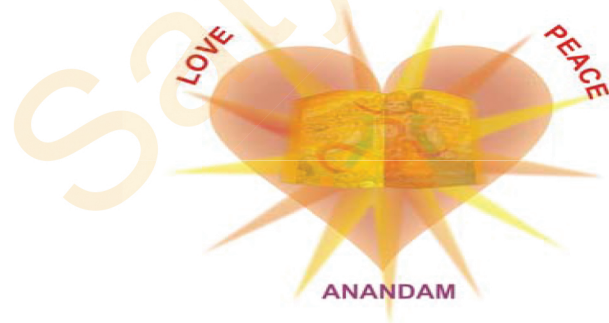


7-Steps to Everlasting Happiness

Anandam-Bliss

Satya Kalra

www.pathtoanandam.org



Contents

Unhappiness to Anandam

1. What is Anandam?
2. Why Anandam?
3. Causes of unhappiness (old programming of Mind)?
4. Mind/Thoughts
5. Mind/Self-Transformation
6. Live in Anandam Consciousness
7. 7-Steps: every activity in life to attain Anandam
8. Daily Anandam Planner/Self-discipline
9. Benefits: To self and the world

Are You Happy and Peaceful?

Sometime **DEPENDS.....**

...

.....

....

VVVVVVVVVV

What is Everlasting Happiness, Peace – Anandam-Bliss?

- Happiness within that is not affected by **any undesirable, unexpected** external factors or situations -Everlasting Happiness/Anandam

“It is the Ultimate Peace and Bliss”



We All Have Only One Goal

Housewife, Packer to CEO

“We want to Be Happy”

Live in Love, Peace and Anandam



Miseries to Bliss

Need of a every Human Being

- Happy
- Love
- Peace
- Bliss full-Anandam



“It is all free”

Love Peace Anandam

True Nature/DNA

Healing, Coolness of water

**“I am Anandam
I am Love
I am Peace
I am Divine”**

“Sat Chit Ananda”

“Anandam is in Our DNA”



Purpose of Life

If I am Anandam, why am I **NOT happy?**

Because we live in a Dream Land of IF...

I will be happy if ...

- **If I get a phone call from my children**
- **If my spouse was different...**
- **If I get a promotion, become a CEO**
- **If I do not have pain or sick...**
- **If my boss gets heart attack**
- **If some prominent person dies-canceled exams....**

If I am Anandam, why am I **NOT** happy?

Because we live in **unhappy consciousness ...**

- We carry the **old baggage: feelings, hurt, resentment...**
- Think negatively
- Speak unpleasantly, complain, lies,
- Hear Gossips and -ve talks, sad music-Mukesh..
- See faults in others,
- TV: watch depressing serials
- Eat unhealthy food
- Action: according to our thoughts...

**We live in unhappy consciousness/life-style,
So how can we be happy???**

Gita: The Spiritual Guide

“Gita, the Spiritual Instruction Manual guides to attain Eternal Happiness and Peace in daily life”



Causes of Unhappiness

Selfish desires, anger and greed are the **triple barriers** to happiness that lead to the destruction (bondage) of the embodied self. Therefore, one should abandon these three. (16.21)

