

*Health, Happiness and You*  
By  
Pratap C. Singhal, MD

Copyright © 2011 Pratap C. Singhal, MD  
ALL RIGHTS RESERVED

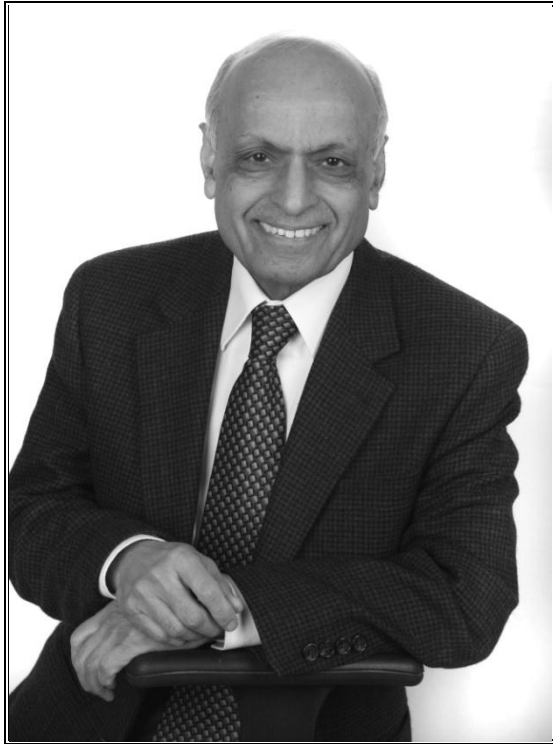
ISBN: 13-978-1461184324

First Printing—May 2011

Library of Congress Control Number: 2011901313

NO PART OF THIS BOOK MAY BE REPRODUCED IN  
ANY FORM, BY PHOTOCOPYING OR BY ANY  
ELECTRONIC OR MECHANICAL MEANS, INCLUDING  
INFORMATION STORAGE OR RETRIEVAL SYSTEMS,  
WITHOUT PERMISSION IN WRITING FROM THE  
COPYRIGHT OWNER/AUTHOR

Printed in the U.S.A.



**The Author**

Pratap C. Singhal, MD, is a physician who practices conventional, and body mind medicine. He is a Homeopath, a stop smoking specialist and a Hypnotherapist. He has greater than 100,000 patient encounters in his lifetime. He firmly believes that one of our most important goals is to lead the life of mental stability and/or happiness, that has a basis on being strong in the body, mind, and spirit.

He is passionate about the subject of health, happiness and self-empowerment. He believes that everybody needs, wants and deserves health and happiness, irrespective of age, sex, education, college degree, wealth, social status or anything else.

In reference to blissful living he states: That in order to enjoy the life of bliss one needs to work on two elements; the first being, the self-empowerment and the second being, the compassion for others.

In reference to “you” he states: Let us face it, everybody thinks and believes that he and she is the most important person on this earth. Then at least know yourself, inside out. Do something for yourself, for your body, for you mind, and for your soul. Don’t get stuck just on the body.

In reference to wisdom he states: A wise person is the one who is of a stable mind, and is not shaken up by the chaos of life. A wise person stays happy, calm and balanced in all situations of life.

In reference to intelligence he states: The best test of the intelligence of a person is his or her ability to solve the problems of life, because the problems of life are much more difficult and complicated than any problems of math, chemistry, biology, medicine, engineering, astronomy, astrology, computer science etc, etc.

In reference to healing he stresses a very important fact: That in order for cure or true healing to happen, one has to be 100% willing, determined, and committed to his or her care. No doctor, no hospital, or any art of healing sciences can replace this most important ingredient.

Dr. Singhal is a happiness coach. He speaks, and consults on this philosophy.

# Contents

<a href="#"><u>INTRODUCTION - Please read me.....</u></a>	<a href="#"><u>1</u></a>
<a href="#"><u>SECTION I - Understand &amp; Know Yourself.....</u></a>	<a href="#"><u>10</u></a>
<a href="#"><u>CHAPTER ONE Dynamics of Health &amp; Happiness: Slow Down/     Reverse the Aging &amp; Disease Processes.....</u></a>	<a href="#"><u>i</u></a>
<a href="#"><u>CHAPTER TWO Balance in Life: The Secret to Good Health &amp;     Happiness.....</u></a>	<a href="#"><u>xx</u></a>
<a href="#"><u>CHAPTER THREE - Energy: Increase &amp; Balance Your Energy Level.....</u></a>	<a href="#"><u>xxx</u></a>
<a href="#"><u>CHAPTER FOUR - Who Am I? (Part I) Want Happiness? Know Yourself.....</u></a>	<a href="#"><u>Error! Bookmark not defined.</u></a>
<a href="#"><u>CHAPTER FIVE - Who Am I? (Part II) Why Happiness is a Must.....</u></a>	<a href="#"><u>Error! Bookmark not defined.</u></a>
<a href="#"><u>CHAPTER SIX - Defining Health, Happiness, Disease &amp; Suffering.....</u></a>	<a href="#"><u>Error! Bookmark not defined.</u></a>
<a href="#"><u>SECTION II - How to be Healthy &amp; Stay Healthy.....</u></a>	<a href="#"><u>91</u></a>
<a href="#"><u>CHAPTER SEVEN - Physical Health: Definition.....</u></a>	<a href="#"><u>93</u></a>
<a href="#"><u>CHAPTER EIGHT - Physical Body.....</u></a>	<a href="#"><u>Error! Bookmark not defined.</u></a>
<a href="#"><u>CHAPTER NINE - Digestion: Appetite for Food, Appetite for Life.....</u></a>	<a href="#"><u>101</u></a>
<a href="#"><u>CHAPTER TEN - Respiration: The Breath of Life.....</u></a>	<a href="#"><u>Error! Bookmark not defined.</u></a>
<a href="#"><u>CHAPTER ELEVEN - Circulation: On the Go.....</u></a>	<a href="#"><u>6</u></a>
<a href="#"><u>CHAPTER TWELVE - Skeletal System: Protection &amp; Support.....</u></a>	<a href="#"><u>33</u></a>
<a href="#"><u>CHAPTER THIRTEEN - Skin: Reflection of Health.....</u></a>	<a href="#"><u>37</u></a>
<a href="#"><u>CHAPTER FOURTEEN - Reproductive System: Continuation of the     Human Race.....</u></a>	<a href="#"><u>Error! Bookmark not defined.</u></a>
<a href="#"><u>CHAPTER FIFTEEN - The Central Nervous System: Our Command     Center.....</u></a>	<a href="#"><u>Error! Bookmark not defined.</u></a>

<a href="#">CHAPTER SIXTEEN - The Endocrine Gland System: System of Hormones.....</a>	<a href="#">Error! Bookmark not defined.</a>	9
<a href="#">CHAPTER SEVENTEEN - Mental Health Defined</a>	<a href="#">Error! Bookmark not defined.</a>	52
<a href="#">CHAPTER EIGHTEEN - Human Psyche / Human Software</a>	<a href="#">Error! Bookmark not defined.</a>	5
<a href="#">Part I: Ego.....</a>	<a href="#">Error! Bookmark not defined.</a>	60
<a href="#">Part II: Intellect.....</a>	<a href="#">Error! Bookmark not defined.</a>	4
<a href="#">Part III: The Mind.....</a>	<a href="#">Error! Bookmark not defined.</a>	90
<a href="#">CHAPTER NINETEEN - Subconscious Mind: The Final Product</a>	<a href="#">Error! Bookmark not defined.</a>	13
<a href="#">CHAPTER TWENTY - Redefining Spiritual Health</a>	<a href="#">Error! Bookmark not defined.</a>	22
<a href="#">CHAPTER TWENTY-ONE - Soul: The Consciousness/ Awareness</a>	<a href="#">Error! Bookmark not defined.</a>	24
<a href="#">CHAPTER TWENTY-TWO - Spirituality: Path of Freedom &amp; Happiness</a>	<a href="#">Error! Bookmark not defined.</a>	7
<b><a href="#">SECTION III - Methods &amp; Means for a Happier Life</a></b>	<a href="#">Error! Bookmark not defined.</a>	<b>53</b>
<a href="#">CHAPTER TWENTY-THREE - Sleep, Rest &amp; Relaxation</a>	<a href="#">Error! Bookmark not defined.</a>	55
<a href="#">CHAPTER TWENTY-FOUR - Exercises for Body, Mind &amp; Soul (Spirit)</a>	<a href="#">Error! Bookmark not defined.</a>	65
<a href="#">CHAPTER TWENTY-FIVE - Food &amp; Nourishment (Part I)</a>	<a href="#">Error! Bookmark not defined.</a>	75
<a href="#">CHAPTER TWENTY-SIX - Food and Nourishment II (Vegetarianism, the Alkaline Diet).....</a>	<a href="#">Error! Bookmark not defined.</a>	91
<a href="#">CHAPTER TWENTY-SEVEN - Silence: The Opportunity for Mental &amp; Spiritual Growth.....</a>	<a href="#">Error! Bookmark not defined.</a>	99
<a href="#">CHAPTER TWENTY-EIGHT - Meditation: Connecting to the Bliss Center.....</a>		307
<a href="#">CHAPTER TWENTY-NINE - Yoga: The Harmonious Working of the Body, Mind, &amp; Soul (Spirit).....</a>	<a href="#">Error! Bookmark not defined.</a>	18
<a href="#">CHAPTER THIRTY - Art of Eternal Happiness: Always Calm, Always Smiling.....</a>		xlviij36
<a href="#">CHAPTER THIRTY-ONE - Young Forever: Always Good, Always Young</a>	<a href="#">Error! Bookmark not defined.</a>	60

<a href="#">CHAPTER THIRTY-TWO - Transformation: The Magic, from Here to There.....</a>	<a href="#">Error! Bookmark not defined.</a>	66
<a href="#">CHAPTER THIRTY-THREE - Upbringing of the Children</a>	<a href="#">Error! Bookmark not defined.</a>	74
<a href="#">CHAPTER THIRTY-FOUR - One Universal Dharma/Religion: The Duty</a>	<a href="#">Error! Bookmark not defined.</a>	85
<a href="#">CHAPTER THIRTY-FIVE - One Universal God: Concept of God</a>	<a href="#">Error! Bookmark not defined.</a>	96
<a href="#">SECTION IV - Doctor, I am Sick!.....</a>	<a href="#">Error! Bookmark not defined.</a>	7
<a href="#">CHAPTER THIRTY-SIX - Conventional Medicine (Allopathy)</a>	<a href="#">Error! Bookmark not defined.</a>	19
<a href="#">CHAPTER THIRTY-SEVEN - Ayurveda &amp; Maharishi Ayurveda: Healing at the Level of the Body, Mind &amp; Soul .</a>	<a href="#">Error! Bookmark not defined.</a>	21
<a href="#">CHAPTER THIRTY-EIGHT - Homeopathy: Healing the Body &amp; Mind Without Side Effects .....</a>	<a href="#">Error! Bookmark not defined.</a>	35
<a href="#">CHAPTER THIRTY-NINE - Natural Cure Part # I: Raising the Vitality</a>	<a href="#">Error! Bookmark not defined.</a>	51
<a href="#">CHAPTER FORTY - Natural Cure Part # II Alkalize with Diet</a>	<a href="#">Error! Bookmark not defined.</a>	63
<a href="#">CHAPTER FORTY-ONE - Healing (Self-healing)</a>	<a href="#">Error! Bookmark not defined.</a>	78
<a href="#">CHAPTER FORTY-TWO - Fasting: Cleansing the Body, Mind and Soul</a>	<a href="#">Error! Bookmark not defined.</a>	94
<a href="#">CHAPTER FORTY-THREE - Hypnotherapy: Healing with Medical Hypnosis.....</a>	<a href="#">Error! Bookmark not defined.</a>	50
<a href="#">Till Next Time (<i>Namaste</i>).....</a>		509
<a href="#">Appendix A: Poems .....</a>		511
<a href="#">Glossary .....</a>		513
<a href="#">Index.....</a>	<a href="#">Error! Bookmark not defined.</a>	17
<a href="#">Book Availability .....</a>	<a href="#">Error! Bookmark not defined.</a>	6
<a href="#">Bibliography.....</a>	<a href="#">Error! Bookmark not defined.</a>	8

## INTRODUCTION

---

# Please read me...

My dear friends welcome! And thank you for choosing this book.

