

Happiness Revealed

3 PEAKS
OF HAPPINESS

By **AiR**

The Happiest Man on Earth

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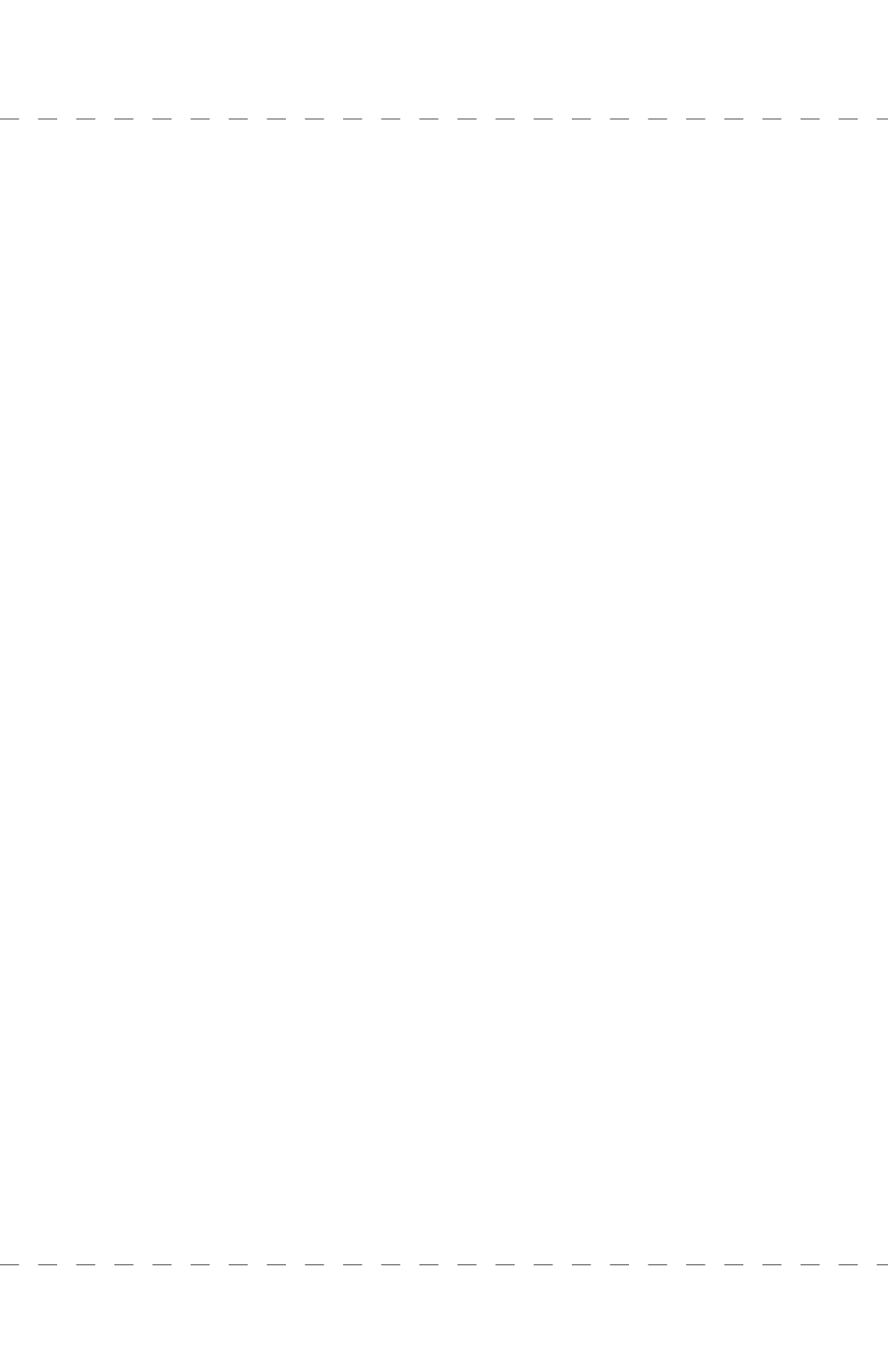
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EVERYBODY WANTS TO BE HAPPY,
BUT NOT EVERYBODY KNOWS HOW!



