

#1 INTERNATIONAL BEST-SELLER

FREE BONUS
Transformation
Tracker

BOOK ONE
Life Purpose
& Yoga-Science

HAPPINESS
THE KEY TO
SUCCESS
(TWELVE-BOOK SERIES)

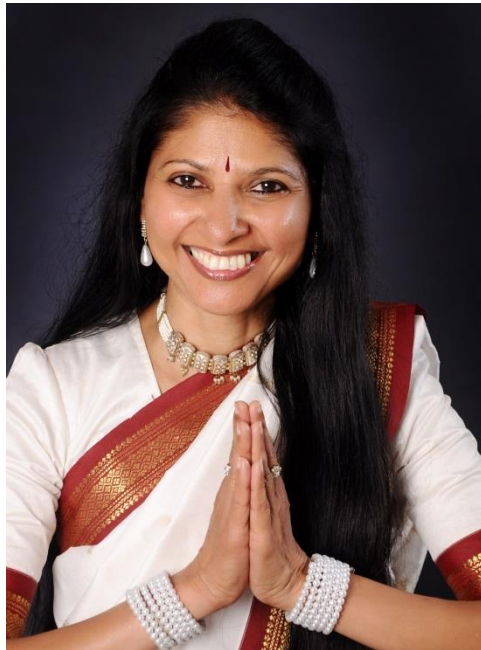


Twelve MEDITATION Steps
To Uncover Your Joy, Healing and Success

Shanthi Yogini



MARCH YOUR WAY TO HAPPINESS & SUCCESS



Learn More and Join Our Movement:

www.YogaforHappiness.com

Book Reviews for
Happiness: The Key to Success
The Complete Series



5.0 out of 5 stars on Amazon

Reviewed in the United States on April 4, 2018

Simplified, in a Very Good Way, Method for Yoga-Meditation!

Happiness: The Key To Success is an ideal read for modern-day men and women with fast-paced lives. Shanthi Yogini's approach with the book is to introduce lifestyle-based Yoga in its most authentic form that is adaptable to modern-day living, and use it as a preparation for meditation.

- **Debbi Dachinger**, *Bestselling Author*



5.0 out of 5 stars on Amazon

Reviewed in the United States on April 5, 2018

Very interesting approach to happiness and success! Highly recommended!

Shanthi Yogini presents an extraordinary perspective on happiness and methods to work towards it in her new book. Her simplified techniques make sense for everyone and can be easily put into practice. Don't miss this one!

- **Wendy Hancharick**





Susie Briscoe

5.0 out of 5 stars on Amazon

Reviewed in the United Kingdom on April 5, 2018

Yoga Master Shanthi Yogini guides you through 12-step easy Yoga-Meditation formula to Happiness ~ The Key to Success!

I really like the way Yogini Shanthi has presented her ideas on this huge subject, and meditation is such a useful tool to understand and implement in your life ... I'm reading it in Kindle and it looks great. This is an awesome job of getting her message across about the processes involved in meditating.

Most people strive to be successful in life because they are misled into thinking that when they become successful, they will be happy. In fact, Yogini emphasizes that the opposite of that is true. Only when you are happy, can you be successful in the true sense; namely to live to your highest potential. Success that equates to just achievements, name and fame is not the key to happiness. Happiness IS the key to success. This book assists in breaking the chains of unhappiness and offers healing, happiness and success.

- Susie Briscoe, Bestselling Author





Bernadette Dimitrov aka Mrs Claus

5.0 out of 5 stars on Amazon

Reviewed in Australia on April 7, 2018

Top Read for positive change

Loved Shanthi's simple, easy to follow yet proud sharings on meditation as the tool to create deep happiness. Love the wisdom she shared from her father to us the readers. The book is set out in three stages which I absolutely loved because of the clarity and understanding it gives. Great easy and enjoyable read straight through. You'll want to read it a second time to incorporate the learnings. Loved it.

- **Bernadette Dimitrov aka Mrs Claus, *Top 1000 Reviewer***



5.0 out of 5 stars on Amazon

Reviewed in Australia on April 4, 2018

A brilliant concept written in a practical and down to earth fashion...

A brilliant concept written in a practical and down to earth fashion. What a fabulous host of messages from the mind and body working together as one to the importance of being happy to achieve success and not the other way around. Great work and a great read.

- **Lynda Dyer**



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Now before you go any further, STOP.



FREE BONUS DOWNLOADS

As a reward for taking the right step, you receive two bonus gifts to accelerate your happiness, healing and success in life.

Please visit <https://www.HappinessTheKeyToSuccess.com>

OR [**CLICK HERE FOR THE FREE BONUSES.**](#)

They are *free* for a limited time, so get them soon.

The Two Bonuses are:

1. **Transformation Tracker Workbooks:** They are embedded in the E-book. You can also get them as workbooks to track your transformation if you wish.

2. **Word Assist:** Non-English terms with their meaning

Please join our Facebook community for discussion about your life, happiness and success through this book series.

Please click below and request to join. (Please answer the questions there before requesting)

[**https://www.facebook.com/groups/HappinessTheKeytoSuccess**](https://www.facebook.com/groups/HappinessTheKeytoSuccess)

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HAPPINESS: THE KEY TO SUCCESS

Twelve MEDITATION Steps to Uncover Your Joy, Healing and Success

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The author and/or publisher shall have neither liability nor responsibility to anyone with respect to any loss or damage caused, or alleged to be caused, directly or indirectly by the information contained in this book.

To support Free Yoga-Training for children and sustenance of VedaH, which forms the basis of the ancient Yoga-Science, the author donates a percentage of all book sales to the causes.

ACKNOWLEDGEMENT

(Common to All 12 Books)

Shanthi's sincere thanks go:

To her entire family, especially her brothers Kumar & Suresh, her sister-in-law Jayashree, her sister Durga, brother-in-law Giri, her aunts Lakshmi and Malini, and uncle Krishna, for their unflinching love, support and encouragement;

To her daughter, Pavitra, her best friend, inspiration, and guide;

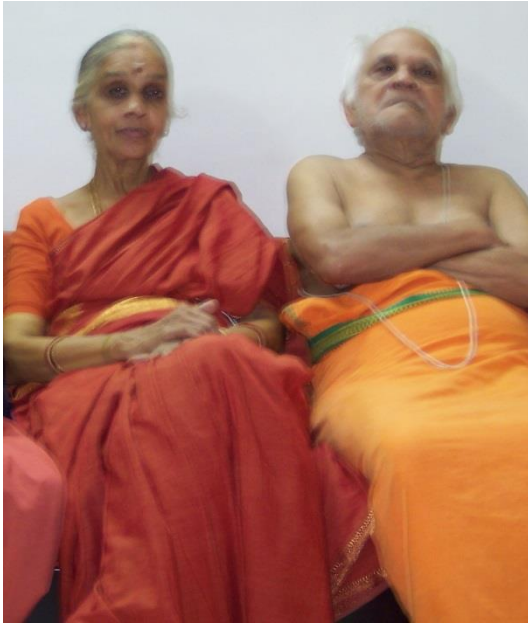
To her business coaches, Stephanie Frank, Ryan Eliason, Marisa Murgatroyd, Vrinda Normand, Jane Penelope, Anastasia Netri, Jesse and Sharla, Sage Lavine, Steve Olsher, Iman Khan and Afrin;

To Jesse Krieger, Ken Kreger, Anik Singal, Christine Kloser, Alinka Rutkowska and Viki Winterton for being instrumental and the inspiration in her book writing and launching process;

To Nobel Peace Prize Laureate Kailash Satyarthi, who is like her brother, for living in his own life the meaning of success;

And to all her friends and colleagues for their help and support;

She dedicates this book series at the lotus feet of all her Gurus whose teachings have enriched and enlightened her, including her mother Lalitha, who is her personal mentor and guide, and her late father, G.K. Kannan (her first Guru and her role model), who guided her into the science of meditation, the art of life, and sowed the seeds of desire to write books by being an author of two books himself.



Yogi Father G.K. Kannan

And

Yogini Mother Lalitha

FOREWORD BY DR ANJU SINGH



After reading thousands of books on Yoga, Meditation, Happiness and Spirituality, I felt that as an Ayurvedic physician, I could myself write hundreds of books. In fact many a times I seriously considered it. Then came this book, “Happiness: The Key to Success”. I just started reading it casually. But what started as a casual affair turned into a serious and deep bonding.

Once I started reading it, I just couldn't stop it till the end. Deep concepts have been explained in a simple manner. It goes straight to the heart. Complicated concepts become easy to understand, digest and imbibe fully. So philosophical yet it is so practically possible. It is simple but meaningful, creating deep and profound impact on the soul.

If you aim to be really happy and really successful, you should read this book at least once, for, I know that once you start reading it, you will not be able to part with it. Please don't read it once and discard it, but always keep it as your eternal guide to bounce back to when in need of guidance.

I wish the author all the best for the future and with the words –
“I will keep looking for more and more books from you.”

