

**NO MATTER  
WHAT RELIGION YOU BELIEVE IN...**

**GOD**

**=**

**HAPPINESS**

**Realize God and discover  
the Ultimate Secret of Happiness**

**by  
AiR**

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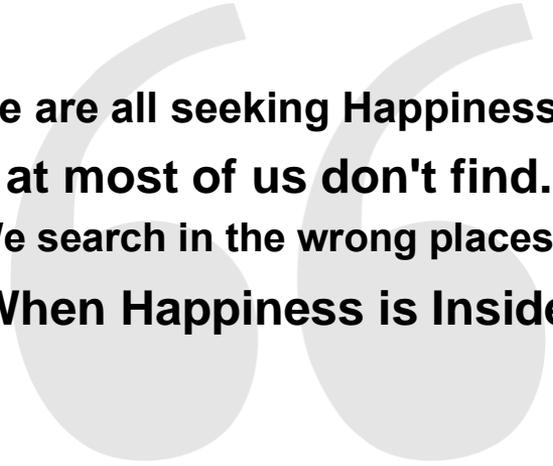
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**We are all seeking Happiness...  
at most of us don't find.  
We search in the wrong places...  
When Happiness is Inside.**

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# PREFACE

We all want to be happy and we struggle to remain in a state of peace, joy, and bliss. Some of us are busy trying to achieve something that will make us happy, while others are blissful, just content with what they have. Most of us, who believe in God, go to our God for happiness. We pray when we have problems that are beyond our control. But have we really understood the connection between God and Happiness?

We understand what it means to be happy, especially when we compare it to those times when we are miserable and unhappy. But how exactly is our state of joy or sorrow connected to God, remains a mystery. Yes, we pray thinking of God as someone in heaven who has a magic wand with which He controls our Happiness. But is this true or is there something else that we are ignorant about?

## **What is the connection between God and Happiness?**

As the Happiest man on earth, I wrote several books to

share my realization that gave me peace, bliss, and joy. After writing an initial book on Happiness and revealing the 3 Peaks of Happiness, I have just finished writing my third book on Happiness - *Be Happy in the NOW!* I also wrote a book about God - *Who is God? Where is God? What is God?* It was then, that I realized that people didn't know about the deep connection between God and Happiness. This connection seems to be a secret, unknown to man. While we all pray to God and we all seek Happiness, we have not realized a profound Truth, GOD = Happiness.

God controls our Happiness! This may sound strange in the beginning but when we realize the Truth, we will not only understand it but also enjoy the joy and bliss that is beyond any Happiness that we have ever experienced.

We all have some vague understanding about God, life, and Happiness. We don't realize that what we live by is largely mythological, not the actual Truth because as kids we have been told various fairy tales. We continue to believe in them even after we complete our childhood.

I decided to ask questions and investigate to find out the Truth.

In my quest to discover who I am and what my purpose is, I found answers that liberated me from misery and sorrow. I also realized that people didn't know where to search for Happiness.

*There was once an old lady who had dropped her diamond earring and she was frantically looking for it right outside her house. She attracted the attention of her neighbours who joined her in the search for her lost treasure. As they all looked for the earring, a smart neighbour came up to her and asked her, "Where did you drop the earring?" She answered, "Oh well, I dropped it inside the house." "Then why are you looking for it outside the house?" he questioned in wonder. She answered, "You don't understand, there is no light inside, so I am searching for it outside!"*

Sometimes, we too are like the old lady, not knowing where to find Happiness due to the darkness of ignorance that we live in. I realized that we have a body but we are not the body. And we seem to have a mind, but we are not the mind. Then who are we? To achieve

ultimate Happiness, we have to realize the truth about God. We all pray to God, but do we know the real Truth about God? We may believe in any religion but that hardly matters because God is beyond religion. Every religion is good because it helps us to start a relationship with God by making us believe in God.

But religion is only the kindergarten to spirituality. While we evolve in life, we don't evolve spiritually to realize that God is far more powerful than what we imagine. This book is not about religion. It respects all religions but asks us to go beyond. If we truly love our Lord, then we must seek God and realize the Truth. For when we realize the truth about God, we will also discover Happiness that we have never experienced before.

Come, let us start the quest!

# 01



## WHAT IS HAPPINESS?

**Happiness is not a destination, it is the journey itself**  
**You can't have Happiness, it is not something to possess**  
**You can't go to Happiness, it is not a place**  
**You can't be with Happiness, it is not a person You can't**  
**buy Happiness, it is not a product**  
**You can't achieve Happiness, it is not a transaction You**  
**can only be Happy, it is a state of being**

## **What is the real meaning of Happiness?**

If we try to look for the definition of Happiness, we will find that it is a state of being happy and while we all talk about 'being happy' frequently, sometimes, it is difficult to define it. Even a child knows what Happiness is! It is exactly the opposite of being sad. When we are happy, we smile, laugh, we celebrate. It is a feeling of goodness and well-being, just as it is a feeling of being positive and optimistic. In fact, everybody in this world wants to be happy. It is probably the first and most basic instinct of a human being – we all want to be happy.

## **Who doesn't want to be Happy?**

Everybody in this world lives by the pleasure-pain principle. We are attracted to pleasure and we stay away from pain. It doesn't matter what our nationality, religion, gender or age is – we just want to be happy!