You must have chosen this book for a strong reason. Either you are looking for ways to improve your health or you are a lover of health and happiness. Whatever the reason may be, you are correct, and your thinking is in alignment with my thinking.

Now think for a minute: If you are sick and miserable, you may have everything in abundance, e.g., wealth, college degrees, good family, and good social status, but you may not be able to enjoy life. Conversely, if you are healthy and happy, you enjoy life, and you are content with less of everything. In other words, having health and happiness is the number one priority of life, not number two. You should always keep in mind that this is a very long life.

In this reference, let me advise you that whether you live the life of health and happiness or disease and suffering, it can be your choice. I will show you how!

### **The story behind this book**

I have been thinking for a long time as to why there is so much disease, pain, suffering, misery, and unhappiness beside all the goodness around us. We are surrounded by caring and loving parents, family, good-intentioned friends, teachers, and gurus. Every sort of information is available to us.



Our scriptures have done a wonderful job in guiding us in the right direction. Even the Constitution of our country is written for freedom and happiness of all. We have a beautiful body, powerful mind, sharp intellect, and immortal soul. The sun, moon, stars, and galaxies are also for our benefit. Air, water, fire, ether, and minerals are here to nourish us. Yet we continue to suffer day after day, month after month, and year after year (even life after life, if you believe in reincarnation).

One day I was meditating, and a thought dawned on me. The thought was so beautiful, powerful, and enlightening that it brought thrill and excitement to me. It even felt like my heart was jumping up and down. Now let me share this thought with you:

*Health and happiness lies within the heart and soul of each individual and not outside, and we do not need anything additional for our happiness. However, in order to make this realization come true and in order to enjoy a life of health and happiness, we need to be strong at the physical, mental, and spiritual levels. This is the focus of this book.*

A strong person is always healthy, happy, and victorious in life; whereas a weak person is the victim of pain, disease, suffering, and unhappiness. There should be no doubt about it.

I can tell you that from the very beginning this book is simple and practical. No jokes and no fiction. You can read and apply the information in this book. It is that easy. I will guide you all the way through the process.

There are four sections in this book, and each one is divided into chapters. Each chapter has an objective or a mission, and at the end there is

a paragraph about the benefits of that chapter. This is what makes this book useful and practical.

Imagine the positive effect on your life even if you use just one piece of information from each chapter. Of course for maximum benefit, you must make a commitment and take the responsibility for all of your acts and deeds.

To add to the practicality of the book, I have devised tests at the end of many chapters. I believe test-taking helps to clarify the subject and take you into a deeper level of understanding. Tests can also be relaxing if you are assured of not being graded or judged.

The idea of these tests is not to judge you, but to give good insight into your life. It is best that the results of the tests be kept confidential and used only for your insight and progress. These tests can be challenging, but they are also enlightening and rewarding.

I admit that I am only a student of metaphysical science and not an authority on the subject. However, the information contained in this book is correct, because I have done my own research.

### **Section 1**

This section is devoted to the study of the self (you and me). For health and happiness, knowledge of the self is more important, more productive, and more useful than any college degree or diploma.

### **Section 2**

This section is filled with practical information about how to become healthy and stay healthy in the body, mind, and soul.

### **Section 3**

You must realize that the pursuit of health and happiness is an ongoing process. Here I shall guide you on how to prepare yourself to fulfill your mission of health and happiness in an ongoing manner. There is a special chapter on the art of happiness. I believe if you read this chapter with your heart and soul, it could change your life.

#### **Section 4**

This section deals with several healing methods, e.g., conventional medicine, Ayurveda, homeopathy, Natural Cure I, Natural Cure II, self-healing, fasting, and medical hypnosis.

**How to use this book**

I strongly suggest that you read the general section first, although it is not absolutely essential, or you can start reading any chapter that you choose.

Read a chapter more than once if you feel there is a need to do so.

**The uniqueness of this book is that each chapter:**

1. Is complete in itself, as is everything else in the universe, including you and me.
2. Is independent; you do not need to know the information in the previous chapter, unlike a novel or science fiction.
3. Sheds new light and enlivens new hope.
4. Provides practical and useful information on that subject.
5. Relates real life examples and my experiences from which you can benefit.

I have given poetic expression to the main themes in several chapters, because I believe poetry has a more profound effect on the heart, emotion, and soul than everyday language. If you love poetry as I do, you may want to start by reading the poems.

I believe the information in this book can bring magical transformation in your life, even if you dedicate as little as ten minutes a day to the message of the book.

I have also given several practical advices throughout the book, some of them are the golden nuggets. You can pick and choose for your maximum benefits.

While reading this book you shall perceive quite often as if I'm there talking to you directly. I have chosen this style because I love closeness – the closeness to my readers. I hope you will enjoy that.

Writing this book has been a unique and rewarding experience for me. I saw my life evolving as I was writing it. If you read it with feeling, emotions, and commitment, it could also bring positive changes to your life. My wishes are with you.

One humble request, before I let you go on your own. You must appreciate that I have written this book from my heart and soul in order to help you. I am sure there may be some imperfections or even mistakes. Please focus on the message and ignore the negativity. This is also one of the important secrets to a happy life.

Thank you again for giving me the opportunity to be a part of your well being. Good luck!

*Pratap C. Singhal, MD*

### **I am the master of my domain**

I am the master of my domain  
How can I blame  
To whom can I blame?  
It is my life  
It is my game

I am the master of my domain

When something good happens  
I often claim  
When results are bad  
I often blame  
Do not focus on the claim or the blame  
It is my life  
It is my game  
I am the master of my domain

Neither I could make anybody change  
Nor anybody could make me change  
This is the wonder of the law of change  
If I wish my life to change  
I must work with my brain  
It is my life  
It is my game  
I am the master of my domain

I am the master and the servant  
I have to face every front  
This fact is well known  
It is my life  
It is my game  
I am the master of my domain

Happiness is not in the financial freedom  
I also need emotional, intellectual, and spiritual freedom  
Freedom is the name of the game  
It is my life  
It is my game  
I am the master of my domain

Gift is this life  
Gift is the time  
Gift is health  
Gift is happiness  
But I may call it by any name.

It is my life  
It is my game  
I am the master of my domain

Whether I chose to be healthy and happy  
Or being sick and miserable  
It is up to me  
It is my life  
It is my game  
I am the master of my domain

Most people don't think and analyze  
This causes problems of life  
Call me Doctor, Brother Pratap or Singhal  
Take my sincere advice  
I tried several solutions  
But came to one conclusion  
I am the problem, and I am the solution  
Spouse, friend, family, God, or anyone else  
Cannot be blamed  
It is my life  
It is my game  
I am the master of my domain



## SECTION I

# Understand & Know Yourself

This section is devoted to the understanding of you and me (the self). How do we exist at the levels of body, mind, and soul? Where do these elements reside in the body? How are they interconnected?

These answers are important, because the remainder of the book is devoted to the understanding of these elements, in making them stronger and healthier for a happier life.

Therefore, please go forward with full enthusiasm!



## CHAPTER ONE

---

# Dynamics of Health & Happiness: Slow Down/Reverse the Aging & Disease Processes



You will be amazed to know that you have the power to slow down/reverse the aging process or even the disease process at any stage of life. It does not matter whether you are a year old or ninety-nine years old. It will be easy to comprehend once you learn the dynamic nature of your body, mind, health, and happiness.

First and foremost fact that you need to know is, that your body and mind are not fixed, but are renewed, rejuvenated, and remodeled every second from birth to death. This is the dynamic phenomenon, the phenomenon of change that governs your life.

This dynamic phenomenon offers multiple advantages over the static or fixed phenomenon. The two most important ones that you need to know

are, firstly, that every tissue is kept young and fresh and, secondly, it is easy to modify these changes as they are happening, as per our new plans, desires, and needs. As you know, it is hard to change anything once it is done.

## **Objectives**

1. To understand that our body and mind are dynamic in nature, i.e., they are constantly renewed, rejuvenated from birth until death. This process does not stop at any age.
2. Because of the changing dynamics, we can slow down or even reverse the disease process, or even slow down and reverse the aging process.

So there's hope for each and every one, even for the old, sick and miserable, thanks to the dynamic phenomenon!

## **Understanding the dynamic phenomenon**

Let me clarify the dynamic phenomenon with some examples. Today one may be sick, weak, and miserable; and tomorrow one may get healthy, robust, and happy. The reverse could also be true. One may be healthy and happy today, and tomorrow one may become the victim of disease and unhappiness. This is what I mean by the dynamic phenomenon, the phenomenon of change.

If some sick, old, and miserable person tells me today, "I have lost my health, youth, and happiness because of my own foolish mistakes, neglect, and abuse of my body," I will smile and give him encouragement. I will tell him, "My friend, it is never too late. It does not matter if you're old, sick, or even miserable. You still have time to change. You can slow or

reverse the disease process, even the aging process, but you must be willing and determined to make the commitment for your betterment.”

If this same old miserable man would have made the same statement few years ago, my answer would have been quite different. I would have just sympathized with him and not offered him much hope. It is because as I am maturing in my life, getting better insight. My concept of life is changing. Today I believe differently than I believed in the past.

Normally we see young people getting old and dying. But we are not aware of how many old people are becoming younger every day by making positive changes in their life.

Many people, who at one time looked old and miserable for whatever reasons, such as poor eating habits, sedentary lifestyle or negative attitudes, have become young and happy again. Some even have conquered diseases like cancer, diabetes, and high blood pressure. It is all due to the dynamic phenomenon that governs our health and life.

You may also have heard stories of poor people becoming rich and sick people becoming healthy and robust; the uneducated becoming educated and literate; a failing student topping the class in a matter of months. These are encouraging and eye-opening stories.

Here is a short story of Lord Buddha who founded Buddhism. Once when he was a young prince in his tender years, he saw a dead body. He asked his father (the king), “Do we all have to die?” He did not like death. This incident brought a sudden awakening. He relinquished the comforts and luxuries of the palace and left home in search of immortality. Later he became a rishi (monk). What a sudden twist!