- **Dr Anju Singh**, *Ayurvedic physician and Director, Glenn Herbal (Manufacturing Ayurvedic Medicine), Writer and Event organizer in Yoga and Ayurveda nationally and internationally*



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TABLE OF CONTENTS for “**BOOK ONE: *Life Purpose & Yoga-Science***” is given in the **BOOK ONE** Section



INTRODUCTION

(Common to All 12 Books)

Dear Blessed and Beloved Self,

The author is glad that you have answered her call to you or perhaps have answered your call to yourself, and have come here. Warm welcome! She is crystallizing 40+ years of practicing and 17+ years of teaching Yoga-Science, meditation, happiness and success into these pages, pages that can change lives; pages that will change *your* life.

The concepts that Shanthi helps you apply in your life through the book series have taken her several decades to perfect. You can now have them in just a few hours by reading the series, one book at a time!

How to Get the Most from This Book

- Choose one question with the answer or just one sub-topic to read at a time rather than attempt to read the entire book like a novel.
- **Contemplate** on that one concept.
- Make it a **part** of your life.
- **Read** the highlighted portions given in the book again.
- **Repeat** the affirmations.
- **Be part** of the Transformation Tracker.

What You are About to Learn:

If You:

- Are Looking for **Success**
- Are Seeking More **Happiness** in Life
- Aspire to Begin Your **Meditation** Practice
- Feel **Distracted** and Want to **Focus**
- Are **Frustrated** in Your Efforts to Meditate
- Want to Understand What Yoga-Science REALLY is

Then, this book and others in the series guide you in the right direction to take practical steps towards your end goal.

If you:

- Are currently **unhappy** for any reason
- Are in constant **search** for happiness
- Seeking Success to feel complete in life

Then you can put an end to it right this minute and begin to live in happiness. You have the power to do it. You don't have to become successful, whatever that means to you, to be happy.

The question is "*Are you willing to exercise your power?*"

About You...

You are intelligent, sincere and hardworking. You may be an entrepreneur or may be in a respectable position professionally. You are ambitious and want to succeed in life. You want to be happy and make a difference in the world. You are a seeker.

Maybe others say that you HAVE IT ALL: a great education, an attractive income, a lovely place to stay, delicious food to eat, convenient transportation, latest electronic devices to make your life comfortable, complete freedom to choose what you want in life; in short, you are **successful on the outside**, and yet, you may find “**something missing on the inside**” and hence are not completely happy.

That “**something missing**” could be due to any one of these:

- A state of burnout
- Losing a dear one and being haunted by the memories
- Being hurt in the past which bothers you to this day
- Not having a happy relationship with partner or kids
- Not being able to recover from a mistake made in life
- Focusing too much on others and ignoring yourself
- Searching for answers to deeper questions in life
- Looking for the very purpose of your life

The reason for your unhappiness could be because, things are not happening the way you want. You may be hoping that **someday** things will change and then you will be happy.

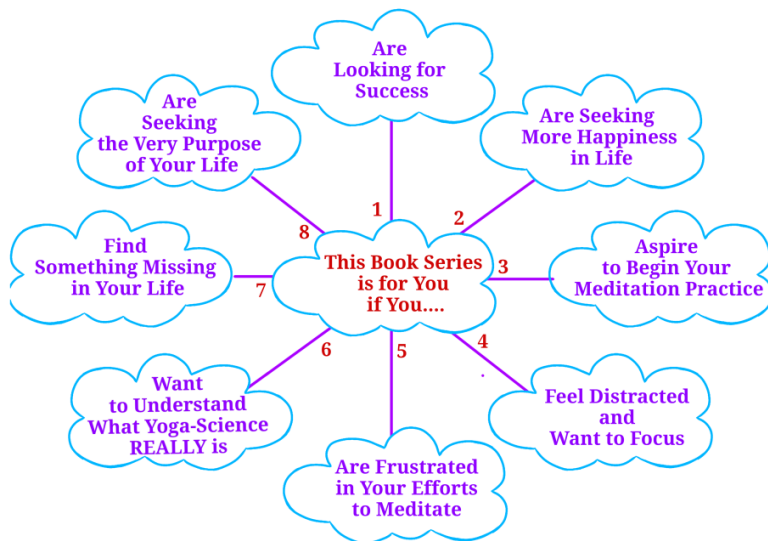
Below is our *big promise* to you:

Who This Book Series is for...

Whatever the situation in your life may be, if you want a proven path to live in freedom and happiness, and “**feel complete on the inside**”, then this book series is *for you*.

Maybe you think you don’t have it all, but have SOME of what you want, and are postponing your happiness for the day when

you will have it all; in other words, you are waiting to become “**more successful**” so that you can be happy. If so, this book series is *for you*.



Who This Book Series is for

Are you ready to begin the transformative journey to enjoy living in your true home? Actually, the journey already began the moment you decided to read this book.

The author is really excited about having you as her travel companion, each, about to build one’s own happy home. You and she have already begun to change.

Before you start reading the book that leads you to your happy home, it is essential to understand the fundamental connection that makes the title of the entire book series namely “Happiness: The Key to Success”.



THE FUNDAMENTAL CONNECTION

(Common to All 12 Books)

Here, let us see how Yoga-Science, Meditation, Happiness and Success are connected.

In understanding this, we will also understand the book title “Happiness: The Key to Success”

Most of us strive to be successful in life because we are misled into thinking that when we become successful, we’ll be happy.

We think of our life to be like this:

Success → Happiness → Meditation → Yoga

We think – “First I’ll do things, achieve, and become successful. Then my life will be filled with happiness. Then I’ll find time to think about spiritual activities. First I’ll start with meditation and then when I become little more flexible in my body, I can think about including Yoga for health, fitness and some relaxation.”

In fact, the opposite of that is true. Only when you are happy can you be successful. Happiness is the key to success. Success is NOT the key to happiness.

This is how it *actually* is in life:

Success ← Happiness ← Meditation ← Yoga-Science

What this means is, to be successful in anything you do, you need to have happiness in your heart first.

Happiness that comes from within is only possible through meditation.

And meditation is only possible in the best and most effective way – if you have practiced the preparatory stages of the ancient Yoga-Science. By Yoga-Science, *we definitely don't mean fitness exercises.*

We can understand the above in another way too:

Yoga-Science → Meditation → Happiness → Success

This means, Yoga-Science prepares you for meditation. Meditation is the gateway to happiness. Happiness decides your success. **The why, what and how of the above is what this entire book series is about.**

You can understand it pictorially this way. In the picture, you can see success leading to Yoga-Science.

What this means is, once you succeed in having some more inner peace, happiness and focus, you are inspired to practice more of Yoga-Science to ultimately reap more of success.



The Fundamental Connection



BOOK CONFIGURATION

(Common to All 12 Books)

What started as a single book to include the twelve meditation steps, as given in the subtitle, is now split into *twelve books*. Each step forms a small book of its own.

Since it may be difficult to remember twelve steps, for simplicity, we study them under five stages.

The five stages together form what is called the “**H.A.P.P.Y. Process**”. The word **H.A.P.P.Y.** is an acronym where each stage begins with one letter of the word. The five stages are:

1. **H - Harvest**
2. **A - Access**
3. **P - Practice**
4. **P – Progress**
5. **Y – Yoke**

The five stages can be understood with the analogy of a home.



I. HARVEST: Lay the foundation for your *happy* home

Five of the twelve meditation steps are in this stage.



Stage 1

Here, you:

1. *Unmask the basics* through

BOOK ONE: *Life Purpose & Yoga-Science*

2. *Unfold the law of success* through

BOOK TWO: *The Law of Success*

3. *Unlock the secret of happiness* through

BOOK THREE: *The Secret of Happiness*

4. *Unlearn the misconceptions on meditation*
through

BOOK FOUR: *Misconceptions on Meditation*

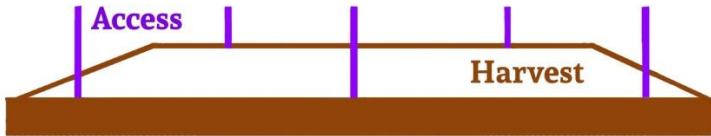
5. *Unearth* the definitions and meaning of meditation through

BOOK FIVE: *What is Meditation Anyways?*



II. ACCESS: Erect the columns for your *happy* home

One of the twelve meditation steps is in this stage.



Stages 1 - 2

Here, you access the knowledge of how Shanthi, the author, created an imbalance in her life, and you

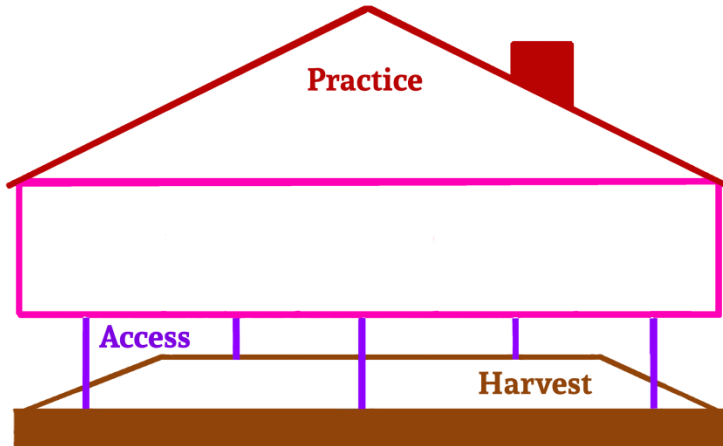
6. *Understand* Shanthi's healing journey through

BOOK SIX: *Author's Journey-Victim to Victor*



III. PRACTICE: Finish the roof for your *happy* home

Four of the twelve meditation steps are in this stage.



