

HAPPINESS GUARANTEED  
In 6 simple steps!

I  
WANNA  
BE  
HAPPY

by  
RVM



This book belongs to

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Presented by

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on

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# PREFACE

Like you, I too wanted to be happy. Everybody wants to, but very few really live their life with joy. Most people don't even know what happiness is, but they are in search of it. I was looking for joy and read book after book; each one giving me a formula that was not very different from the other. But somehow, it was not something practical that I could put into action and would guarantee me happiness. So many authors, so many books, all great books that made me feel good, but left me thirsty for true happiness!

After reading books on happiness by many successful authors and philosophers, I asked myself, "How can I be happy? What is happiness? Is there a way that can guarantee happiness?" I even set out on a retreat, leaving the world behind to introspect with all the possible research material that I could carry with me. My research material included Dalai Lama's *The Art Of Happiness*, J. P. Vaswani's *Secrets of Health and Happiness* and several other books, articles, audio books and DVDs. I armed myself with all the possible ammunition on happiness I could find to start my research. And then the 'aha moment' dawned in me and I discovered how to be happy. So I titled my findings as '*I Wanna Be Happy*'.

Who doesn't want to be happy? Everybody wants to, but look around and you will find people in a race to find something

that will give them happiness. People are confused between pleasures and everlasting joy. They don't even know what true happiness means, though they feel it and want it. When I found a way to be happy, I realized that I had discovered a simple secret; a formula, which anybody who truly wanted to be happy could use to dance with joy for the rest of their lives. My script is not complicated. In fact, it is so simple, that one might wonder – could such simplicity lead us to such a profound destination called happiness? Yes, it can!

Whether you are someone pursuing happiness or one who is quite content but wanting to be happier, or someone deeply sunk in sorrow and misery, this book will unlock the doors to happiness.

Different people find themselves in different circumstances at different stages of their lives.

- Some just feel they are plain unlucky and can't be happy.
- Some are surrounded by people who just make them miserable.
- Some are suffering from diseases that create pain and makes them feel hopeless.
- Some are so unhappy that they can't even smile.
- Some are overburdened with problems and challenges that they push happiness away.
- Some have just slipped into sorrow after a long episode of joy that disappeared into thin air.
- Some are happy at this point, but fear that they are going to lose their joy.

- Some are happy this moment and unhappy the next moment, and life is usually a yo-yo between joy and sorrow.

And then, there are others who are neither happy nor unhappy, but are still chasing happiness.


Different people are in different states of being and there may be thousands of people who may not fit into the above descriptions. But one thing is for sure – *everybody wants to be happy* and the good news is that it is not difficult to be happy.

I have discovered the magic of happiness and I consider myself to be the happiest man on earth today. You too can be happy, if you program your mind using the '*I Wanna Be Happy*' techniques mentioned in my book. Read this book with sincerity and put the principles described in it into action. Your life then will be transformed and unhappiness will be a thing of the past. Misery and sorrow will not be on your daily agenda, if only you start each day with the commitment '*I wanna be happy!*'



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# What is happiness?

Happiness is an emotion -  
a strong feeling that makes us feel good  
and brings a smile on our face.

# CHAPTER 1

## WHAT IS HAPPINESS?

While the question is very simple, the answer is profound. Though the question is one, the answers are many. This is because happiness is different for different people. But what is Happiness?

Happiness is an emotion, a strong feeling that makes one enjoy and feel good. It is a feeling that makes one's heart dance and eyes twinkle. Happiness creates excitement and builds positive energy. It makes us smile, laugh and creates cheer.

So, while different people may define their happiness in different words, the emotion that is born in all, is the same. It is a strong feeling of joy, pleasure, contentment and fulfillment.

Different things make different people happy.

- A millionaire could be happy making his next million.
- A teacher may find happiness in the examination results of the students.
- A singer is joyous when the audience applauds.
- Politicians become happy when they win an election.

Since different things make different people happy, this cannot be generalized. I may find happiness in solitude, while you may find it in the buzzing excitement of a city. And this may change with time. So what makes me happy today may not make me happy tomorrow. So clearly, people become happy with different things and at different points of time in their life.

It is a myth that ONLY money makes people happy. Surely,



money gives pleasure, but pleasure need not create everlasting joy. Not all rich people are happy and not all poor people unhappy. Though some people have a few material possessions, they are content and live a life filled with joy and fulfillment. **Happiness does not depend on what you have. It depends on how you feel. You may have everything and yet be unhappy or you may have nothing and be happy.** So what is Happiness then?

I am Happy today – truly Happy! I have shut down my business and live my life doing humanitarian, spiritual and inspirational work. Although I have ended my commercial life chasing millions, I have found true joy and happiness in what I do now. This is due to my current aspirations which give me joy, bliss and contentment. The happiness I derive by doing what I do now is fulfilling. It is everlasting joy! This, I discovered, is true happiness.