Unfulfilled desires → Anger

Fulfilled desires → Greed

Selfish desires → Disasters

Root Causes of Unhappiness

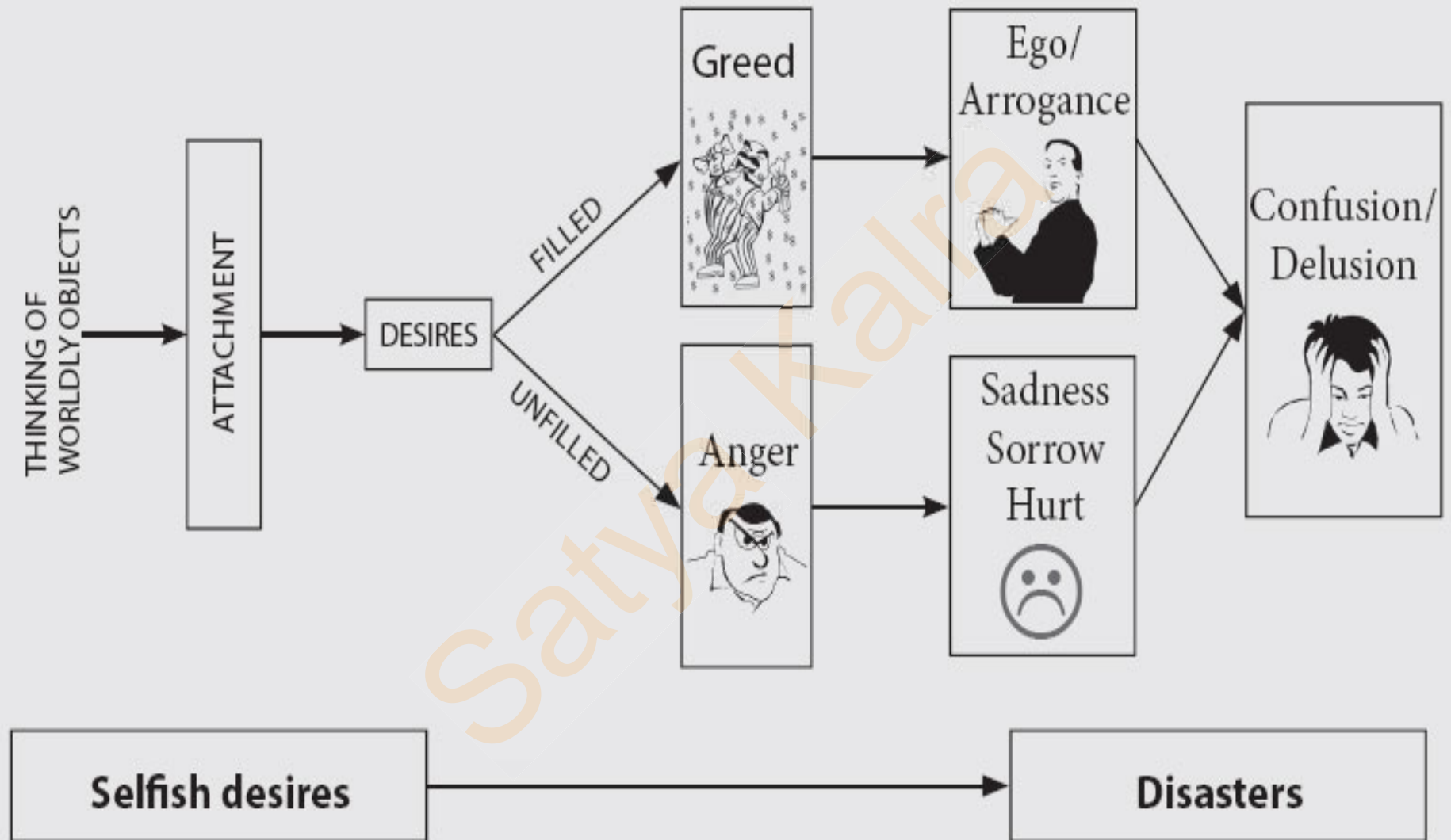


Fig. 2.1 Obstacles on the path of Self-Realization (2.62-63)

Who is a Unhappy?

