like Yoga without realizing that the root cause is being trapped in the rollercoaster of achievement. Unless we take an exit and choose to live with fulfillment, we will never discover True Eternal Happiness. It is very difficult for those who are running the race to live with grace. The G that is missing is the Guidance of a Guru, an Enlightened Master. I was blessed to find one. At 40 years of age, when my Guru, Dada JP Vaswani told me to shut shop, I was shocked. But that was the turning point of my life and it made me the happiest man in the world. You, too, can discover the Happiness Iceberg if you go beyond the fascination of the gleaming peak of pleasure and success.

*We can keep on enjoying the pleasure of achievement.
Or we can pause to enjoy the greater bliss of peace from
fulfillment.*

10. Discover Peace - The Foundation Of Happiness



Is Happiness just fun and laughter? Is it just to smile all the while? Yes and no!

*The moment we lose our peace of mind,
Then, Happiness, we cannot find!*

Peace is the foundation of Happiness. Just like a beautiful skyscraper needs a strong foundation to exist, without the foundation of peace, our tower of Happiness will crumble and fall.

Therefore, while we all need pleasures to be happy, without peace, we cannot even enjoy pleasure. How can we discover peace? Where can we find peace of mind? Peace, we cannot find. Peace is within. We have to still the mind, then peace, we will find. Unfortunately, we are running after pleasure. We want success and achievement. Inadvertently, this is robbing our peace. We don't realize this paradox.

Popularly known as the Hedonic paradox, the pursuit of pleasure can rob us of our peace. Chasing pleasure can be

self-defeating and can actually make us less happier. Then, how can we attain the state of True Happiness? This paradox explains that when we are seeking pleasure and even enjoying it, we become happy. But the constant pursuit of pleasure robs us of our peace as it creates dissatisfaction, stress, worry and anxiety. The passion for more pleasure seeks more intense experiences and more cravings, only leading to a state of unhappiness.

Those who understand the Happiness Iceberg realize that pleasure is just the tip. The base of the iceberg is peace. Unless we evolve from pleasure to peace, we will not discover lasting Happiness. Does it mean that we have to give up pleasure? Of course, not! We can continue to enjoy pleasure but not make it a passion. Our priority must be Happiness, not pleasure. And for this, understanding the Happiness paradox of pleasure and peace is essential. While both pleasure and peace together contribute to our Happiness, it is strange that sometimes, seeking one can make us lose the other. If we are constantly seeking pleasure, we can lose our peace. Peace arises from a state of contentment and fulfillment. Pleasure comes from passion and obsession. Both go in opposing directions. How can we then, enjoy both for lasting Happiness?

Every human being seeks to be happy but we don't discover the truth that we must grow beyond pleasure to find peace, a state of bliss greater than the Happiness that we enjoy from pleasure. One does not have to make the two contradictory. One must complement pleasure with peace and move forward in the journey of Happiness. When we take an exit from achievement, we don't have to renounce all pleasure. However, we must renounce the passion and obsession to continue craving pleasures. This

is a state of fulfillment, a state of peace, the very foundation of Happiness.

When we look at the Happiness Iceberg, what appears to be visible is the pleasure that the world enjoys. We see people eating, drinking and making merry. Of course, this is Happiness and we must all be happy. However, when this is all we seek, then we crave for more and more pleasure. This makes us lose our peace and tranquillity. This craving creates stress and anxiety. Unfortunately, pleasure and fun don't create Happiness anymore because we have lost our peace - the very foundation of bliss.

Peace is within us. We just have to still our mind. But where is the mind? Nobody has seen the mind. We have seen pictures and X-rays of the brain, the heart and other organs but nobody has seen the mind. It is because the mind doesn't exist. It appears to be but in reality, it is just a bundle of toxic thoughts. The MIND is nothing but Misery, Ignorance, Negativity and Desire. Toxic thoughts make us desire more and more pleasure and ultimately, create misery and sorrow. Therefore, if we want peace, peace is within. We have to still the mind. When we still the toxic thoughts of the mind, then peace, we will find. Have you seen a still lake? It looks so peaceful and blissful. The moment a motorboat rips through the lake, it steals the stillness, and the peaceful lake is no more tranquil. So it is with us. When there are passionate thoughts that disturb our inner peace, it robs our tranquillity and creates anxiety. If we want to discover peace, we must learn to be content. We can enjoy pleasure but we must treasure peace and tranquillity.

In a state of peace, one can enjoy Eternal Bliss. Unfortunately, the toxic thoughts of the mind do not let us remain peaceful and blissful. The mind draws our attention to pleasure, the tip of the iceberg and we lose sight of the mammoth chunk of the iceberg below the waters. That huge chunk of Happiness that lies invisible is far greater than the tip. But because we run after the tip of the iceberg, we experience pleasure but we lose peace, the very foundation of Happiness.

The challenge in life is not about giving up pleasure. We must enjoy pleasure but we must move on to discovering the greater treasure, peace. When we have both pleasure and peace, then, we have discovered more of the Happiness Iceberg. Have we reached the base of the iceberg? Not yet! There is more than just pleasure and peace. But by and large, one who achieves peace of mind and enjoys pleasure, is on his way to the state of Eternal Happiness.

Without peace, the mind will enslave us with pleasure and we will enjoy only the rollercoaster ride of Happiness. This is momentary, ephemeral, temporary. When there is peace, we will not only enjoy the rollercoaster but return to a state of tranquillity and be free from stress and anxiety caused by unfulfilled desires and the passion for pleasures. Blessed is one who has discovered peace, for such a person is not just enamoured by the tip of the Happiness Iceberg, pleasure. Such a person has dipped below the surface to discover Eternal Happiness.

*Let us not just live with a passion for pleasure.
Let us discover peace, which is the True Happiness treasure.*

11. Enjoy The 3 Ps, The 3 Keys To Happiness



In the journey of Happiness, our first task is to change the way we spell 'happy'. As long as our 'happy' is 'HAPPY' (with 2 Ps), we will remain a hedonist whose only focus would be the pursuit of pleasure. Such a pleasure seeker thinks that to be happy, one needs P and P alone - pleasure and pleasure. But the one who discovers the Happiness Iceberg, goes beyond the tip of pleasure. He realizes that not only is 'happy' pleasure and peace but also purpose. Therefore, the right spelling of happy is HAPPPY - with 3 Ps.

Happiness has 3 Ps - Pleasure, Peace and Purpose. To be truly happy, one has to enjoy the tip of the iceberg - pleasure, dip below the waters to discover peace and go further in quest of what lies below to discover the purpose of life. The moment one discovers the 3 Ps of Happiness, he has found the 3 keys that will open the doors to Eternal Bliss. If we want to be truly happy, we must enjoy pleasure, live with peace and discover our purpose.

We all enjoy pleasure. Each of us has different triggers. One who enjoys a drink or smoking may find pleasure in

it. But for somebody else, pleasure maybe eating or driving. Different triggers create pleasure in different people. But by itself, pleasure is not Happiness. It is only one of the keys. A life without pleasure would be food without spice. Therefore, we need pleasure. However, the pursuit of pleasure can steal our peace. And peace is the second key to Happiness.

Happiness needs both pleasure and peace to be balanced in a way that we can enjoy both. While we enjoy pleasure, the passion for pleasure should not steal our peace. Therefore, peace should be the foundation on which pleasure is built. We should lose neither. Happy is the person who is content and peaceful but who continues to enjoy the pleasures that he has achieved.

While pleasures create sense gratification and release dopamine, peace creates serotonin, the hormone that regulates our emotions. A truly happy person is said to have both these neurotransmitters, dopamine and serotonin. Such a person enjoys the excitement of dopamine and lives with the peace of serotonin. The former creates motivation and pleasure, while the latter creates calm and peace. When both the receptors work together, with peace and serotonin taking the lead, then one can discover the third P of Happiness – Purpose.

The world knows of 4 key neurotransmitters often called the 'Happy Hormones'. They are not just dopamine and serotonin but also oxytocin and endorphins. Oxytocin is often known as the 'Love Hormone' that creates a feeling of bonding and trust, affection and intimacy. Endorphins are natural pain killers to overcome stress and physical pain. While these happy hormones are needed and are interconnected, the best way to release these hormones in

our body, is to live with the 3 Ps of Happiness – Pleasure, Peace and Purpose.

When we discover the purpose of life, the true meaning of life, we overcome all fear, worry, stress and anxiety. What is the way to discover our purpose? We must ask the most important question of life – 'Who am I?' followed by the question, 'Why am I here?'

While we all understand pleasure and peace, not everybody discovers purpose.

*The purpose of life,
Is to discover the purpose of life.
It is to understand why we came to earth,
What is the purpose of human birth?*

At the outset, it may feel strange as to how this is connected with Happiness. The moment we discover who we truly are, we overcome all our misery and sorrow. This naturally leads us to a state of Eternal Happiness.

Am I the body that will die? This body was formed over 9 months. We were conceived 9 months before our so-called birthday which is actually our arrival date. The zygote was created when we were implanted in our mother's womb. Thereafter, the body was formed as the embryo and the foetus. We arrived on earth on a date we ignorantly call our 'birthday' and we think that one day, we will die. But in reality, only the body will die. People will say that we passed away. When we realize that we are not the body that dies, we become free from all pain and suffering of the body.

Who am I? If I am not the body, am I the mind? How can we be the mind, we cannot find? Nobody has seen the mind. It is

just a bundle of toxic thoughts. Still, it appears to be and creates so much misery. When the ego, 'I' realizes, '*I am not 'I', I am not the body or mind,*' then the Enlightened Ego is free from anger and revenge. Jealousy and hate go out of our gate! In this very moment, we become free from the pain of the body, misery of the mind and agony of the ego. The third P of Happiness – Purpose - is the true base of the Happiness iceberg. Without the third P, we may enjoy pleasure, we may even have peace but we will not be free from misery and sorrow. It is purpose that creates Happiness, today and tomorrow.

Altogether, the 3 Ps of Happiness - pleasure, peace and purpose - are the 3 keys to Eternal Peace, Divine Love and Everlasting Bliss. We need these 3 keys. Just pleasure, the tip of the iceberg cannot make us happy. Even though peace is the foundation of Happiness, it is the Realization of our purpose that completes the Happiness equation.

P+P+P = Seamless, Eternal Happiness

One who has all the 3 keys, the 3 Ps of Happiness, enjoys pleasure, lives with peace and discovers purpose. Such a person has transcended the tip of the Happiness Iceberg, which is pleasure and has taken a deep dive into the ocean of Eternal Happiness. Such a person has achieved the greatest achievement – freedom from all misery and sorrow. When we are free from the triple suffering on earth, when we find the purpose of human birth, then life becomes a celebration. We live life, moment by moment, peacefully and blissfully, accepting every pleasure as a *Prasadam*, as a gift from the Divine.

***One who discovers Eternal Happiness has 3 Keys,
He enjoys Pleasure, Peace and Purpose, the 3 Ps.***

12. Evolve From Peace To Purpose



What is the ultimate peak of Happiness? For sure, it is not pleasure. Is it peace? Peace is the foundation of Happiness. But until we discover purpose, we will continue to suffer misery and sorrow, as we jump into yesterday and tomorrow. Because we don't know who we are and why we are here, we don't find the ultimate key, the 3rd P of Happiness.

We have already discovered that Happiness is pleasure, peace and purpose. But how can we achieve our purpose? It starts with these two important questions:

1. *Who am I?*
2. *Why am I here?*

But will everybody who asks these questions reach the ultimate peak of Happiness? No. Unless we evolve through the 3 peaks, we will not evolve to the highest state of Happiness that comes from purpose.

The first peak of Happiness is achievement. The second peak is a plateau called fulfillment. And the third and the

ultimate peak is called Enlightenment. On the first peak, we will find pleasure. On the second peak, we will find peace. But these are not enough to discover the Happiness Iceberg. Pleasure is the tip. Peace comes with a little dip below the noise of this world. But purpose comes when we discover the entire picture, the full iceberg.

We cannot be truly happy unless we eliminate the miseries of our life. We all experience fear, worry, stress and anxiety. We also experience regret, shame and guilt. Who amongst us is free from anger, hate, revenge and jealousy? Don't we all get agonized by pride, greed and selfishness? In all, there are 14 monsters that steal our Happiness. We may be sitting with a beautiful ice crystal on a beach but of what use is it if it melts away in moments? Our Happiness melts away with these monsters that create unhappiness. The ones who discover the purpose of life get to the root of Happiness. They eliminate these 14 monsters and create shoots of peace, love and bliss. The fruits are obviously joy and Happiness. But the way to discover a life free from all the miseries and monsters is to answer the two questions that lead to the purpose of our life.

Who am I? I am not the body, mind and ego. But I am. Who is the one that I am? I am the Divine Soul, the Spark Of Unique Life. When I achieve this goal, not only will I enjoy pleasure and peace but I will also head towards my ultimate purpose of being free from the triple suffering on earth and ultimately free from the cycle of death and rebirth. This self-discovery or Self-Realization is the path of Enlightenment.

Enlightenment, the ultimate peak of Happiness is enjoying the 3 Ps, pleasure, peace and purpose. But how

can we enjoy purpose? When we realize that our life is not a race, we start living with grace.

When we discover our purpose, we are free from the circus.

We are no more a clown, jumping up and down!

Unfortunately, we don't discover our purpose. We continue to run till life is done.

How can we be happy? Just as we must take an exit from pleasure to peace and achievement to fulfillment, the next challenge, the bigger one, is to evolve from fulfillment to Enlightenment. When we go from peace to purpose, we are free from all misery and sorrow. The first 7 miseries are caused by the mind and its toxic thoughts. The next set of monsters are the agonies caused by our false ego. Why must we suffer the triple suffering in this world? When we realize that *I am not the body, and there is no mind*, our ego is Awakened. It is Enlightened. We discover that we are the Divine Soul. The Soul vibrates with the positive emotions of peace, love and bliss through our Consciousness. But because our life is full of anxiety and stress, we don't discover these and continue to live in a mess!

It is sad that the world does not know that ultimate Happiness comes from discovering our purpose. While about 20% of the world attains peace, less than 1% embarks on a quest to discover life's purpose. 99% of the world is enamoured by the tip of the Happiness Iceberg. Most people only want pleasure. Out of the 20% who slow down their pace and step out of the race, only 1% evolves to the ultimate peak. What is the way to Eternal Happiness? First, enjoy pleasure, then, live with peace and ultimately, evolve to find the purpose of life.

This is the most important truth about Happiness. Unless we eliminate all miseries and agonies of life, we cannot be truly happy. Unless we are free from the Mind and Ego, ME, we will continue to suffer the 14 monsters of life. Pleasure will not feel good because our peace will be destroyed by these monsters. When we discover that we are the Divine Soul, we start to live with Eternal Bliss.