Stages 1 - 3

Here, you:

7. *Undertake the preparatory steps for your own meditation journey* through

BOOK SEVEN: *Prepare for Meditation*

8. *Unravel the mystery of “Yoga-Blueprint for Meditation”* through

BOOK EIGHT: *Yoga-Syllabus for Meditation*

9. *Undo the knots of your life* through

BOOK NINE: *Guided Meditation*

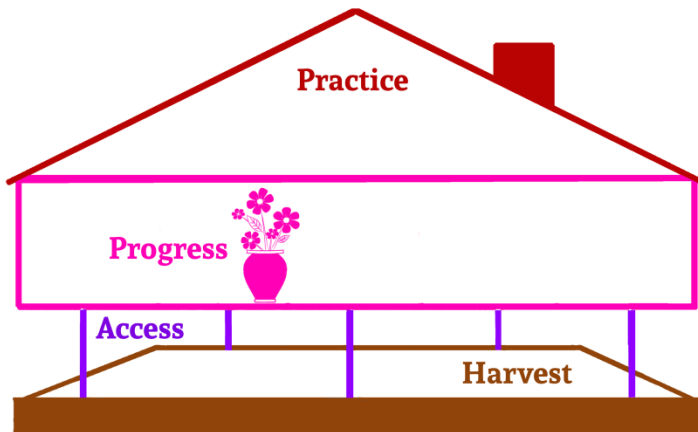
10. *Unwind your busy mind* through

BOOK TEN: *Chanting & Meditation*



IV. PROGRESS: Create inspiring interiors for your *happy* home

One of the twelve meditation steps is in this stage:



Stages 1 - 4

Here, you:

11. *Unleash the healing power of meditation and be*

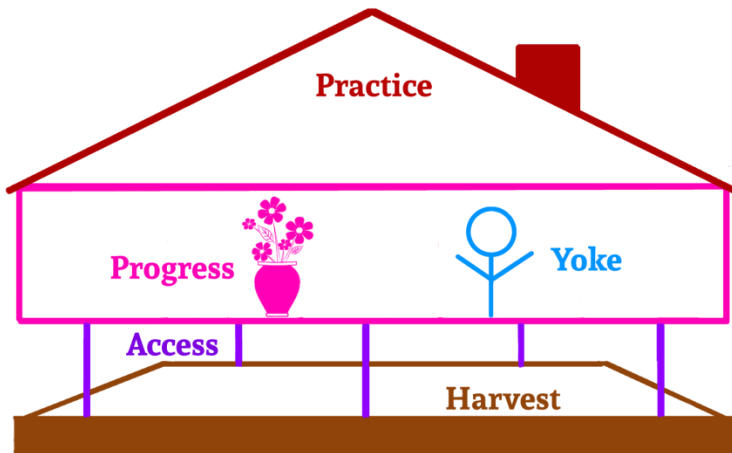
inspired by the stories of other seekers of happiness who have benefited from meditation in their life through

BOOK ELEVEN: *Healing & Meditation*



V.YOKE: Enjoy living in your *happy* home

One of the twelve meditation steps is in this stage:



Stages 1 - 5

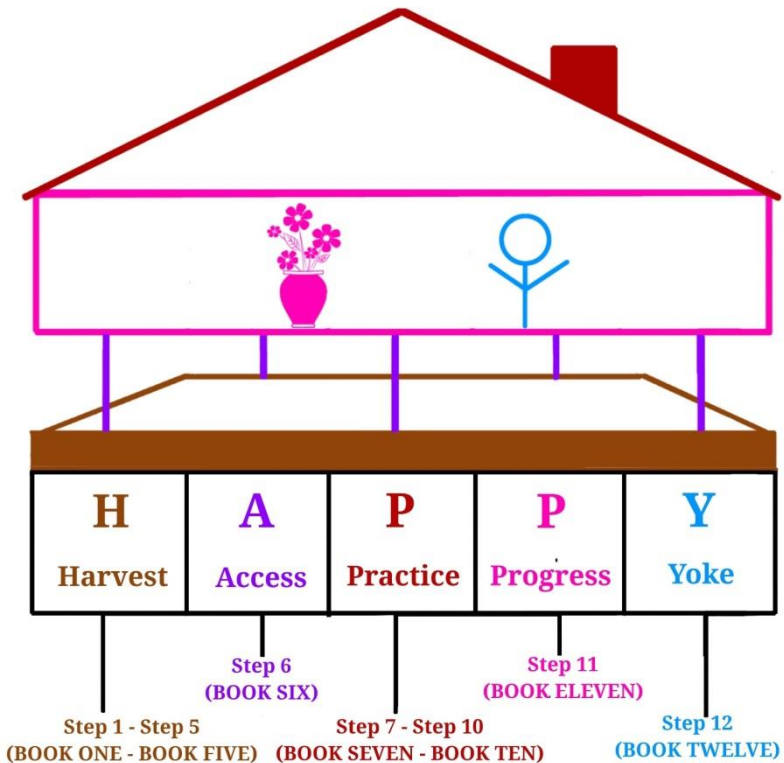
Here, you:

12. *Uncover your joy and happiness* by experiencing the yoking or the union of your body, mind and your individual inner Self through

BOOK TWELVE: *Uncover Your Happiness*

NOTE: You experience this union whether you are sitting silently through silent meditation or engaged in daily activities through E.L.E.V.A.T.E meditation. The word E.L.E.V.A.T.E is an acronym.

Below, you can see the entire book configuration pictorially.



SHANTHI'S BOOK-WRITING JOURNEY

The seed for writing a book was sown in Shanthi by her father and Guru in 1994 when he wrote his first book. It sprouted as a decision when her father left this physical world on November 19, 2010.

She decided to put in writing all the Yoga-lessons she learned from her father. He never practiced a single Yoga-pose in his life. So her lessons from him were definitely not on Yoga-poses.

She almost completed the manuscript in 2016, and then realized that she could not put all of the lessons in a single book and do justice to Yoga-Science and to the teachings of her father.

She split that into two books, but somehow did not complete any of them. By sheer accident, or should we say, by Divine intervention, she was directed to write a book on Meditation. She agreed, not knowing why she did.

Perhaps the answer lies in this interesting observation that she likes to share with you. When she was trying to name the book, she was looking to register a website URL that would go with the name of the book.

In the process, she started searching for many possible URLs like “MeditationforHappiness” and “MeditationforJoy”. To her surprise, both were **available**.

Out of curiosity, she searched for “MeditationforHealth”, MeditationforStress, MeditationforDepression, and many others. **None** of them were available.

This goes to prove something that you can see as Myth 11 and Truth 11 under **Question 18 (Q18)** in **BOOK ONE: Life Purpose & Yoga-Science**.

Apart from the book series, Shanthi is excited that there are two more books with Yoga-lessons from her father and with some efforts and time they can also be made available.



TRANSFORMATION TRACKER

(Common to All 12 Books)

What is “Transformation Tracker”?

You may have seen that in a doctor’s clinic, BEFORE giving treatment for an illness, some readings are taken and then AFTER the treatment, the same readings are taken again. This helps to understand the effectiveness of the treatment.

In the same way, the “Transformation Tracker” works.

It is a workbook type form that collects your **answers** for a few transformation tracker questions BEFORE you read the book and AFTER you read the book.

By comparing the two sets of your answers, you can see for yourself if your perspective on life, Yoga-Science, meditation, happiness, and success has changed as a result of reading the book.

If it has, then that is called transformation, and this tracker acts as a measure for that.

You may wonder if transformation is possible just by reading a book. If you read it like a novel and don’t do any inner work, then transformation may be difficult.

But if you participate in the “Transformation Tracker”, then you get the opportunity to think through many concepts and alter some of them as a result of reading the book.

Have you seen how a caterpillar transforms into a butterfly by doing lot of inner work inside the cocoon? It is an amazing process. That is how it is with you too.



Life Cycle of a butterfly

To accelerate your transformation, some books in this series may ask you to take additional action AFTER reading the book.

Actions may include practicing or repeating something, and sharing in the private book community on Facebook.

Some questions may involve introspection on yourself. It may be difficult, but it is a step in the right direction.

Firstly, it takes lot of patience and time to introspect. So be very kind to yourself.