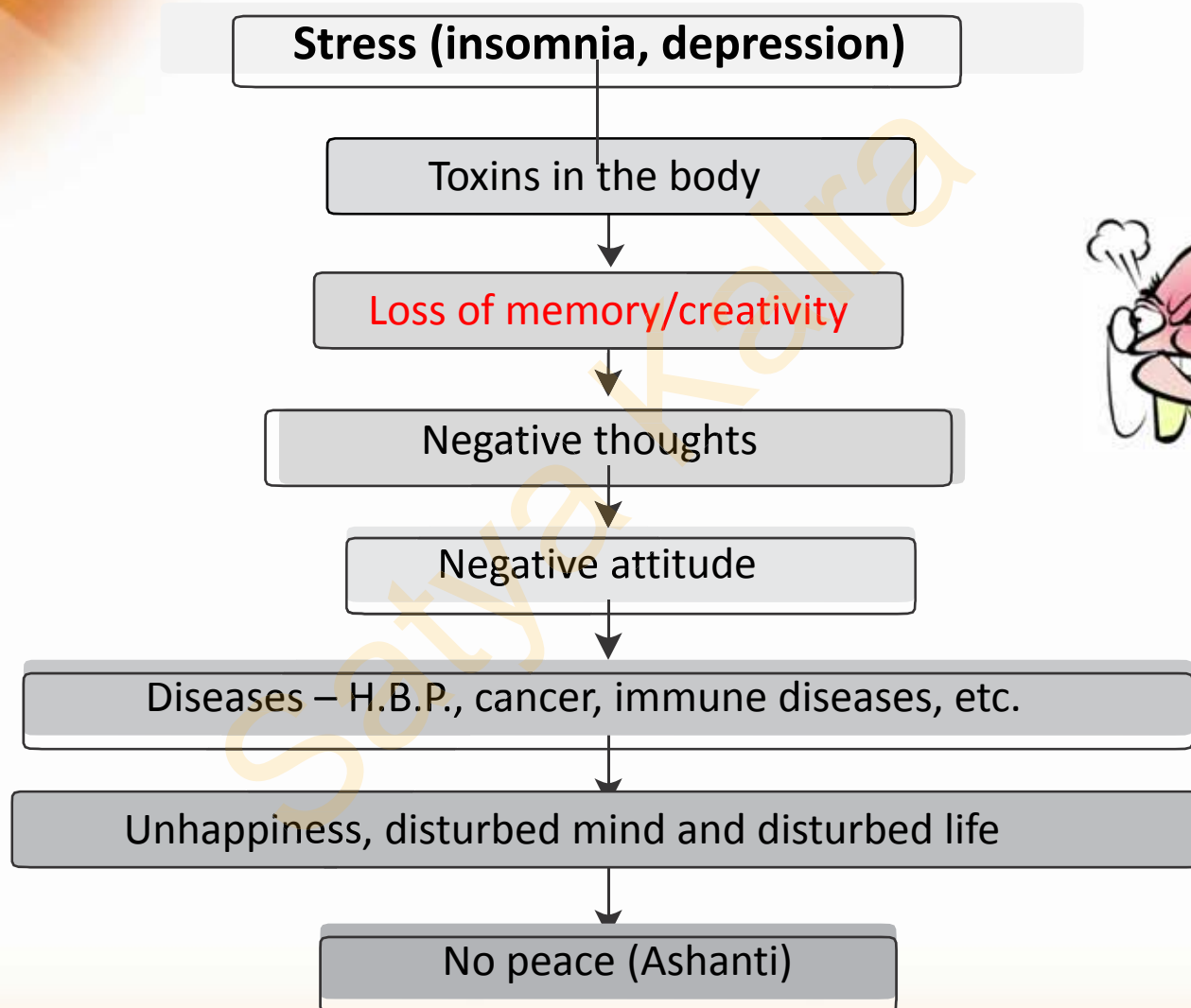
*Unhappy are those, who are very selfish, have too many **selfish desires** and want to **control** every situation (G.2.49)*



Unhappy ones do not attain Eternal Happiness and Peace-Anandam

Symptoms & Effect of Unhappiness

Physical and Mental



Effect of Unhappiness and Selfish Desires in the society

*Unhappiness ↔ Sick mind → Sick
body → Sick society → Disturbances
in the world 9/11*

How to Attain Eternal Happiness?

1. One who makes, “Sat Chit Anandam” as Sup. goal of his life
2. Always lives in Anandam consciousness (MY).
3. Focuses his **MIND** on Anandam (Me).
4. Free from enmity towards all beings
5. Friendly to all
6. Has no attachments and **selfish desires**
7. performs all his actions as **selfless action/Goodness**
8. Certainly attains Me, “Sat Chit Ananda.” (11.55)

This verse is the essence of the whole Gita”
- Shankaracharyaji



What is Mind?