Here is another story, this one of a great Rishi Valmiki (spiritual monk). He used to be a robber (at least this is how it is believed). One day he decided to rob two saints. These saints asked him, “Do you know that you will be punished for these evil deeds?” This stunned him. These saints also asked him, “Would your family share the punishments for your deeds?” Then he tied those saints to a tree and went home to ask his family if they would share the punishments for his evil deeds. His family told him that to support the family was his problem and responsibility, and how he did it was all up to him. They did not want to be part of the punishment. This brought a sudden awakening and he became the followers of those saints.

This is how inner awakening happens and life changes. Could there be such a moment in your life?

Now here is the story of a man with cancer. This man is seventy-five years old. He was diagnosed with cancer of the lungs a few years ago. At that time, he was told he had three months to live. He refused treatment and signed himself out of the hospital. He went home and cried. He sat in a chair and started counting his days.

Four weeks later suddenly something hit him. He decided: “I’m not going to be a victim of the disease.” He changed his attitude toward life. He started exercising, eating healthy, and I do not know what else. I met him after three years. He’s healthy, alive, and has no evidence of cancer.

You see how positive changes can change one’s life? This may not apply to all cases, but this is a true story.

I can tell you another story. When I was in college, I was a good student but my English was not good. One day I met personally with my

English professor and asked him what I should do. He was a wise professor. He advised me that it would be easy as long as I was willing to work hard. He suggested that I start by re-reading a middle grade English book and then a high school English book, and so on. I still remember that incident today. This applies not only to learning the English language, but also to anything and everything in life, whatever we wish to improve and advance.

Lesson: Start with the basics and then go up gradually.

### **Dynamics of the body**

Everything in the body is on the go, like everything else in the universe. The body is not like the still water of a pond with algae and fungi, but like the fresh clean water of the stream. The body is not like the still air in a sewage pipe, but like the fresh clean air of the garden that is being refreshed every second. This is in keeping up with the dynamics of the universe.

Applying the principle of dynamics, one should be aware that all the tissues of the body are constantly being replaced by newer and younger tissues on a regular basis. At the end of every two years, the majority of the tissues are new. And at the end of every few years, the body has everything new. It is important to understand that no matter how old you are, whether you are one year old or ninety-nine years old, this remodeling process continues non-stop.

Anything that has life follows the same principle, whether it is a tiny worm or a huge elephant. (In contrast, anything that is non-living starts to deteriorate from the time it is produced, i.e., there is no auto remodeling,

no auto reshaping, and no auto repairing.) It is one of the important distinctions between living versus non-living.

Take the example of our body. When we are born, we weigh approximately six to eight pounds and have a small body with beautiful skin. Every day our extremities get a little longer and our body grows; the skin stretches, and new tissues are laid. As new tissues are laid, they do so according to the body's plan to meet the new demands. This process goes on for the rest of our life. After we reach a certain age, say in the forties and fifties, we start to get old and our body starts to shrink, but our systems still continue to remodel according to the new demands. Now our body lays down tissues that are smaller in size, e.g., smaller bones, smaller muscles, smaller skin surface. This is the dynamic of the body.

Let us look at the example of our blood. It consists of plasma and cells. There are three types of cells: red blood cells, white blood cells, and platelets.

Red blood cells have a lifespan of 100 to 120 days. That means there are no red blood cells in our body that are older than 100 to 120 days. In our blood, there are red blood cells which are 1 day old, 2 days old, 3 days old, and yet others are 4 days old, and so on. Then there are some cells which are 80, 90, 100, and 120 days old. But none that are more than 120 days old. Now if you take a drop of blood from any person, it would have red blood cells of all ages, some very young (newly formed), some in the middle age (40-80) days, and some old (80-120) days.

This is the trend with all the tissues and systems of our body, not just red blood cells. Skin is being replaced every two months. Mucus membranes of the mouth are being replaced every five to seven days.



Bones are replaced every six months. Even brain cells are replaced by newer cells at regular intervals. But replacement of the newer cells is basically similar to the model of the previous cells at the time of replacement, which explains why the change is not perceived. But the most fortunate fact is that we have the power to modify this process.

Do you ever wonder, although average individuals eat about one to two pounds of food per day, yet they do not gain that much weight on a daily basis? What happens to the food they eat? Where does it go?

You should have been able to guess this answer by now. It is because our body is constantly rejuvenated and renewed, and the energy that comes from the food on a daily basis goes partially to the formation of newer tissue to replace the dying and old tissue. Therefore, your weight gain is not directly proportional to the amount of food you eat.

In this reference let me tell you something more. When patients go to the lab, some of them are concerned that they will be depleted of the blood they give, and they will feel weak. Just think, what about those people who donate blood on a regular basis, e.g., every two to three months?

Also understand that on a daily basis some part of our blood dies and is replaced by a newer and younger blood the same day, but this process is faster in the people who donate blood on a regular basis. This is what I mean by the dynamic nature of our body and the dynamic phenomenon. Okay so far?

Remember the dynamics of our body are in parallel with the dynamics of daily life, family dynamics, and dynamics of the universe.

**Dynamics of daily life**

Here is an example of the dynamics of daily life. Let's say you go to Grand Central Station in New York or any busy train station or bustling airport. What do you see? It is always full of people, men and women, children, laughing people, sad people, crying people, impatient people looking at their watches every two minutes, a constant hustle and bustle. It goes on all day and all night. You go after two hours: same thing, similar number of ladies and gents, children, impatient people, sad people, happy people, laughing people.

If you come back after ten or twenty years, you'll see the same trend. Now if you analyze, these are not the same people that you saw before. The people keep changing but the same story continues. This is like the dynamics of our body tissues.

**Family dynamics**

In a family, there is a grandson, a son, the father, and then the grandfather or if you are lucky great-grandfather. Now the son gets married and a new child is born into the family. Now the son becomes the father, and the father becomes the grandfather. Now the grandfather or great-grandfather dies, and the family continues. This cycle goes on. This represents the dynamics of a family, like the dynamics of body tissue. I hope now you can appreciate how our body tissues are constantly renewed.

**Dynamics in the universe**

Remember everything in nature is also on the go. Consider the atom, for instance. In an atom, electrons are constantly revolving around the center, which consists of neutrons and protons. Our Earth is constantly moving in several ways. It is full of vigor and energy like everything else in the

universe. It is circling around the sun. The Earth also revolves around its own axis.

The seven continents are presumed to be moving. Not only this, but also the earthquakes, volcanoes, hail, storms, and tornadoes all indicate that everything in nature wants to bring changes for its own benefit. The snow is melting; the Earth is eroding inch by inch; yet new earth is formed by volcanoes in Hawaii and other places. Even the sun is not stationary. It is also revolving, making a complete circle in 24,000 years. All planets—Mercury, Venus, Mars, Jupiter, Saturn, Uranus, and Neptune—must behave in a similar trend. Galaxies are no exception. Do you know why all these changes are happening?

How easily we fail to appreciate when sitting in a garden enjoying the fresh air and the aroma of roses, while two things are happening simultaneously. Every second you are getting fresh air because air is in constant motion, and also every second the air is bringing newly emitted aroma from the roses. Roses do not emit aroma and stop; they continue to do so by their own nature and to welcome each newcomer to the garden. This is also the state of our body.

### **Dynamics of the body: in good health vs. poor health**

In good health, the dynamics of every system are from inside out, from above below, from most important organ to least important organs. In good health, every organ eliminates its toxins outside. The nose discharges its toxins; eyes emit their discharges; ears rid ear wax; the kidneys expel urine; and the rectum evacuates solid waste. The skin perspires to get rid of its own toxins. Old skin sloughs off on a regular basis.

Now appreciate how our body fights disease. Let's say a young healthy man gets chilled in the intense cold weather and catches a chest cold. He goes home and gets some rest. The next day his chest clears up and his nose starts to run. In other words his body has thrown his chest cold to his nose, and he recovers.

One also needs to appreciate how the dynamics of good health are different from the dynamic phenomena of old age and of disease.

### **Dynamics of old age**

As we advance in life, the same phenomenon continues, but the process, speed, and intensity of the process slows down remarkably. Toxins of the body do not come out as fast. Ear wax starts to collect. Bowel elimination takes longer, and so does the voiding of urine. The skin perspires less. The dead skin does not peel off or slough off easy. It starts to collect in places here and there in the form of growth and keratosis.

### **Dynamics of disease: reversal of the phenomenon**

In diseased states, many phenomena get reversed. The body cannot expel its excretions. During good health, secretions from the lungs come out, but in a diseased state they start to collect in the form of phlegm, and one gets bronchitis. This is a typical disturbance of normal functioning of the system. Normally bacteria are present in the throat, rectum, urinary tract, and bladder, but they don't stick, because the body wants to keep these away and detached by a layer of thick mucus.

In the diseased state, however, the body's defenses start to fail. Mucus becomes thin, and bacteria become invasive and start to stick and attack. The result: One gets a sore throat or a urinary tract infection. Now

bacteria, instead of staying detached from the mucus membrane, become attached to the body tissues and start producing toxins and making the body sick, thus breaking the phenomenon of symbiosis (helping each other). Perspiration does not come out, and sweat glands get clogged and produce cysts.

During sickness, germs and diseases want to enter deeper into the body. Disease travels from less important to more important organs (reversal of the dynamics in health). It travels from outer tissues to inner tissues, thereby showing the weakness of the body. For example, if you get a nose cold and if you have good immunity, it will stay in your nose. But if your system is weak or you have weakened immunity, disease will travel to your sinuses and even into your lungs.

Let's say you get a bladder infection. If you have good immunity, the infection should stay in the bladder, but if you have weakened immunity then it will travel to the deeper organs, such as the kidneys or even the blood. When I see people with an infection in their kidneys or a cold settling in their chest, I know they have a lowered vitality or weakened immune system.

### **Dynamics of happiness**

Similarly we see change in the mental attitude in many people. I had known Johnny for a long time. He used to be happy, upbeat, and pleasant. But now after his son's death, he has changed. He's always sad, depressed, and irritable.

Conversely speaking, I also know Mr. Smith, who used to be a miserable person and was very hard to deal with. All of a sudden he must have had some inner awakening, and something really must have changed

him in a positive manner. Now he's always happy, smiling, and upbeat. It's a joy to be in his company.

### **Life is action: Swim or Drown** **(Good health needs constant maintenance.)**

This is the second most important principle of the dynamics of health. You know so far I have been discussing the dynamic nature of body, mind, health, and happiness. In other words, these states are transitory or temporary in nature. Therefore to maintain even the same status, you have to work at it on an ongoing basis, or things can go badly or even in reverse. To give you a simile, life is like the ocean. You are swimming in it. The moment you stop swimming, you drown!

Let me clarify this point with some examples. Let us say you go for a regular colon screening and pass the test with flying colors. Now you slack off and become lazy by resuming unhealthy eating habits. One to two years later you are diagnosed with cancer of the colon. It is because the body is in a dynamic state; in other words if you are healthy today, you may not be healthy tomorrow, unless you keep up the good work.

Perhaps you have seen some people go for a physical and pass with flying colors, and a few months later they are dead. This reinforces the same concept over and over: we have to keep up the good work all of our lives to stay healthy.

Observe another phenomenon: It is a typical example that we see on a daily basis. People want to lose weight. They go on a diet and exercise; they lose weight and are very happy. Then they slack off and return to the same unhealthy eating habits. What happens? Not only do they gain back

their weight, but they also gain more weight than when they started the diet. It is because whatever we do, we need to do on a continuous and regular basis, i.e., swim or drown.