But what makes me Happy may not make others Happy. Different things trigger Happiness for different people. Once we are happy, it most likely puts the same smile on our face. The symptoms of Happiness are not very different though the causes are. While Happiness

## WHAT IS HAPPINESS?

seems to be a very simple subject, it is like a shadow and eludes most of humanity. The more we go behind it and try to chase it, the further it goes away. The only way to be happy is to stop and be happy NOW!

### **The first peak of Happiness**

Generally, people believe that Happiness only comes from pleasure. In reality, Success and Achievement is just the first peak. It creates name, fame, money, and pleasure and these make us happy, but it never quenches our thirst. Although it is said to be the first peak of Happiness, we never reach the top. Still, most of humanity, probably 80% of the human race, is seeking Pleasure and Achievement – the first peak of Happiness. Sometimes, such people are glad and sometimes they are sad. People on this peak desire Happiness and sometimes achieve bliss and joy, just as they also get disappointed and miserable going around like a merry-go-round, passing happiness and misery in circles.

### **Evolving to the second peak of Happiness**

About one-fifth of us are lucky to evolve to the second

peak of Happiness, which is not momentary.

*Doshi was a very rich man. He had millions in the bank. He had property, he had gold, he had everything that he wanted but he was not happy. His neighbour Kishan, on the other hand, didn't have much but was very happy. Why? Because Doshi was never content. He was an achiever but sometimes he achieved what he desired and sometimes he didn't. Therefore, he was always unhappy. Kishan was a man of humble achievements and though he had little money, he was a very happy man. He was always smiling. Doshi would often go for a walk when he was under great stress and Kishan would always greet him with a smile. Doshi used to wonder, "How is this man, who is so poor, happier than me although I am a multimillionaire?" He didn't realize that achievement was just the first peak of happiness. Kishan had evolved to the second peak of happiness, contentment and fulfillment. Doshi seriously thought about it and started making efforts to transform his life to get a life of contentment and fulfillment.*

Those who evolve to the second peak of Happiness live a life of contentment and fulfillment. They experience the first peak of Achievement but discover that Happiness on the first peak is momentary. They learn

## WHAT IS HAPPINESS?

to transcend their greed and live happily, fulfilling their need. Not only are they fully content and satisfied, but they also build a universal connection with God, praying with faith and hope. They live with meaning and purpose. Their life is not just about dreaming and making their material dreams come true. Their inspiration and faith lead them to noteworthy success that is built on a foundation of positive emotions. They live with love and laughter, making a difference in the world, rather than just making money. Most importantly, they live a life of tranquillity and peace as they enjoy freedom from the desire and craving for achievement. People who are content live a far more fulfilled life and this Happiness is more intense than the kind of Happiness we get from pleasure. It is a combination of pleasure and peace. But unless one takes an exit from the highway of Achievement, it is very difficult to evolve to the second peak of Happiness - Fulfillment.

### **We are happy, but...**

While most of us are happy, whether we live on the first peak - Achievement or second peak - Fulfillment, we all

experience misery, unhappiness or sorrow. Of course, we are happy, but like a yo-yo, sometimes we go up and sometimes we go down, sometimes we are glad and sometimes sad.

What is it that makes us miserable and can we overcome sorrow as we live? Most of us believe that there is no way to eternal joy and everlasting peace, but in reality, there is. This belongs to the third peak of Happiness, a peak called Enlightenment, that comes with Liberation or Realization. It is a state of joy, bliss, and peace that has no suffering. Less than 0.00001 percent of humanity discovers this third and ultimate peak of Happiness.

### **Difference between the 3 peaks**

People on the first peak of Happiness become happy. They live a life of excitement, smiling and laughing as they enjoy their life journey. However, they are not content and satisfied. They enjoy pleasure, but they do not have peace. Why? If we analyze their Happiness, it is all about fulfilling their desire. Some of their desires are fulfilled and some are not. What happens to people who are on this journey? They achieve immense

## WHAT IS HAPPINESS?

pleasure but they soon start feeling a sense of incompleteness and desire something else. They become agitated and start moving towards their next achievement. Sometimes they are happy and sometimes they are unhappy.

The life of those on the second peak is slightly different. They transcend this game of desire and disappointment, peace and agitation and replace achievement with contentment as the key to making them happy. They bust the myth that only success, achievement, money, name, and fame give Happiness. Instead of chasing their greed, they are content fulfilling their need. But one thing is common in both the aspirants of achievement and fulfillment - both suffer misery and sorrow as they experience fear, worry, regret, anger, hate, jealousy, and revenge. They live without experiencing eternal and everlasting peace, tranquillity and Happiness.

Only the conquerors of the third peak transcend misery as they are enlightened with the Truth. They are liberated from misery and sorrow as they realize who they truly are.

## **Happiness belongs to the NOW!**

While we may be happy through achievement or fulfillment, one thing is certain, Happiness doesn't belong to yesterday or to tomorrow. The past is gone and the future is not yet born and those who want to be happy, ultimately realize that Happiness is all about NOW. Happiness is all about this *MOMENT*. We can either be glad or we can be sad and that is a secret known, enjoyed, and experienced by a very few of us. We swing like a pendulum, living with regrets of the past and letting the fears of the future steal our Happiness. Achievers rarely enjoy the NOW because they live for tomorrow. Those who are content and fulfilled, enjoy the NOW, but they let the suffering of the body and mind steal the present moment. A realized being on the third peak enjoys life moment by moment, living in surrender and acceptance, liberated from sorrow and enlightened by the Truth.

## **We go to God for our Happiness...**

All of humanity has one thing in common - all seek Happiness and seek it from God. Apart from atheists

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