We all think that we have our own individual purpose in life. The purpose of a politician is to win the elections. The purpose of a businessman is to make more money. An artist thinks that his purpose is to create great art, just as singers and musicians are busy with their music. So, does everybody have a different purpose? It seems so. But ultimately, we all have one goal, the same ultimate purpose. We are all doing what we are doing because we want to be happy. But we cannot be happy until we eliminate the 14 monsters of life. We all experience bliss but sometimes we are glad and sometimes we are sad. When we discover the Happiness Iceberg, we discover Eternal Happiness. It is only with Enlightenment that we can overcome all pain and suffering and live with Eternal Bliss. Look around you, who are the people who have no problems, no pain? They are the ones who are Awakened. They are not imprisoned behind bars of pleasure. They have achieved the treasure of peace and transcended to discover purpose. They are Enlightened. They are the happiest ones in this world!

*Happiness is Pleasure, but beyond this, it is Peace.
Alas! Without Purpose, all our Happiness will cease!*

13. Be Free From The Mind And Ego, ME



Do you live a life of peace and bliss? Are you free from all unhappiness? If you are, you are among the rare 1% of the people in the world. But the rest 99% of the people in this world live with fear and worry. They experience stress and anxiety. Life is full of regrets, shame and guilt. These are the 7 miseries caused by the mind. How can we be free from these miseries?

To be free from these 7 miseries, we must be free from the mind. But where is the mind? Have you ever seen the mind? The mind is nothing but a bundle of toxic thoughts. When toxic thoughts bundle up together, they pour like rain and make us miserable, again and again. But unfortunately, we are unable to catch the mind and latch it because we cannot find the mind. Then, how can we be free from its miseries? Only when we are able to still the mind, we can kill the mind, eliminate it and be free from its miseries. But this is not easy for we must lock the mind as we block the mind in our Consciousness. To be able to eliminate the mind and its 7 miseries - fear, worry, stress, anxiety, regret, shame and guilt, we must discover a profound truth, the truth that there is no mind, the mind is

only toxic thoughts, and this is possible when we realize our purpose. When we discover we are not this body, which is just like the hardware of a computer, we realize that the mind is just a software that is creating trouble for our hardware.

*Because we do not pause,
To find out the cause of our existence,
We run after pleasure, and we experience pain.
Yet we desire pleasure, again and again.*

We are unable to live in peace because of the mind and its toxic thoughts. The moment we discover, '*Who am I?*' the mind disappears and so do the 7 miseries. But is the magic so simple? Definitely not!

It is only a rare few who evolve from peace to purpose, who are free from the mind's circus. Otherwise, the mind will jump to yesterday that is gone and create regret, shame and guilt. Then, the mind will jump into tomorrow that is not yet born and cause fear and worry, stress and anxiety. The Enlightened One is free from this. The Spiritually Awakened One has no stress. This is because the Awakened One realizes that nobody can go to yesterday and tomorrow. It is impossible! It is only the toxic mind that jumps like a monkey into the future and the past and so, our Happiness does not last! When we discover that the mind is nothing but Misery, Ignorance, Negativity and Desire, and is made up of toxic thoughts, we will learn to still the mind and kill the mind. Then, peace, we will find. In this peaceful state, we can discover purpose. This is the Happiness journey.

Not only must we be free from the mind but we must also be free from the ego. The mind creates ME, the Mind and

Ego that becomes our biggest enemy. The ego continues to live as the false 'I' with total focus on 'me' and 'mine'. This is how most of us live life.

What are we taught in school? We are taught to compete and compare. Therefore, we remain a fool. We spend our entire life trying to collect trophies and trinkets of Happiness and at the end, we leave everything behind. We don't realize the simple truth that *nothing is mine!* It is only when we are Enlightened, when we discover, '*Who am I?*' that we can be free from the Mind and Ego, ME. So, for the ego to be Enlightened, the simple question that needs to be answered is, '*Who am I?*' We have already learned that we are not the body that will die. One day, we will leave this body and depart. When we were born 9 months before our so-called birthdate, there was no body. This Self-Realization or Enlightenment reveals that we are not the body. When we tried to find the mind, we discovered that there is no mind. It is just a bundle of toxic thoughts. If we are not the body or mind, then who are we? We are the Divine Soul. When the ego is Enlightened, that *I am not 'I', I am just a Spark Of Unique Life, I am just Divine energy*, how does it help in achieving Happiness?

The Enlightened Ego that earlier stood tall like a wall, now, has a fall! Not only do we see ourselves as the Soul but we also see the Divine in one and all. In this moment of Awakening, we are instantly free from pride, greed and selfishness caused by the ego. Thus, there is no more anger and revenge. Jealousy and hate are out of our gate. If we can transcend the false ego, we can be free from all misery and live with peace, love and bliss.

The purpose of life is to be free from the Mind and Ego, ME and this is possible only when we discover, '*Who am I?*'

Why don't we discover this? Because the mind makes us blind. The mind creates a false ego. We become the body and the Mind and Ego, ME, and we suffer till we die. But the moment we are Awakened, we experience Eternal Bliss.

Life is all about being free from the Mind and Ego, ME. Then we can enjoy pleasure and live with peace provided we have discovered our purpose. Alas! Only a small fraction of people, about 1% of this world is free from ME. The rest suffer and cry till they die. However, each one of us is privileged, is gifted and has the ability to be Enlightened and to live a life of Eternal Happiness.

Look at the world today. It is such a mess! There are conflicts and wars everywhere. Countries are fighting with each other for power, fame and wealth. The level of suffering has reached a new height. There is genocide and even the threat of a nuclear war in the 21st century! What a shame! What is the cause? The cause is the Mind and Ego, ME. The ignorance of the mind inflates the ego and we forget our very purpose. We forget who we are and why we are here. Instead of spreading Happiness, we are creating so much unhappiness. Have you ever wondered why the world is losing its peace? It's because we don't have purpose, and we think that Happiness is pleasure – the illusion of the tip of the iceberg is creating war, conflict and unhappiness.

*Unless we are free from the Mind and Ego, ME,
suffering will be.*

*When we discover Purpose, from all suffering,
we will be free.*

14. Move From Mind To Consciousness



If we truly want to be happy, we must flip over from mind to Consciousness. We must move from ignorance to intelligence. We must still the mind, kill the mind and activate our intellect, the precious tool of discrimination that will lead us to Eternal Happiness. As long as we look at the tip of the iceberg and think that that's all there is, we will never attain the state of Eternal Bliss. The journey of life is a journey that evolves from pleasure to peace and ultimately, to purpose. It is a journey from achievement to fulfillment and finally, Enlightenment. This is only possible if we eliminate the mind and live in Consciousness. Otherwise, the mind will bombard us with toxic thoughts and we will only shuttle between pleasure and pain. There will be loss and gain and we will repeat the cycle, again and again.

To discover the Happiness Iceberg, to go beyond the tip of pleasure and to discover the real treasure, we must have the courage to take an exit from that mad race to be an ace. For this, we must Awaken to the truth that success is not Happiness. The mind fools us into believing this and our life becomes a mess! As long as we let the mind ride our life

horse, it remains our boss! It jumps to a yesterday that is gone and to a tomorrow that is not yet born. The mind steals the precious moments of today. Therefore, Happiness is rooted in the mind, a mind which nobody can find. Nobody has seen the mind because it is just a bundle of toxic thoughts. But we get caught in the MIND, in Misery, Ignorance, Negativity and Desire. We don't discriminate in our Consciousness because the monkey mind does not give us an opportunity. Unless we tame the monkey and make it a monk, we cannot move from mind to Consciousness. How can we do this? We have to cut the tail of the monkey, the EY that is Ever-Yelling and Ever-Yearning.

The mind is a bundle of toxic thoughts. It bombards us with up to 50 thoughts every minute. This can be a humongous 50,000 thoughts every day — thoughts that can drill us and kill us! How can we be happy? When we move from mind to Consciousness, thoughts don't pour like rain. Because we remain rooted, they cannot push us down the drain. We become the master and we stop the mind from creating disaster. But for this, we must first move from mind to Consciousness.

*As long as we live with the mind, we will always be
blind!*

*Pleasure will be in the forefront, but peace will be left
behind!*

The mind will create such a pandemonium that we will be trapped in the circus. We will never discover our purpose. In Consciousness, there is no mind. Like a seesaw, only one, either mind or Consciousness, can dominate our life. Unfortunately, by default, it is the mind and so naturally, man runs after pleasure without realizing that 90% of the

Happppiness Iceberg comes when we are in Consciousness. We can enjoy only 10% of Happppiness with the mind. It's our choice!

How can one move from mind to Consciousness? One has to become aware of the mind and its toxic thoughts. One has to open their real eyes to realize that life is not just success and achievement. One has to be aware that the Mind and Ego, ME, is creating misery and stress. We must eliminate this mess. Therefore, in Consciousness, we are able to use our intellect to discriminate black from white and wrong from the right. As long as the mind bombards us with thoughts, it offers us entertainment but it will hide Enlightenment from us. We will not Realize the Truth that we are living chasing such a tiny part of True Happppiness.

True Happppiness comes when we live with peace, love and bliss but we don't discover this! It is only when we are rooted in Truth Consciousness that we can discover the 3 keys, the 3 Ps of pleasure, peace and purpose. Otherwise, we will remain blind because the mind will show us that Happppiness is only the tip of the iceberg that we see and that appears to be. It is only in Consciousness, using our intelligence, that we can discover that 90% of our Happppiness comes from peace and from overcoming the 14 monsters of life. This can happen when we discover who we are. *We are not the body that suffers. We are not the mind that becomes miserable. We are not the ego that gets agonized.* When we discover who we truly are, we are liberated from the triple suffering on earth. This is the greatest challenge after our birth. When we don't discover meaning and purpose, we cannot attain Eternal Happppiness. Happppiness will come and go because of pleasure but this bliss will not forever flow. We have a

choice. Do we want just 10% of the Happiness of life or do we want the whole 100%? It seems like just adding one zero but in reality, it is 10 times the Happiness that comes from pleasure. All it takes is to move from mind to Consciousness.

The mind is our biggest enemy. It creates fear, worry, stress and anxiety, along with regret, shame and guilt. It inflates the ego to cause anger, hate, revenge and jealousy and with that comes pride, greed and selfishness. In Consciousness, we eliminate these 14 monsters. Imagine a life without this misery and agony. This is the reward for eliminating the mind and transcending the ego. Then, when we flip to Consciousness, we activate the intellect. We discover true love and enjoy that ecstasy of joy. Putting it all together, when we move from mind to Consciousness, we eliminate all misery and sorrow, and we live life, moment by moment, enjoying the gift of Eternal Peace, Divine Love and Everlasting Bliss.

Most people cannot fathom that there can be Eternal Happiness because the mind fools us into believing that life is not about peace, love and bliss. The mind fools us into accepting that there will be pleasure and pain and there will be loss and gain. In Consciousness, we realize that this is a lie. We don't have to suffer and cry. We are the immortal Soul that will never die. We can live with Eternal Peace, Divine Love and Everlasting Bliss. This is possible in Consciousness.

*Do you want to eliminate all sorrow and live with
Eternal Bliss?*

It's very simple! Just flip from mind to Consciousness.

15. Life Is Pleasure, Peace And Purpose



Everybody wants Happiness but not everybody knows the equation of Happiness. It is Pleasure + Peace + Purpose. If we want to reach a state of Eternal Bliss, a state where there is Seamless Happiness, pleasure is not enough. We need peace because pleasure is momentary. It will come and it will go. But peace will forever flow. So then, the happy Mantra should be Pleasure + Peace. So, why do we need purpose? The word 'happy' already has 2 Ps - Pleasure and Peace. Unfortunately, without the third P, we cannot remain happy. We will be bombarded with fear and worry. We will experience stress and anxiety. The mind will create regret, shame and guilt. Without the third P - Purpose - we cannot Enlighten our ego and we will continue to be agonized with anger, hate, revenge and jealousy. It is only purpose that will make us realize, '*Who am I?*' and free us from pride, greed and selfishness.

The moment we discover that we have a body but we are not the body, and we realize that there is no mind, our ego is Awakened — we are Enlightened that *we are the Divine Soul*. We experience Eternal Peace, Divine Love and Everlasting Bliss. This is the state of Eternal Happiness.

This is the Happiness Iceberg of which, pleasure is just a tip. Peace and purpose are hidden below our vision.

We have gone into outer space and explored unknown lands but we have not gone within to discover the true treasure of Happiness. We are searching for Happiness thinking that it is pleasure that is outside. We don't discover that it is peace that is within. We don't discover purpose, we don't realize that we are the Divine Soul.

***We live and we die, we suffer and we cry.
We run till life is done, without discovering, 'Who am I?'***

We enjoy pleasure and more pleasure. Some of us fortunate ones enjoy pleasure and peace. But very few enjoy pleasure, peace and purpose. Those who do are the happiest ones on the planet. They have discovered the Happiness equation. They have overcome all suffering and live every moment, peacefully and blissfully.

In my journey, I also chased after pleasure for 25 years, till I exited the achievement highway and lived in peace for 5 years on the plateau of fulfillment with contentment. Then, I went on a quest to discover the purpose of life. Today, I live as the happiest man in the world. Anybody who learns this formula of pleasure + peace + purpose can become a Happiness trillionaire. We don't need the monetary success of a millionaire or a billionaire to be happy. On the contrary, success can create stress and make our life a mess. I was able to move from mind to Consciousness and discover my purpose.

Many of my friends are still busy making millions and billions. Are they happy? It would seem that they are! They own luxury cars. They live in palatial bungalows and

they travel Business and First Class. But are they free from all misery and sorrow? Absolutely not! They are so worried about what will happen tomorrow. They are living only with the tip of the Happiness Iceberg - pleasure, pleasure and more pleasure. They are trying to make the tip bigger and bigger but they have not realized that whatever be the tip of pleasure, 90% of the Happiness treasure is invisible to them. So, they live with worry and stress. They live in a state of mind. There is no Consciousness. They don't realize the simple truth that they cannot take with them, even a penny! This is the funny story of money! Because they have not learned the formula, neither do they enjoy peace nor do they discover purpose.

Some people evolve. They realize that contentment and fulfillment are more precious than achievement. They become like 'the monk who sold his Ferrari'. They stop running the race to be an ace. They start living with grace. They discover the second P of Happiness and in doing so, they not only enjoy pleasure, but they also live with contentment and peace. However, very few embark on a quest to discover the purpose of life. They are the ones who go beyond pleasure and peace and live with Eternal Happiness – without any trace of misery and sorrow.

