

**ANCIENT  
INDIAN SECRET  
TO HAPPINESS**



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## CHAPTER: 1

### Who am I? Reference Bhagwat Gita.

WHO AM I (atma/soul)?

I'm the observer who resides in the sukhsham sharir. The sukhsham sharir again resides inside our body. Body is considered as a rented house. We are here to stay for a limited time period like a renter.

What is mann, budhi, dil?

Like a computer has both hardware and software our body too has hardware in the form of our body parts and organs. It's like the house which has many rooms like temple, kitchen, drawing room, dining room, toilet, bed room etc etc. It's on us how we want to keep house (our body) when there is damage on the walls or floor, ceiling we repair it or even change the interior design according to our likes. So, as with our body we can keep our body as we like it if any part of the body is injured let say fractured hand, then our hand doesn't do anything it's us, we take action for it to get it repair/cured. But how that us taking action for hands? It's because someone has observed the fracture and pain of the hand that someone is "I" (ATMA).

Our mind, budhi, dil, wisdom all are software (computer programs) within our body that are run on the basis of certain situations. E.g ANGER, HATE, LOVE, GREED, FEAR, FIGHT, FLIGHT etc etc..

Like our house has doors and windows for entry and exit so as our body has doors for data entry and exit those doors are our five senses. Our brain is like a sponge it absorbs all information, references, experiences, facts, figures from our surroundings it's like a database.

Budhi (knowledge): it's like data mining. On the basis of observation and data it executes certain action (program) karma.

Intelligence/wisdom: it tells us what's right and wrong for mankind It's like filter that filters good from bad decisions. It's a state of a balance mind an enlightened soul/I.

Just like in darkness we are not able to see our own reflection on mirror and as the sun comes out or someone switches on the light, we are able to clearly see the things and ourselves on mirror. So, as our soul for self-realization or to know oneself we need that light. That light is the light of God and darkness is ignorance.

Dil: How do we fall in love?

Science says when oxytocin hormone is released by seeing someone we fall in love. But how it is released can it release automatically. If yes, then why do we see divorces in love marriages Doctor would have given them both oxytocin injection to regenerate oxytocin to stop divorces but is this happens? No, because someone has observed something in that other person (attraction/love/hate) because of which oxytocin or endorphin is released. And that someone is no other than I/Atma/soul.

Why one gets into depression?

When we see repeated action or repeated hurt the light within us gets dim, we start believing that there is no who can bring us to the light just like if a droplet of water falls repeatedly at the same place the place will get a mark/impression.

Solution: The enlighten soul knows what's need to be done.

Does all human being have same capabilities and powers?

Each and every human being is the manifestation of God so they are born with all qualities and power the difference is how much enlightened one is. (Self-awareness).

Is rebirth possible?

In HINDU Mythology everything moves in and is in the form of circle our earth, planets, universe our karma even our birth. It's the soul that changes body. So, we say a soul never dies it takes birth in some other body. So, never be scared of death its temporary and materialistic.

Even in this birth our soul changes many bodies from child's body to old man's body and so as the interior of our body (mind knowledge, wisdom etc etc).

This is also called atma Darshan which we can only see in the light of the GOD.

If I'm atma the atma is the observer and the observer is GOD are we GOD? Topic to be discussed in the next topic....

**CHAPTER: 2**

**Who is God are We God?**



Some says, God is energy, God is nature, God is power, Everything is God, God is the observer, creator so on and on...

But, to understand God we need to understand SUN and it rays, So, what is Sun?

The Sun is a yellow dwarf star, a hot ball of glowing gases at the heart of our solar system. Its gravity holds the solar system together, keeping everything – from the biggest planets to the smallest particles of debris – in its orbit.

Sunlight is the ray of light which comes out from sun and gives us heat light energy.

So, as God, God is the source of everything in the universe and universe and our atma or (I) is the divine light coming out of God.

So, its clear we are not God but part of God. Just like Sun and its rays, Sun holds the solar system together and in order God also holds everything together and everything moves according to His direction. So, we can say God and “jive/atma/I” co-exist we have direct relational with God and with everyone and everything in the universe since everything is coming out of the GOD.

Since, we are part of God we have some similarity too and the differences.

What are the similarities between a person and God?

God says He is the “SWAROOP” of atma which is Sacchidananda.

- sat (सत्): In Sanskrit sat means “being, existence”, “real, actual”, “true, good, right”,. Which can never be destroyed or dies its eternal.
- cit (चित्): means “consciousness”.
- ānanda (आनन्द): means “happiness, joy, bliss”, “pure happiness, one of three attributes of Atman or Brahman in the Vedanta philosophy  
The realization of Atman.

(...) I am of the nature of consciousness.

I am made of consciousness and bliss.

I am nondual, pure in form, absolute knowledge, absolute love.

I am changeless, devoid of desire or anger, I am detached.

I am One Essence, unlimitedness, utter consciousness.

I am boundless Bliss, existence and transcendent Bliss.



I am the Atman, that revels in itself.

I am the Sacchidananda that is eternal, enlightened and pure.

— Tejobindu Upanishad

What is the difference between God and a person?

A person's (living entity) body is made of asatya (means it's can be destroyed its not eternal.) The body dies but God is eternal.

A person's body is full of ignorance/अज्ञानता. God is "VEDANT" All knowledge (gyan) comes from GOD itself. Vedānta means the ultimate conclusion of all branches of knowledge. As philosophy is called the science of all sciences, Vedānta is the ultimate philosophy of all philosophical speculations.

A person (living entity) suffers (हम सब अपनी दैहिक, दैविक, भौतिक ताप से होने वाले कर्मों के अधीन हैं। इसी को भोगते हैं और रात दिन चिल्लाते रहते हैं। मन दैविक कष्टों को भोगता है; फलस्वरूप भय, चिंता, शोक, क्रोध, बैर, वियोग जैसे कष्ट झेलते हैं। भयंकर रोग की चपेट हमारी देह( शरीर )को असहनीय कष्ट देते हैं। ऐसे ही भयंकर अकाल, बाढ़, युद्ध और भूकंपीय विनाश जैसे सामाजिक( सामूहिक) अचानक आने वाले भौतिक कष्टों के दंश व्यक्ति को झेलने पड़ते हैं।

इन तीन प्रकार के कष्टों से कोई भी अछूता नहीं है।

व्यक्ति का मन, देह और समाज इन तीनों में असंतुलन होने पर ही जीवन में इतने कष्ट आते हैं।

A person is limited but God is unlimited He can expand himself according to his wish. He is omnipresent. He (God) attracts everyone, he is the source of everything we are just a part of him. All beings are in God, but He is not in them just like Sun and its ray. A sun ray is part of a Sun but not Sun itself.

How does God look like is He a personality like Krishna, Ram etc or he is formless, is he one or there are several Gods.

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