Mind:

- Bundle of thoughts
- Memory bank of old sanskaras (data base of Information)
- Master of senses and human being
- **Wind**-windmill or tornado...

*“Very restless, turbulent, stubborn and hard to control
(Monkey Mind)” (6.34)*

Slow Cooker

Mind: Friend or Enemy?

One must lift himself by himself and not degrade himself. The self alone is his friend and self alone is his enemy. For him, who has conquered his self (Lower self) by the self (Higher Self), his self is a friend but for one, who has not conquered his self his selfish an enemy (6.05-06)

“Our mind can be our dearest friend or worst enemy”

“It all starts with one’s mind”

B-M-S

Understand the Function of Mind

Mind has 3 parts:

- 1. Conscious Mind**
- 2. Sub-Conscious Mind**
- 3. Super-Conscious Mind**

Need Different Spiritual Practices

Conscious Level (Awareness):

- *Practice Goodness, Yoga*

Sub-Conscious Level:

- *Balance the Energy of Chakras*
- *Meditation*

Super-Conscious Level:

- *Affirmation*
- *Prayers*

How to Become Happy and Peaceful?

Remove the causes, **Old baggage**

How?

Reprogram the Mind (Friend or enemy)

Triple AAA Approach:

- **Self-Awareness** (Am I unhappy, physically, mentally?)
- **Self-Analysis** Δ (Why am I unhappy /Diagnosis?)
- **Self-Action** for correction (Treatment)

Do Self-Analysis

Ask Questions?

- Why am I unhappy?
- Make a list of your issues and problems or barriers to happiness (fear/worry, jealousy, resentful)
- What do I want, why and when?
- How will I do it?
- Make the decision and go for it

How to become Happy?

Those who are free of fearful and resentful thoughts surely find abundance, peace and happiness. Buddha

Selfish desires, anger and greed are the triple barriers to happiness that lead to the destruction (bondage) of the embodied self. Therefore, one should abandon these three. (16.21)

Free yourself from the barriers,
5+2Enemies

Happy Person ?

*One who is able to resist the impulses of **selfish desires** (lust) and **anger** is a happy man and a Yogi. (G.5.23)*



*One who **never grieves** nor has any **selfish desires** and impartial to all beings attains eternal happiness and peace. (18.54)*