Some people misunderstand the formula. They think that the formula calls for giving up pleasure. This is a myth. We don't have to give up pleasure. But when we evolve from pleasure to peace, we will not remain a prisoner of our greed. We will count our blessings as we fulfil our need.

If you go through the news, you will know about millionaires renouncing the world to find lasting

Happyness. While this is their choice but to me, they have lost the tip of the iceberg. They are under the waters of this material world. They may enjoy peace. They may even discover purpose. But those who are truly Enlightened, discover the entire Happyness Iceberg. They enjoy pleasure without making pleasure their priority. They live with peace and fulfillment and discover their life's purpose.

When we discover the true purpose of our life, we realize that *we are the Divine Soul*. The ego is Enlightened. We realize that *I am not 'I'. I will never die. I am the Divine Soul*. We transcend achievement, live with fulfillment and are Spiritually Awakened with Enlightenment. Though this seems so very easy, our mind and ego will stop us from discovering the Happyness formula. The formula is PPP, the 3 keys of pleasure, peace and purpose. But without being Enlightened, '*Who am I?*' and '*Why am I here?*' we will be trapped without understanding the meaning of life.

LIFE is Liberation from Ignorance and Finding Enlightenment. It means moving from mind to Consciousness. This gives us the gift of peace. This helps us discover our purpose. Those who are able to live with pleasure, peace and purpose, live as the Divine Soul that enjoys Eternal Peace, Divine Love and Everlasting Bliss. Do you want this? If yes, then stop. Take an exit from the race of achievement. Live with peace and grace and discover your purpose!

*There is a formula for Eternal Happyness.
It is enjoying Pleasure, living with Peace and
Discovering Purpose.*

16. Being In *SatChitAnanda* - Eternal Bliss



Everybody wants to be happy but very few people enjoy the state of Seamless Happiness, Eternal Peace, Divine Love and Everlasting Bliss. This is because we are not rooted or established in Consciousness.

What is the truth? The truth is that this world is a show. We are actors who come and go. We bring nothing when we come, and when we go, we will take nothing. This, we all know! But this truth is pushed behind by the mind and so, we do not live in the Consciousness of this truth. Those who realize *Sat* or Truth and live in *Chit* or Consciousness, enjoy *Ananda*, Eternal Bliss. *SatChitAnanda* is Pure, Divine, Seamless, Eternal Happiness. Because we are running after pleasure, success, achievement and money, we do not discover True Happiness.

*We run after Pleasure, as the body, ego and mind.
Eternal Happiness of the Divine Soul, we never find!*

Unless we see beyond the tip of the Happiness Iceberg, we will, like most people, run after pleasure, thinking that it is Happiness. We will be caught by the 14 monsters – 7

miseries of the mind and the 7 agonies of the ego. We will suffer pain of the body because we do not realize that we are not the body. This body will die, one day, and people will say that we passed away. We know it but we don't realize this truth. So, we suffer as the body, enduring the pain that does not belong to us. When we realize the truth that we are not the body that dies, the truth that there is no mind, then the ego is Enlightened. When will this happen? This will happen when we go beyond pleasure. Only then can we live with peace and begin the quest to discover our purpose.

While Happiness does come from pleasure, it is only momentary. We need peace. But instead of living with contentment and fulfillment, we are running after achievement. How can we reach *SatChitAnanda*, the ultimate bliss we all seek? Unless we take an exit from the race and live with grace, we will remain in the maze of this world. One day, we will be gone and we will be reborn. We will not understand the truth of life, which is the key to Eternal Happiness.

What is the truth? The truth is that life is a drama and there is trauma only because of Karma. Karma is the universal Law of Action and Reaction. Everything that is happening in our life is unfolding as per our Karma or deeds. Our deeds become seeds which create the roots that ultimately, bear the fruits. Because we don't realize this truth, we question why bad things happen to good people. We protest and suffer. We do not accept because we are ignorant that all suffering is a result of Karma. We live with worry and stress because we do not surrender. Whatever is going to happen will happen. The truth is that we have free will. We can choose our deeds and plant new

seeds. But instead, we become miserable. We have the choice of doing our best but we fail in the test. If only we understand Karma, we will surrender the rest that is going to unfold and we can be happy.

Many know about Karma but don't understand it fully. We are caught in the web of our Karmic debt and suffer. If only we realize the truth that the Karma does not belong to us, we can transcend Karma and ultimately be free from the triple suffering of the body, mind and ego. When we discover our true purpose and realize that we are the Divine Soul, we will live a life of peace, love and bliss. This is only possible when we let go of pleasure being our passion, our obsession in life.

Why do people renounce this material world to live a life devoid of success, achievement and material pleasures? They are blessed with *SatChitAnanda*, a bliss that is greater than the Happiness created by pleasure. They have tasted the nectar of True Happiness. They have realized that success and achievement can give pleasure but that is not *SatChitAnanda*, the true nectar of Happiness. Why are these saints and sages, few in number? Because the rest are prisoners of pleasure, people and possessions. Saints and sages are free from the desires that normal mortals have.

To reach the state of *SatChitAnanda*, we must be free from the prison of desires. Otherwise, we will crave till we reach our grave. We will not be free from the body, mind and ego. We will be prisoners of this *Samsara*, this world, if we don't realize that everything is *Maya*, a Cosmic Illusion. We must realize the truth that this world is a *Leela*, a Divine drama. This will liberate us from the paradox of pursuing pleasure, which will ultimately lead us to pain. Therefore, we must Realize the Truth and be free from the Mind and

Ego, ME. We must realize that we are Divine energy. Then, we can enjoy *SatChitAnanda*.

Does the world even know that there is a state called *SatChitAnanda* that comes when we transcend pleasure and evolve to a state of peace and ultimately purpose? Most of us are ignorant of our ignorance. We don't even realize that we have not realized the truth. We are established in the mind and we suffer. When we flip over to Consciousness, we use our tool of discrimination, the intellect to Realize the Truth. If we go beyond the tip of the Happiness Iceberg, we can block the mind, lock the mind and its gushing river of toxic thoughts. We can live with peace and discover purpose. Ultimately, we can enjoy *SatChitAnanda*, a Happiness unknown to the common man.

Most of us suffer the triple suffering on earth and then return to suffer in repeated rebirths. We are caught in this cycle of *Samsara*. We seek pleasure without discovering True Happiness. The purpose of life is to discover the purpose of life, to be free from all pain and to be free from being born, again and again.

***Greater than Pleasure, is SatChitAnanda, Eternal Bliss.
It is Seamless Happiness that we enjoy in Truth Consciousness.***

17. Discover The Ecstasy Of True Love



Does love make you happy? Love is a fountain of joy but we have not discovered True Love. We are looking at the tip of the iceberg, the pleasure of physical love that is just from skin to skin. When we discover the Happiness Iceberg, we will then discover True Love that dwells within.

True love is a rainbow of seven colours. Don't we all love our parents, our brothers and sisters? Don't we all love our friends? Then, why does it seem that love is only red erotic love known to the world? Of course, the world is familiar with love that is emotional too. But very few people discover the rainbow of love. It is a rainbow of seven colours. Violet Love is between parents and children. Indigo Love is between friends. Blue Love is innocent romance. Green Love is self-love. Yellow Love represents intellectual connection. Orange Love is emotional and Red Love is physical love. Isn't it sad that we only think of red hearts when we think of love?

The world knows of Valentine's Day. People think of love as a hug and a kiss but the world has not discovered True

Love that is bliss. We see only the tip of the Love Iceberg, just red erotic love. A large chunk of True Love lies hidden below our vision. When will we discover True Love, the fountain of joy?

We experience heartaches and heartbreaks in love because we have not evolved from love to True Love. We have not discovered the true meaning of love. LOVE means Longing, Of the Soul, which is Very passionate, and creates an Ecstasy of joy. When love flows from Soul to Soul, it becomes Transcendental Divine Spiritual Love. This is TRUE LOVE – Transcendental, Rainbow of colours, Unconditional and Eternal Love. In True Love, there are no expectations. True Love is not a transaction. But very few people discover love beyond pleasure. True Love is the real treasure. The Greeks called it *Agape*, True Love versus *Eros*, the love that is just lust.

What is LUST? It is Love Underestimated as a Sexual Transaction. Sex is just the tip of the iceberg, for sex that comes out of True Love is Divine. Otherwise, sexuality is just lust, a physical need where there is no True Love. When physical love manifests from Divine Soulful Love, that love becomes what the *Sufis* called *Ishq-e-Haqiqi*. The ancient *Sufis* called worldly love, *Ishq-e-Majazi*. To understand it in today's terms, when we say, '*I love you because I need you,*' it only means, '*I only need you. I don't really love you.*' But when we say, '*I need you because I love you,*' then it is True Love where it means, '*I really need you because I really love you.*'

Love is an integral part of Happiness and just as pleasure is the tip of the Happiness Iceberg, physical erotic worldly love is the tip of the iceberg of love. Love is Happiness. Happiness is love. We can't separate the

two for when there is love, there will be bliss and when there is bliss, there has to be love. Not just love that is from skin to skin but love that comes from the Soul, from deep within. From the Soul, flow the three Divine emotions of peace, love and bliss that are inseparable. All lead us to that state of Eternal Happiness. But first, we must go beyond pleasure to discover peace and purpose. We must dive down into the ocean of love to discover the rainbow of seven colours. We must love one and all because every creature is none other than a manifestation of the Divine. When we develop Transcendental True Love, our love becomes wholesome, unbreakable and eternal. It becomes an ecstasy of joy where there is so much passion.

*True Love is not love from skin to skin.
It flows from Soul to Soul. It is love for the Divine within.*

Haven't we heard throughout history, how love has been a driving force for people to give up their lives and for kings to give up their thrones? This continues till today for love is one of the most powerful emotions in a human being. Alas, when it is just a small tip of the True Love that love actually is, love loses its passion and obsession. Ultimately, the highest love is the love for the Divine. The scriptures call it *Mumukshutva*, deep love and longing for God. This love manifests as the triple yearning — the yearning a miser has for gold, the yearning a lover has for the beloved and the yearning of a little child for its mother, whom it has just lost. When the yearning of love becomes stronger than this triple yearning, it becomes Divine Transcendental True Love.

In today's world, we find people falling in love. They don't rise in love. This is why marriages break so easily. Relationships don't last because love is not deep-rooted.

You can't pull out a tree like you can pull out a shrub. Deep-rooted love stands on four pillars. It is a combination of physical, emotional, intellectual and spiritual love. When a marriage or relationship is intertwined with the four pillars of love, such a relationship becomes Divine and eternal. Unfortunately, we have not discovered True Love. We have only discovered the tip of physical, red, worldly love. And just like we are chasing pleasure for Happiness, we chase physical love thinking that it will give us the ecstasy of True Love. If we want this bliss, let us develop the depth of True Love. Let us learn that the source of love is from the Divine within. True Love flows from Soul to Soul. It is not possessive, conservative or restrictive. True Love is universal.

How can one love with True Love? When we go beyond the tip of the iceberg and discover True Love, then we love our beloved as a Goddess or a God. We love each Soul as a manifestation of the Supreme. We dissolve into love, not seeking to be loved, rather, showering our love on all those who we come in contact with. After all, each Soul is Divine and the only way to love the Divine, the Supreme, is to love every Soul.

When we embark on the journey to Eternal Happiness, not only do we discover that pleasure is the tip of the Happiness Iceberg, but also that the tip of the iceberg is relevant in love. When will we discover the ecstasy of true love, going beyond pleasure and discovering what love truly is?

*True love is Bliss, it's not just a kiss!
Go beyond the tip of the 'Love' Iceberg to discover this.*

18. Live Life, Moment By Moment



Life is made up of moments. These moments create hours, days, months and years. But we let the moment slip out of our hands because we are enamoured by pleasure. We don't find peace and discover purpose. Our life remains a circus. If we truly want to live life, we must enjoy each moment and this is possible with the 3 keys, the 3 Ps of Happiness.

Should we not enjoy pleasure? Of course, we should! Pleasure is the spark of Happiness. But that spark should light a bigger fire. Those who are caught only in pleasure, find momentary Happiness. But there are many moments of unhappiness in between. Our challenge is to discover the state of Seamless Bliss, moment after moment. When we only seek pleasure, it is natural to experience pain. We will always experience loss, even though our focus is on the gain. But we are wasting precious moments, again and again. We are not experiencing life. We are human beings but we have become human doings. All the time we think that we must do and do and do, and we consume life. We think that

silence and peace are a waste of time. But the truth is that peace is the foundation of Happiness.

If we want to live every moment, we must find the stillness that will overcome all mental illness. We must pause. Only then will we find the cause of our existence. But we are not able to be still because the mind always wants to kill every moment with toxic thoughts. We think that we are enjoying life but in reality, we are consuming it. We have no time to watch a beautiful sunrise. When vibrant colours fill the sky at sunset, we are so busy having a glass of champagne or signing a deal in our boardroom that we miss the true moments where we could experience bliss. We need peace but wherever there is a mind, there will be no peace. For peace to prevail, we must eliminate the mind. Then, we will experience moments of bliss.

It is only in moments of peace that we can discover the purpose of life. Somehow, we have been taught that just sitting idle is a waste of time. We have not understood how precious silence is. *One day, a Spiritual Master was explaining to a seeker of Happiness, the importance of silence, of doing nothing, just being a witness in Consciousness. The successful President of the company questioned this advice and said, 'Just being still is a complete waste of time and life!' Jokingly, the Saint told him, 'Then go back to your office today and dismiss all the security guards that are sitting and doing nothing from morning to night! You will save millions!' The businessman retorted, 'This is nonsense! How can I do that? The security guards are looking out for thieves who may rob my precious property. It may seem like they are doing nothing but their job is to watch.' Then, the Saint explained, 'When we are still, we are also watching. We are watching the mind and its toxic thoughts that steal our peace.'* If we don't spend moments in stillness and silence, the thieves of fear, worry,

stress and anxiety will ransack our head. Anger, hate, revenge and jealousy will steal our peace and bliss. When we sit in moments of silence, we are able to catch the thieves of the mind and ego. We must not underestimate the importance of PQT – Personal Quiet Time. Many authors have elaborated on the benefits of meditation and contemplation, for these will ultimately lead to Illumination.

If we want to live our life to the fullest, we must learn to value the moments. We must treasure every minute. Waste of time is the biggest crime. But it is a bigger crime not to invest in silence, observation, reflection and introspection. It is in these moments that sometimes, precious and priceless creative ideas are born, for in silence and awareness, we reach the state of Consciousness in which the intellect is activated. We experience creativity, telepathy, sixth sense and intuition or hunches, as our limited individual Consciousness twins with the unlimited Universal Consciousness.