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About AiR

AiR is a spiritual seeker who has set out to find the truth about life. He was born on October 15, 1966 in Bangalore, Karnataka, as Ravi. V. Melwani. At a very young age, he mastered the craft of business and became a very successful businessman who revolutionized retailing in India with the stores Kids Kemp, Big Kids Kemp, and Kemp Fort.

After making millions, he realized that life is not just about making money. He shut down his business at the age of 40, transformed his life to RVM living by the RVM philosophy – Rejoice, Value Life, and Make a Difference and set up the RVM Foundation. He started doing H.I.S. work – Humanitarian, Inspirational, and Spiritual work. His mission was to “Make a Difference” in this world before his journey was over.

As a part of RVM's humanitarian initiative, RVM Foundation Hospital was set up in 1998 with an aim to provide free medical care to the poor, destitute, and needy. The hospital, which has a capacity of 250 patients as of now, does not have a cash counter. RVM Foundation also has its own destitute homes and orphanage that serve the needy, providing free shelter, food, medical care, and clothes to them.

RVM, through RVM School of Inspiration, has transformed the lives of many through his motivating talks, inspirational books and videos, and thought-provoking quotes.

RVM built a Shiva Temple in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. Being an ardent believer in Lord Shiva for long, he now believes that religion is just a kindergarten of spirituality, and we all have to go beyond religion to truly realize God.

However, one day, several questions and thoughts flashed in his mind: What is the purpose of life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will we be reborn? Where is God? Several questions like these took him on a Talaash or a search for the truth. He gave up his life of Achievement and Fulfillment in search of the final peak of life: “Enlightenment”.

After a few years of intense search in silence, deep in the mountains, he realized that we are not this body. We are the Atman, the Soul. He changed his name for the second time from RVM to AiR – the *Atman* in RVM (the Soul in RVM) – as realization dawned upon him that we are not this physical body, but we are the *Atman*. He metamorphosed to AiR and gave up his entire life as RVM. He started the study of *Atman*, God, and Life. This led to several realizations that formed his new mission of life – to realize God and to help Seekers realize God.

| | Om Namah Shivaya | | | Shivoham | |

A Metamorphosis

As a caterpillar metamorphoses into a butterfly, it undergoes a typically marked developmental change in its form.



As a human being, to metamorphose means to undergo a striking change and an irreversible transformation in one's character or nature, especially by supernatural means.

RVM first transformed his life from Ravi V. Melwani to RVM. After embarking on a Talaash or a search for the true meaning of Life, RVM metamorphosed his life to AiR (or Atman in RVM) on realization of the truth of who we truly are.

Like AiR, you too can metamorphose your Life!

FOREWORD

Who doesn't want to be happy?

Is there anybody in this world who doesn't want to be happy? The whole world is seeking happiness. Different people are seeking different things. But if one goes into a research as to why people seek what they are seeking, the ultimate objective of what everybody seeks is "Happiness".

Everybody in this world is seeking joy and bliss, be it a little child who wants to be happy with his toys or a young adult who is enamoured by the pleasures of this world. Whether it is a person who has grown old or one who is young, everybody wants to be happy. It doesn't matter which country we come from, it doesn't matter which religion or race we belong to, and it doesn't matter which gender we are, we all want to be happy.

While everybody wants to be happy, different things make different people happy. There are different happiness triggers that trigger happiness in people's life. Something that makes me very happy may not make you happy. Since we human beings seek happiness, we are always pursuing pleasures. In fact, the whole world seems to be living by the "pleasure pain" principle - this principle states that we all are attracted towards pleasure and we all shun pain. We will always do things that make us happy just as we will distance ourselves from anything that makes us unhappy. We all want to be happy!