Happiness is not just about momentary pleasures. One may be happy eating a chocolate. But that is just momentary. The pleasure soon dies as time flies. True happiness is a feeling that lasts for a long period. If I view a pleasure as a little lake in my life, I would view true happiness as an endless ocean. There could be islands of unhappiness, but these would dissolve in the ocean of joy.

Material pleasures, of course, make us happy, but do they create unending pleasure? They can make us happy for the moment, but they fail to create fulfillment or grant us the peace of mind that takes us to the peak of the happiness mountain. Therefore, what is happiness? It is being able to do things that create joy and bliss which are not temporary. True happiness is living a life of satisfaction, contentment, joy and peace. It brings a sense of fulfillment in whatever one does.

Are you happy? Are you truly content with what you do and how you feel? Do you wake up every morning looking forward to life? Does whatever you do make your eyes twinkle? Does your work make your heart dance? Does the 'feel-good factor' last most of your day, your week, your month, your year and your life or are you struggling through life, not feeling good about what you are doing? Are you dissatisfied with your career? Are you unhappy about life? What is the state of your mind? Are you peaceful with those around you or is your life in turmoil? Reflection on these situations will indicate whether you are in a state of Happiness or Unhappiness.

Though it is possible for others to share their emotion or feeling of happiness with you, understand that only you can feel your own happiness, since it is uniquely personal and exclusively yours. Only you can decide whether you are happy or not. Yes, like any other emotion, the energy that flows out of you visibly indicates how you feel. Besides, it is not very difficult to make out whether somebody is happy or not.

Suppose you see a person smiling, dancing and cheerfully walking by, would you consider such a person to be unhappy? On the contrary, if you see a person with a frown, spiteful, agitated, irritated, angry and upset, would you consider such a person to be happy? So, happiness is a state of mind which reveals itself through one's behavior and action.

Are you truly happy? Do you too want to discover the 6 simple steps that will guarantee happiness for the rest of your life?

Remember, it's a choice unlike what most people say feel or believe. They might say that they are doomed by bad luck or that their life is meant to be full of unhappiness and misery, but I have discovered that happiness is a choice. Yes, you can choose to be happy all the time, if only you discover the 6 simple steps that will give you everlasting joy.

**As you start your happiness journey, you will find pleasures, joy, bliss and fulfillment along the way.** Before you encounter them, understand how each will contribute to your being happy.

**Pleasures** are little spurts of happiness that come from doing little things. You enjoy eating an ice cream, going for a movie or playing a game of golf. These don't last for long. They are temporary, but they make us happy. As long as these pleasures have no side effects, they are fine and must be welcomed in the happiness journey.

**Joy** is a little deeper and a little stronger. It is something that you aspire, dream of and then it happens. It is a wish that has come true. It is more than just a little pleasure that comes from a little treat. It lasts longer and gives you more happiness than pleasures would. You are waiting for Christmas, preparing for it, then it happens and you are so excited - that is joy. You are planning a cruise and after a month, you are finally sailing – that is joy. While these give you lot of joy, the joy is not perpetual. As time passes, the fragrance of this joy diminishes with other attractions and distractions of life.

**Bliss** is extreme pleasure and joy. It gives a feeling of “Wow!”. It is those pleasures that give you tremendous happiness and those joys that make you dance. Bliss lies on the top of the happiness mountain – the peak. You want to

meet your favourite movie star; it is more like a dream. If it is not just meeting, but you get to spend a whole day with your star, your joy is overflowing. You are elated, excited, thrilled beyond your wildest expectation. That is bliss! Bliss also has another side of extreme joy. Bliss comes at the start of fulfillment, doing things that go deep within your heart and soul and pull a cord. Bliss is deeply internalised. The effect of bliss, unless like a pleasure or joy lasts much longer. Bliss can be recalled easily and revisited in a flash of a moment. For example, music can make your heart dance - It gives you pleasure, it gives you joy; but most of all, music makes you blissful. It leads you to tranquillity. It makes you feel intoxicated. To many, meeting their spiritual master gives bliss instantly. The happiness that flows out of a blissful experience is like a river that keeps flowing or a blanket of fog that envelops one. The effect of bliss lasts much longer and the thought of blissful joy is enough to transport one into heavenly happiness.