*Peace is the foundation of Happiness.
It leads us to Bliss, in the state of Consciousness.*

As long as we are just looking at the tip of the iceberg, we are running through life chasing achievement and pleasure. We think that life is just to run till it is done. We want to climb from one peak of success and achievement to another. Ultimately, before we realize, life would have escaped us. In trying to gain money and wealth, we would have lost our peace and health. Ultimately, we may have huge financial reserves but when it comes to peace and purpose, we will be bankrupt. The tip of the Happiness Iceberg melts away to leave us lonely, without any

meaning and purpose. Those who live life, moment by moment, enjoying pleasure, peace and purpose, will find the depth of True Happiness till their end. They will transcend the mind and ego that would normally trap them in a maze, as they run the race to be an ace.

It's time to pause. It's time to question, '*Who am I and why am I here?*' It's time to reflect on what you are doing, not just with the money in your bank but with the 1440 minutes that are credited into your life account every day. Are you making the best of your moments and your time or is your life escaping you? Pause and reflect, how much of your life has already gone and how much is left as per a normal human life span. Chances are that all you have are just a few thousand days. Then, you will have to wrap up your life. Are you spending your life, enjoying not just pleasure but also discovering peace and finding the ultimate purpose of your existence? If not, begin now. Change the paradigm of your life!

Unless we move away from pleasure to peace and live in the moment, our moments will escape and soon, our life will escape! Therefore, taking that exit and turning away from just learning and earning is the important key that will stop us from burning and returning. We must develop that deep yearning for peace and purpose, which are a greater treasure than pleasure that we have run after throughout our life. Live! Don't just exist!

Is Life a Journey or is it a Destination?
Life is about the present moment, get the Realization!

19. Go From Enthusiasm To Realization



We human beings are so enthusiastic about life. We want to have fun. We want to drink, dance and make merry. Of course, that is great. But can enthusiasm give Eternal Happiness? By itself, the word enthusiasm comes from the profound word, '*entheos*,' meaning 'in God.' It implies faith in God, hope, positivity, trust, surrender, belief and prayer. All these are great to live with. But when we blindly believe, then we don't achieve that state of Eternal Happiness. Not only must we have enthusiasm because of our faith in our personal God but we must also realize God in the temple of our heart to live a life of peace, love and bliss. For this, beyond pleasure, we must evolve through peace to purpose.

Not many of us understand the root of enthusiasm. We enjoy the shoot, we rejoice and celebrate. We even blindly believe that our God will suffer for our sins. Therefore, we are lost in pleasure and celebration. There is no Illumination and Realization. We are told that if we pay 10% of our earnings, God will forgive us for all our sins. Isn't that a great deal? Use 90% to sin and 10% to win over God!

It's time to contemplate, to reflect and realize that the enthusiasm that just involves eating, drinking and making merry will not last long. All our deeds become seeds that will bear fruit. We cannot escape our actions. We have to face the reaction, good or bad. What we do will come back to us. It is a law of the universe – '*As you sow, so shall you reap.*' Therefore, if we want good things to happen to us, we must do good.

*If we want to change the fruits that we are growing,
We must change the seeds that we are sowing.*

If we are blind enthusiasts who just want to believe that life is a celebration, we will never get to the Realization of what the ultimate Salvation is. We may call it Liberation or Unification with the Divine but it all comes from Self-Realization and God-Realization. Enthusiasm is just the first step.

Who denies that God helps us in being happy? Who does not believe that prayer and faith are the pillars of the wellbeing of our life? But not many people tell us how to climb the ladder to heaven. It starts with believing in a God and having FAITH - Full Assurance In The Heart. Then, we develop HOPE - Having Only Positive Expectations. Thereafter, we build TRUST - Total Reliance and Unconditional Surrender to The Almighty. All this creates enthusiasm, the energy that makes us 'enthu,' that gives us a feeling that we are unstoppable. Our Happiness stems from the belief that *with God, all things are possible!* Enthusiasm echoes, '*When God is for us, then who can be against us?*' This journey of faith and hope makes us believe that *nothing can happen tomorrow that God and I can't handle, together.*

Isn't all this good enough to be happy? It is amazing! But we need to grow. We must evolve from enthusiasm to Realization. Enthusiasm will give us pleasure and also, some amount of peace. But does it make us take an exit from achievement to fulfillment? On the contrary, we dream bigger dreams and set bigger goals. Enthusiasm tells us, *'Make your dreams big enough for God to fit in.'* Those who are 'enthu', chant, *'Nothing is impossible. We will delete the 'IM' and make the impossible, possible!'*

Enthusiasm goes beyond the tip of the Happiness Iceberg. It is beyond just pleasure. But will it still our monkey mind and make us live like a monk? Without a purpose in life, we will just live and die. We may have faith and hope but ultimately, we will suffer and cry. Unless there is Realization and we discover, *'Who am I?'* we cannot be free from the miseries of the mind. There will be stress and anxiety, which will make our life a mess. We cannot be free from the agony of the ego. Enthusiasm cannot eliminate anger, hate, revenge and jealousy. If we truly want to be free from agony and anguish, we need to transcend pride, greed and selfishness. For this, we need Self-Realization, which will make us realize God in the temple of our heart. This Realization will ultimately lead us to a state of Eternal Bliss, where there is no suffering and sorrow.

The rich and the famous believe in God and no doubt, they live with enthusiasm. But unless they discover the purpose of life, unless they go on the path of self-discovery to realize, *'Who am I?'* they will be attacked by the miseries of the Mind and Ego, ME, and they will never be free from sorrow.

Enthusiasm is all about living happily today and having a happier tomorrow. However, Realization of the truth takes us beyond the rejoicing created by enthusiasm to the Eternal Bliss that comes from realizing the truth.

What is it to evolve from enthusiasm to Realization? It is to realize God in the temple of our heart. It is to eliminate the miseries of the mind so that we are free from regret, shame and guilt. It is to transcend the agony of the ego, so that we don't have to suffer pride, greed and selfishness. It all stems from the discovery that *I am not the body or mind, I am a manifestation of the Divine, the Supreme*. When we realize this truth, we go beyond the tip of the Happiness Iceberg.

Our purpose reveals that we are all Divine spirits having a human experience, not enthusiastic human beings, having a spiritual experience. We need to wake up from our ignorance. We need to Awaken to the truth. We must climb the ladder to heaven, going beyond enthusiasm. We must love God so much that we develop a deep longing to realize God. This will lead us to God-Realization through Self-Realization. The reward of which is reward is Eternal Peace, Divine Love and Everlasting Bliss.

Success and achievement need enthusiasm. But sometimes, we are so enthusiastic that we miss the exit that will lead us to God, to that state of Seamless Bliss, which we are all seeking. Not only will we be free from all misery on earth but we will also be free from this cycle of rebirth as we are united with the Divine.

***Enthusiasm will create Joy and Energy to achieve our Goal.
We need Realization that will give us Bliss, as the Eternal Soul.***

20. Living The ABC Formula



One who discovers the Happiness Iceberg lives a life of Eternal Happiness. There is pleasure, built on the foundation of peace, driven by purpose. But what makes life peaceful and blissful? It is The ABC Formula.

The ABC Formula can be explained as

A – Accept without Protest

B – Best Efforts

C – Complete Surrender

If we live with this formula, we do not protest whatever is happening in life. We accept. Why? Because we have discovered that life is Karma. If there is trauma in this drama called life, it is because of our own past actions. Therefore, one who understands the universal law rejoices in whatever happens. There is no regret. One accepts joyously and then, forgets about it. The past is gone. Once we accept, we don't have to nurse, curse and rehearse our past hurts. Instead, we move on. This is the way to be happy. After all, do we have a choice?

There are apples in our garden because we planted apple seeds. We have no option but to accept the result of our deeds. We cannot question why bad things are happening to good people. We must realize that bad things can't happen to good people. The Law of Karma is perfect and therefore, whatever is happening in our life is not just something random. It's not luck or serendipity. This world is governed by Divine universal laws. If we want to be happy, we must accept.

Once we accept, we must put in our best efforts. While we can't control the result of our deeds because it is based on our past Karma, our present Karma or actions are within the domain of our choice. We have the willpower and the intellect to discriminate, choose and act. We must do nothing but the best for what we do will become new seeds that we plant, which will eventually bear fruit. Sometimes, we don't understand why pleasure and pain, loss and gain are returning to us again and again. We live in vain because we don't realize that everything is Karma. When we choose to do our best, we are choosing the best Karma. Therefore, this will result and unfold as our destiny in the times to come.

*Just like the seeds we plant, decide the fruit on the tree,
Our deeds decide our destiny.*

The strange thing about Karma is that we don't know when we will be rewarded. What is sure is that every action will be redeemed with a corresponding reaction. But when this will happen, nobody knows. Sometimes, it may happen immediately and sometimes, it may take several years or decades and even lifetimes. Different seeds sprout at different times. Some plants like lentils seem to sprout soon, while some seeds take years to root,

shoot and fruit. The time when the fruits may appear, is unknown to us but we can be sure that are deeds have become seeds and will definitely bear fruit in the future.

Therefore, after acceptance and doing our best, what is the next thing that we must do? We must completely surrender. Living in Consciousness of the truth, we must realize that life is a Karmic cycle. Everything happening is so well organized that we must just blindly surrender.

When we wake up in the morning, do we doubt that the sun will rise? We have no doubt. Such is the universal law of cycles. The earth rotates on its axis so beautifully, although it is hanging somewhere up in outer space. It rotates exactly once in 24 hours, just as it revolves around the sun in $365\frac{1}{4}$ days. These universal laws tell us that the universe is being governed perfectly through Divine laws.

When there is complete surrender, we eliminate worry, anxiety, stress and fear because we have no expectations. We sing — *whatever will be, will be*. We have done our best. Now, we live with complete surrender.

While pleasure is the tip of the Happiness Iceberg, if we want to live with peace, we must adopt The ABC Formula. This formula accompanies the Realization of our purpose. Therefore, the 3 Ps together become the 3 keys, which will not only give us Eternal Happiness but also teach us to surrender, accept and do our best. We, human beings, don't have any other choice. If we don't choose ABC, then we will suffer and cry and merely exist till we die. But ABC will make us free from all misery and sorrow. We will live life, peacefully and blissfully in the today, without regretting yesterday and worrying about tomorrow.

Those who transcend pleasure and then, evolve through peace to purpose, often go beyond the ABC formula. They add D to this formula and live as a Divine instrument. This is the ultimate formula of life – ABCD. Not only do we accept and do our best, and then surrender, we live as a Divine instrument, doing the Divine Will. We eliminate the mind and Enlighten the ego. Therefore, we take an exit from the chase of pleasure, and we sail with the treasure of peace, till we discover our purpose. Those who don't follow the ABCD formula can be trapped by their own ego and suffer anger and revenge, jealousy and hate. They may be tormented by their mind that creates fear and worry, stress and anxiety. When one discovers the ABCD formula, they live a life of *SatChitAnanda*, Eternal Bliss, living in Truth Consciousness. All this can happen when we are able to take our eyes off the gleam of pleasure, the tip of the iceberg. As long as we are slaves of our desires, the fire and passion of greed will never let us accept and surrender. For this, we need to transcend to peace from where we can further evolve to discovering our purpose. Then, living as a Divine instrument, we can enjoy every moment of life, without any stress or anxiety, without any loss or pain. Let us choose to live with ABC and enjoy pleasure, peace and purpose!

***To be Happy, don't protest! Just accept and do your best.
Don't hope and wonder, just live in Complete Surrender!***

21. Celebrate Life!



As long as we think that pleasure is the only way to celebrate life, we will face pleasure and pain, and suffer, again and again. The only way to make life a celebration is to get this Illumination that Happiness is about the 3 Ps. We need the Realization that pleasure is very important in celebration but achievement alone is not Happiness. After noteworthy success, we need to be content and fulfilled. Otherwise, we will never have peace. Soon, celebrations can become moments of desperation and depression. If our eyes are locked in competition and comparison, we will never be able to enjoy our celebration. We might buy a new car but we will be disappointed because our neighbour may have bought a better car. If we truly want to celebrate life, we must enjoy pleasure on a bedrock of peace. This is to enjoy our achievements with contentment and fulfillment.

The world has not learned this simple secret, a cocktail of pleasure and peace, a blissful formula of achievement and fulfillment. Some people believe that we must renounce all pleasures to be happy. This is a myth. We don't have to do that. We are born on the planet to enjoy all the beautiful

things that are made available to us. But when we get greedy and are not satisfied with what we have, then all the treasure of pleasure is wasted.

There are many people who have everything in the world. Still, they are unhappy. They are flogged like a horse by their own mind and ego that drives their horse. They are at a big loss! When it comes to monetary wealth, they may be the king of kings but when it comes to mental health, they are beggars. They are unable to smile. How can they be happy? They want to achieve more and more, without realizing that they cannot take even a pin out of the door when the journey of life is over. How can they celebrate life?

Life can be a celebration when we enjoy pleasure and live with peace. But the greatest secret is discovering the purpose of our life. This liberates us from misery and sorrow. We become free from the 7 miseries of the mind and the 7 monsters of the ego. Thus, we are able to celebrate life. Pleasure is the numerator, but misery and suffering is a denominator in the equation of life. If we have a lot of pleasure but there is fear, worry, anger and jealousy in our life, our celebration is dampened. Imagine eliminating all the miseries, anxiety, stress, regret, shame and guilt! If only our life is built on positive emotions, we can truly celebrate life.

How can we eliminate all the toxic negativity that stops our life from being a celebration? We must eliminate the mind. When we discover purpose, we realize that there is no mind. We live a life without fear, worry, stress and anxiety. We then celebrate life without a trace of regret, shame and guilt. As we discover our purpose, our ego is

Enlightened, and this helps us to see Divinity in one and all. As long as the ego is standing tall like a wall, we fall prey to pride, greed and selfishness. How can we celebrate life? Life can only be a celebration when we uproot and extract anger, hate, revenge and jealousy from our life. Little do we realize that pleasure, name, fame, success and achievement cannot truly make life a celebration. We may have all the diamonds in the world but if we are filled with worry and stress, our life is a mess!