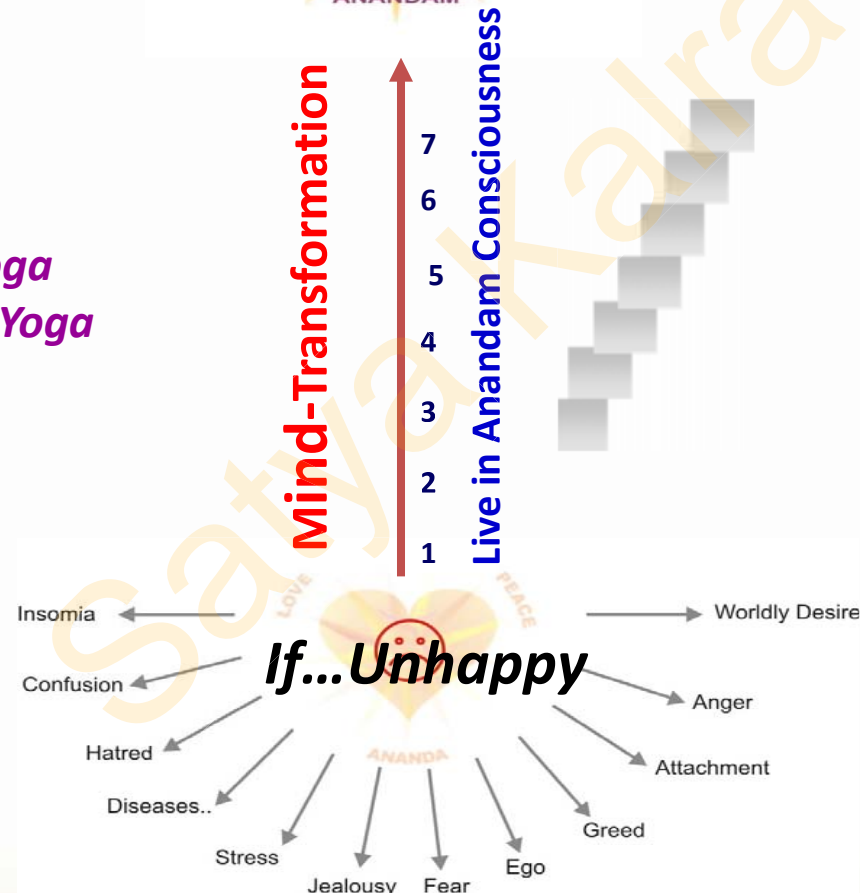


Peace and Happiness



Gita:

- Action Yoga
- Devotion Yoga
- Knowledge Yoga



VVVVVVVVVV

7 Steps - Based on the Teachings of Gita

Follow 7- Steps

Temporary happiness to Eternal Happiness

Live in Anandam Consciousness

1. Set the goal to be happy.
2. Focus on self and have divine company: **A**
4. Practice Goodness/**Anandam**- 5 Monkeys
(Work with love and compassion (K.Y.))
5. Take care of your self: Meditation, Prayers,
Pranayam, Asanas-Yoga
6. Surrender : Do your best and let go
7. Practice and Patience...

*“Anandam in every activity and
every moment of life”*

*Enjoy, Enjoy,...
Masti mai jiyo*

Step 1: Make a Commitment

Set the Goal :

“To Live in *Anandam*”

NOW



Self-Discipline

Step 2: Have Good/Anandam Company

Must have:

- * People/Friends (Positive, Confidential, Well Wisher,)**
- * Books (Scriptures, Auto/biography)**
- * TV**
- * Food**

Be a Noble Company and Mentor to others

Step 2

Eat Healthy and Sattvic Food...

“Healthy food leads to healthy body and healthy mind”

“Man is what he eats” Jaisa aan, vaisa man

“As the food so the mind, as the mind so the thought, as the thought so the act”

—Sathya Sai Baba

The foods which increase longevity, purity, strength, health, happiness, and cheerfulness are juicy, oleaginous, wholesome and nutritious and enjoyed by Sattvic persons (pure, the mode of goodness).
(17.08)



Annamaye Kosha

Step3: *Live in Consciousness of Anandam*

*Anandam in thinking
Anandam in seeing
Anandam in talking
Anandam in listening
Anandam in working
Anandam in sleeping*

“Anandam in every activity and every moment of life”



Think Good

See Good

Hear Good

Speak Good

Do Good

Change old pattern

Step 4: Do Selfless Action

Fulfill your duty with **love and compassion** and the **best of your ability without expectations** of any personal gain is called Karma-Yoga(Art of work). (2.47,2.50)