But the most important question is “Is everyone happy?” No doubt people are happy, but not everybody is happy all the time. While some people are happy most of the time, there are others who are unhappy.

There are many people who live a life of misery. To them, life is full of problems and difficulties, and it is so difficult to smile. There are others who are cheerful and enthusiastic; they live life as if it is a game, enjoying each day. Some people believe that their happiness depends on their past actions, while others believe that it is their present actions that decide their joy index. Some surrender their happiness to luck, but others who believe that luck doesn't control happiness prefer to pluck happiness with their own efforts. Different people believe in different philosophies of life. But one thing does not change – everybody wants to be happy.

Everybody wants to be happy, but everyone is not truly happy – why? Because happiness is elusive; it comes and goes. There is no standard formula to be happy. Of course, if we go for a comedy movie, we would laugh. But deep down in the heart if somebody is sorrowful, soon after the movie they will be drowned in misery.

Happiness is not exclusively for the rich. If wealth created happiness, then the rich would be glad, not sad. Why is it that many millionaires live a life of depression, sorrow, and misery? Sometimes the poor are very happy, but at other times, the poor are struggling with

problems and monetary challenges. Rich or poor, everybody has a common goal: the goal to be happy!

My happiness journey began 35 years ago. I started a small business, made money, bought a car, and was on the first peak of happiness. I achieved success after success, just as my happiness went from peak to peak.

In this book, I share my happiness journey and how I scaled the peaks of happiness. From one peak to another, I was passionate to get to the top. Most of humanity don't know that there are Three Peaks of happiness. About 20% of people are lucky. They take an exit to the Second Peak of Happiness. Less than 1% of humanity even know that there is a Third Peak.

I was fortunate to go from peak to peak. Through this book, I share my experiences that first gave me happiness through pleasures on the first peak and then what led me to bliss that was surrounded by peace and tranquility on the second peak. Finally, I was led on a quest that was seeking the purpose of life. I started the final journey and was fortunate to discover the Third Ultimate Peak of Happiness!

For a seeker of happiness, there is a path, just like there is a highway that takes you from one place to another.

Unfortunately, we wander and do not follow the roadmap that will lead us to our destination – Happiness. If you want to go to Mount Everest, there is

a right way to get there. If we decide to walk our way without a proper plan and without adequate preparation, chances are we won't get to our destination. Such is the peak of happiness, the ultimate peak. We must follow the prescribed path to reach the top.

If you want to climb that ultimate peak of happiness, then follow the path, seek the truth, and find out what will lead you to the third peak of happiness. Evolve from peak to peak until you finally find yourself to be in an ocean of happiness – a state of everlasting joy, eternal bliss, peace, and tranquility.

Is it possible for everybody to get to this ocean of happiness? No. Only a rare few are lucky to go on a quest. Less than 1% of humanity attempt to climb the third peak. And a very small fraction of these people are further lucky to find the Third and Ultimate peak of Happiness.

In this book, I share my journey to the three peaks of happiness. Just like I trekked from one peak to the other and finally reached the summit of happiness, you too can scale the happiness peaks. But are you committed to being happy? Are you passionate to find true bliss and joy? Is happiness an obsession in your life? If you are truly seeking happiness, then start the journey and chances are you can reach the final peak!

CHAPTER 1

HAPPINESS IS A JOURNEY

The whole world is seeking happiness. In fact, it seems like we are all on an eternal journey to destination happiness. Yes, happiness is a journey, but not many people know that it is the path itself. You cannot get happiness, but you can be happy. While there is no one on Earth who doesn't seek this treasure, there are only a few who truly understand what happiness is.

“Do you know that you can choose to be Happy or unhappy? Happiness doesn't just happen; it is a Choice you make.”

– RVM

What is Happiness?