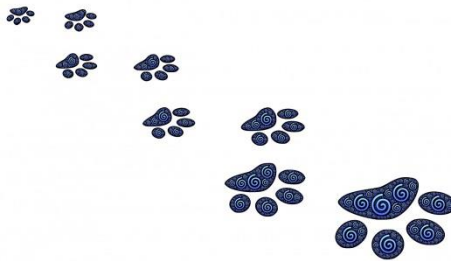
Secondly, many facts about yourself may get revealed during the introspection process, some good and some not so good. No matter what, **just love yourself for who you are.**

We all must learn to work on improving ourselves while still loving us for who we are now.

We all must learn to work on improving ourselves while still loving us for who we are now.

To sum up, there are **at least 7 benefits** for you when you answer the questions both BEFORE and AFTER reading the book. **They are:**

1. TRACK: Your answers track your transformation.



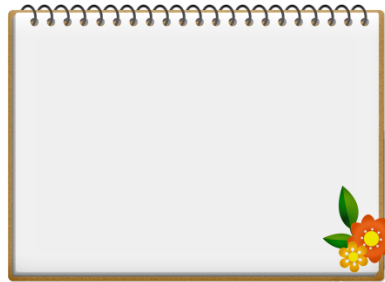
2. MOTIVATE: Your answers motivate you to take action.



- 3. SELF-LOVE:** Introspection questions teach you self-love and self-understanding.



- 4. PERSONAL JOURNAL:** Your answers for all the books create a personal journal for you.



- 5. MAKE IT REAL:** Your answers make the affirmations in the book come to life for you.



6. **TIME:** Your answers reveal if it was worth spending the time reading the book.



7. **A LEADER:** When you post in the book community, your transformation makes you a leader as it shows others what is possible for them.



NOTE: Participation in the TRANSFORMATION TRACKER is completely **OPTIONAL** though we encourage you to participate by answering each tracker question sincerely and to the utmost detail.

To make your TRANSFORMATION REAL, we have put in a lot of our thinking and time to create the right questions for you for each of the 12 books.

You can download a document with the questions, but, to encourage you to take action we have also embedded the questions in a Google form.

You can see it **BEFORE** the introduction and **AFTER** the conclusion of each book in the series. Thus we have made this book **highly interactive** for you.

You can post your answers in the book community for any feedback and support. Click on the link below to join.

<https://www.facebook.com/groups/HappinessTheKeytoSuccess>

If you have any questions at all, please do not hesitate to write to Namaste@YogaforHappiness.com.

We love to hear from you.



CONCLUSION

(Common to All 12 Books)

Dear Blessed and Awesome Self,

This concludes our contents which are common to all the twelve books in the series. You can see this portion getting repeated in each individual book for ready reference and continuity.

As you read further books in the series, you have the option to either read fully or read only some portions of the common section again as you feel necessary, or to totally skip it and go directly to the specific book after page number **Roman xxxvi**.

Thank you very much for your patience!

Shanthi invites you now to the specific contents of

BOOK ONE: *Life Purpose & Yoga-Science*



WELCOME!

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BOOK ONE
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HAPPINESS
THE KEY TO
SUCCESS
(TWELVE-BOOK SERIES)



Twelve MEDITATION Steps
To Uncover Your Joy, Healing and Success

Shanthi Yogini



BOOK ONE

Life Purpose & Yoga-Science

Begins.....



Book Reviews for
Happiness: The Key to Success

BOOK ONE: *Life Purpose & Yoga-Science*



5.0 out of 5 stars on Amazon

Reviewed in the United States on April 1, 2018

A Worthy Companion for Meditation and Happiness Practice



Shanthi was my yoga teacher for a couple of years, and although I didn't know it at the time, that experience was the beginning of a spiritual journey that continues today. Shanthi's method for finding happiness through meditation—a twelve step process that is divided into five

stages—reminds me a lot of her yoga classes.

As a new yoga student, I wanted to learn lots of poses right away, but Shanthi's approach was to be patient, take it slow, and learn about yoga philosophy along the way. As a reader of this book, you might feel impatient and immediately look for the meditation instructions so you can enjoy the outcome of happiness right away. But just like my yoga class, it doesn't work that way.

Shanthi compares learning the science of meditation to exploring the ocean. Like the ocean, meditation is vast and deep and if you want real breakthroughs, you have to be willing to reach the ocean floor. It might take a long time—even a lifetime—to go that deep, but every step you take in the right direction is progress toward happiness. Read, enjoy, and practice this and it will become an important step on your spiritual path, just as it has on mine.

- **Caroline Brown**, *Technology Writer*



Reviewed in the United States on April 06, 2018

So Ready to Embrace the Simplicity



Brand new book by Shanthi Joyful Yogini makes an amazing read for a rainy Saturday afternoon. Happiness is the Key to Success. I just read through the first bit this morning, and was so ready to embrace the simplicity of such wisdom. Bless yourself today and get a copy!

- **Susan Jenness**, *Energy Healer and Yoga Teacher*



5.0 out of 5 stars on Amazon

Reviewed in the United States on August 27, 2019

Book One lays a solid foundation for what's ahead

Just finished Book One. It is easy to digest even for a beginner to the science of Yogah. The book bonuses also force to reflect. Also the affirmations actually put a smile on my face, sometimes because they feel good, other times because they sound like of funny. But either way they are GREAT.

- **Amazon Customer**



Reviewed in Bhaaratam (India) on October 08, 2020

I Have a Clearer Perspective on the Purpose of Life



Being a Yogic Science student my perspective on the ultimate goal of life is that it is Moksha. But I was unclear what exactly Moksha was.

Reading BOOK ONE gave me a related but clearer perspective that the ultimate goal or Purpose of Life should be “Inner Happiness” and now I look forward to finding my happiness. I like all the 4 Explanations of life purpose in the book which are all interconnected.

What I love about the book is that the author explains all the concepts in a very practical and organized manner by focusing on the main topic as well as giving the guidelines for reading this book as well as other books in the series. The explanation is very clear that anyone can understand them very easily whether he/she has any prior knowledge of Yoga-Science or not.

Any time she thinks that a concept presented may be too difficult for some readers to grasp, she asks us to relax, take a deep breath, and then explains it beautifully giving an example.

It is not just a read through book; it is a non-fiction book that comes to life. Repeating the affirmations and answering the questions in the “Transformation Tracker” before and after reading the book are engaging elements. They make me feel as if the author is present live, interacting with me.

Being a Yogic Science student, I have read many books on meditation and Yoga-Science, but this book teaches me the Life Purpose and Yoga-Science in a practical and simpler way.

- **Palak Gumber**, *Bachelors in Yogic Science Graduate*



FOREWORD BY SWAMI YOGATMANANDA



I had the privilege of knowing Shanthi Yogini for more than ten years. She harmoniously ties together many skills, connected directly or indirectly to Yoga and meditation. I had witnessed it in her teaching of Sanskrit, Yoga, dance and also cooking for physical and emotional health. It is heartening to see that she has authored this treatise to present the meditation as the technique to ‘uncover’ the inner happiness.

This ‘uncovering’ has been detailed in twelve progressive steps. With each ‘uncovering’, one can experience the ‘unburdening’ and thus a palpable feeling of relief and relaxation spreads in the heart of the meditating individual.

This feeling pushes the person to the next step and the process continues till the mine of infinite joy hidden in the innermost recess of heart is reached. The first five processes grouped under ‘Harvest’ are the foundations, wherein one is trained to unfold, unmask, unlock, unlearn, and unearth. This foundation done, then the ‘Happy Home’ is ready to live in and successful life streams from there.

I am sure this book will be a useful addition to the existing vast literature created in modern times for the modern people.

Swami Yogatmananda, *A Senior Monk of the Ramakrishna Order and Minister, Vedanta Society of Providence*



TRANSFORMATION TRACKER

(BEFORE READING BOOK ONE)

Now comes the time to answer some questions on certain concepts BEFORE you begin reading new, differing or opposing concepts. The questions are given as a separate document with spaces to answer them.

Please visit <https://www.HappinessTheKeyToSuccess.com> and click at the top to access the document if you haven't received.

For an E-Book, **please open the Google doc form by clicking the link below and directly type your answers.**

Please do NOT postpone it for later, because, you will not be able to write the answers in an un-biased manner later on.

We have another form for you AFTER you read the book. The Transformation Tracker works ONLY if you have 2 sets of answers, one BEFORE and one AFTER reading the book.

When you fill in the form, you can get a copy of it sent to your email. It then becomes easy to copy and paste any of it in the book community if you want to initiate a discussion.

NOTE: Your answers are kept private and won't be shared. So, be open and honest with them.

