

SatChitAnanda

Consciousness of the Truth is Bliss

BY
AiR
Atman in Ravi



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Preface

SatChitAnanda or Truth, Consciousness, Bliss means Consciousness of the Truth is Bliss. It is a state of Divine Bliss experienced when one becomes conscious of the Truth.

We human beings believe that life is like a merry-go-round. As we go round and round, we pass pleasure and pain, loss and gain, sun and rain and this is what life is all about.

Have you seen anybody who has not experienced pain? Every human being who is born must suffer before death. This seems to be the rule of life.

Every human being is seeking pleasure and happiness. We are all born such that we seek pleasure and shun pain. We keep seeking happiness and try to escape from every possible misery. We desire and we crave, and we believe each expectation, when fulfilled, will give us that much-desired Joy.

Very few people in this world discover the secret of eternal Peace and everlasting Joy. They go in search for the true meaning of life. They overcome the myth and realize the Truth and they enjoy *Ananda*, a Bliss unknown to the common

man. They experience Peace and Joy like they have never experienced before. They overcome all misery and suffering, as they become conscious of the Truth they have realized.

This book reveals the secret of *SatChitAnanda*. It will help us realize the Truth just as it will make us conscious of it and show us the way to *Ananda*, to live every moment of life with seamless Joy and Peace.

This book is divided into 4 parts. The first part is titled *Sat* or Truth. It helps us understand the several Truths of life as it will bust the myth that we have always lived with.

The second part of this book is called *Chit*. *Chit* is Consciousness. While we have heard of the word 'Consciousness', very few of us experience what true Consciousness is. It is awareness, being the observer or the witness. This is not easy. It needs both discipline and practice.

After we understand *Sat* and *Chit*, we will move on to the third part, *Ananda*, eternal Peace and everlasting Bliss. Most people enjoy pleasure, but they don't know the meaning of true Joy. This part of the book will open the door to *Ananda*, an ecstasy that is beyond any pleasure that we have experienced or imagined. Once we understand,

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Sat, Chit, and Ananda, then we will put it all together and go on a journey to experience *SatChitAnanda*. We will learn to live in that state of eternal, seamless Bliss that knows no misery or sorrow, as a witness of the Truth.

This may look like a fantasy, but it ends with my personal experience, how I enjoy *Ananda*, with *Chit* of *Sat*. With the Consciousness of Truth, how I live a life of eternal Peace and everlasting Joy.

This book will create a paradigm shift as it will challenge your thought process, but you must be ready to change and transform if you want to learn the secret of *SatChitAnanda*. It was revealed by the sages who lived thousands of years ago. But because we human beings sink into the material world, we do not experience the Bliss of our Spiritual Consciousness.

To experience this Bliss, we don't have to go anywhere far away. We have to stop, pause our wandering mind to contemplate and realize the Truth. Then, if we discipline ourselves to be conscious of our realization, we will float like waves dancing with Bliss in the Divine Ocean.

Come, let's start our quest for the treasure of *SatChitAnanda*.



***SatChitAnanda* is a state of Happiness,
That is beyond Peace, Joy, and Bliss.
It is living with the Consciousness of the Truth
Without Fear, Worry, Anxiety, and Stress!**





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PART A

SAT – The Truth

Sat or *Satya* means the Truth. The ancient sages differentiated it from *Mithya* or illusion. *Satya* is the reality. It is the fact. It is eternal and it never changes. Unfortunately, we human beings do not realize the Truth. Thus we live a life of illusion.

What is *Mithya*? It is something that appears to be, but it is not. A gold ring appears to be a gold ring, but in reality, it is only gold. If you remove the gold, there is no ring. But we human beings don't see *Sat*, the Truth – the intrinsic gold. We only see the ring. We are enamoured by objects and forms. We don't see the real essence that lies beyond appearances.

How can we see the Truth? The Truth must be realized. It is only when we go within and open our 'real eyes' that the Truth will appear. Most of us do not realize the Truth about life and thus, do not experience Peace and Bliss.

Our ultimate goal is to realize the Truth, to discriminate *Satya* from *Mithya*, because it is the Truth that will liberate us from all suffering and unite us with the Divine. Our own ignorance hides the Truth from us, ignorance that is caused by a cosmic illusion known as *Maya*. *Maya* has two powers – it conceals the Truth and projects the myth. What is the Truth? Let's begin the journey to discover it.



1. WHAT IS THE TRUTH?

This world is like a Cosmic Drama. Isn't it true that we are like actors, we come, and we go? The fact is that we will all die. Nobody can escape death. But isn't it true that only the body dies? At death, we see it lying in front of us. The one who was alive departs, goes somewhere! Life is like a drama and we come to earth, do our part and leave.

Who created the universe? Who controls it through universal laws? Isn't it true that a Power exists, a Power we call God - God, who is the creator of everything? But is God a statue or a saint? Isn't it true that God is a power beyond human comprehension? The Truth is that as per our Karma, we will be reborn in a new body. But just like the Law of Gravity, sometimes the Truth cannot be proved. It has to be inferred. Just because we cannot see air, it does not deny the Truth that air is everywhere.