If our body is constantly changing, why we don't perceive the changes? Here are three reasons why:

1. The changes are subtle and gradual.
2. The newer tissues, which replace the older tissues, are very similar and therefore it is hard to perceive these changes. (However we can change this process.)
3. One doesn't see what one doesn't know; therefore one needs to create awareness to these changing dynamics.

## **Test**

*Before you go any further, test your knowledge to see if the message of this chapter is clear.*

1. Every tissue of the body is constantly changing, rejuvenating, and remodeling. Y/N
2. This process continues from birth until death and does not stop at any age. Y/N
3. We can modify this process according to our new plans with the magical power of our minds. Y/N
4. Whatever we need to achieve, we need to be at work constantly, non-stop from birth until death. Swim or drown. Y/N

5. It is never too late in life, whether you are one year old or ninety- nine years old. Y/N

If you answered all of the questions with yes, congratulations! If not, go back and re-read the chapter.

### **The key message**

It is possible to slow down or even reverse the aging and/or disease process at any stage of life, whether you are a year old or a hundred years old. The only thing required of you is to make a commitment and take responsibility for every act and deed.

### **Practical points**

Using the above concept:

- A. You can slow down or reverse the aging process. You can become as strong and as healthy as you were ten, twenty, or even thirty years ago.
  
- B. You can even reverse the disease process. For instance, if you were diagnosed with a physical condition, e.g., skin condition, high blood pressure, asthma or diabetes, you should be able to rid your body of the disease or at least slow down its progression.
  
- C. You can also achieve anything and everything that you wish to work on. For example:

If you are weak, you can become strong at any age.

If you are thin, you can gain weight.



If you are fat, you can lose weight.

If you are illiterate, you can become educated.

If you are moody and unstable, you can become calm and stable by observing silence and/or meditating on a regular basis.

If you are non-religious, you can become religious.

If you are non-spiritual, you can become spiritual.

You can learn whatever you wish to learn at any age whether it is cooking, typing, art, language, reading, computer sciences, meditation, yoga or anything else.

Enter your new plan:

---

---

### **Reverse the aging or disease process**

The following guidelines not only help you to reverse or slow down the disease or aging process, but also improve the quality of life:

Δ Add five to ten years of life by using good breathing techniques (See Chapter 10)

Δ Meditate and observe silence for mental strength. You can add ten to fifteen years to your quality of life (See Chapters 27 & 28)

Δ Exercise for health. (You can look ten to fifteen years younger.) (Chapter 24)

Δ Increase your energy level for better health and to improve the quality of life. (See Chapter 3)

Δ Regulate your sleep schedule. (Feel like a million) (Chapter 23)

Δ Eat only for health. (Chapter 25 & 26)

Δ Miss one major meal of the day once a week. (For internal cleansing)

Δ Use the magical power of your mind to bring changes according to your plans. (Chapter 18 III)

Δ Maintain this process for continued benefits.

See how your life begins to change within weeks and months.

**Mantra (Recite it on a daily basis for thirty days.)**

My body and mind are dynamic (remolding and rejuvenating) in nature from birth until death. Therefore I can modify or bring changes to my body and mind according to my new plans. I can slow down or even reverse the disease or aging process.

Now here is a poetic expression of the salient message of this chapter for a deeper effect on the mind and the soul:

**In the life everything is on the go  
It could be fast or slow...**

Life is not exempt  
It is a universal fact  
Take advantage of this fact  
You are the magician, your body the magic  
You can make anything happen  
As long as it is slow or in rapid motion  
In life everything is on the go  
It could be fast or slow...

Life is like an ocean with mighty waves  
One must continue to swim and swim  
One cannot stop or slow  
Or life can be over any minute  
One must be clear of this fact  
In life everything is on the go  
It could be fast or slow...

Our body is not the pond's dirty still water  
But it is the fresh flowing spring water  
Whether you want to lose a pound  
Or want to gain an ounce  
You must be at constant work  
Or it could go forward or in reverse

Because it is a dynamic process  
In life everything is on the go  
It can be fast or slow...

Here is the true story of a patient  
Who was diagnosed with terminal cancer!  
He was given three months to live  
He was shocked by this verdict  
And decided to live long  
He went home and made new plans  
Exercise, nutrition, and what else  
I met him after many, many months  
He is still healthy and alive  
He told me it is all in the mind  
You are the magician, the body the magic  
You can make anything happen  
As long as things are in motion  
In life everything is on the go  
It could be fast or slow...

Aging is not complex  
Understanding is important and simple  
One is only as old as one's mind  
Exercise, nutrition can give extra years of life  
Meditation, tranquility, and peace are bonuses of life  
In life everything is on the go  
It can be fast or slow ...

Take my sincere advice  
Call me Doctor, Brother, Pratap or Singhal  
Use the power of intelligence and the mind  
Be in charge and master of your life  
It can turn things around in no time  
In life everything is on the go  
It can be fast or slow.

Now that we have studied the dynamic nature of health and life, let us turn our attention to “balance.” We need to understand that balance is required at every level of life.

## CHAPTER TWO

---

# Balance in Life: The Secret to Good Health & Happiness



Balance in life is one of the golden secrets of achieving good health and happiness. You can also say that good health and happiness are indications of balance; whereas disease and suffering are indications of imbalance. I believe reading this chapter will enhance your ability to diagnose and even create balance in life. Are you ready?

We become amazed or even envious when we encounter a physically balanced person who is invincible; or a mentally balanced person who stays calm and collected in life's tough situations; or a spiritually balanced person who is not bothered by any situation.

We can easily appreciate the balanced personality of healthy and happy people. We can also appreciate the balance in united and happy

families. Balance exists between a husband and wife, between parents and children, between love and discipline, and so on.

Of course, we all know how balance is maintained at governmental levels, whether in a city, state, or nation: Two opposite parties play an active role in maintaining such balance. In fact, the whole universe is in a state of balance. Why is Earth 93 million miles from the sun—not 92 or 94 million? Probably because at 93 million miles, the attracting forces of the sun are neutralized by the counteracting forces of Earth. We all know that the moon is a quarter million miles away from Earth—probably for the same reason: such a distance is required to counteract the two opposing forces of the Earth and moon. This is how the whole universe is set up, including the stars and galaxies.

In the universe, balance is maintained by two opposite forces counteracting each other, such as push and pull, good and bad, love and discipline, and attraction and repulsion.

### **Objective**

Balance at the physical, mental, and spiritual levels is one of the most important ingredients of a healthier and happier life.

### **Definition**

Let's look at how the dictionary defines it. *The Oxford Dictionary* defines *balance* as mental and emotional stability or a condition in which different elements are equal or in correct proportion; to put in a steady position.

### **Understanding Balance**

At the health level according to Ayurveda, balance is maintained by *vata*, *pitta*, and *kapha*. According to naturopathic medicine, balance is

maintained by acidity and alkalinity. In conventional medicine, doctors often try to balance the two opposite conditions. For example, if the blood pressure is too high, they bring it down; if it's too low, they bring it up. Similarly if the blood glucose is too low, they bring it up; if it's too high, they bring it down. At the mental level, depressed patients take stimulants to bring them up, while manic patients are brought down to reality.

The discipline of yoga stresses a very important point: "balance of the mind" is the secret of a healthy and happy life.

I have prepared the following list of balances and imbalances at the physical, mental, and spiritual levels for your insight and learning. I am sure you could think of additional entries to enlarge the list. Please make sure that you have fun while learning from the list. In addition, try to focus on your own imbalances as you go through the list, and how to fix them.

#### Physical level

1. Some people have overly dry skin; others have overly oily skin. Some people cannot perspire at all; they go to a sauna and exercise to perspire just a little. Others perspire so much that they need to change their clothes two or three times a day.
2. Some people have such a dry nose that they must carry saline mist at all times; others have a constantly runny nose and are never without a tissue.
3. Some people have very little hair or are bald, while others have hair all over their body, including on the face, nose, and forehead, making them look like a bear.



4. Some people cannot digest even the simplest of the foods while others eat like a horse—as if the food is going to run out.
5. Some people chew so slowly that you'd think they do not like the food or are already full. Others eat so quickly as if somebody will snatch their food (as most carnivorous animals do).
6. Some people are always sleepy or are not satisfied even after ten to twelve hours of sleep. Others can't sleep even ten to twelve hours in a week (because they are so restless, hyper, and nervous).
7. Some people have no desire for sex; their partners wonder if something is wrong with them and why they can't attract their partners. Others want so much sex that they drive their partners crazy.
8. Blood pressure is either too high (hypertension) or too low (hypotension); both conditions need treatment.
9. Blood sugar is either too high (diabetes) or too low (hypoglycemia); both conditions need treatment.
10. Thyroid glands are either overactive (hyperthyroidism) or underactive (hypothyroidism); both require treatment.
11. Some people walk so fast that the person with them thinks that he/she is being ignored. Meanwhile, others walk so slowly as if they are exhausted, drained, or being forced to walk.
12. Some people are so constipated that they feel lucky if they could move their bowels once every three to five days. Others have diarrhea

at all times and may have to go to the toilet three to five times a day or after each meal.

13. Some people are so chilly they wear heavy clothes even during summer, making people wonder if they are sick. Other people are so hot they hardly wear any clothes, as if they want to expose themselves.
14. Some people snore so loudly that they wake up their neighbors. Others breathe so shallowly that they have to be checked to make sure they are breathing.
15. Some people drink so much water, as if there is fire in their body. Meanwhile others don't drink water at all, as if they are doing a favor by leaving some for others.
16. At parties, some people overdress, making it hard to differentiate them from the groom/bride. Other people dress carelessly, as if they were not planning to come to the party.
17. Some people will do anything to lose a pound of weight, while others who will do anything to gain an ounce. Some people say they "look at food and get fat," while others eat like a horse and don't gain an ounce.

#### Mental level

1. Some people speak so loudly that their neighbors can hear them. They talk as if they are giving a speech or talking to a hundred people, but in reality they are talking to only one person or even to themselves. (You must have observed that.) Others speak so softly that they need a microphone even for everyday conversations.

2. Some students study so much that even their parents have to tell them to enjoy life and relax—studying is not the only thing in life. Others don't study at all, to the point that even their friends and neighbors become concerned.
3. Some people talk incessantly without a break because they are afraid that if they stop, someone else will take over, and they will lose their chance to talk; others barely speak a sentence.
4. Some people are workaholics. Others want to be on welfare for the rest of their life, even when in the best of health—as if they are allergic to work.
5. Some people drive so fast, it feels like a comet has passed you or they are angry at you. Others drive so slowly, as if they are lost.
6. Some people talk in your face to make sure that you smell their breath, while others talk at a distance, making you wonder if they are talking to you or to themselves.
7. Some people think so much they miss their flight, lose their things, and don't know where they left their belongings. Others don't think at all and need to hire help to think about minor daily decisions.
8. Some people love their children so much they spoil them, while other parents pay so little attention to their children that the children think something is wrong with them or their parents don't love them.

9. Some people own things and enjoy them at their will. Others are slaves to their things, neither using them for themselves, nor letting others use them.
10. Some bosses are so crazy that they give ulcers to their employees. The reverse can also be true; there are some crazy employees who give ulcers to their bosses.
11. Some people grieve over the loss of a sparrow, while others do not care for the suffering of humanity.
12. Some people will not open their purse for anything; others will spend so lavishly that they end up in bankruptcy.