**Fulfillment** is the nirvana or moksha or the 'ultimate destination' of Happiness. It is a state of being ever blissful. You don't arrive there as it is not a destination, but you transcend to this peak. The one who has fulfillment understands what the little pleasures are. Such an individual does not feel the lack of pleasure in its absence and enjoys it when it is present, but never focuses on it. fulfillment is finding pleasure in everything one does and so pleasure exists at all times. Pleasure merges into joy because every experience creates happiness. fulfillment is a feeling of everlasting and perpetual happiness. There is bliss in all one does because one's thoughts, feelings, actions and attitude are programmed to be happy. fulfillment supersedes the negative emotions that create unhappiness. It focuses on



blissful moments that give true joy that lasts on and on. fulfillment is deep contentment in the heart. It is desire that does not lead to disappointment, for it is accompanied by acceptance and surrender. As it suggests, when one is fulfilled, one is full and filled with pleasure, joy and bliss. There is no space for sorrow to enter and one evolves into a state of mystical happiness, cheer, enthusiasm and peace that surpasses the common pleasures on earth.

On the happiness journey, you must encounter all of these and transcend from pleasures to joy, from joy to bliss and from bliss to fulfillment. At first, material possessions will make you happy. But as you climb from peak to peak, you will find joy without prosperity, bliss without possessions and fulfillment emerging from deep within your heart and soul.





Pleasures are little spurts of happiness that come from doing little things.



Joy is a little deeper and a little stronger. Bliss is extreme pleasure and joy.



Fulfillment is the nirvana or moksh of happiness. This is a state of being ever blissful.

# CHAPTER 2

## THE 6 STEPS TO HAPPINESS

In my quest for happiness, I discovered that anybody could be happy, if only they knew what happiness is and then went about achieving it systematically. Happiness is as simple as making a cup of tea, but even making a cup of tea involves a recipe or a process. If one does not follow the process or steps, it would be impossible to prepare a good cup of tea. Likewise, it is the same with happiness.

Anybody can be happy. You don't have to be the richest person on earth to be happy. For all you know, the richest person on earth may also be the unhappiest that ever lived. Of course, money can give you pleasures, but money cannot directly buy you happiness. While the lack of money can result in not having material possessions which may make us dissatisfied, it is not necessarily true that poverty is guaranteed to make you unhappy. In this materialistic world, it is pragmatic and important to have a decent earning. But, one must be aware that material prosperity is not directly proportionate to happiness. So move on without worrying about how much money you have. Whatever be your material possessions or earnings or wealth, you can still be happy.

As long as you have a deep aspiration to be happy, you can be happy. If you don't want to be happy, then you may have all the money in the world, and yet remain unhappy. So the 1st Step towards happiness is to want it.

Once you wanna be happy, the next step is to know what makes you happy. *If you don't know what will make you happy, how can you ever be happy?* Every happiness seeker must learn this 2nd Step in the journey to happiness. Once you desire happiness and know exactly what will make you happy, then you are progressing in your journey towards happiness and need to move on to the 3rd step.

The 3rd Step is having the courage to do what it takes to be happy. It is not enough to just want happiness and know what will make you happy. If you do not take action, happiness will continue to remain a distant dream.

Halfway through, one must analyze if the process is working and if the goal is half achieved. Surely, there will be some bottlenecks and problems in your journey that will try to hold you back from your dream of being happy. You must confront and defeat them to progress in the path to happiness. Discover this in the 4th Step.

While it is simple for anyone to follow these 4 steps and reach closer to the peak of happiness, there may be a few unfortunate ones who are deep in sorrow as if the quicksand of misery is holding them back from their aspiration of happiness. Well, for them the 5th Step is the most important step that will reveal, how they can escape from the prison of unhappiness and how they can rejuvenate their lives to create new hope for joy. Yes, it is possible, but before attempting the first 4 steps, this group needs to visit the 5th step and then start the journey. The reason I insist on step number 5 is because many of us are entangled in this slot and we need to get out of it. Therefore, it is very important for

this step to be part of the 6 steps of the happiness journey.

People in this step are in a different state of mind. They are deeply buried in sorrow. Their life is surrounded by misery. They wish to be happy, but can they find happiness? Is there hope, even though they seem to be deeply immersed in unhappiness? Yes, anybody can be happy, but they must first learn to bounce back to life. Once they do, they can follow the steps that will guarantee happiness and transform their lives.

And then finally, we arrive at the Sixth Step. It is easy to be happy occasionally, but how do you remain happy all the time? This is the magic we discover in the sixth step where each of us can decide how we want our life to be. Happiness need not be a flavor of the month. It is something that can be yours forever.

So far, I have only given you a small glimpse of the journey to happiness; it is not the journey itself. You must read each chapter to understand each step and then put it into action. Once you do, happiness is guaranteed. It cannot escape you, if you sincerely adapt your life to these six steps.

The moment you stop following the process to find happiness, you may sink into sorrow. The choice is yours! If you don't like the fruit you are growing, you must change the seeds that you are sowing. And for this, you must have the courage to change. Only then can you be truly happy!

Happiness is the most important thing in life. Almost everything that people do in their lives is done to make them happy. They make money so that material prosperity gives them joy. They work hard to build name and fame so that the



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