

THE AUTHORS SHOW – Authors of Nonfiction

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I was asked to ghost-write and co-write this book for and with my co-author. During the time I took over my publishing rights for my first book entitled *Lilith*, a novel. The journey has been magical.

This book is blessed by Ganesha, the elephant headed one, and appreciatively dedicated to Sri Dhanvantari and to our kind readers.

From the book's Introduction:

Happiness becomes our true nature once we learn to let go of anything that gets in the way of sharing love. We are spiritual beings having human experiences and the primary purpose of our mission is to share love. The Dalai Lama teaches that we feel happy when we are happy for another's happiness. This understanding reveals the possibility of living life as a vibrant and joyous celebration.

The state of happiness can be elusive. We cannot create it, but we can remove the obstacles that hide it from our perception. In this way we are able to skillfully unfold the seeming obstructions to reveal our capacity to be in a truly happy state of being.

Happiness is the greatest prosperity we can experience. It goes far beyond the idea of material wealth. When we reach a state—and it is a state—of happiness, the desire to prove to others as to why we are happy disappears. The thoughts and stories we are sharing in this book are ideas and tools of self-discovery we have found along our personal paths. They have lifted the veil and helped to unfold and reveal happiness as a real place of being. They are our experiences. It is our hope that we can help you, dear reader, in your search for happiness.

We chose the title of our book “*Unfolding Happiness*” inspired by a lotus seed that gestates, grows and unfolds into a beautiful lotus flower, revealing its beauty and true nature. Under

favorable circumstances, the seeds of the lotus can remain viable for many years. The oldest recorded lotus seed to germinate is on record from a 1,300 years old specimen that was recovered from a dry lakebed in northeastern China.

This inspires us to know that it does not matter how long it takes—but rather once we are ready—that we can unfold our true nature of happiness just like a lotus seed can wait for centuries and then grow when the conditions are right. The flower's full potential is held within the seed. It just needs to be nurtured and then, by its true nature, unfold.

From Chapter 1

Seed

Potential of happiness, Happiness exists, True nature, Birthright, Meditation

We all want to be happy. In fact, happiness is our true nature. Happiness is a constant, like Primordial Energy. It is always there like the sun which is always shining. Sometimes the clouds block the view but when the wind blows or the heat of the sun's rays dissolves the obstruction, we see and feel its light shining once again. The flow of life in an effortless, graceful manner is our birthright. Life is supposed to be without struggle.

To be in a state of happiness is unique and individual. It can be quickly triggered and affected by things, places and events. Even though happiness is of our true nature, some people are happy while others are not. Happiness becomes obscure when we forget that it is a state of being, rather than something we create by means of outside sources. It is like the tight bud of a flower that needs to be urged with gentleness and love to unfold.

Many factors can hang up the process of our opening. Society and the external world fool us into believing an ideal of what perfect is supposed to look like and what happiness should be. As we look around, we notice that some people seem to be happy regardless of their situation, while others are challenged to be happy no matter how perfect their lives can appear on the surface.

The media and ideas easily trick us into believing that we can find true and lasting happiness through material trappings. The pressures we experience confuse us and disguise the pathway to happiness. Our attachment to the ideal body image can lead us on a path of manipulation often placing the body at risk and creating a perception of unhappiness.

When we place further self-study on this and dial our inner vision into focus, we are able to clearly see that the objects and situations we initially desired ultimately become the source of misery. It is due to these vestiges of living that the attainment of happiness can easily elude us. Rather than thinking about what happiness is supposed to be, what we really need to be taught is what happiness feels like.

To increase our potential level of happiness, it is important to partake in daily practices that help to remind us that we are always connected to a greater energy. This in turn helps us to be in a continual state of trust. In this place we find it easier to accept the present and place less importance on a perception of what is right or wrong.

All it takes in any given moment is a small, simple little suggestion. Say you are out walking on a path, there are people passing you on a bicycle, your phone rings and for a split second you sense your morning walk is creating stress rather than peace and solitude.

What if you stop and ask your mind, ""Can we be still and quiet for just a moment?""

Then try stopping whatever you are doing. Turn your phone off for a few minutes and free your arms. Perhaps jump up and down and let the body shake out in no particular way. Maybe your voice wants to make noise.

Sprinkled throughout the book are suggestions.

Here is something you can try:

Try experiencing the many components in the universe. Begin with a morning walk before sunrise. Look into the sky and take in the vast element of space with stars twinkling. Notice how the sounds of nature are abundant at this time of the day and how the chorus of birds begins to sing. If you are near water, listen to the changes in the sound of it whether you are at the shore

and hearing waves crashing or by a creek listening to the trickling sound of water dancing across stones or pebbles. What does the morning air feel and taste like?

Wishing you happiness!"