#### Spiritual level

1. Some people have no concept of life even in the last mature days of life. Others take much interest in humanity, even during their early tender years of life.
2. Some people have so much faith (even blind faith), intense faith, that they pray several times a day and leave everything to God. Others have never seen the inside of a temple.
3. Some people believe in equal rights and respect the feelings of everyone. Others will do anything to control, rule, and abuse others; equal rights have no meaning to them.
4. Some people are not bothered by anything or any situation, while others jump out of their seat if somebody utters a wrong word.



**Remarks**

Do you see how understanding the game of balance and imbalance is fun? Now using your own observations and/or experiences, think of five, ten, fifteen, or more opposite situations, this exercise will help you to understand the concept of balance and imbalance in your own life.

Remember if you are healthy and happy, you are a balanced person. If you are unhealthy, unhappy, miserable, or frustrated, it may be a sign of imbalance.

**How to create balance for a healthier, happier life**

Remember taking the responsibility for your actions and/or the results is the first step in creating balance.

The physical level

Eat a balanced diet, and balance work with rest, exercise, and relaxation.

The mental level

Balance the mind. (See Chapter 18 III)

Balance intelligence with emotions. (See Chapter 18 II)

The spiritual level

Balance between pleasure and pain, happiness and unhappiness; and between self and others.

**The key message**

Creating balance can be challenging, but rewarding. I am sure you have had a good laugh reading this chapter. Now just imagine how much happiness/bliss you could get by creating balance in your life.

**Mantra (Recite it on a daily basis for thirty days.)**

I understand that having balance at the level of the body and mind can provide health, happiness, and longevity. I shall live a balanced life. I know that all greatest souls on Earth are known for their balanced personality.

**Balance is the secret of everything**

My friend, if you want health and happiness in life  
Understand the true fact of life  
Balance is the secret of everything

Balance at home or at work  
In the kitchen or in the bed  
Balance is the secret of everything

Whether in the ocean  
On the land  
In the sky  
On the moon  
On the stars  
Or in the heaven  
Balance is the secret of everything

Balance the appetite  
Balance the sleep  
Balance your back  
Balance your emotion  
Balance the ego  
Balance your mind  
Balance is the secret of everything  
Balance the action with the reaction  
Balance the love with the discipline  
Balance the earning with ethics  
Balance the work with rest and relaxation  
Balance is the secret of everything

Neither go too high in the sky  
Nor go to the bottom of the sea  
Stay on the land where you really belong  
Neither have the fancy for heaven  
Nor feel doomed to hell  
Have an insight into everything  
Balance is the secret of everything

Don't be too pessimistic  
Or even too optimistic  
Be realistic in everything  
Balance is the secret of everything

Oh! My friend, take Pratap's advice  
If you want happiness in life  
Keep your balance everywhere and in everything  
Balance is the secret of everything

In this chapter, we have discussed the issues of balance in detail. Now we will move on to the interesting and important subject of "energy." This subject is important, because energy is the basic ingredient of each and every thing that exists in this universe from the tiniest atom to the hugest elephant, and of course that includes you and me.

So, let's begin.....



## CHAPTER THREE

---

# Energy: Increase & Balance Your Energy Level

We all need and want energy, and for good reasons. Energy is good health, strength, and happiness, whereas lack of energy is disease, weakness, and unhappiness.

People do a hundred and one things to get energy, but only very few people really succeed in this mission because most of them don't know how to. In this chapter, I will discuss how to increase and balance energy.

Before we start, you should know a very important fact about energy: Energy is the basis of all creations in this universe, which includes each and every thing that you see or perceive with any of your senses. Of course this includes you and me.

You also should know that everything has several levels of existence, e.g., physical, mental, and spiritual. Since everything is energy, all of these levels exist at different frequencies and wavelengths.

This is why everything in the universe is connected and interconnected with each other, because the common denominator of everything is energy.

Before going any further, first appreciate the positive aspect of the balanced energy of a yogi, a writer, a speaker, an artist, a sculptor, and so

on. You should also appreciate the negative impact of imbalanced energy, both high and low. Examples of high energy in nature are hail, tornadoes, storms, volcanoes, earthquakes, floods, and so on. In human beings, examples of high and imbalanced energy are manifested in the hyperactivity mental disorder of children or in the manic mental states of adults.

Now let us consider examples of low energy. In the desert, there is no rain and no water; there are few plants. Look at the moon or Mars; there is no life. It is all empty land. In people, look at the lack of physical energy in the form of fatigue and disease, and low mental energy in the form of depression, despair, and indecisiveness. You can appreciate the low spiritual energy in the form of selfishness, misery, and unhappiness.

## **Objectives**

1. It is interesting to know that in the universe, energy is the basis of each and every thing.
2. Balanced energy is the sign of health and happiness. Imbalanced energy, whether low and high, is the sign of disease. And absence of energy is the sign of death.
3. We will learn how to increase and balance our energy level.

## **Understanding energy**

### **Definition**

According to *The Oxford Dictionary*, energy means strength and vitality.

A physicist defines energy as power derived from physical or chemical resources. It derives from Greek, *energeia*, from *en* or within plus *ergon* or work. This last definition is probably better because energy works from

within. Our Earth also, like other things in the universe, creates its own energy by the mechanism of rotation. The real source of a person's energy is in the heart and soul of that person.

## **Attributes of energy**

Since energy is the basis of everything in the universe including ourselves, therefore it becomes important to understand the energy in little details:

1. Hierarchy – As everything is made of energy, so every element exists at a different frequency level. Hence there is a hierarchy of energy, from one element to another.

2. Indestructible nature – Energy cannot be destroyed by any definition. It has at least three implications:

(a) Nothing goes to waste, even an atom. Do you realize that the life of Earth is millions of years? If we had been losing even a tiny bit of energy every day, by this time Earth would have disappeared, whereas in reality nothing or not very much has changed in so many years. Why? It is because of the indestructible nature of the energy that Earth consists of. We are also part of that energy.

(b) Everything is changing in shape and form. Do you remember the story of the chicken and the egg, which one came first?

(c) We are therefore immortal. (Later in this chapter)

3. Cause and effect – a higher (or subtler) level of energy is responsible for a lower, grosser, or physical level of creation. Spiritual energy is responsible for mental energy, and mental energy is responsible for the physical energy, and not vice versa.

4. Static or dynamic – Energy can be either manifest (or static) or unmanifest or (dynamic form). Physical objects are condensed energy. Static energy is less reactive, less available, less spiritual, and less intellectual. Whereas dynamic energy is free, it takes more space and is active or reactive, intellectually, emotionally, and spiritually.

This also applies to the medicines we take and the food we eat. When we ingest any medicine, part of the medicine gets bound to proteins in our body's tissues and thus becomes less available and less useful, whereas free available medicine is active, useful, and does its job. The food we eat

is static energy and of no use as such. But after food is digested, it is converted into dynamic, usable energy.

Similarly in life, the more fixed we are in our thoughts, in our feelings, in our emotions, in our locality, the less reactive, less dynamic we are. The more flexibility, agility, and activity we have, the more energy we have.

5. Changing nature or transformation – One type of energy can be changed into other types of energy. For example heat can be changed into electricity or electricity can be changed into heat. Similarly magnetism can be changed into electricity or electricity can be changed into magnetism, and so on. Also static (matter) energy can be changed into dynamic energy and vice versa.

6. Different types of energy – Energy exists in several forms in the universe. From the physicist's point of view, energy is in the form of sound, heat, light, electricity, and magnetism. Indirectly food, water, fire, air, ether, and minerals are all energy.

At the human level, energy can be physical energy in the form of body (size and shape); mental energy in the form of intellect, thoughts, and feelings; and lastly spiritual (immortal) energy in the form of consciousness and or awareness. It is further interesting to note that in health, physical energy, mental energy, and spiritual energy are in harmony with each other but at different wavelengths and different frequencies.

7. Polarity – Energy can be neutral, for example soul, nature, and God; or it can be bipolar, as in magnetism, electricity, male and female, heat and cold, and so on.

8. Law of action based on dualities – For example, male and female, positive and negative poles of electricity, and magnetism, ups and downs, good and bad, day and night, pleasure and pain, health and disease, birth and death, and so on; these dualities are essential for action and reaction. If we combine positive and negative, there would be no action. It would be neutral. When we combine male and female, one creates an individual who it is not fit for procreation or for the continuation of the species. If we combine good and bad, it will be nothing. If you combine day and night, it would be twilight. How depressing that could be! If there is no pain, there

would be no pleasure. These dualities are not created for pain or misery, but for action and reaction, which is essential for action.

### **Real life examples of balance and imbalance of energy**

There are two classes of people, and you are one of them. You can decide for yourself. You meet and interact with these people on a daily basis. Let us analyze and appreciate the balanced and unbalanced nature of the energy levels of these people, and how it affects their lives and of others.

#### **Categories of people**

##### Type A personality

1. Hurried and rushed
2. Angry
3. Impatient
4. Pushing and pulling

##### Type B personality

1. Relaxed
2. Works at comfortable pace
3. Pleasant and calm
4. Patient
5. Cooperative

Analyze how the first category of people is wasting a lot of energy. They are working at high gear and will burn out easily. These people will probably lead an unhappy and stressed life. Their energy level is out of balance.

Now analyze the second category. These people are saving energy and thus maintaining their energy level for longer periods of time. They will probably lead a healthier and happier life. Their energy level is better

balanced. Do you think you could make use of this information for your own benefit?

## **Evolution of energy into life**

### Evolution of dynamic energy into an atom

We all know by now that dynamic energy can be changed into matter, and vice versa. If you recall the “Big Bang” theory, there was a time when the universe was nothing except dynamic energy. Then by the will of God or law of physics, a big bang happened. Everything started to move and act or react briskly. Condensation took place. The sun, Earth, moon, stars, and galaxies were created from that big bang. In other words all physical objects are the products of this phenomenon. Most likely, this phenomenon is still going on in the universe, non-stop. This did not happen only once.

The reverse phenomena are also true. Our scriptures tell us that someday everything will become desolate. There will be no more solid shapes. It will be all dynamic energy and nothing else, as it was before the big bang times.

Vedas explains the formation of the atom or the first physical structure as follows, which probably would apply to the big bang phenomena as well. According to Vedas, there are five basic and essential elements that go into the formation of any structure, including the atom. They are in this order, ether→ air→ fire→ water→ and then minerals.

What is ether? It is empty space that has divine energy and no solid or visible shape. This was before the creation of the atom.

When this ether (divine energy) comes into active motion, it becomes air in motion. When air moves with speed, it creates heat and fire. When fire becomes intense, energy melts and becomes liquid. And liquid on

cooling becomes solids or minerals. Thus creation of the physical condensation or atom takes place.

Evolution of atom into life and then into human beings

The basis of the hierarchy of energy is intelligence and awareness (consciousness). In the universe everything from the most primitive element to the most advanced element is made of energy. If one analyzes the periodic table of elements, it is amazing how the progression takes place from one element to another in such a smooth gradual fashion. Similarly the level of energy is directly proportional to the degree of intelligence and awareness. In other words higher is an element in evolution; higher is its intelligence and awareness.