*To truly celebrate life, we must discover True
Happiness...
The state of Eternal Bliss that comes from Truth
Consciousness.*

Happiness is about being free. So often, we miss this magic key. We remain prisoners of our own body, mind and ego. We get stuck in the jail of pleasures, people and possessions. How can we celebrate life? When will we discover the true meaning of life? When we realize that this world is a drama and everything is a Divine manifestation, then every moment that unfolds in this *Samsara*, this world, becomes a celebration. We enjoy everything beautiful as Divine for we discover that all beauty is Divinity. When we miss all these treasures from our life, our celebration is limited to pleasure. To food, drinks, music, lights, glitz and glamour. Many people think that this is celebration! What happens when the party is over? When we wake up with a hangover, we struggle to find peace. Our life becomes a mess because we have not found meaning and purpose. The key challenge is to get out of the myth that Happiness is pleasure, which is just the tip of the iceberg. If we want to celebrate life in its fullest sense, we need all the 3 keys, the 3Ps of

Happppiness - pleasure, peace and purpose. Celebration is not achievement, just as it can't only be contentment and fulfillment. True celebration comes with Enlightenment. When we are Awakened to the true meaning of life and we are able to enjoy pleasure, peace and purpose. Then, we can truly celebrate life.

I celebrated life for 25 years without peace and purpose. It was like eating bland food without knowing the taste of salt, pepper, lime or chillies. When I discovered the true meaning of life, I found my earlier celebrations to be a farce. That celebration was just plastic. My ego was in full bloom as I celebrated that I was the best in the room! Little did I know that it all ends in gloom. I was fortunate to transcend pleasure, live with peace and discover purpose. Today, I don't need Sushi with whiskey to be happy. I celebrate life, moment by moment. When I look at my friends partying and popping bottles of champagne, I realize what a shallow way it is to celebrate life. We don't need to lose Consciousness to be happy. Eternal Happppiness is being in Consciousness. I continue to eat the best of food, food I like but I don't need to dress up to show others how I look. If I do, it means that I am handing over the reins of my Happppiness into their hands. I do what makes me happy.

When there is Realization, true celebration of life starts. You don't have to dance like crazy to show your celebration. You can enjoy the ecstasy of music and make your heart dance. When will we wake up to discover the true meaning of celebration?

***We don't have to drink and party to make life a celebration!
Pleasure, Peace and Purpose are the greatest combination!***

22. Make Happiness A Choice



Are you happy all the time or do you become unhappy too sometimes? We are glad and sad in cycles. Little do we realize that it is a choice. At the outset one may question, 'How can Happiness be a choice?' But the fact is that it is. As long as we are running after pleasure, the tip of the iceberg, Happiness cannot be a choice. Where there is pleasure, there will be pain. There has to be loss when we are chasing profit and gain.

*When we evolve from pleasure to peace,
Disappointments and miseries cease.*

As long as we are slaves of the mind, we are bound to be unhappy. The mind creates fear, worry, stress and anxiety. How can we be happy if there is regret, shame and guilt? Then the ego comes and agonizes us with pride, greed and selfishness. Can Happiness remain if our life is full of anger, hate, revenge and jealousy? As long as we choose to live as the Mind and Ego, ME, misery will be! But this is a choice.

To accept the existence of the mind is a choice. Have you ever seen the mind? We don't know its shape, size, colour or location. Still, we choose not only to accept but also honour the mind. We think that the mind is king when, in reality, it is the cause of all suffering. If only we choose to still the mind, we can kill the mind. It is our choice to eliminate the mind and find peace. But if we choose to live with toxic thoughts of the mind, we have no option but to suffer and cry. When we move from a state of mind to a state of Consciousness, we can eliminate all toxic thoughts and fill our life with peace, the foundation of Happiness.

Can we go to yesterday or tomorrow? Nobody can! Still, we go. Why? It is because we don't choose to live in the present moment. We don't create day-tight compartments. In reality, nobody can go to the past or the future. But we choose to follow the mind into what is done and dusted, creating regret, shame and guilt. Then we follow the monkey mind into the future creating fear, worry, stress and anxiety. Isn't this a choice? If only we live life, moment by moment, life could be peaceful and blissful. Alas, we don't choose rightly!

Our desires and passions make us want Happiness. Our eyes are locked in the glamour that is just the tip of the Happiness iceberg. Desires will never quench our thirst. They will only make us burst. But still, we want more and more, and we choose to send Happiness out of the door. If only we choose to live with contentment and fulfillment, our life will be blissful.

Happiness doesn't depend on money and wealth, nor does it depend on name and fame. Of course, we need money to fulfil our need. But why should we let it become

our greed? This is choosing unhappiness. Look around and check if all the rich people in this world are happy. Many live with anxiety and stress. Success can create a mess! Shouldn't we rather choose Happiness? We have been taught that success is Happiness, when in reality, the reverse is true. Happiness is success.

One day, I went to a friend's house and as I was talking with him, I heard a recurring groaning sound. I asked him, 'Who is that?' He replied, 'Oh. Don't you know that it is Tommy, my old dog?' 'Why is Tommy groaning?' I asked, and he said, 'Because Tommy is sitting on a nail.' 'Why doesn't Tommy get up?' I questioned. 'Oh, because it is not hurting that much,' replied my friend.

Aren't we like Tommy? We continue to moan and groan because of something that is making us unhappy. We don't have the courage to choose Happiness. Sometimes, it is a job. If we don't get a kick out of the job we are doing, it is better to kick the job and find another one. Sometimes, it is our relationships. While we must try to make things work, if ultimately, people don't change, then we must change the people! We must make Happiness, a choice. This is to be truly wise. And how can we do this? If we change the way we spell happy, make haPPPy - have 3 Ps, and if we stop chasing just pleasure, and instead live with pleasure, peace and purpose, we can find True Eternal Happiness!

We can spend our entire life running after pleasure, success and achievement. It is our choice. But what will we ultimately get? We will only get monetary success. That is not going to give us True Happiness. We must learn to let go of this clinging to the material world to truly be happy with peace and to overcome all sorrow when we discover

purpose. This is the major choice of our life. Many people don't want to go from pleasure to peace. Very few people choose to take that exit, that road less travelled. Therefore, the majority continue riding the rollercoaster of laughter and tears, and soon their years pass by. They don't discover lasting, seamless joy. Don't we all have a choice to be happy or unhappy? Life unfolds and we have a choice to accept or to protest. If we graciously accept, understanding that everything is happening as per the Law of Karma, we can be happy. But if we continue to curse, we will reverse our joy to sorrow. Some people know the art of being happy. They don't worry, they surrender. Others choose to hope and wonder and become unhappy. Ultimately, Happiness is a state of being. We don't need something to be happy. We must choose to be happy.

When we wake up every morning, we have a choice. We can say, '*I want to be happy*' and become unhappy or we can say, '*I choose to be happy*,' and remain happy. Nobody can make us unhappy against our will. If we are deeply rooted in Truth Consciousness, we can experience the bliss of *SatChitAnanda*. Every aspect of Happiness is a choice. We can wait for somebody to love us and be heartbroken or we can shower others with our love and enjoy the ecstasy of True Love. We can either cry waiting for somebody to bring us flowers or we can pluck our own roses and smile. Life is a gift. What we make of it is our choice. We can be glad but if we still choose to be sad, then aren't we mad?

***You can run after Pleasure and be happy and sad.
Or you can choose Peace and Purpose and be forever glad!***

23. Find A Happiness Guru



To reach the state of Eternal Happiness, we must find a Happiness Guru who can help us go beyond the tip of the Happiness Iceberg. This is easier said than done. By default, we are all caught in the chase of pleasure. We are blessed with 5 senses and each sense wants gratification. Little do we realize that this sense gratification will not give us everlasting pleasure. It is ephemeral. Sense gratification is a momentary spark of joy that will come and go. Who will teach us the way to enjoy this show? Who will help us exit the achievement highway so that we can pass through fulfillment and reach the Enlightenment peak? We need a Happiness Master to reach our destination faster. We need a Happiness Guru, who is himself enjoying pleasure, peace and purpose. Are there such Souls that vibrate peace, love and bliss, all the time? Yes, there are. And if we want a fragrance of this, we must find a Happiness Guru.

The world has so many coaches. If you want to be an expert in golf, or for that matter, in any other sport, it is not so difficult. You can find an expert coach to teach you. So also, you can learn to sing, play the piano or guitar. But

have you heard of a Happiness expert who can teach you how to be happy? There are several universities in the world today that are teaching Happiness in an organized way. But is Happiness an art or a science? Those who find the right Happiness Guru will be able to learn a systematic way of being happy.

Just like we need a coach to excel at every skill we pursue, To Master the art of Eternal Happiness, we need a Guru.

So, it's absolutely true that anybody can learn how to be happy. The Guru must be an expert in the 3 Ps, which essentially comes from Spiritual Awakening, from Enlightenment. Happiness is just the door. Enlightenment is the core. Not everybody can take us through the door of pleasure through the river of peace to the vast ocean of purpose, where Eternal Happiness dwells.

As the happiest man in the world, I discovered the 3 peaks of Happiness – achievement, fulfillment and Enlightenment. I changed the way I spell 'Happy' because pleasure is only the tip of the Happiness Iceberg. I took an exit from my journey of achievement and lived a life of contentment and fulfillment. For several years, I lived with peace, free from greed, which had been on my plate for 25 years. But still, I used to become unhappy because of the mind and ego. There was fear and worry, just as there was anger and jealousy. When I went on a quest to discover the purpose of life, my ego was Enlightened. I discovered that there was no mind and realized that my body was not 'I'. This liberated me from the 14 monsters that can steal anybody's Happiness. Not only did I start living as the happiest man on earth, I also started sharing the AiR Happiness Secret with one and all.

As I started spreading the sunshine of Happiness with the world, I realized that there are very few people who are masters in Spiritual Awakening and who want to be Happiness Gurus. The world is starving for Happiness because most of mankind thinks that pleasure is Happiness. The world is running after success, name, fame, money and power. We remain unhappy and we remain fools because this was what we were taught in our schools. We were taught to compete only to find pleasure that is momentary and lose our peace. Only a true Happiness Guru can lead us to that state of Eternal Bliss living in Truth Consciousness.

There are many motivational Gurus just as there are positive thinking philosophers. I followed a few for decades and I learned how to choose positive thinking over negative thinking. But even that is scientific. Books told me, '*Think positive.*' But how can we think positive? I discovered that one cannot just think positive. Thoughts appear like popcorn. However, we can choose the right type of seeds and feed them to the mind. We are in command of our emotions. If we choose positive emotions, we can create powerful thoughts. This is PEP, Positive Energy Power. If we choose negative emotions as the raw material for our thought factory, we will create NEP, Negative Energy Poison. I learned to flip over from NEP to PEP. But even then, until I learned how to eliminate the mind and Enlighten the ego, as I discovered who I truly was, I could not climb the final pedestal of Happiness. If one follows a motivational master, one can live a high-energy life but there will be anxiety and stress. If one wants Eternal Happiness, one needs to find an Enlightened Master as their Happiness Guru.

Have you noticed that most Enlightened beings are peaceful and blissful? They may not have much monetary wealth but they have the best mental health. This is because their spiritual quotient has transcended their emotional or intelligent quotient. They are the ones who can show people the way to peace and bliss. However, there is a small issue. Many Enlightened Masters advocate giving up of pleasure. This breaks away the tip of the iceberg and the modern world laughs and asks, '*Where is Happiness? We can see none of it!*'

Do you think that we must give up pleasure to live with peace and purpose? Absolutely not! A real Happiness Guru will teach us to live with all 3 keys, enjoy all 3 Ps. The problem is that the passion for pleasure should not rob us of our peace, just as the discovery of purpose should not make us renounce pleasure. A true Master of Happiness knows how to accept pleasure as a *Prasadam*, as a Divine benediction. The Lord has made this world for us to enjoy it but we must not sink in it. We must live like a lotus in a lake that does not sink in the dirty waters. One who masters the Happiness secret lives like a boat on a river. To attain destination Happiness, our boat needs the river but it should not sink in it. So, the Happiness Guru teaches us to enjoy this world but not sink in it.

Are you seeking Happiness? If yes, don't let the tip of the iceberg deface your vision. Look deeper and find peace and take the help of a Master who can lead you to the true purpose of your life.

***If you are seeking Everlasting Peace and Bliss,
Then, find a Happiness Guru who can teach you this!***

24. Discover Peace, Love And Bliss



What do we all want in life? We all want to be happy. But what is the way to be happy, always? The secret is to be in a state of Eternal Peace, Divine Love and Everlasting Bliss. How can we attain these?

To reach the state of Eternal Happiness, we must go beyond the surface of pleasure. Below the surface, there is peace and just like you discover pearls at the bottom of the ocean by collecting oysters from the ocean floor, you discover the true purpose of life through Realization. We must bring our purpose to the surface. Each Realization is a far more precious gem than the tip of the iceberg. Therefore, we must go deeper in quest. Only then will we be able to enjoy the 3 keys of Happiness - pleasure, peace and purpose.

If we want Eternal Bliss, we need Enlightenment. Only Enlightenment or Spiritual Awakening will deliver to us the nectar of joy, which is eternal and unending. Otherwise, we will just enjoy pleasure that comes and goes. To reach the state of bliss, that *Ananda*, that comes

from *SatChit* – Truth Consciousness, we need to follow the path that will lead us to Eternal Peace and Divine Love.

Peace of mind, we cannot find. When we take an exit from the race of achievement, we will arrive at the plateau of contentment and fulfillment. To remain peaceful and blissful, we must lock ourselves in Consciousness. We must kill the mind before the mind kills us. How many people have the courage to eliminate, to destroy and to kill the mind? We don't have another option. Unless we get rid of the mind, peace, love and bliss will always stay behind. Therefore, if we want to find peace, the only option is to still the mind and kill the mind. When there is such stillness, there will be no mental illness. Thereafter, we will be able to discover Divine Love and our true purpose and reach the state of *Ananda*, the ecstasy of joy.

*Unless we still the mind and lock ourselves in
Consciousness,
We will remain miserable, locked in unhappiness.*

The purpose of this book is to help one evolve from pleasure to peace. Without this, we cannot achieve the ultimate step of discovering our purpose. And if we do not find true meaning and purpose, our life will be devoid of peace, love and bliss. All we will enjoy is superficial Happiness that comes from pleasure. Look around you. Try to reflect on all the people you know. There may be many who are having fun in life, where pleasure is the treasure. But how many people do you know who live a truly peaceful and blissful life, a life of no anxiety and stress, a life without mess? This is the challenge of life!

Eternal Happiness comes when we are able to enjoy all 3 - Eternal Peace, Divine Love and Everlasting Bliss. We are

all happy, once in a way. Why do we become miserable? The mind and the ego create the 14 monsters that keep us chasing pleasure and take us away from peace. Therefore, we are locked in sense gratification and we don't move forward to the peaks of peace and purpose. People are stuck, chasing after pleasure. Despite living nervous lives with so much fear, worry, stress and anxiety, they continue to seek pleasure and make their life a mess.