e.g. Community service/ Hobby/ Vocation/Vacation

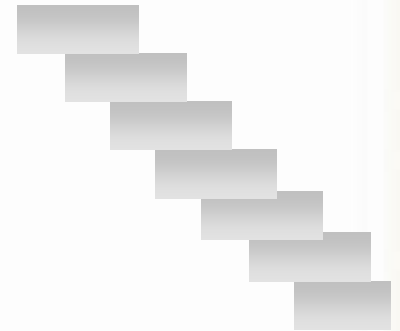
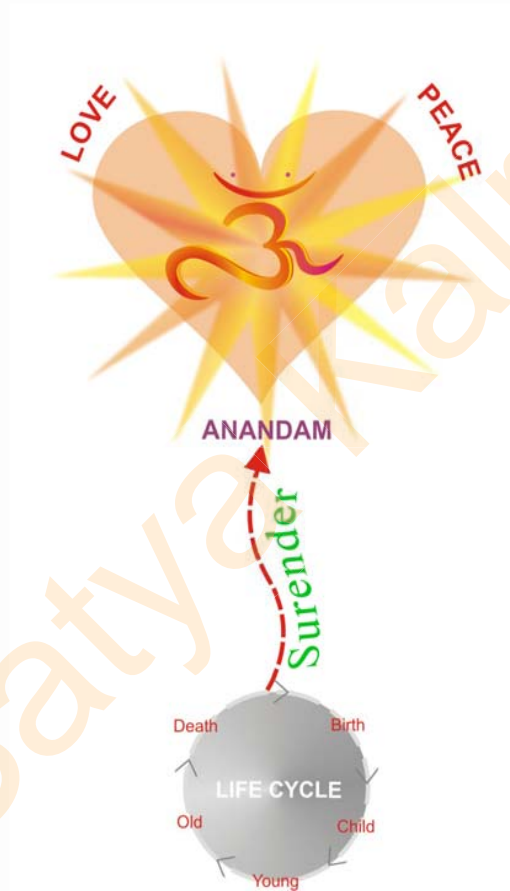
The greatest degree of inner tranquility comes from the development of **love and compassion**. The more we care for the happiness of others, the greater is our own sense of well-being -- **Dalai Lama**

Practice not just in centers/ashram/temples but at home



Conscious-Mind

Step 5 Surrender, Let Go...



Have Faith in God/Supreme

Step 5: Spiritual Practices

- **Asanas/Yoga**
- **Pranayam**
- **Meditation**
- **öAUM/ Anandam /Mantra**
- **Prayers, Silence**

Self-Discipline

Step 7: Practice, Practice...

Follow Daily Anandam Planner



Daily Anandam Practices

Morning:

- 3-108 X **Aum-Anandamayi/Affirmation** (1st thing A.M.)
- Study Scriptures-Gita
- **60 minute**: Asanas, pranayam, prayers, Meditation

Day Time:

- Practice goodness (5 monkeys)
- One **issue**, tip/day, wk, month...

P.M. Evening:

- Do prayers Evaluate your daily activities,
- Do Prayers and Meditation
- Surrender and Let go....

Spiritual practices → Mind/Self-Transformation → Eternal Happiness,
Peace-Anandam → **"Sat Chit Ananda"** Self-Discipline

Name: Daily self- discipline Anandam planner to Reprogram the mind

Path to Anandam

Daily Spiritual Planner for Worry-Free Life																																
	DAY																														Comments	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
MORNING																																
AUM 3-108 x before starting your day																																
Read one message per day																																
60-MINUTE PROGRAM																																
1. Yoga/Exercise – 20 min																																
2. Pranayam – 20 min																																
3. Meditation & Prayers – 20 min																																
DURING THE DAY																																
Contemplate on one message and practice																																
EVENING																																
Meditation (5-30 minutes)																																
Evaluate yourself and fine tune as needed																																
Pray to God and thank Him for His guidance																																
Surrender to God and Let go; He knows the best and will do the best for us, "why worry- Hari kare so khar"																																