Let us take the very basic elements on this planet which are the minerals. They lack awareness (consciousness) and therefore are dead. These have a very basic level of intelligence and have no ability to eat, grow, or reproduce but go through the process of change and evolution, as does everything else in the universe. It is the very basic nature of energy.

Next in development are plants. These have intelligence that is higher than the minerals. They can eat, grow, and reproduce. This is a very basic level of life with very little awareness. Some plants are much more aware than other plants. There is a plant known as Lajwanti which responds to touch of the human hand. Then there are plants that are carnivores, e.g., *drosera*.

Animal life is next, with a fair amount of intelligence, the ability to eat, grow, and reproduce. The awareness level is much higher than plant life, still at an extremely low level. The intelligence and awareness level varies extremely from one animal to another, as is also the case with



plants. In animals everything is prefabricated at the low intellectual level, i.e., animals work instinctively; there is no reasoning, no logic, no planning, and no goal. There is no real chance of intellectual growth. Remember animals do have some level of awareness, much higher than plants.

Animals neither can enjoy life, nor seek bliss. However animals can get sad, depressed, and even cry (just think of the depressed patient). The level of awareness of animals is very low. This is one of the big differentiating points between animals and man.

Next are human beings, which are higher in development, with a very high degree of intelligence and awareness. They can eat, grow, and reproduce. They are very conscious and aware. They have great potential for intellectual growth and awareness. They want to enjoy life and seek bliss.

Awareness is also the single most important factor which differentiates higher man from primitive man. You must have observed that some people have a very low level of awareness as to what goes on in their life, while others are extremely aware of life and the situations around them. Meditators, yogi, and spiritual masters have a much higher level of awareness; so much so that they can see the past and at times even the future.

And finally God — pure energy — has the highest degree of intelligence, highest degree of awareness, and blissfulness. (It is important to understand that we all strive for that state through mental and spiritual growth and evolution.)

## **Our immortal nature (Energy does not die.)**

Since we are made of energy and energy cannot be destroyed, so we are immortal. Then what is death? Death is the time when the metaphysical element separates itself from the physical component of the body.

Let us go a little more in depth on this issue. As you know, our life consists of two components: the physical and the metaphysical (subtle). Let us understand what happens to the metaphysical (subtle) and the physical components. The subtle body (invisible component) consists of the mind, intellect, ego, and spirit. At the time of death, the subtle body separates from the physical body. Later on this subtle body will create a new physical body, and new life begins. (See later in this chapter.)

According to Tao's philosophy, we lose six ounces of body weight when we die; probably that is the energy of the subtle body. In other words, the subtle body must weigh six ounces, and that is the immortal energy. Vedic philosophy or theory of reincarnation has a similar point of view: the subtle body will produce another physical body. However the issue of the weight of the subtle body can be disputed.

What happens to the dead physical body? You may know that matter cannot be destroyed. So our body goes through the process of recycling. How does that happen? Well, the physical body consists of only five basic elements: ether (empty and divine space), air, fire, water, and minerals. When we cremate a body (burn it to ashes), the five elements become part of the five elements of the nature and hence nothing is destroyed. Those five elements are recycled to make another new beautiful body, starting with the birth of a new baby. In others words, the old body is transformed

into the new body with those same five elements. Here the new body joins with the metaphysical (subtle) component and becomes a new life.

It is amazing to see in “Star Wars” movies how people suddenly disappear to reappear on another planet. The director should be credited with the knowledge of such creation.

### **Energy in relation to both good health and disease**

Balanced energy is good health, while lack of energy or imbalance of energy is disease, and absence of energy means death.

Physical, mental, and spiritual energy is the cause of good physical, mental, and spiritual health respectively. In perfect health and/or happiness, physical, mental, and spiritual energy are balanced and in harmony with each other.

Think of physical energy of a child and teenager, the mental energy of a researcher, inventor, and philosopher, and the spiritual energy of a saint, seer, rishi, and yogi.

Now it is time to think and analyze what are your physical, mental and spiritual energy levels, and how to improve it. That is the purpose of this chapter. Please do not rush!

### **Test**

1. I understand that in the universe everything is made of energy without exceptions. Y/N
2. Energy neither dies nor can be destroyed. Y/N
3. I am also made of energy. Y/N

4. Health and happiness are examples of balanced energy. Y/N

5. I need to increase and balance my energy for health and happiness.

Y/N

If you have answered yes to all of the questions, congratulations! If the message is not clear, you may want to re-read the chapter.

### **Practical points**

Since increased balance energy results in health and happiness, let us plan how you can achieve that goal.

### **General principles or guidelines**

1. Follow the laws of nature.

2. Work as dictated by your consciousness (spirit). Remember when we work with our consciousness, we get a boost in our energy level, and when we work against our consciousness, we drain our spiritual, mental, and physical energy.

3. Work in coordination with others. When we work in coordination with others, our energy level gets a boost. On the contrary when we do the opposite, our energy level goes down.

#### Physical level

We can also increase our physical energy level by healthy diet, adequate rest, sleep, and exercise, and also by not wasting energy on unnecessary work; not working excessively at the cost of physical and mental rest; by the yogic technique of breathing; and by leading a balanced lifestyle.

#### Mental level

We can increase our mental energy by positive and inspiring thoughts (See Chapter 18 III), by keeping emotion and intellect in balance (See Chapter 18 II), by acquiring new knowledge and especially understanding the self (See Chapter 4), and by keeping ego in balance (See Chapter 18 I). We are neither heroes nor zeroes. Most importantly, balancing the mind makes us calm, focused, content, and it gives us mental strength. (See Chapter 18 III)

#### Spiritual level

This level corresponds with the level of awareness that can be increased by meditation and by following spiritual practices (See Chapter 22). The level of awareness can be increased by inquiry, by connecting with self and others, and by understanding the divine and eternal nature of all living beings. You can also increase your energy level by meeting well wishers and sharing your thoughts with good-intentioned people and friends.

#### **Special esoteric techniques**

With the power of special yogic techniques, you can attract or draw energy from the universe for your own benefit. The scope of this book does not allow the discussion of those techniques.

#### **The key message**

You are made of energy. You can increase and balance your energy level any time by different techniques mentioned in this book for your mental well being and happiness. Remember energy does not die. So how could *you* ever die?

## **Exercise: Increase energy level and heal a specific body part**

1. Close your eyes.
2. Put one or both hands on the part to be healed or energized.
3. Now focus your mind on the part where you have placed your hands.
4. Stay focused on that part for the length of the exercise.
5. Visualize the part getting the energy/being healed.
6. Do it for at least three to five minutes.
7. Open your eyes.

You can do this exercise on a daily basis until the part heals. You will be amazed with the results.

### **Mantra (Recite it on a daily basis for thirty days.)**

I am made of energy, like everything else in this universe. Energy neither dies nor can be destroyed! So how could I ever die? I can increase and balance my energy level by the techniques that I have learned in this chapter.

**Energy is immortal, so is everything**

Energy is the basis of everything  
Neither anybody can kill  
Nor can it die

Energy is immortal, so is everything

Energy is ether  
Energy is air  
Energy is fire  
Energy is water  
Energy is earth  
Energy is immortal, so is everything

Energy is mineral  
Energy is plant  
Energy is animal  
Energy is man  
Energy is immortal, so is everything  
Energy is the body  
Energy is the mind  
Energy is the spirit  
Energy is immortal, so is everything

Energy is action  
Energy is reaction  
Energy can change shape and size  
Energy is immortal, so is everything

Energy is you  
Energy is me  
Energy is nature  
Energy is God  
Energy is immortal, so is everything

What you see  
What you don't see  
What you will see  
What you would not see  
Energy is the basis of everything  
Energy is immortal, so is everything

In the next chapter, we will learn that each and every thing in the universe has physical and metaphysical existence. Let us see how this applies to us, and how we can benefit from it.



## CHAPTER THIRTY

---

# **Art of Eternal Happiness: Always Calm, Always Smiling**

I want happiness. You want happiness. Everyone wants happiness. This is the first and foremost desire of everybody. No one would argue about that. If you take that a step further, it is also the blessing of our parents, elders, gurus; even the Constitution of the country is written for the freedom and happiness of all.

I have also come to a realization in the mature years of my life. A person who is not happy in life should not consider him/her self a successful person, irrespective of what else he/she may have attained in the form of education, college degrees, wealth, family status, and social status etc.

You should also know that happiness cannot be linked to wealth, education, social status, or anything else. You know some poor people are happy; others sad. Some educated people are happy; others sad. Some wealthy people are happy; others sad. In other words, you see happy and sad people in all walks of life.

The reason why I equate success to happiness is because people who cannot fulfill the first and foremost desire of life, i.e., to be happy, what else will they achieve in life? You will also come to another realization after reading this chapter; that happiness is with us and was always with us, but we have gone crazy looking for it somewhere else. Let me remark here that:

*I love, respect, and honor happy people, because to me these are successful people, and everybody loves success.*

A warning to miserable and unhappy people: Please understand one fact clearly, that you can blame only yourself and no one else for your own miseries and unhappiness. Conversely, if you are living happily and are upbeat, you can credit yourself.

The importance of happiness can be understood by the following little incident. This is the story of a swami (the spiritual monk) of the highest caliber. His name was Swami Dayanand Saraswati, a guru. He was the greatest humanitarian of his time. One day he was asked by the people why he works so hard for the well being of the society that he has no time to take care of himself. He replied: "The mission of my life is that I want freedom and happiness for the whole humanity and not just for myself."

I have also observed and it probably will stand the test of the time: A wise person is a happy person, and a happy person is a wise person. The wise person faces the difficulties and challenges of life in a calm and balanced manner. They do not lose themselves and continue to sail their lifeboat. Conversely the ignorant person becomes the victim of the difficulties and challenges of the life. They may lose themselves or even sink their lifeboat.

I also like to quote His Holiness Dalai Lama in this reference:

“Today you have all the ingredients of happiness. You don’t need a better career, a better wife, more money, better job, or better opportunities. You have everything right now, at this minute to be internally happy.”

In other words, happiness can be ours today without any change in the external world. Happiness lies within the heart and soul of every being; the only thing required of you is to peek within.

Please devote yourself fully to the study of this chapter. It may change your life. Are you ready?

## **Objectives**

1. Happiness is the desire, need, and want of every being.
2. Furthermore if one is not enjoying the life of freedom and happiness, one can only blame oneself and no one else.
3. It is important to understand that happiness is a learnable art and science. I shall show you how.
4. For happiness, one does not need anything more than what one already has. The only thing required is to change the way one looks at things and at one’s life.

## **Introduction**

Some people know the art of living. They enjoy life. They are happy people. They make themselves at ease in most or all situations and

circumstances. They are pleasant to deal with. They have a balanced state of mind. They are calm and content. They are a joy to be with.

It is not that they don't have problems in life, because life comes with problems, but they have decided not to be victims of their problems. They know how to deal with problems effectively as these arise. Or you can say that they keep their problems in proper perspective.

One more thing that happy people believe in is brotherhood and sisterhood, and they have a broader view of life, compared to the selfish and narrow view of unhappy people.

## **Definition**

*The Oxford Dictionary* defines happiness as a feeling of strong pleasure and contentment; or willingness to do and accept anything, or being fortunate and lucky. One may want to know that there are certain terms, such as happy as the sand boy, slap happy, or happy as a clam or happy go lucky. These terms denote only short-term happiness. This is very different from lasting happiness that we are talking about in this chapter.