The secret of Happiness comes from Enlightenment, to switch on that light of truth, to exit achievement, transit fulfillment and arrive at destination, Enlightenment. Enlightenment is Spiritual Awakening. It is the Realization that we have every right to live peacefully. It is the ability to discover the ecstasy of True Love, where there are no heartaches and heartbreaks. Ultimately, Enlightenment is all about purpose, which will gift us Eternal Bliss by eliminating all the miseries and sorrows of life. Enlightenment liberates us from the triple suffering on earth and rewards us with the triple emotions of peace, love and bliss. Unfortunately, less than 1% of humanity goes on a quest for Enlightenment. They remain at the surface, enamoured by the iceberg and never realize that 90% of Happiness is something that they never ever got to know of. They live and die and never discover, '*Who am I?*' The few who discover the true purpose of life are blessed to live a life of peace, love and bliss.

People are stuck in life. They struggle with misery and strife. But they still do not understand the true meaning of life. *I was enjoying a cup of tea recently, when I saw a little fly trying to dip into my cup. I was on a call and tried to shoo it away. But the sweet tea attracted the fly. Before I could realize it, the fly had fallen into my tea and was dead.* Haven't you

experienced something like this? Many of us are trying to dip into the pleasures of life only to live and die. We sink as we blink in our passions and obsessions. Running after pleasure, we don't discover the treasure of peace, love and bliss.

How can we discover the ecstasy of True Love? LOVE is Longing Of the Soul which is Very passionate and creates an Ecstasy of Joy. Most people think that love is from skin to skin. Therefore, the world knows of red hearts, Valentine's, hugs and kisses. People don't discover True Love that is bliss. True Love is a Divine emotion. But the pleasure seekers only touch the surface of love. They don't discover TRUE Love – Transcendental, Rainbow of seven colours, which is Unconditional and Eternal. We discover True Love when we discover purpose, when we discover that the Divine dwells in the temple of our heart. Unfortunately, we don't often discover this and love makes us cry. What a shame! Love is an ecstasy of joy. If only we evolve through life and are Awakened, we will enjoy the euphoria of True Love.

Eternal Happpiness is our birthright. But it is not attained through entertainment. It needs Enlightenment. We must get out of the circus and discover our purpose. We must go beyond the tip of the iceberg to discover Eternal Peace, Divine Love and Everlasting Bliss.

*When will we transcend Pleasure, which is just the tip?
We can enjoy Peace, Love and Bliss, if we make the flip!*

25. Reach Your Ultimate Destination – *Nirvaana*



Have you heard of the term, *Nirvaana*? While the Buddhists call *Nirvana*, their ultimate goal, the world understands of *Nirvaana* as the highest state of Happiness. In fact, it is both. Let us discover how we can reach destination *Nirvaana*.

Nirvaana is a state of peace, bliss and joy that is seamless Happiness. In a state of *Nirvaana*, there is no sorrow or pain. The toxic thoughts of fear, worry, stress and anxiety, disappear. One who lives in *Nirvaana* has no anger or hate, revenge or jealousy. What is the root of *Nirvaana*?

Nirvaana is rooted in the belief that this world is full of suffering and the cause of suffering is desire and passion. Because we are obsessed with material pleasures, we don't discover peace, which is the very foundation of our bliss. *Nirvaana* talks of mindfulness, being in a state of awareness or Consciousness, where we overcome the toxic thoughts of the mind. How can we do this?

If one goes by the world's understanding of *Nirvaana*, one may be paralyzed by fear because one may think we have

to renounce all pleasures. One may misunderstand *Nirvaana* and believe that to attain it, one must become a monk who needs to beg for his day-to-day needs. But that is not the *Nirvaana* that we are talking about. Real *Nirvaana* is to be established in peace, enjoying the pleasures of life and living with purpose. Real *Nirvaana* is not renunciation. It is Realization. When we discover the truth that we are not the physical body that craves for pleasure, we are not even the mind that nobody can find, in that state of *Nirvaana*, we are Enlightened that we are the Divine Soul, a Spark Of Unique Life. We are the energy of SIP, the Supreme Immortal Power that the world calls God. Therefore, *Nirvaana* is Self-Realization and God-Realization. *Nirvaana* is a state of Eternal Happiness where the Soul is flowing with Eternal Peace, Divine Love and Everlasting Bliss.

Nirvaana is our ultimate destination but don't go by the Buddhist term, *Nirvana*. Notice *Nirvaana* has been differently spelled in this book, with two As. The Buddhist term, '*Nirvana*' is freedom from the cycle of rebirth. But this *Nirvaana* is not just freedom from rebirth, it is freedom from all suffering on earth— pain of the body, misery of the mind and agony of the ego. This is our ultimate destination, to live a life of Eternal Peace, Love and Bliss, without any unhappiness.

***Nirvaana is not about giving up pleasures or renunciation.
It is about Awakening, it is about Realization.***

For us to reach our ultimate destination, *Nirvaana*, we must go beyond the tip of the Happiness Iceberg. We must discover peace and ultimately, purpose. This is possible only through Enlightenment. To be Enlightened,

we must take an exit from achievement. We cannot attain the state of *Nirvaana*, sinking in *Samsara*, the material world. Must we give up all material pleasures? Of course not! Can we sink in pleasure thinking it is the only treasure? If we do, we cannot attain the state of *Nirvaana*. *Nirvaana* is a state of *SatChitAnanda*, where there is Eternal Peace, Divine Love and Everlasting Bliss. This is only possible when we have all the 3 keys, the 3 Ps of Happiness.

This is not merely a theory that is being floated. This is based on my practical life experience and the lives of many others – like those who sold their Ferraris to become a monk. Why? Why have so many people given up a life of achievement to live a life of fulfillment? It is because contentment gives far greater Happiness than achievement. I went one step further. I took an exit from pleasure and discovered peace. Thereafter, from fulfillment, I climbed the peak of Enlightenment. I discovered my purpose. I realized that for many years, I was crawling on earth like a caterpillar. Suddenly, there was a transformation, in fact, a spiritual metamorphosis. I was able to cut all the strings that had tied my wings and now, I was able to fly in the sky. I was able to fulfil all my dreams, do all the things I love, without losing focus on my purpose. It is not a joke when I claim to be the happiest man in the world!

My journey of *Nirvaana* is a life of purpose. I live as a Happiness Ambassador trying to show people the way to Eternal Happiness through Enlightenment. For 25 years, I was stuck in success, pleasure and achievement. Somehow, with the guidance of my Guru, Dada, my Spiritual Master, I shut my business at 40 years of age. He

taught me that there was a way of enjoying pleasures in life without losing peace. The secret was that we must discover our purpose. The moment I was able to discover the purpose of my life, I started enjoying all three - pleasure, peace and purpose. Most importantly, I was completely free.

Nirvaana is freedom, freedom from the body and its cravings, the mind and its toxic thoughts and the ego and its agony and anguish. *Nirvaana* is freedom from the prison of pleasures, people and possessions. *Nirvaana* is freedom from this world or *Samsara*, freedom from all attachments and clinging that causes suffering. It is freedom from the Cosmic Illusion, *Maya*, as we get the Realization that everything is a Divine manifestation. Everything is SIP. The whole word is energy as endorsed by science. *Nirvaana* is also freedom from the *Leela*, this Divine drama that is unfolding. We become free when we become free from Karma, the Law of Action and Reaction, that makes us suffer on earth and makes us return in a rebirth.

Nirvaana is a state of complete freedom from all the roadblocks of life. It is a state where we enjoy the *Leela*, the life drama as we joyously accept whatever is unfolding. Living in Consciousness, we completely surrender and as the Soul, we don't create any further Karma. This is a state of complete *Nirvaana*, living as the Soul and ultimately, achieving our goal, becoming one with the Supreme, the Divine. *Nirvaana* makes us a *Yogi* who lives in a state of Seamless Bliss with peace and love.

***Nirvaana is the ultimate destination of Happiness.
Not only freedom from all sorrow,
but the way to a life of Peace, Love and Bliss.***

Afterword



I was in Iceland in a place called *Jökulsárlón*. It is an amazing lagoon of icebergs. I was just about to start a new book – '*How to go from Pleasure to Peace*'. My own story was a testimony to the truth that pleasure comes and goes but Eternal Bliss forever flows. Just then, I got a flash from the Divine – Look at the icebergs. They are so exquisite, so stunning, outstanding, just like all the pleasures of this world. But then came the Realization that only 10% of the iceberg was visible. 90% of this amazing natural creation was below the waters of the lagoon. So is Happiness. Just a tiny fraction is the pleasure that we can see, touch and feel. Our senses can enjoy only the tip of the Happiness Iceberg. Wow! I changed the title of the book to – '*Pleasure Is Just The Tip Of The Happiness Iceberg*.' This is the absolute truth that pleasure alone cannot make us happy. We need peace and purpose. Some people think Happiness is peace itself but they have missed the bus. When you discover the true purpose of life, then you reach the state of Eternal Seamless Bliss. You enjoy the 3 keys, the 3 Ps of pleasure, peace and purpose.

Happiness is a journey, a journey of evolution, of transformation. It is a journey of Realization. It is a journey where we overcome the triple suffering of the body, mind and ego, just as it is a journey of enjoying Eternal Peace,

Divine Love and Everlasting Bliss. This happens when we discover our purpose. First, when we realize that we are the Divine Soul and then, when we reach the state of Enlightenment, where entertainment is nothing more than just the tip of the iceberg.

After writing about 100 books on life, Enlightenment, Happiness and peace, I have discovered a formula that can work for every human being on the planet. But we must walk that path. We must let go of pleasure to discover peace and ultimately, purpose. If we don't, we will continue to cling and create suffering. It's our choice!

Life is a choice. So is Happiness. I have chosen to live my life, moment by moment, enjoying pleasure but living peacefully as a Divine instrument, having discovered my purpose. We all have the same purpose, just as we all have the same aspiration. Our ultimate goal is to be happy. But unless we realize that we are the Divine Soul, we will never discover the ecstasy of love. The enchantment of peace and the euphoria of joy comes when we exit the rollercoaster of pleasure to discover the true treasure.

You have the recipe in your hands. Now, you have to be a master chef. You need to create a culinary delight of Happiness. If you do not use all the ingredients of pleasure, peace and purpose, and do not garnish it with acceptance, surrender, smile, enthusiasm and positivity, how will you experience *SatChitAnanda*, a state of Eternal Happiness in Truth Consciousness?

*When I saw the iceberg, there was Enlightenment.
Happiness is also Peace and Purpose, not just entertainment!*

Poem



PLEASURE is... just the **TIP** of the **Happiness** **ICEBERG**

*We all want to be Happy, we are all seeking Pleasure
Success, name, fame, money, we think we are creating a treasure
But alas! We have Pleasure but we create worry and stress!
We are Happy, momentarily and our life is a mess!
We don't realize Pleasure is the tip of the Happiness Iceberg!*

*Pleasure makes us Happy but it comes and it goes
True Happiness is bliss that forever flows
We are taught the lie that Success is Happiness
We don't Realize the Truth that Happiness is Success
When will we discover the truth of the Happiness Iceberg?*

*If we have Pleasure but also a lot of pain
 Worry, stress and anxiety push us down the drain
 We are enjoying Pleasure but there is so much anxiety
 We don't discover Eternal Peace, which is tranquillity
 We have touched only the tip of the Happiness Iceberg!*

*Happppiness is not just Pleasure, there is a lot more!
 Peace is the foundation, we must get to the core
 To be Happpy, we must discover the 3 keys,
 Pleasure, Peace and Purpose, live with the 3 Ps
 Then, we can truly enjoy the Happppiness Iceberg*

*Pleasure makes us Happpy but life becomes a race
 Trying to be an ace, we are caught in a maze
 We are a little Happpy today—but planning for tomorrow...
 We lose the present moment, creating misery and sorrow
 There is so much more to discover in the Happiness Iceberg*

*Those who run after Pleasure will often have a smile
 But those who take an exit, will smile all the while
 Pleasure makes us zoom down the highway of achievement
 We are never content, there is no fulfillment
 We must go beyond the tip of the Happiness Iceberg!*

*To be Happpy, we earn but what we earn, others burn
 We must spend before our end, when will we turn?
 When will we evolve from Pleasure to Peace?
 When will we be truly Happpy? When will our miseries cease?
 When will we discover more than the tip of the iceberg?*

*Peace is the foundation of Happiness
Pleasure makes us Happy but Peace gives us bliss
But beyond Pleasure and Peace, the third peak is Purpose
It makes us enjoy this amazing life circus
Let us go beyond the tip of the Happiness Iceberg!*

*When we discover Purpose, we find out, 'Who am I?'
I am not the body that will suffer and die
Where is the mind, nobody can find
The ego is Awakened, all misery is left behind
Then, we have discovered the entire Happiness Iceberg*

*But first, we must kill the rascal monkey mind
That bundle of toxic thoughts that constantly makes us grind
But seeking Pleasure, we are thinking that mind is king!
We want to be Happy, instead, we create suffering
When we kill the mind, we discover the Happiness Iceberg*

*From mind to Consciousness, when we make that flip
We discover Happiness beyond Pleasure, the iceberg tip
We live in Truth Consciousness, we live in Eternal Bliss
We go far beyond Pleasure, experience seamless Happiness
For this, we must not be fooled by the tip of the iceberg*

*Love creates Pleasure but it makes our heart break!
We all enjoy love but most often, it's fake!
When we transcend pleasure, we discover True Love
Love that is Soul to Soul, it's for the one above
There is an ecstasy of joy beyond the tip of the iceberg*

*From Pleasure to Peace, when will we transcend?
 When will we discover Purpose and our ignorance, end?
 When we realize what we can see is just the tip
 There is lot more below, we will take a dip
 Then, we will discover the Happiness Iceberg!*

*Happiness is a choice. We can choose to be glad
 We can also choose to be unhappy and always remain sad
 If we choose only Pleasure, we will never reach the peak
 For Eternal Happiness, our Purpose, we must seek
 We must transcend the tip of the Happiness Iceberg*

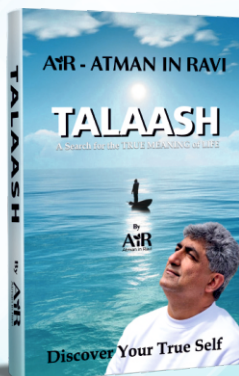
*Pleasure makes us Happy but it is just entertainment
 Purpose gives Eternal Bliss. It comes through Enlightenment
 For the Happiness that we see is just momentary
 But with Peace and Purpose, Happiness is not temporary
 When will we discover the entire Happiness Iceberg?*