Higher-Self

Love PEACE

Happiness



Mind

Geeta

- *Jnana Yoga*
- *Bhakti Yoga*
- *Karma Yoga*



Body

Lower Self

Anger

Guilt

Greed

Blame

Jealousy

Hate

Fear

Process and Benefits of Connection

B-M-S

Selfish

Bad Company

Stress

Benefits: Become a Happy Person



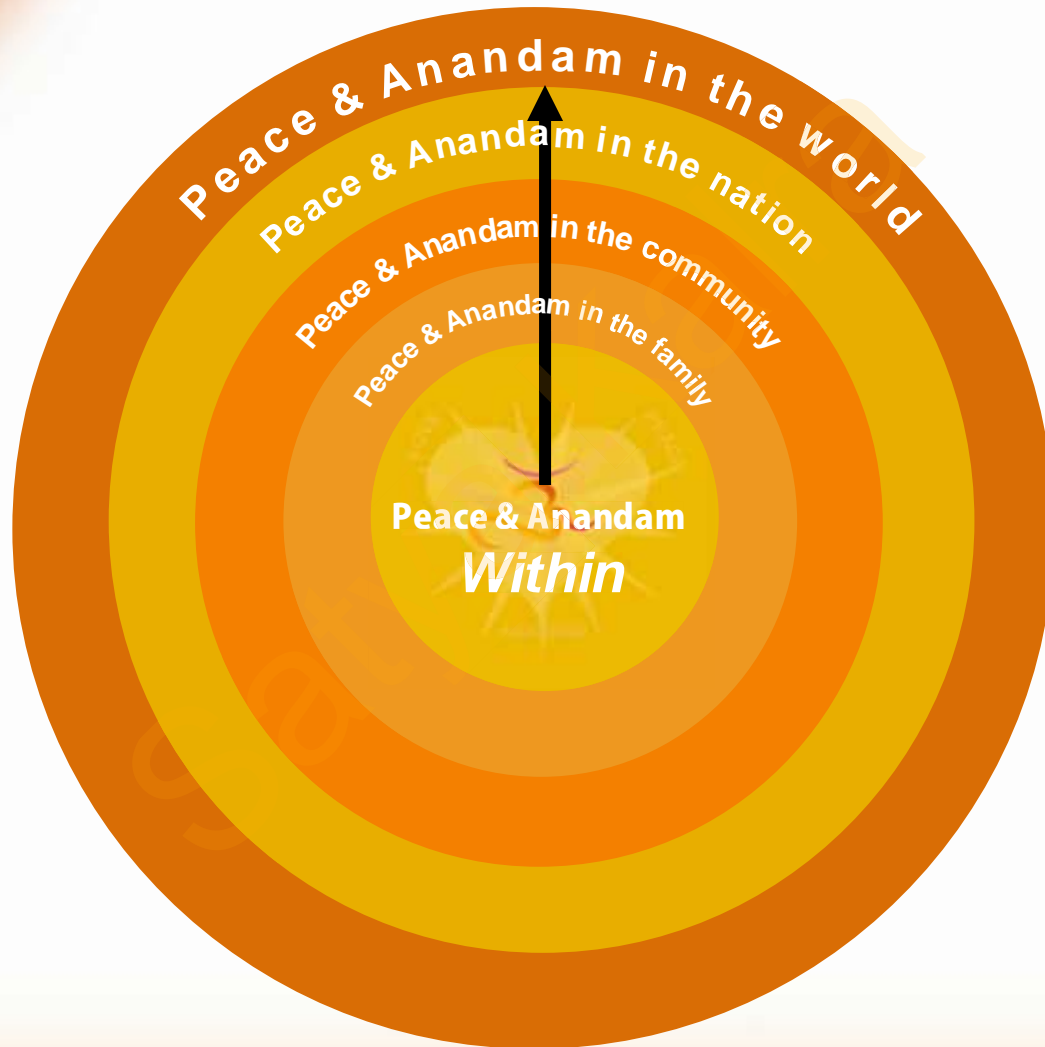
1. Live like Lotus: **Calm**, Detached, beauty to others
2. Healthy Body, Healthy Mind, Stronger Will Power
(Connected with the Soul)
3. Loving, Peaceful and Happy/Anandam/Blissful

*Enjoy the materialistic word and also attain
the Purpose of Life, “Sat Chit Ananda”*



Qualities of a happy person

“Inner Anandam Creates Global Peace and Anandam”



Summary

Only 1 Step to attain Everlasting Happiness

Live in the consciousness of Anandam

Anandam Mantra

*“Anandam in every activity and every moment
of life”*

Summary

Only 1 Step to attain Everlasting Happiness

Live in the consciousness of Anandam

Anandam Mantra

“Anandam in every activity and every moment of life”



Enjoy, Enjoy, Enjoy...

Masti mai jiyo

POEM

See the Book MQGA



Enjoy, Enjoy, Enjoy...

Masti mai jiyo