Laughing is not happiness. Laughing is definitely good for health. Even foolish and miserable people can laugh at times, but they may not be happy. Animals can neither laugh nor be happy.

Eternal happiness can be best defined as the ability to maintain a state of happiness under all conditions and circumstances, which is the result of the balanced mind and strong spirit.

Behold what Vedas states in reference to happiness: happiness is the prerequisite for salvation.

How Vedas defines salvation: Each and every person without exception has to face difficulties and challenges of life, because these are part of normal life. Those who are strong mentally and spiritually can face the problems and difficulties in a calm and balanced manner and become victorious. They do not become victims of the problems of life; hence they find freedom, happiness, and finally salvation.

Happiness can be studied in degree, intensity, and duration. Duration is more important than intensity, because our life is for eternity.

Please note that health and happiness are related and allied words. They vary in degree and/or intensity. Health means sound physical and mental health, whereas happiness means sound physical and mental health, plus contentment and adeptness. The last two words, contentment and adeptness, are added to the definition of health and are indications of spiritual health.

One should also be clear that long-term or eternal happiness can be provided only by the things/conditions or situations that are long-lived. Therefore money, position, power, social status or anything that is short-lived cannot provide long-term happiness, whereas our soul (with its companion mind) is for eternity. Hence anything that strengthens and benefits the spirit can provide long-term happiness.

### **Why seek happiness?**

It is a general principle of life that we search for only those things which we owned at one time or other. We do not search for those things that we did not own before. In other words, we must have been the owner of happiness at one time or the other. Remember how happy and carefree we were as little children? As we grew older we lost that quality. This is the

reason we are searching for the same joy and happiness. As a matter of fact, happiness is our real innate nature that is with us from birth.

## **Learning from the different behavior and characteristics of happy and unhappy people**

Let us learn from the characteristics and behavior of happy people.

### Personal level

They have a balanced state of mind.

They are calm by nature.

They have deep contentment in life.

They are at peace with the self.

They have good analytical ability with foresight.

They have an appreciation of life.

They have an ability to enjoy life as it is (without any precondition).

They accept life and its events as temporary and natural.

They have higher or highest goals or missions.

They have a good listening ability.

They appreciate the fact that two opposite conditions and situations generally coexist, e.g., day and night, health and disease, pain and pleasure, success and failure, honor and insult, birth and death, etc.

### Interpersonal level

They work on getting rid of the ego.

They are pleasant to deal with.

They have a comforting and helpful nature.

They have love and compassion for others.

## **Now analyze the characteristics and behavior of unhappy people.**

### Personal level

They have an unbalanced state of mind.

They have wandering minds.

They are restless and impatient.

They are poor listeners and have short fuses.

They are shortsighted.

They complain about life, people, and situations.

They have low goal and ambitions.

They are discontented and dissatisfied with things, people, situations, and possessions.

They are unable to enjoy life, as if they are waiting for something good to happen.

They feel like they are a victim of every misfortune in life, e.g., pain suffering, illness, etc.

They are ignorant about life, e.g., they do not understand life, have poor analytic ability, and poor knowledge about the self.

#### Interpersonal level

They have imbalanced egos, either feeling very special or at the bottom.

They are unpleasant in their dealings with others.

They are selfish in nature (a telltale sign).

They are only for themselves and do not care for others.

Having said that, let us compare and contrast the characteristics and behavior of happy and unhappy people for ready reference:

Happy People = HP      Unhappy People= UNP

#### Upbringing

HP – Usually good upbringing

UNP – Poor upbringing

#### Art and Science

HP – Constantly searching for happiness

UNP – No such vision

#### Seat of happiness

HP – Know that happiness lies in the heart and soul, not outside

UNP – Look for happiness in the wrong places and the wrong things, i.e., money, position, power, spouse, and family

#### Focus

HP – Focus on positive events, people and aspects of life

UNP –Focus on negative events, people, and aspects of life

#### Mind

HP – Healthy and balanced state of mind  
UNP – Flickering and unstable state of mind

Energy

HP – Positive energy and positive aura  
UNP – Negative energy and negative aura

Behavior

HP – Pleasant to talk to, predictable behavior  
UNP – Moody (unpredictable behavior)

Appreciation

HP – Appreciate everything they have  
UNP – Complain about everything they do not have

Contentment

HP – Content and satisfied with what they have  
UNP – Neither content nor satisfied, no matter what they may have, because they want more and more

Complaining

HP – Usually doesn't complain about anything, accept people and situations as they are  
UNP – Complain often about their job, the weather, their spouse, their friends and families

Equal Rights

HP – Believe in equal rights  
UNP – Do not have this concept

Opinion

HP – Respect their opinions, as well as those of others  
UNP – Dogmatic and force their views on others/or may even downgrade others' viewpoint

Success and failure

HP – No success and failure; it's life. If they fail, try again.  
UNP – Failure is final outcome. If they fail, it is all over.



### Interdependence

HP – Believe and understand we need each other and are interdependent

UNP – Believe people need them, or the opposite, they feel that they are dependent upon others

### Altruism

HP – Respect and care for others

UNP – Selfish and indifferent to others

### Acceptance

HP – Do not like to argue and are open-minded

UNP – Argue and likely to get into fights, don't accept others or others' viewpoints, make enemies easily

### Life Outlook

HP – See life as challenging, make the best of it. It has roses and thorns.

UNP – Life is pain, suffering, and thorns.

### Anxiety and Worry

HP – Don't worry about anything unnecessarily.

UNP – Spend so much time in anxiety and worry that hardly any time is left for anything else

### Fault-Finding

HP – Focused on improving their weaknesses, strive for continuous improvement for a happier life

UNP – Focused on weaknesses of theirs as well as of others, with no clue or efforts on improving

### Take Responsibility

HP – Take responsibility for whatever happens, good and bad

UNP – Blame others for any misfortune or negative outcome

### Truth

HP – Tell the truth

UNP – Lie and keep secrets

### Ego

HP – Give up their ego, everyone is equal without exception. We are just numbers.

UNP – Have problems with their ego, think they are very special and indispensable, or believe they are not worthy of anything

### Expectation

HP – Don't expect anything from anybody, expect from the self

UNP – Expect too much from others, often a cause of anger and frustration

### Dependency

HP – Do not depend upon others

UNP – Depend so much upon others, that it can become a cause of failure

### Life's View

HP – Have better understanding of life

UNP – Have no concept of life

### Result and methods

HP – Focus on the right path and not so much on the results/outcomes

UNP – More focused on results and rewards, not on right or wrong.

### Focus

HP – Focus on solving the problems

UHP – Focus on counting the problems and the difficulties

## **Happiness and unhappiness - analysis**

- Causes of unhappiness and the solution
- Test – Are you a happy person?
- On the scale of happiness – Where would you fit?
- True story

## **Causes of unhappiness and the solution**

Unhappiness is based on the diseases and/or weaknesses at the physical, mental, and spiritual levels.

Most people are aware of only the physical diseases or weaknesses. The average person has no concept or does not understand mental and spiritual diseases and weaknesses that can cause diseases; although it is the latter that is the main cause of misery and unhappiness.

<b>Physical level</b>	<b>Mental level</b>	<b>Spiritual level</b>
Diabetes Arthritis Asthma High Blood Pressure Headaches Neck Pain Back Pain Constipation Indigestion Difficulty Breathing	Sleeplessness Depression Sadness Mania Forgetfulness Indecisiveness	Selfishness No concept of life No understanding of life Meanness Argumentative Quarreling Anger Fears Greed Jealousy Hatred

### **Solutions**

Inasmuch as weakness and imbalance are the cause of all diseases and suffering, conversely good health and strength at the mental and spiritual levels is the cause of all freedom and happiness.

### **The Test: Are you a happy person?**

I devised the following test based on my knowledge and experience. It gives good insight about oneself.

I am usually calm in difficult and challenging situations. Y/N

I am fairly content within myself.	Y/N
I usually make good decisions and choices.	Y/N
I usually do not have to repent for the decisions and choices that I make. If I make a wrong decision, I accept it and then try to fix it.	Y/N
I take responsibility for all of my actions/outcomes.	Y/N
I do not blame others for any negative outcomes and their results	Y/N
I am open-minded.	Y/N
I respect my opinions and also those of all others.	Y/N
I avoid arguments and quarrels.	Y/N

If you have answered most of the question with yes, then you are a happy person. Congratulations! Otherwise it is the time to inquire deeply for an understanding of life. You may also read the chapter again.

### **The Scale of happiness - Where do you fit?**

Happiness and unhappiness are at opposite ends of the spectrum; hence there is a big gap between the two. The majority of people fall into this gap; probably you are one of them. Now appreciate the two extremes:

Always happy (perfect mental balance)  
 Mentally balance (good or okay)  
 Slap happy  
 Normal  
 Sad  
 Depressed  
 Unhappy, miserable

Now try to analyze to which category you are close. Pause! Take your time. You can try to analyze others as well in this reference. This is only to improve your own understanding. You know that no one has any right to judge anyone else.

**True story**

This is about one of my patients, V. S. She is 48 years of age. She is a pleasant person and nice to work with. She has a mature and stable mind. I asked her about her family. She replied, “I come from a family where everybody is angry or miserable. Nobody is happy. Everyone complains. However I learned something from it. I said to myself, this is not the life that I want. Now I am a happy person. I am content. I feel God is with me. I believe everything is happening the way it is supposed to be.”

This magical transformation came to her life because she made her decision. Magic can happen, but you have to make the decision first. Are you ready for such a decision?

**Practical points and lessons**

After having said so much, let's review some practical tips. I have classified all these hints into six sections:

1. General
2. Personal level
3. Interpersonal level
4. Difficult situations and suffering
5. Personal experiences/favorites
6. Law of nothingness

### General

1. Happiness is here and now. Nobody knows about tomorrow. Tomorrow could be the same, better or even worse. Most likely it would not be much different from today, unless one does something about it. Why wait for tomorrow? Today one has everything that one needs to be happy. One is the owner of a powerful mind and an eternal and holy soul; that is all one needs to be happy.
2. Having good thoughts is probably one of the single most important secrets of a happy life. Good thoughts are the basis of good words and statements. Good words lead to good actions. Good actions make one strong mentally and spiritually, and a strong mind and spirit is the basis of happiness. (Conversely bad words or actions have exactly the opposite effect).
3. Every action produces a reaction which is equal and opposite. Be aware what you say or do. Everything will bounce back to you. Every positive word and act will bring a positive effect, and every negative word or act will bring a negative effect. This is the law of nature.
4. The right path is more important than the outcome or the result. A happy/wise person will follow the right path even when the outcome may not be so favorable. On the contrary an ignorant person may focus more on the results. They may use even unfair or foul methods for which they may have to suffer. (*Bhagavad Gita*)
5. It is very important to take the responsibility for one's actions and/or results (good as well as bad), because it provides one the opportunity to fix the problem. Blaming others is counter-productive and even dangerous. When one blame others:
  - a. One loses their friends and even can make enemies.
  - b. One says indirectly that they are not going to do anything about it. Why should I? I am not responsible for it, therefore no change or improvement. Same old story continues.
6. Contentment is another important secret. There is no end to needs, desires, and wants. You can do this experiment. First, try to increase all your desires, wants, and needs for certain duration, e.g., one to three

months. Now try to decrease your desires, wants, and needs. You will learn something from it. Please give due consideration to this thought. Contentment does not mean you should not make progress on a daily basis, but that you should not break down if the reward is not appropriate or proportional for the work.