Happiness is a state of mind. It is a state of joy, bliss, and cheer. It is an emotion – energy in motion – that makes one glad, just as unhappiness is an emotion that makes one sad. A happy person is joyous and he smiles and laughs just as an unhappy person frowns and cries. We feel happy and it shows. Happiness radiates through cheerfulness and enthusiasm. Although happiness may be a common word, it is often quite tricky to define or explain “happiness”.

Everyone Wants to be Happy

Who doesn't want to be happy? Everybody on Earth wants happiness, whether one is a baby or an adult, be it man or a woman, Indian or American, black or white, or rich or poor, who doesn't want to be happy? Everybody alive on this planet seeks happiness. Not

just human beings, it seems even animals want to be happy. We see that the dog wags its tail in joy, birds fly in the sky, fish swirl in the water, and the peacocks open their wings to dance in bliss. Don't you think they all seek happiness too? Everybody wants to be happy.

If you were to ask different people around the globe what they are seeking, you would get different answers from each one. But if you further ask them, why they are seeking it, you would get a common answer from all – “Happiness”. The goal of life is happiness. Everyone wants to be happy, and people do different things to achieve this one objective. To a businessman, a successful business brings happiness. To artists, it may be a creative product that is born out of their imagination. A student may be happy with excellence in exams, just as a politician is blissful on winning an election. We all do different things, but whatever we do, the goal is one: We all want to be happy!

“If you have not learnt anything, but have learnt one thing that the Goal of life is to be Happy, you have learnt everything!” – RVM

Look back at your life as far back as you can. Even a newborn baby giggles when it is happy and screams in anguish when it experiences pain. It starts at birth and goes on till death. What made you happy as a child? Simple things like an ice-cream, a ball, or a doll. Kids are mostly happy because they are innocent. But are kids always happy? I recall that a child at an airport refused

to board the flight till his parents bought him a toy airplane. He screamed, squatted, and fussed till his desire was fulfilled. But as kids, it was not so difficult to be happy. A simple candy could make us jump in joy!

Then what is the difference between the men and the boys – it's the cost of their toys. As we grow up, the price tag on our happiness gets bigger. We want expensive cars, gadgets, holidays, and hence, happiness becomes expensive and elusive. However, seeking happiness is a common goal of humanity.

Do You Really want to be Happy?

A lot of people talk about Happiness. But how many are really passionate about being Happy? I can talk about swimming, but unless I learn how to swim and unless I put on my trunks and jump into the pool, I will never be able to swim. I can talk of it for years together – I love to swim, I can fantasize about swimming, I love the ocean... so what? You are talking, but are you actually swimming? For those who really want to be happy, there is a method. Not many people know the method and understand the way to happiness. During the first 25 years of my life, I discovered the method of being happy and I put it into six simple steps. Let us explore these steps.

SIX STEPS TO HAPPINESS

Step 1: Desire to be Happy.

Step 2: Find out what makes you Happy.

Step 3: Pull the Happiness Triggers and be Happy.

Step 4: Eliminate Joy Stealers and avoid being unhappy.

Step 5: Bounce back from tough situations with Faith,
Hope, and Enthusiasm.

Step 6: Choose to remain Happy always!

Step 1: Desire to be Happy

For anybody who is seeking happiness, it should start with desire. You should desire to be happy. How can you be happy if you don't want to be happy? You should make a commitment to your own happiness. You should decide, "I will not exist. I will live. I choose to be happy". It is so important to do things that make you happy and stay away from those things that make you sad. Life is short, and it is not worth spending even one moment in unhappiness.

"Wake up in the morning and get into each day, living it in a way that will make you happy and gay." – RVM

People who don't desire to be happy are like trees in a forest. They just stand and let things happen to them. But people who want to be happy do things that make them happy. They choose a happy attitude that produces happy emotions. They live a positive life, laugh and smile, and live with faith and enthusiasm. Happiness is a priority of their life. They develop a

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