Although there are several Truths, the ultimate Truth is that we are ignorant of the Truth. We live without realizing the Truth and without experiencing Bliss that knows no sorrow. Unless we discriminate the Truth from the Myth, we will never discover it. Who are we and why we are here, is a mystery that continues to baffle us because we don't find the answers, the Truth. We have an intellect. The intellect is different from the mind. Just as we can discriminate this, we must discriminate *Sat* from *Asat* – the Truth from the myth.



2. THE TRUTH vs THE MYTH

The challenge of life is to use the power of our intellect to realize the Truth. Because we are slaves of our own mind, we get carried away by our monkey mind, as it jumps from thought to thought. It does not let us introspect and contemplate and thus we live and die without realizing the Truth. The Truth is that we are the Divine Soul. We are not the body; we are not the mind. We are not even the ego. This is a myth, but we live with it.

What will we take with us when we die? Is it not true that we can't take anything? Nothing belongs to us. Still, as long as we live, we continue to say, '*This house is mine, this car is mine.*' We live as if all our relationships are permanent. But this is a myth. The Truth is that nothing belongs to us. Nobody is ours. We come alone and we go alone. We know it, but we don't realize it.

We pray to our God as a statue. We know God is not a statue. But we get carried away by the mythology of religion. We follow rituals, superstitions which are not true. But because we are prisoners of *Maya*, the cosmic illusion, we see the movie that is projected on the screen. The screen which is the reality, is forgotten behind the projections. The Truth disappears because the myth is projected. There are several Truths that we must realize if we want to experience Peace, Bliss, and Joy.



3. WE ARE NOT THE BODY

Throughout life, we consider ourselves to be the gross physical body. We have eyes, ears, a nose, a mouth, and a sense of touch. We have 5 organs of action. We exist through several functions – respiration, digestion, excretion, and reproduction. We also have critical organs like the heart, the lungs, the liver, the kidneys, and the brain. All this is true. Nobody can deny it. We can touch and feel our body. We can identify some organs through an X-ray or an MRI. Beneath the skin, there are tissues, flesh, nerves, blood, and bones. Inside the bone, there is bone marrow. But who are we?

The body starts its journey as a single cell, a zygote. It develops into an embryo and we are finally born. Then the body grows from a tiny baby into an adult, till one day, the body grows old and dies.

All this is true. But are we the body? The body is constantly changing. It starts as one cell and ends as a handful of ashes. We are not this body. When the body dies, people say, 'He departed,' 'He passed away,' 'He moved on.' What is the Truth about the one who died? If we are not the body but for sure we exist, then who is the 'me' that lives and dies?

What is the Truth about our existence if we are not the one who has a name, whom we identify with throughout our life?



4. WE ARE NOT THE MIND

Do we have a mind? All the time, we are thinking. The mind produces a thought practically every second. It can produce up to 50,000 thoughts a day. If we are not the body, then are we the mind?

The mind does not even sleep. Even when the body sleeps, it continues to dream and creates fantasies or nightmares. The mind seems to be in control of our life, and we say, '*I am happy, I am worried.*' Who is the one who is joyous or miserable? Is it the mind?

The mind is like a monkey. It is constantly jumping from thought to thought. It takes us to the past that is gone, and the very next moment to the future not yet born. Those who think we are the mind must go in quest to find it. We can find our nose, our ears, our hands, and our feet. But if we try to find the mind, we can't. Most people think that the mind is the brain, but even science considers the brain to be connected to the nervous system that has neurons in every part of the body. In that sense, the mind is everywhere. But unfortunately, nobody has seen the mind. We believe that we have a mind, or we are the mind. But this is a myth. The mind is just a bundle of thoughts. In reality, it does not exist. The Mind, along with the Ego, becomes the ME that takes rebirth. If we cannot find the mind, then what is the Truth? Are we the ego?



5. WE ARE NOT THE EGO

Throughout our life, we keep on saying 'I'. *'I am Peter. I am an American. I am a Christian. I am a doctor.'* We identify with our name, our religion, our occupation, and our nationality. Then we say, *'This is my mother, my father, my wife, and my children.'* We live with several relationships. We also claim, *'This car is mine. This house is mine. This business is mine and this wealth is mine.'* Who is the one who is constantly saying 'I, me, my, and mine'? It is the ego.

Aren't we the ego that is constantly alive and communicating? *'Get me a coffee. Bring me the file. Don't make me angry! Don't underestimate me!'* The ego seems to be very clear of who we are. But, if we are not the body, and we are not the mind, then who is this ego? Can the ego exist independent of the body and mind? Or is the ego part of the body-mind complex that defines our existence as a human being?

While there is no doubt that we have a body that lives and dies, and we have a mind that thinks all the time, and we have an ego, that is identified with not just our name, but our possessions, our relationships, we don't seem to be any of these. What is the Truth? Who are we in reality? If we are not the ego, the mind, and the body, but there is no doubt that we exist from birth to death, then what is the Truth of who we are in reality?

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