*To be Happy, we must live with Peace, Love and Bliss
 Go from Pleasure to Peace to Purpose, we must do this
 Then, we will be truly Happy, we will live with Divine grace
 We will not just run after Pleasure and be stuck in the race!
 We will go beyond the tip of the Happiness Iceberg!*

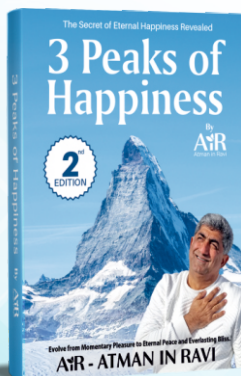
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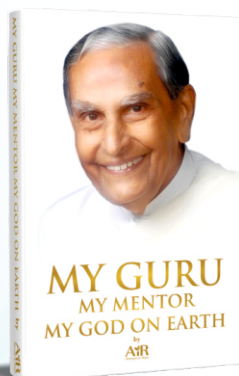
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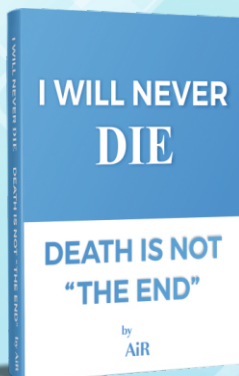
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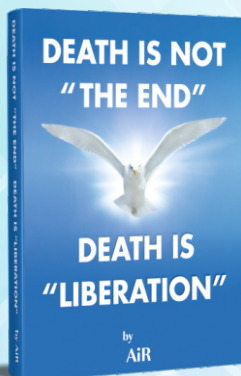
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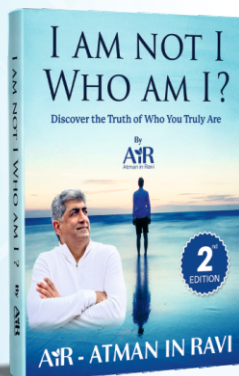
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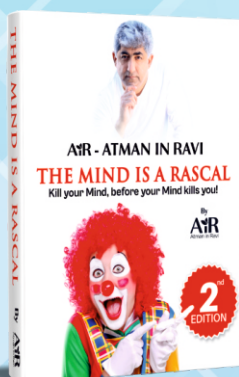
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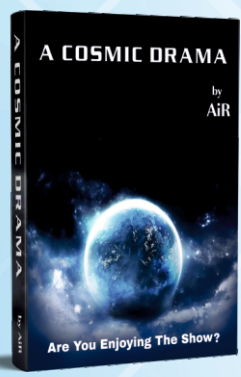
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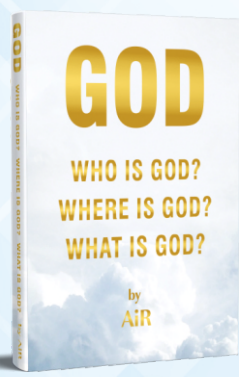
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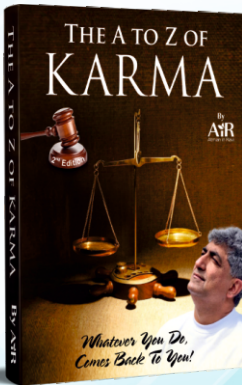
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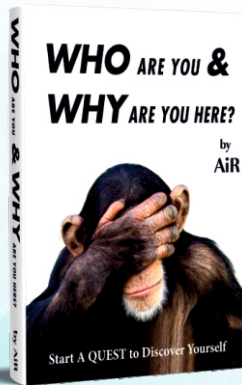
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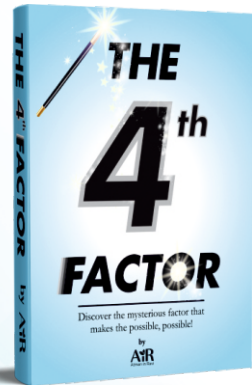
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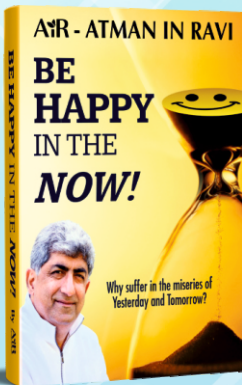
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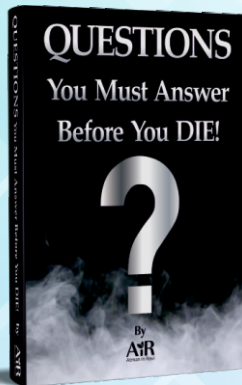
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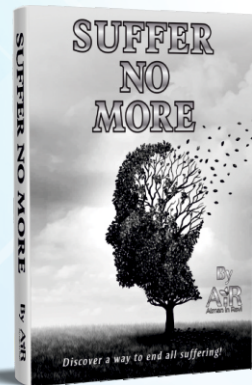
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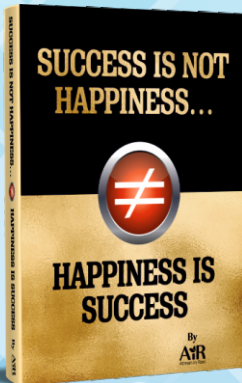
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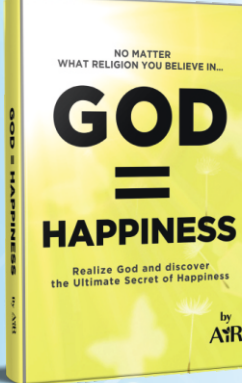
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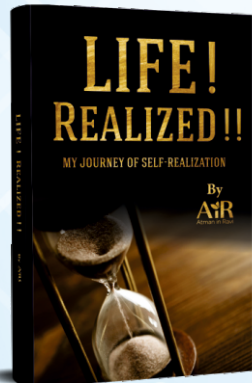
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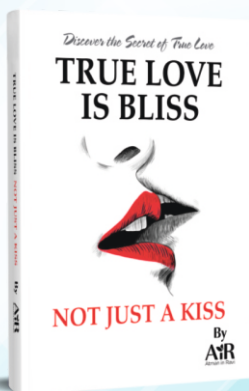
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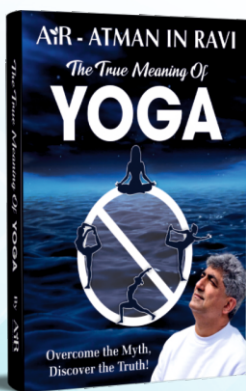
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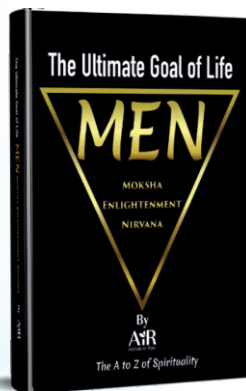
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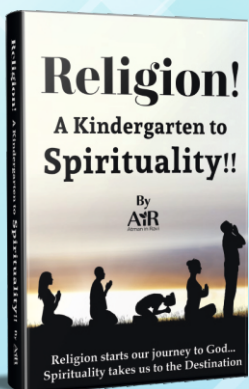
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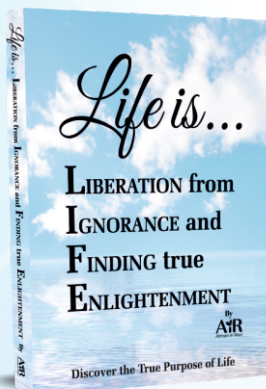
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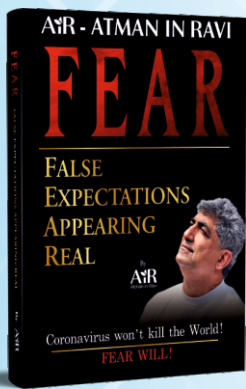
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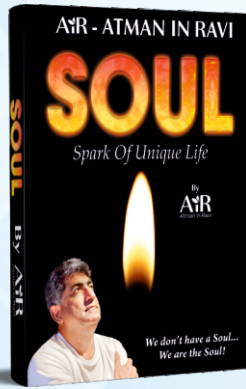
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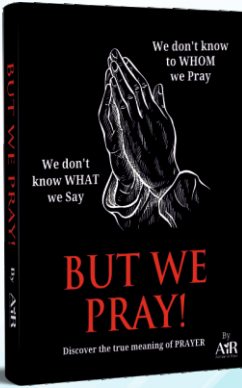
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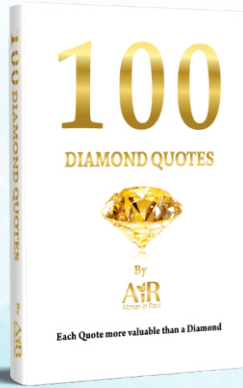
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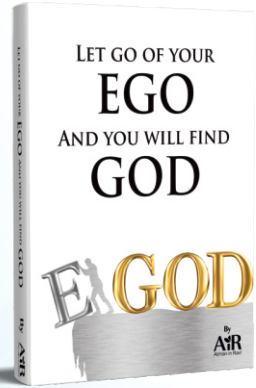
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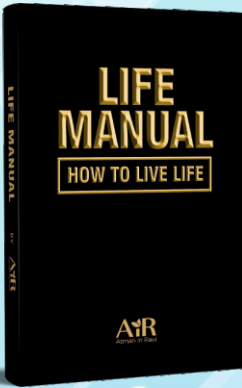
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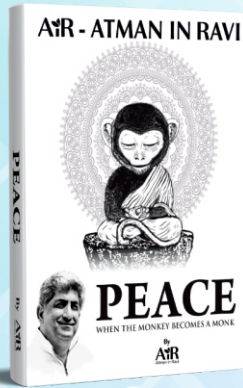
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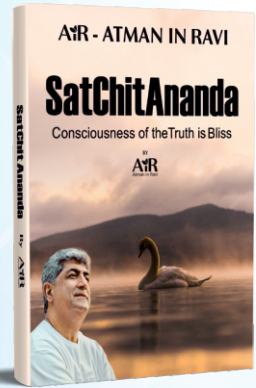
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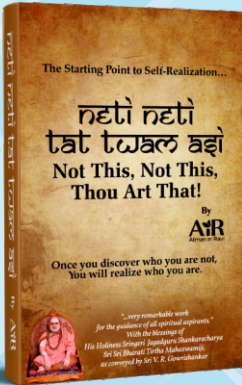
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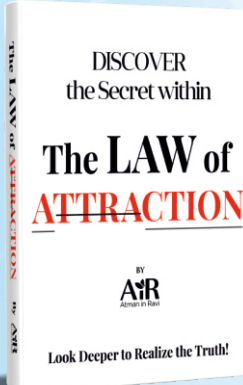
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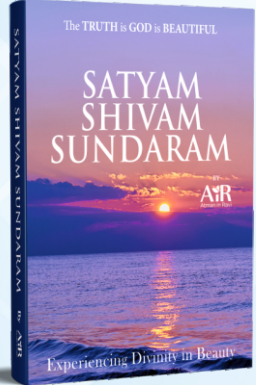
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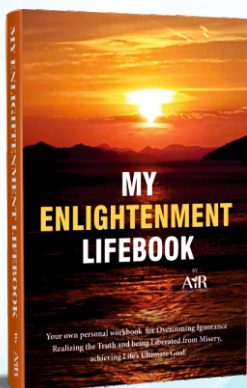
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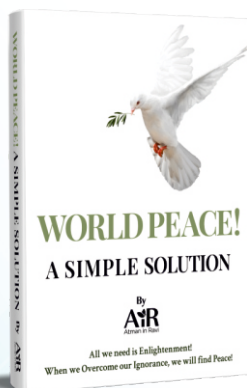
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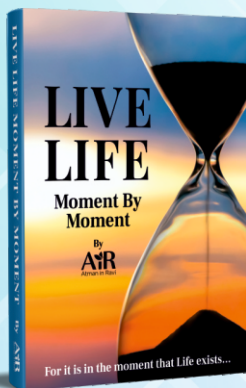
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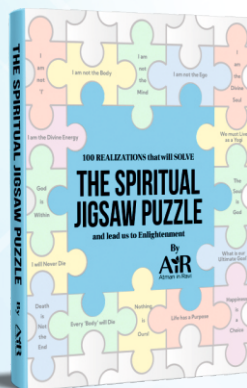
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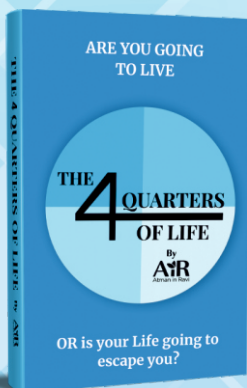
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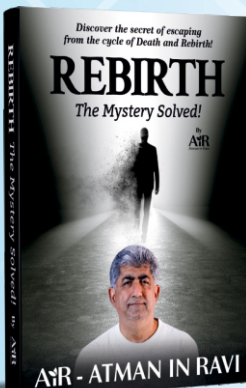
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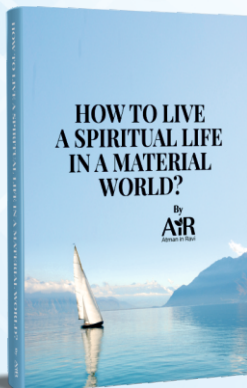
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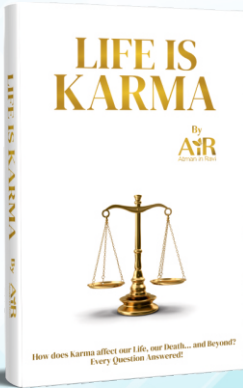
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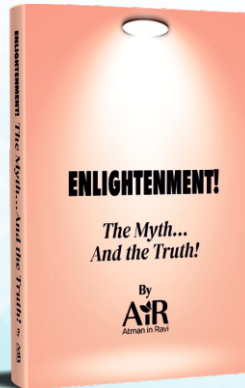
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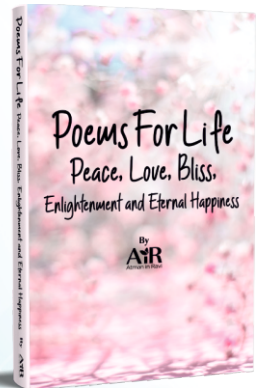
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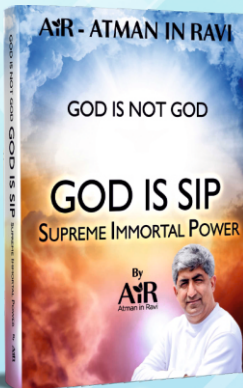
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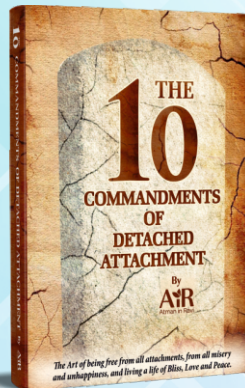
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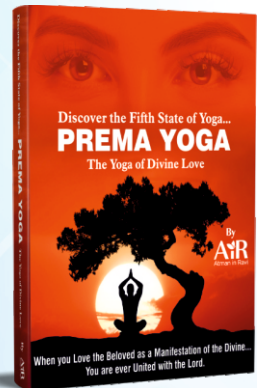
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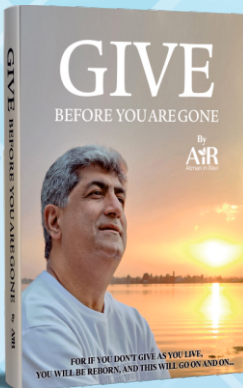
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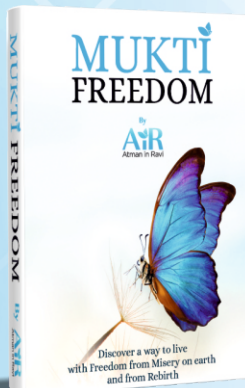
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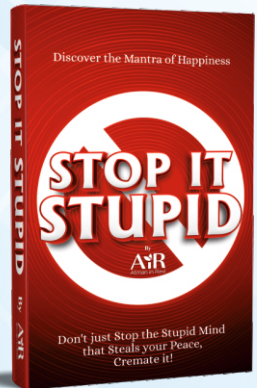