[PLEASE CLICK HERE TO ACCESS THE "BEFORE READING THE BOOK" TRACKER QUESTIONS.](https://www.YogaforHappiness.com)

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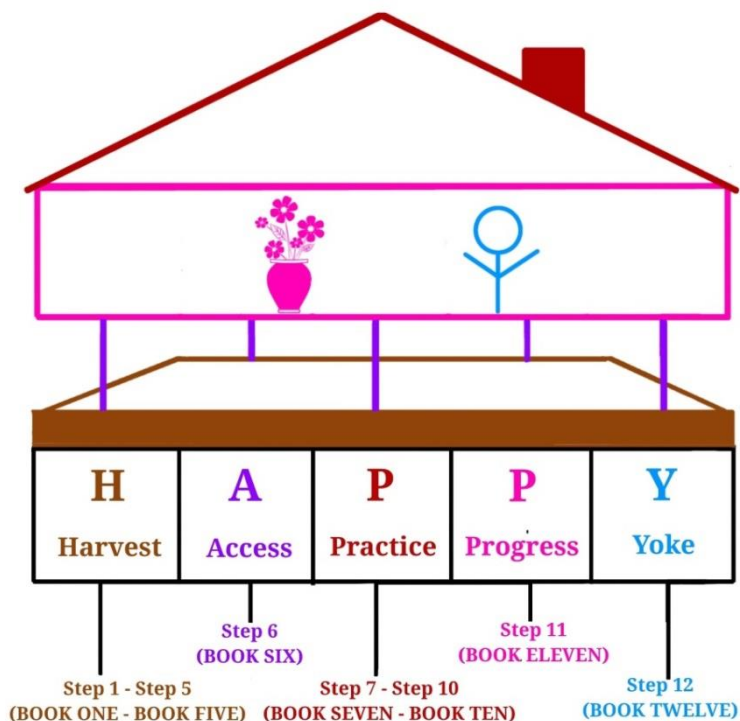


INTRODUCTION TO BOOK ONE

Dear Blessed and Amazing Self,

Welcome to BOOK ONE! It is structured as a series of questions and answers for easy grasp of the subject matter, rather than as chapters. This is so throughout the book series.

This book represents “*Step 1 Unmask: The Basics*” out of the twelve meditation steps. While all the twelve steps together form the **H.A.P.P.Y.** Process with five stages in it, this book is in **Stage 1** called “**Harvest**”.



You may wonder why a separate book is needed to understand the purpose of life and the role of Yoga-Science in that. It is **ABSOLUTELY** required, because, most people struggle in life not knowing their life purpose. Thus they lack an interest to live life fully.

Additionally, there is a LOT of **misunderstanding or myths** about Yoga-Science and meditation. Even those who think that they have practiced Yoga-Science and meditation for many years are not clear about it. A lot of non-Yoga-Science is practiced and taught in the name of “Yoga”.

Even those who think that they have practiced Yoga-Science and meditation for many years are not clear about it. A lot of non-Yoga-Science is practiced and taught in the name of “Yoga”.

The books that come later in the series explain in greater detail giving more misconceptions about meditation.

BOOK ONE also gives foundational knowledge required in order to benefit in a meaningful manner from the book series.

The education given in the other books in the series is like building 1st floor, 2nd floor, 3rd floor etc. Before we build any floor, the building needs a **STRONG FOUNDATION**. That is what **BOOK ONE: *Life Purpose & Yoga-Science*** is about.

Let us begin our journey!



Step 1: *Unmask* the Basics

Through

BOOK ONE

Life Purpose & Yoga-Science

Stage 1 of 5: **Harvest**
(**H** of the **H.A.P.P.Y.** Process)

Q1. How is the content in the book and the book series presented?

The content is presented as questions and answers with bullet points rather than as chapters.



Why is it so? because there are at least 4 benefits to it.

1. This helps you to grasp the subject matter more easily.
2. You consciously avoid blind reading of pages and pages at a time.
3. It makes the reading bite-sized. You can read just one or two questions at a time and ponder over them.
4. You have pause points after a concept is presented.

This method is followed in the other books of the series too.

You also have opportunities to affirm your learning through repetition throughout the book and the book series.

Q2. What are 3 challenges you may face while reading this book as well as other books in the series?

Apologies that the book has this difficult question in the beginning! But going in this order will make it easier for you.

The 3 challenges you may face in reading this book and the book series are:

1. **Taking Action is Required:** This book is not a novel and can't be read lightly. It is a book of deep education, personal transformation, and uncovering your life-purpose, joy, healing and success.

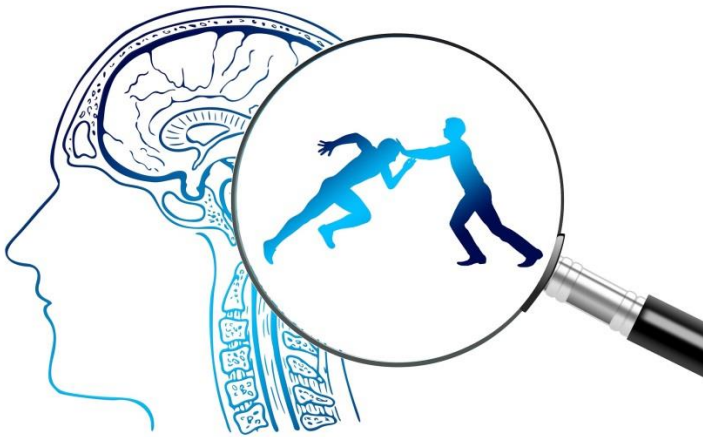


Taking Action

So it demands action from your end. You have to **give yourself**

totally to understanding the concepts presented here. Otherwise it may be difficult to benefit from the book.

2. **Overcoming Resistance is Required:** The concepts presented here may be the complete opposite of what you have understood thus far. We will be exposing many myths in the world of Yoga-Science of which meditation is also a part.



Overcoming Resistance

Even if not the complete opposite, at the minimum, they may be very *different* from what you have known before. So there may be resistance and tension from your end in being willing to grasp them.

3. **Conscious Unlearning is Required:** You have to be prepared to *let go* of your resistance and be completely open. You must be willing to unlearn many things you have learned, which will prove to be a huge challenge.

This means that unlearning the myth and relearning the truth may have to happen in many situations.

This is **Smile Strategy**. It is the **best strategy to make difficult tasks easier**. Smiling does not mean that we are less serious.

We can and should undertake even serious tasks with a smile. Smiling makes difficult tasks easier.

Q3. What are some misconceptions about the Purpose of Life?

Have you ever asked yourself questions such as – “What is the **REAL purpose of life**? Why am I alive? What am I expected to achieve?”

These questions are very important, because, unless we know the answers, we will not be able to wake up every day in the morning with passion and purpose for the day.

As each person tries to figure this out, there are at least 3 common misconceptions.

1. Many people confuse their goals, ambitions, or skill development with life purpose.

They may think that their being a doctor, engineer, lawyer, businessman, entrepreneur, teacher, dancer, painter, or a singer is their life purpose.

2. They may think that to serve the world or fight for justice is their life purpose.
3. They may think that each person has different and unique life purpose.

Is that really so? What do YOU think? Is it like what most people think?

The fact is, choosing a profession or a service project that you are passionate about may become a path in realizing your life purpose, but it cannot become your life-purpose. It is a means to an end, but NOT the end itself.

Also, there is only one life-purpose for all those born in this world. Thus, the end is common for all humans. Only the path is different.

The end is common for all humans. Only the path is different.

Is it getting difficult to grasp? Take a deep breath, relax and smile.



Let us discuss...

Q4. What is the Purpose of Life?

Life purpose is not complicated rocket science. It is very simple. Below are 4 explanations.

NOTE: They are not 4 different definitions. They are just 4 viewpoints complimentary to each other. You may choose whichever speaks to you the most in the process of understanding your life-purpose.

EXPLANATION 1:

In your desire to be a doctor, engineer, lawyer, businessman, entrepreneur, teacher, dancer, painter, singer etc. what is your ultimate goal?

Is it not happiness?

In your desire to serve the world or fight for justice, what is your ultimate goal?

Is it not fulfillment?

If it is not clear right now, no worries. We have “**BOOK THREE: *The Secret of Happiness***” dedicated for this topic.

We are constantly seeking happiness in life through whatever means. So, we can say, your life purpose is to prepare yourself to experience lasting happiness; NOT the temporary fleeting happiness.

So, we can say, your life purpose is to prepare yourself to experience lasting happiness;

There is a myth about working towards your happiness.

Myth 2: Working towards your own lasting happiness is selfish. Even if you have to suffer, you must work for others' happiness which is temporary anyways.

Truth 2: Living in your happiness is not only your life-purpose, but also the **easiest way** to make a difference in the world. This is because you can share your joy with others. How can you share anything that you don't already have?

Remember, we are not talking of the happiness you get from material objects, because it goes away as quickly as it comes.

Lasting happiness liberates you from all limitations and makes you truly free. So, it is called “**MokshaH**” or “Liberation”.

EXPLANATION 2:

Having become a doctor, engineer, lawyer, businessman, entrepreneur, teacher, dancer, painter, or a singer, how do you want to be in that profession?

Don't you want to be working to your fullest potential, like being the best doctor or the best dancer?

This is called success in the truest sense.

If it is not clear right now, no worries. We have “**BOOK TWO: *The Law of Success***” dedicated for this topic.

So, we can say, your life purpose is to prepare yourself to live life to your fullest potential; NOT be mediocre.

So, we can say, your life purpose is to prepare yourself to live life to your fullest potential;

EXPLANATION 3:

Humans like to be part of something bigger and larger than them. That is why we are interested in being part of groups, clubs and organizations. That is when we experience maximum happiness.