7. Today is the time to appreciate. We are given this beautifully engineered body with a good brain, good vision, hearing, smell, and taste. Each one of these elements is worth a lot of money. We are also given sharp intellect, a good mind, and an eternal soul. These are priceless. We are all surrounded by loving parents, teachers, friends, and well wishers. Don't forget that the Earth, moon, stars, and galaxies are for our benefit as much as are the air, water, fire, and minerals, and so on. If we take the time to appreciate them, then the outlook on life can change for many.
8. Every truth strengthens the mind and the spirit. Every lie weakens the mind and the spirit. Whereas weakness is the cause of pain and misery and strength is a cause of joy and happiness.
9. Life can be full of surprises; don't be shocked by them.
10. Everything is even in the end. There are no losses or gains in life. You leave the world empty-handed, the way you came. So calm down and relax and enjoy life (*Bhagavad Gita*)
11. Remember things could be much worse than they are today. (Please give this statement serious thought.)
12. Relatively: Everything is in a relative phenomenon. Nothing in the world is 100 percent good or 100 percent bad. If you keep analyzing and thinking deep enough what happens is this: what you thought once was so good now it does not sound that good; equally what you thought once was so bad, now it does not sound so bad. Think about it.
13. Time: Live in the present. Look ahead and move forward. Forget the past. Nobody has seen the future. Time is the best gift of life. Do not waste it. Time is running out. (*Bhagavad Gita*)

### Personal level

1. Ego: Get rid of it. We are just a number in this world. You have to trust me on that. I am saying this emphatically. One may be the most important person in their judgment or even in the company of their friends, coworkers, or family members, but in the opinion of all others (which is close to 6 billion people) each of us is just a number.
2. Neither control others nor be controlled by others. (Teachings of scripture)
3. Helping others is a reward in itself. Remember it is only healthy and strong people who can offer help. And people who attempt to help others also become strong. One should also not hesitate to ask for help when in need. It is one of the principles of happiness (*Bhagavad Gita*).
4. Understand our enemies: We need to realize that our worst enemies are not our spouse, boss, children, friends, or anything external, but our own internal enemies, such as anger, greed, jealousy, hate, fear, and worries. These accompany us day in and day out, 24 hours a day 7 days a week. They eat, sleep, and walk with us. They are the causes of our unhappiness and weaknesses. We need to control them for our happiness. (*Bhagavad Gita*)

### Interpersonal level (dealing with others)

Dealing with others people is one of the biggest challenges of daily life and is a test of one's mental and spiritual strength.

### Few hints:

1. Do not attempt to change people. If you will try, you will fail; take it for granted! Change happens only when one is willing and determined and not before that. You can't change anyone nor can anyone change you.
2. Difficult people are like poles and walls. Please do not strike them, unless you want to break your head.
3. Avoid argument convincing and confrontation.



4. Express your views clearly and candidly and leave the rest to the individual.

### **Diseases, difficult situations, and suffering**

1. One must be very clear that these are as much a part of each and everyone's life as are health, joy, and happiness.
2. Nobody, including you and me, is exempt from these.
3. These also provide an opportunity to deal with the challenges of life and to become victorious.
4. Every victory takes one to a higher level or at a higher path. All the great peoples are such examples.

Just think how all of the greatest people on Earth without exception have suffered and suffered immensely; whether it is Lord Buddha, Jesus Christ, Mahatma Gandhi, Lord Krishna, Lord Rama, Swami Dayanand or anyone. It appears from the above as if suffering is essential to rise up in life.

### **Personal experiences/favorites**

The following are some of the points that have helped me the most. They are for your consideration and thoughtfulness. They may or may not be applicable to you.

- Acceptance

Probably this is one of the best lessons in life. Everybody is okay. You and I are okay. Everything in life is okay. Everything that will happen or is happening is also okay. Every situation and every life event is okay and is part of life. Nothing is that good or that bad. Accept and relax. (*Bhagavad Gita*)

- Ego

When I finally realized that I am nobody special, I began to feel at ease in the most difficult and odd situations.

- Exposure:

Avoid or at least cut down the exposure time to people who are miserable and unhappy; they could be your coworker, spouse, colleagues, and so on.

### **“Law of Nothingness”**

I do not believe there is such a law. However, today I am making such an announcement. This law is extremely beneficial and has important implications in a person’s life. The benefits of the law can be understood by the fact that anyone who will attempt to analyze, understand, and inculcate the message of this law into life will find ease at heart and peace and joy in the life.

You will appreciate that the word “nothing” is also used quite often in day-to-day language. For example, when you ask people what they are doing, and if they are not doing anything important, they often say, “Nothing.” Similarly, you must have observed that when you ask people what is this or that, and if it is not important, they often say, “It’s nothing.” Here nothing means not important or insignificant. Nothing does not mean zero.

Now please try to understand the depth, the meaning, and the message of the components of the law and see how much of the message you can apply in your daily life for your benefits. Next are the phrases or the components of the law of nothingness. These are:

- You came with *nothing*.
- You go with *nothing*.
- Assume *nothing*.
- Presume *nothing*.

- Judge *nothing*.
- Expect *nothing*.
- There's *nothing* that good in life.
- There's *nothing* that bad in life.
- If you keep thinking on any idea deeply and long enough, you can create something from *nothing*.
- An ignorant person can make a mountain of *nothing*, and an intelligent person can convert the mountain into *nothing*.
- *Nothing* is more important in life that you need to cry over the loss.
- *Nothing* in life is worth loving to a degree that you get bonded, attached or become slave of it.
- *Nothing* to fear in life: Fear takes away the balance and peace of mind, the later is much more important than anything else.
- Most importantly, you need *nothing* more than you already have, in order to be happy.

Thank you for taking time to study the law of *nothingness*. I would like to suggest to you that please read the law of *nothingness* one more time, before going any further.

### **The key message**

My dear friends: Please listen and listen carefully. This is your life and a long one. You can make it simple, pleasant, and enjoyable, or you can make it tough and miserable. It is all your choice. It is all within your power. Remember if you will make it simple and enjoyable, it will be good

for your heart and soul, and it will make life easier. Think about it. Take a pause!

Also understand that if you cannot be happy today, I do not see how you can be happy tomorrow or the day after or in a month or year after (or even in the next life, if you believe in reincarnation), because things are not going to change unless you do something about it.

Now, would you like to read this chapter again with open eyes and an open heart?

## **Mantra**

If you recite, read, sing this mantra three times a day for one month the first thing in the morning, it should become part of your life and hence change your life for the better.

I am strong and in charge of my life. This is the way it's going to be.

With the power of my mind I can make any issue, any situation, any time, or any person as big or as small as I wish.

I feel confident that from now on I will be able to handle any situation, circumstances, or person in a calm, relaxed manner.

From now on I shall enjoy the life of relaxation, freedom, and happiness.

Life is very long, so it is better for me to enjoy it.

### **Life is a game that one must learn to play**

Life is a game that one must learn to play  
If one plays it right, it shall be a happy game  
Or it can be all misery and pain  
Life is a game that one must learn to play  
If one plays it right, it will be a happy game

If there is an unhappy ending  
One must think with the mighty brain  
Where am I wrong and what is wrong?  
Don't ever think, who else is wrong  
It is my life and I am the boss  
Do not ever blame the spouse, or the friend  
Or it can be all misery and pain  
Life is a game that one must learn to play  
If one plays it right, it will be a happy game

Happiness is now and here  
Don't need to go anywhere  
Happiness resides within the heart and soul  
Search and find yourself  
Don't go crazy like deer musk  
Or it can be all misery and pain  
Life is a game that one must learn to play  
If one plays it right, it will be a happy game

Tomorrow things may not be any different,  
But one must learn to play it different  
You better learn this game of life  
Or it can be all misery and pain  
Life is a game that one must learn to play  
If one plays it right, it will be a happy game

Happiness is the desire, need, and want  
Our parents, teacher, scriptures, and constitution  
Have similar want  
Try to understand the need, and not the want  
Or it can be all misery and pain  
Life is a game that one must learn to play  
If one plays it right, it will be a happy game

Happiness is a sure sign of success  
One must be clear about this concept  
Don't try to find happiness in money, position, or fame  
Or it can be all misery and pain  
Life is a game that one must learn to play  
If one plays it right, it will be a happy game

Happiness is a learnable art  
It is no special craft  
Nobody is born that smart  
Better understand this life's game  
Or it can be all is misery and pain

Life is a game that one must learn to play  
If one plays it right, it will be a happy game

Think what you need today and tomorrow  
Not what you could need tomorrow  
Look what you have  
Not what you could have  
There is no end to need, desire or want  
Keep the contentment, the only want  
Or it can be all misery and pain  
Life is a game that one must learn to play  
If one plays it right, it will be a happy game

Pain and suffering are part of life  
It belongs to every human life  
Day and night cannot be separated  
Summer and winter are brother and sister  
Good and evil often co-exist  
Health and sickness are not exempt  
Understand that you are part of this game  
Or it can be all misery and pain  
Life is a game that one must learn to play  
If one plays it right, it will be a happy game

Pain and suffering are special events  
It is an opportunity to get better or best  
So that you can pass the final test,  
If you fail this test of life  
It can be all misery and pain  
Life is a game that one must learn to play  
If one plays it right, it will be a happy game

This life looks very short,  
But we know the soul has no death  
And life is an eternal process  
Staying on the right path is the final test  
So that one can get home (heaven) safe and sound  
This is really not so complex  
Try to understand the game of life  
Or it can be all misery and pain  
Life is a game that one must learn to play  
If one plays it right, it will be a happy game

Make friends; make friends, oh my bhai  
One never knows when one needs these brothers or bhai  
In this, or even the next life  
Because life is a continuous process  
Without a sister, brother, or a friend  
It can be all misery and pain  
Life is a game that one must learn to play  
If one plays it right, it will be a happy game

Anger, hate, jealousy, greed are animal creatures  
They kill and eat every brother and sister  
These creatures make enemies day and night  
One ends up with no brother and sister  
When one reaches its final home (Heaven)  
There will be no one to meet or greet  
So better get rid of these creatures  
Or life can be all misery and pain  
Life is a game that one must learn to play  
If one plays it right, it will be a happy game

Happiness is not in money, position, or fame  
These are just temporary names  
When the body is healthy and intelligent sharp  
No one can make one fall apart  
When ego is balanced and intellect keen  
When the mind is calm and the spirit strong  
When the heart is love and the voice is sweet  
One wins the game of life  
Time is now to understand this game of life  
Or it can be all misery and pain  
Life is a game that one must learn to play  
If one plays it right, it will be a happy game

Make the heart pure and the mind strong  
Good words and good acts are the best plan  
This is the summary of the final plan  
Call me Brother, Singhal, Doctor or Pratap  
But take my heartfelt advice  
If one want happiness and freedom of life



You better understand the game of life  
Or it can be all misery and pain

Life is a game that one must learn to play  
If one plays it right, it will be a happy game