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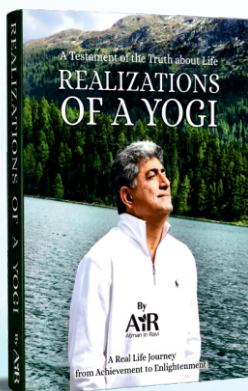
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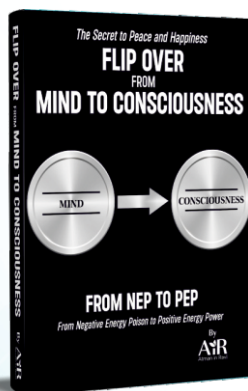
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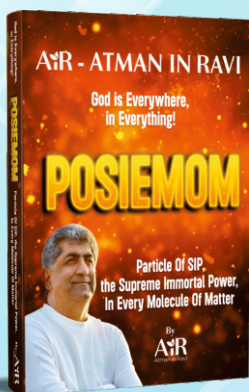
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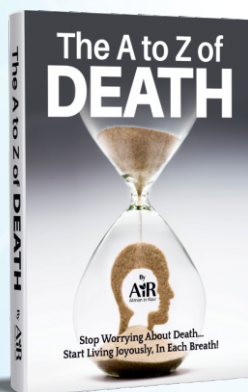
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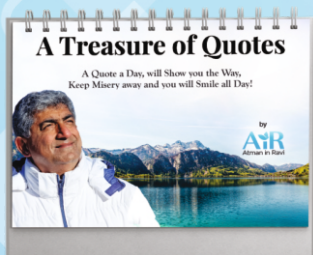
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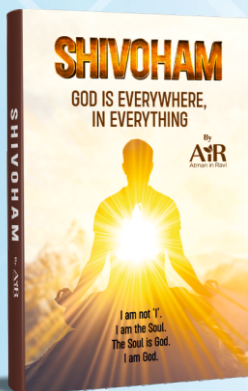
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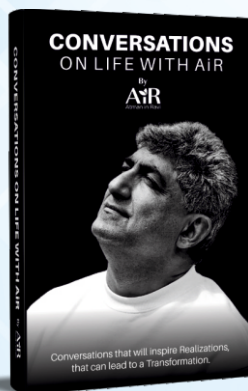
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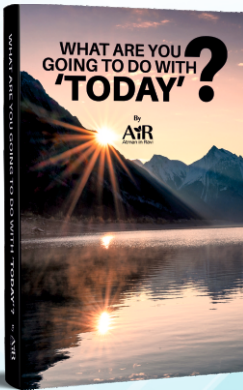
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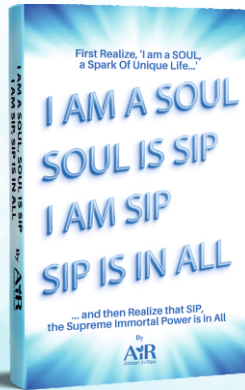
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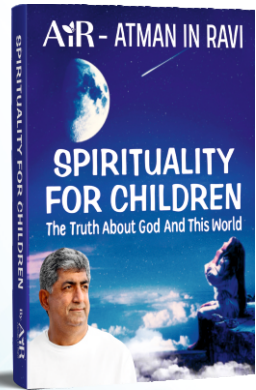
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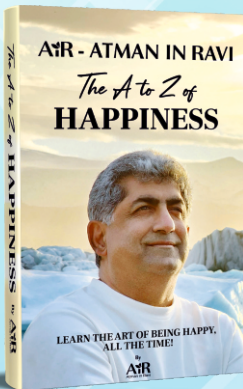
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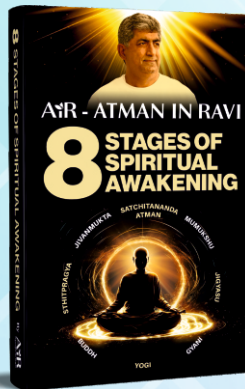
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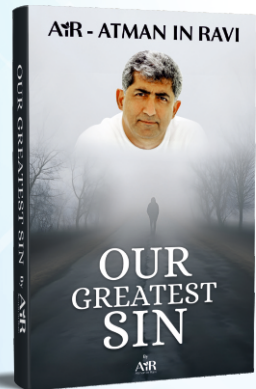
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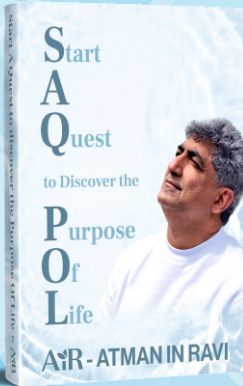
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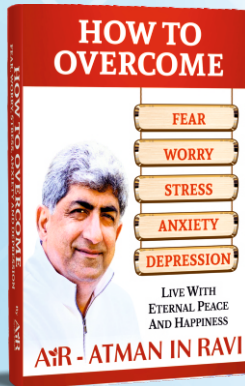
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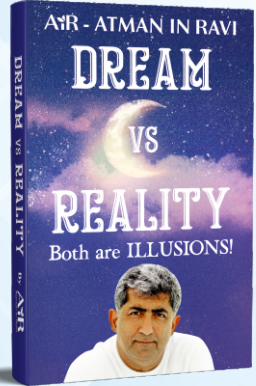
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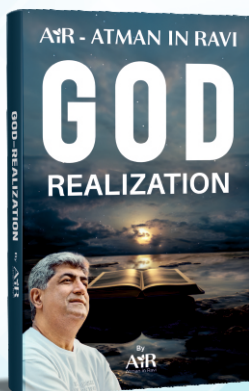
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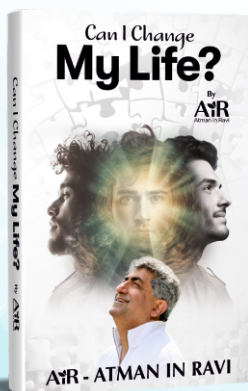
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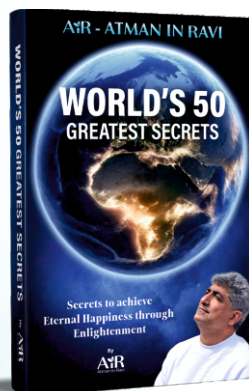
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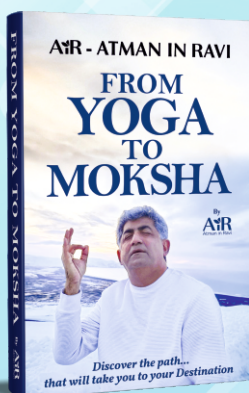
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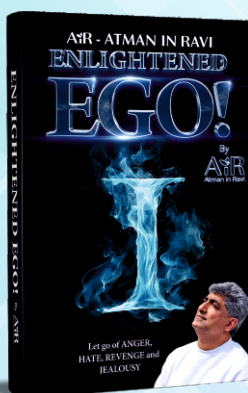
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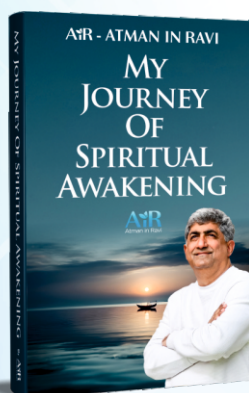
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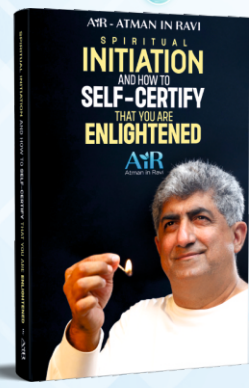
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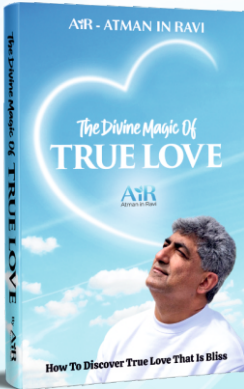
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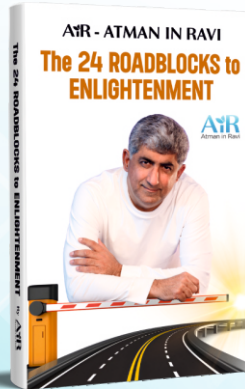
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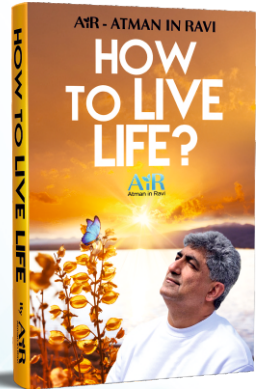
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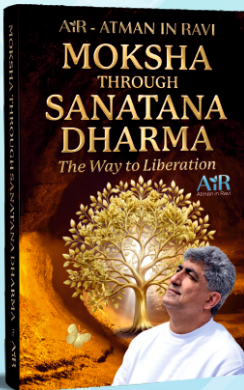
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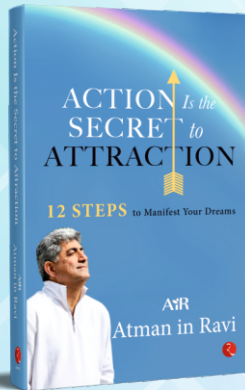
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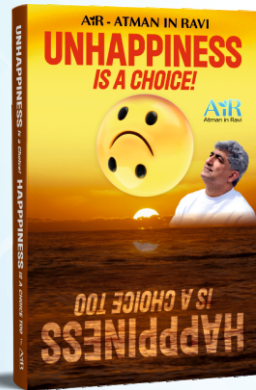
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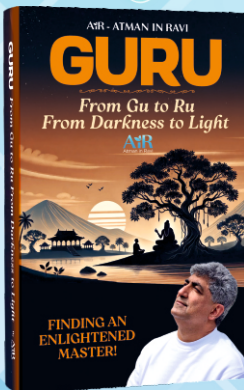
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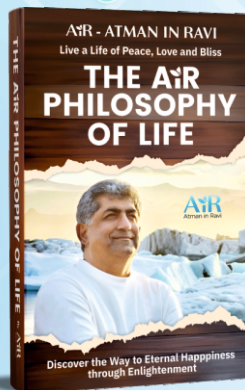
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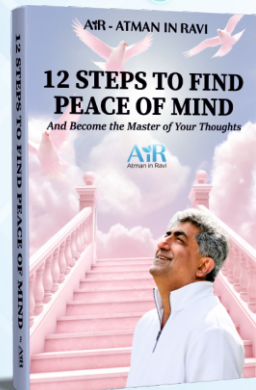
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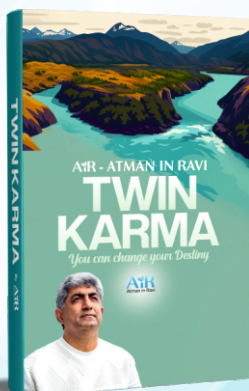
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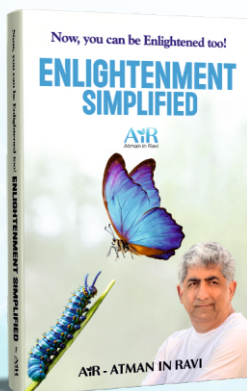
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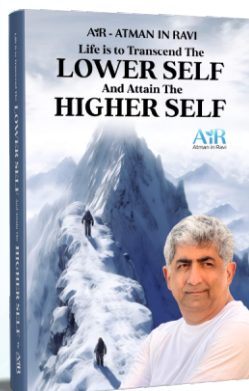
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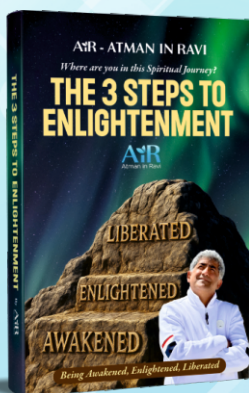
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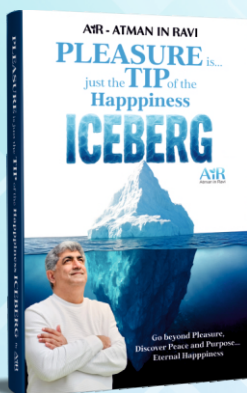
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PLEASURE is...

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ICEBERG

We all want to be happy but we don't realize that there is more to Happiness than just enjoying pleasure. There is a greater treasure. Of course, pleasures make us happy but it is only temporary happiness. If there is no peace, we cannot be happy because peace is the foundation of Happiness. Unless we take an exit from the highway of pleasure and achievement, we will not evolve from entertainment to Enlightenment.

Happiness has 3 keys. They are the 3 Ps – Pleasure, Peace and Purpose. Pleasure is only the tip of the Happiness Iceberg. If we dive down deeper and discover peace and ultimately find our purpose, we can be free from all misery and suffering in the world. We can enjoy that state of Eternal Peace, Divine Love and Everlasting Bliss. **We must take our eyes off the tip of the iceberg to discover PEACE and ultimately PURPOSE through ENLIGHTENMENT!**



9 789334 438352

AiR Institute of Realization



AiR Linktree



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Atman in Ravi

Eternal Happiness
Through Enlightenment

Kemp Fort Mall,
#97, Old Airport Road,
Bangalore - 560017

📞 +91 98451 55555 | www.air.ind.in
air@air.ind.in