Imagine feeling part of the big club called “The Whole World”, or the biggest club called “The Entire Universe”!

This “union”, “connection” or “joining” is the highest form of spirituality. It occurs as a result of destruction of ego which separates us and makes us feel disconnected from others.

So, we can say, your life purpose is to prepare yourself to experience oneness or YogaH (union) with all; it is NOT to feel a sense of separation from others that is the root cause of misery.

If it is not clear right now, no worries. We have a separate question on this and many books in the series to clarify this.

So, we can say, your life purpose is to prepare yourself to experience oneness or YogaH (union) with all;

EXPLANATION 4:

Our interconnectedness with all is the truth of life. Thinking that we are all separate beings is an illusion.

Union with others by realizing the truth is possible ONLY when each is able to realize the truth of their individual Self. This is called Self-Realization that is possible through meditation.

Right now, we may be mistaking our Self to be our body, mind, beliefs, attitudes, behavior etc. It is false identity.

So, we can say, your life purpose is to prepare yourself for Self-Realization.

If it is not clear right now, no worries. We have many books in the series to clarify this topic.

These are the 4 faces of life-purpose that most don't know.

Q5. What is the connection between Life Purpose and Yoga-Science as given in the book title?

The word “YogaH” literally means “union”, “connection” or “joining”. Every tool in Yoga-Science is designed to achieve this union, including Yoga-postures. And that is one way we understood Life Purpose with EXPLANATION 3.

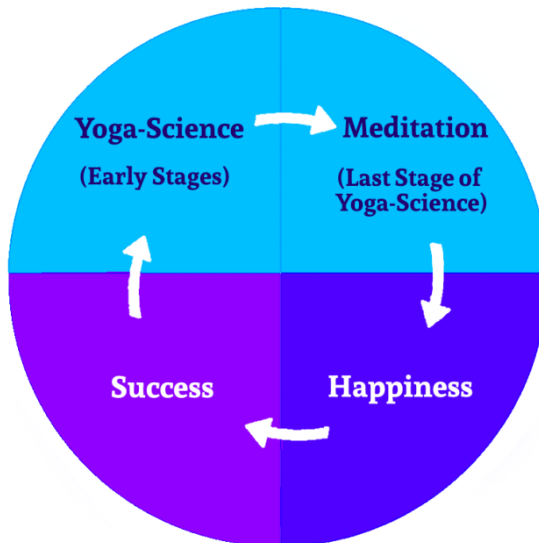
In page xvii, under FUNDAMENTAL CONNECTION, we already saw the connection between:

Happiness (EXPLANATION 1 of Life-Purpose),

Success (EXPLANATION 2 of Life-Purpose),

Yoga-Science (EXPLANATION 3 of Life-Purpose), and

Meditation (EXPLANATION 4 of Life-Purpose),



The Fundamental Connection

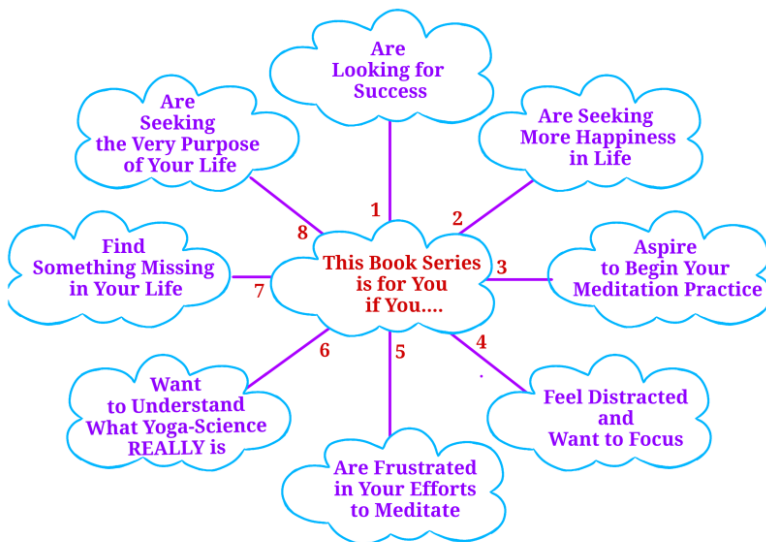
Thus Yoga-Science helps in living your life purpose. **So, Yoga-way of life is the #1 secret to living your life purpose.**

But people don't associate life purpose with Yoga-Science, because, there is misconception about Yoga-Science.

Question 7 (Q7) dispels 2 myths about Yoga-Science.

You will also learn a little bit more about Meditation and Happiness in this book which help in understanding how you can realize your life purpose.

That is why it was told earlier that this book series is for you if you are looking for life-purpose (**No. 8** in the picture).



Who the Book Series is for

This book and the other eleven books in the series make use of the power of affirmations to help apply the concepts in your life. So, let us understand what they are and how they are used.

Q6. What are affirmations and how are they used in the book series?

Affirmation is the action or process of affirming something.

In this book series, they are intentional statements made with a definite purpose and goal. They are public announcement of your intentions to live your life a certain way and demonstrate your commitment to practicing them for higher living.

An affirmation is an easy way to reprogram your mind.

An affirmation is an easy way to reprogram your mind.

Since life purpose is connected to happiness and success, affirming positive words definitely helps in realizing your life purpose. That is why you should know how to benefit from them.

There are six scientific facts that make affirmations in the book series powerful and they are explained in **BOOK TWO: The Law of Success**.

For now, we'll just understand how we use affirmations in this book series.

Whenever you see a long box containing a picture and title beginning with "AFFIRMATION ON....", **STOP** reading further. The title chosen is meant to strengthen your affirmation. See the picture on the next page for the hand position.

Please place both hands on your heart center with your right hand over your left and put a smile on your face and repeat the three sentences below the title, loudly two times, and mentally the third time.



Crossed Hands at the Heart

NOTE 1: The crossed hands in the picture above are mirroring you. That means the picture shows the left hand on top since your right hand has to go on top. You can see the image of just the crossed hands in every affirmation to remind you.

NOTE 2: Just to encourage you to smile, there is a smiley face along with the affirmation.



NOTE 3: You have 3 sentences as part of your affirmation. The 3rd sentence is translated into Sanskrtam additionally.

If you do not know to read Sanskrtam, then chances are that you may not be able to pronounce it rightly too.

So, do not worry if you don't know what it is and hence are unable to read it. It is added just to give more authenticity to the contents here. You benefit a lot just from the English version.

Q7. What are 2 myths about Yoga-Science?

There are many myths about Yoga-Science and here are just 2 of them. It is myths such as these that **prevent us from realizing our life-purpose** through Yoga-Science. That is why it is essential to recognize them.

Myth 3: - Yoga-Science is fitness exercises to increase flexibility.

-- Yoga-Science is a gentle form of exercise to relax the mind and reboot the body.

-- Yoga-Science is a low impact workout from the country of Bhaaratam (India).

Truth 3: Yoga-Science is the science of how to live.

-- Yoga-Science has been passed on to us from thousands of years ago as a way of life.

-- It is a way of life recommended for us to get the best out of life and to live in our highest potential.

Even if we take only the physical movement part of Yoga-Science called Yoga-pose, it is in essence conscious movement and NOT merely exercises. **In fact, it should NOT be done as an exercise.**

You don't agree? Take a deep breath, relax and smile.



Let us discuss...

The physical poses form only a small part of the entire Yoga-Science.

In most Yoga-Teacher training programs, they focus mainly on teaching **to instruct** Yoga-poses as if they are fitness exercises.

That is why such trainees become just “Fitness-Instructors” though they may be calling themselves “Yoga-instructors”. They are definitely NOT trained to become Yoga-teachers.

In most Yoga-Teacher training programs, they focus mainly on teaching to instruct Yoga-poses as if they are fitness exercises.

That is why such trainees become just “Fitness-Instructors” though they be calling themselves “Yoga-instructors”. They are definitely NOT trained to become Yoga-teachers.

Every tool in Yoga-Science is designed to realize our life purpose, including Yoga-postures. That is why it is essential to understand the truths about this ancient science.

Myth 4: There are two aspects of Yoga-Science – the physical aspect and the spiritual aspect. Most Yoga-instructors are trained in the modern days with this idea.

Truth 4: There is only one aspect to Yoga-Science namely **spiritual**.

You don't agree? Take a deep breath, relax and smile.



Let us discuss...

Even using the physical postures is a means to this end called YogaH (union). Just because they bring physical benefits as a **side bonus**, they **cannot be mistaken to be physical**.

There is only one aspect to Yoga-Science namely spiritual. Even using the physical postures is a means to this end. Just because they bring physical benefits as a side bonus, they cannot be mistaken to be physical.

It is like saying that weight lifting is a mental exercise. Sure, mind power and will power are needed as the person works to increase the weight lifted or the holding time. But it is by no means meant for mind mastery. Its goal is purely physical.

“YogaH” means “union”; yet it is a paradox that Yoga-Science is split into two aspects and made as opposed to each other.

“YogaH” means “union”; yet it is a paradox that Yoga-Science is split into two aspects and made as opposed to each other.

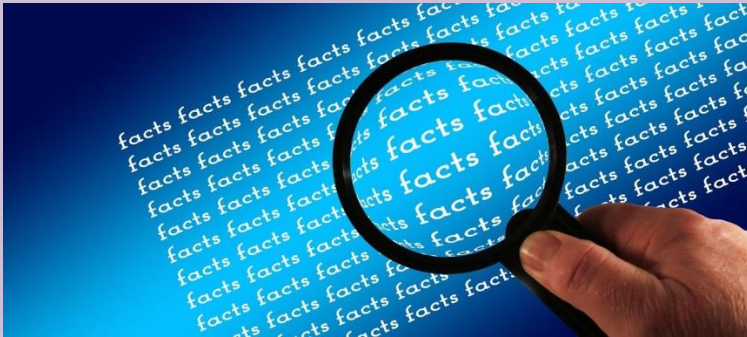


The Split

Are you ready to have a new understanding of Yoga-Science?

Are you willing to take an investigative approach?

Let us pause for an affirmation to apply the wisdom in our life.



AFFIRMATION ON INVESTIGATION



Please place both hands on your heart center with your right hand over your left, put a smile on your face, and repeat the sentences below loudly two times, and mentally the third time.
(Please mirror the image given)



“Yoga-postures aim to work on the mind through the body.”

“I commit to investigating anything before accepting.”

“I develop an investigating mind.”

कारणिक-मनः वर्धयामि।

Q8. Why learn words in an ancient language in order to understand life purpose or Yoga-Science?

This book is in English, but Yoga-Science is an ancient science from Bhaaratam (Original name for India). So what?

Do you need any new language to know your life-purpose?

No! You don't! Then why are we learning it here?

We saw through EXPLANATION 3 under **Q4** that living in YogaH (union) is indeed living your life purpose. We saw in **Q5** again that Yoga-Science helps in living your life purpose.

Shanthi teaches Yoga-Science with Meditation in an authentic way as given by the ancient masters thousands of years back. It is not adulterated with modern ways of doing fitness exercises or mere movement-based practices and calling them “Yoga-Science (Yoga)”.

So, it is only correct that we use the very words used by those enlightened masters in the same way, with the same pronunciation that they used. That is AUTHENTICITY to its highest degree. Shanthi does not know to teach any other way.

That ancient language is called Sanskrtam (Sanskrit).

So, learning these new words is connected to learning life purpose systematically and authentically as well. Only Sanskrtam terms are used in future books or programs.

So, this is required as foundational knowledge for you to continue the path of Yoga-Science to realize your life purpose.

It is shocking that people think that they are ENTITLED to pronounce words in Sanskrtam the way they feel like, just because they do not want to put in the time or the effort to learn them correctly.

It is okay to not know a language; but then we should be honest enough to stay away from using it until we learn it.

It is shocking that people think that they are ENTITLED to pronounce words in Sanskrtam the way they feel like, just because they do not want to put in the time or the effort to learn them correctly.

Myth 5: Intentions alone are sufficient and actions don't matter.

Truth 5: Intentions have to be **always** followed with the right action.

You don't agree? Take a deep breath, relax and smile.



Let us discuss...

Just because your intentions are good, if you try to fix a car with incorrect knowledge, won't there be a chance that you cause more damage to the car than do good?

Are you authorized to fix cars in the first place? Is it right action to not know well, yet attempt to fix the car?

Though you will encounter many Sanskrtam words throughout the book series, only six common words are explained here. The intention is not to overwhelm you by giving the whole list here.



There is also a tip on how to pronounce these words, but if it is too difficult, just ignore it.

After all, the goal of this book is to know your life purpose and that of the book series is to help uncover your happiness, healing and success. It is not to teach you Sanskrtam.

There is a separate online program called “**Sanskrtam Learning Project**” for this purpose with details on this in the main website.

Yet, it is mandatory to tell these original words as they are used in other books and programs too.

So, put your language learning cap on now.



Language Learning Cap

Q9. How to pronounce the word “Sanskrit” correctly?

If a word you see is not an English word, then it is a word in the ancient language of Sanskrtam.

The word “Sanskrit” is not what it is called in the original language. It is called Sanskrtam, which aptly means “*That which is well refined or well done*”.

The word below says Sanskrtam.

संस्कृतम्

This language was perfectly made and many research studies are proving the scientific basis of this language and how it is ideal for artificial intelligence because of its precision.

Sanskrtam is also considered a healing and happiness language for several reasons. Reading words in Sanskrtam is equivalent to doing meditation, based on the effect it produces in the brain.

In the author’s educational 3 CD set called “Yoga-Dhvani”, she has an audio track detailing the specialty of this language. This language is being referred to as Sanskrtam in this book series. The word Sanskrit is occasionally in brackets.



Pronunciation Tip: sums-kr-thum (The first syllable “Sam” is to be pronounced as in the word “*Sum*”. The middle syllable “kr” is to be pronounced like “cr” of the word “*Crisp*”. The last syllable “tam” is to be pronounced like the word “*Thumb*” with a silent ‘b’).

For easy recognition, you may see all the words in Samskrtam either underlined or written in a different font or both, based on the format you are reading in.

Myth 6: Pronouncing the word as “Sanskrit” is correct.

Truth 6: Pronouncing the word as “Samskrtam” is correct.

Q10. How to pronounce the word “Yoga” correctly?

Yoga is called YogaH in the ancient language of Samskrtam. In this book and in the entire book series, the word YogaH or Yoga-Shaastram is used giving the word Yoga occasionally in brackets. Shaastram indicates Science. So Yoga-Shaastram indicates Yoga-Science.



Pronunciation Tip: Yo-gu-ha

In “YogaH”, “Yo” is pronounced as in YoYo. “ga” is pronounced as “gu” of the word “gut” and H is pronounced as

“hu” of the word “hut”. It is *not right to pronounce YogaH as Yogaa* with a long “aa” sound at the end.

It is not right to pronounce YogaH as Yogaa with a long “aa” sound at the end.

Myth 7: Pronouncing the word as “Yogaa” is correct.

Truth 7: Pronouncing the word as “YogaH” or Yoga-Shaastram or Yoga-Science is correct. If you are referring to poses only, using “Yoga-Aasanam” is correct.

But whenever the word YogaH comes in combination with another word say “Aasanam” meaning poses, we don't pronounce the “Ha” at the end of the word “Yoga” as it is a combination word now.

We simply say Yoga-Aasanam, Yoga-AbhyaasaH, Yoga-Shaastram, Yoga-practice, Yoga-Science, Yoga-Teacher, Yoga-Training etc. (with a short “a” at the end of “Yoga”)

In the book series, we use mostly the word Yoga-Science or Yoga-Shaastram in order to make it clear that YogaH is a science encompassing several practices.

Pronunciation Tip: Shaas-thrum

In “Shaas-thrum”, “shaa” is pronounced as “sha” of the word “sharp”. Now “s” to it and it becomes “shaas”. “thrum” is pronounced like this – Imagine the word “three” with “m” at the

end. Instead of pronouncing it as “threem” with long “e” sound, pronounce it as “thrum” with short “a” sound before “m”.

Q11. How to say one’s “inner-being” or “Self” in Sanskrtam?

The terminology used for the inner being, “Self”, or the individual consciousness is Aatmaa. The words “soul” or “spirit” is rarely used in this book series.

Pronunciation Tip: Aa-th-maa

It sounds similar to the word “*Asthma*” but without the “s”.

The “Aa” indicates a long sound as in the word “*Art*”. “t” is pronounced like “th” of the word “*Zenith*”. “maa” is pronounced like in the word “*mart*”.

Q12. How to say the word meditation in Sanskrtam?

Dhyaanam is the word for meditation in Sanskrtam language. Even though the word Dhyaanam is translated as meditation, it is really **deeper** than what is currently understood as meditation in modern days.

Dhyaanam is part of Yoga-Shaastram (Yoga-science) and is the highest form of meditation, namely, meditation on Aatmaa, “Self” or the individual consciousness.

Pronunciation Tip: Dhyaa-num

“Dhyaa” is a single combination syllable. It is a combination of two syllables “Dh” and “yaa”. “Dh” is half of the sound of the word “The” and a little more emphasized. There is no exact sound for it in English “yaa” is pronounced as in “ya” of the word “yard”.

Many people pronounce it incorrectly EVEN in international conferences as if it is “die” + “yaa”. The last syllable “nam” is to be pronounced like “num” in the word “number”.

Q13. How to say the word “India” correctly?

The real name for India is Bhaaratam, which means “*The land that revels in knowledge*”.

The name “India” was given by others to refer to the land on the other side of river “Indus” and we continue to use that word just because it is what others currently recognize.

Even the word “Indus” is incorrect as the river is actually called “Sindhu”.

In this book, we use the word Bhaaratam, giving the word “India” occasionally in brackets.

**Pronunciation Tip for Bhaa-ra-tam:** Bhaa-ruh-thum

There is no exact sound for “Bhaa” in English. The closest is “Ba” of the word “*Barn*”. “ra” is pronounced like “ru” in the word “run”. The last syllable “tam” is to be pronounced like the word “*thumb*”, with the silent “b”. It is similar to pronouncing “tam” in Sanskritam.

Q14. What if I can't correctly pronounce the Sanskrtam words used in this book series?

There may be resistance to saying the words differently and correctly. So watch out, take a deep breath, relax and smile.



If you don't get the pronunciation right, it is fine.

On a brighter side, so far you have learned six new words: Sanskrtam, YogaH, Yoga-Shaastram, Aatmaa, Dhyaanam and Bhaaratam. Give yourself a pat on the back! You know something that most modern meditation and Yoga-instructors don't know.

To sum up: In this book and others in the series, six of the non-English words used are:

- Sanskrtam (Sanskrit)
- YogaH (Yoga), when it occurs as a single word
- Yoga-Shasstram (Yoga-Science)
- Aatmaa (inner being, Self, individual consciousness)
- Dhyaanam (Meditation as in Yoga-Shaastram)
- Bhaaratam (India)

Again, there are many more words used throughout this book series. The above six words appear often and hence pronunciation tips are given for them. That is also why they are

listed in BOOK ONE. Other Sanskrtam words may not be presented in so much detail.

You may find the correct usage of the words in Sanskrtam and the pronunciation of them to be too technical, but can you understand how much of the original gets changed over time as knowledge travels to other places?

Will you do your small part in retaining the original sounds of Sanskrtam words? It is not difficult, once you get it. It is like learning to drive a bicycle. Once you get it, you have it forever.

Will you do your small part in retaining the original sounds of Sanskrtam words? It is not difficult, once you get it.

Very few people take the time to point these out, and fewer still are willing to accept it. The trainees of our Yoga-teacher training program train themselves to use the words correctly.

As told in **Q8**, again, the goal of this book is to know your life purpose, and that of the book series is to help uncover your happiness, healing and success. It is not to teach you Sanskrtam.

So, if you don't get the pronunciation right, it will not impact the benefits you can get from this book or the book series.

Will you be open to using Sanskrtam words correctly going forward?

Let us pause for an affirmation to apply the wisdom in our life.



.AFFIRMATION ON CONQUERING



Please place both hands on your heart center with your right hand over your left, put a smile on your face, and repeat the sentences below loudly two times, and mentally the third time. (Please mirror the image given)



Sanskrtam is a healing and happiness language.”

“I conquer my resistance to learning **Sanskrtam** words.”

“I develop a conquering mind.”

जित-मनः वर्धयामि।

Q15. How is life-purpose related to meditation?

Meditation is the state of feeling oneness within you and with the rest of the universe by uniting the individual consciousness and the cosmic consciousness.

When this happens, it opens the gateway to happiness. If you are looking for lasting happiness, there is no other option. This is what Yoga-Shaastram also is about.

Meditation which is part of Yoga-Shaastram, is the #1 secret to live in joy and infinite happiness effortlessly.

Living this way is indeed our life-purpose, as seen earlier.

There are many more definitions of meditation given in **BOOK FIVE: *What is Meditation Anyways?***

Q16. Of the 12 steps, why does it take 8 steps before learning to practice meditation? (BOOK ONE to BOOK EIGHT)

When you see the steps covered in each of the eight books, as given in the beginning of this book, you may have many questions, for instance:

Why can't I learn to meditate after one or two steps of understanding the basics? Why does it require eight steps even before I begin the first practice of meditation?

Why is the meditation practice pushed to BOOK NINE? How hard should it be for someone to guide me into meditation?

There are many books that will guide me right away into the practice. By the time I get to BOOK NINE to practice meditation, I may lose my interest to meditate."

It is time to bust a myth.

Myth 8: A book on meditation should teach me how to meditate right away after some basic introduction. It cannot take hundreds of pages to explain the basics.

Truth 8: If you don't want to empower the seeker with the "what" and "why", but just want to address the "how", it is possible to guide them in the practice soon.

This is also the #1 reason for any frustration people may experience in their meditation attempts.

You don't agree? Take a deep breath, relax and smile.



Let us discuss...

If you want to stay only on the surface of an ocean, it is very easy. But if you want to go deep and touch the ocean floor, it needs a lot more time, effort, dedication, patience, tools and techniques. The deeper the ocean, the longer it takes.

The science of meditation is vast and deep like the ocean. If you want to have breakthroughs in life through meditation, your goal must be to reach the ocean floor.



Ocean Floor

It may take days, months, years or even lifetimes to actually touch the floor. That does not matter. What matters is that your eyes must be towards the ocean floor and you must be headed in that direction.

Every little effort you take and every progress you make counts. Every mini step contributes towards a life of more freedom, happiness and success. Your efforts never go waste and you are never disappointed.

Every little effort you take, and every progress you make counts. Every mini step contributes towards a life of more freedom, happiness and success. Your efforts never go waste and you are never disappointed.

Do you have what it takes to learn everything surrounding meditation – the clarity, preparation, benefits, and the impact?

Are you ready for your mini steps, yet prepared to go BIG?

Let us pause for an affirmation to apply the wisdom in our life.



AFFIRMATION ON MINI STEPS



Please place both hands on your heart center with your right hand over your left, put a smile on your face, and repeat the sentences below loudly two times, and mentally the third time.
(Please mirror the image given)



“Even small efforts count towards progress.”

“I commit to taking mini steps for major breakthroughs.”

“I develop a mini-step-taking mind.”

लघु-प्रयत्न-करण-मनः वर्धयामि।

Q17. Are Yoga-Shaastram (Yoga-Science) and meditation different?

No, they are NOT!

Here is a common myth.

Myth 9: Because of lack of clarity of what Yoga-Shaastram *really* is, it is considered in modern days to be different from meditation.

Truth 9: Meditation is part of the process laid out by Yoga-Shaastram. In fact, in Bhaaratam (India), if someone uses the word meditation, we assume that they are referring to Dhyaanam.

It may be difficult to accept it because it goes against what you have known so far.

So take a deep breath, relax and smile.



Let us discuss.

Every aspect of Yoga-Shaastram until the stage of meditation is a preparation of one's body and mind for the ultimate stage of meditation called Dhyaanam, which is meditation on the Aatmaa, the "Self".

This results in the grand union of individual consciousness and the cosmic consciousness.

This is referred to as “**The Yoga-Blueprint for Meditation**”.

Every aspect of Yoga-Shaastram until the stage of meditation is a preparation of one's body and mind for the ultimate stage of meditation called Dhyaanam, which is meditation on the Aatmaa, the “Self”.

“**BOOK FOUR: Misconceptions on Meditation**” and “**BOOK FIVE: What is Meditation Anyways?**” explain more about meditation and its purpose.

Jumping into meditation without proper preparation is the reason **why people find meditation difficult**.

It is like saying – Grade 12 is powerful, because, after that one can go to college. While it is great to want to study Grade 12, is it not required to study Grade 1 to 11 prior to that?

It is unfortunate that grade 12 has gotten disconnected from grade 1 to 11.

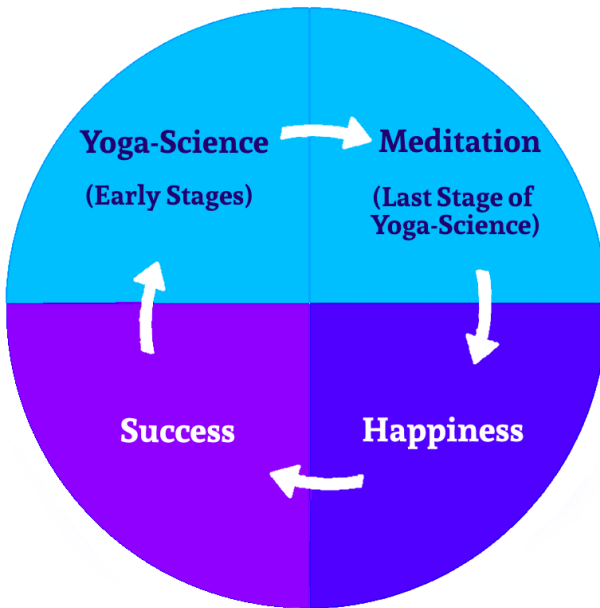
BOOK EIGHT: Yoga-Syllabus for Meditation explains the syllabus laid out by the ancient sages, following which, one can drink the nectar of meditation in a very simple way.

The grand union results in breaking of all limitations, so that one gains freedom from suffering, and experiences happiness in life. **Is this not the purpose of life?**

Is this not what we are seeking in every action of ours consciously? Is not the **desire for happiness** and **relief from sorrow** that is driving all our actions as seen in **Q3**?

There is a growing interest in meditation, an immediate need for healing, and a constant longing for success and happiness. This book series connects all the four.

Let us make this connection strong in our heart.



The Fundamental Connection

Q18. If Yoga-Shaastram and meditation are not different, why do most books and courses on meditation not mention that it is part of Yoga-Science?

They don't mention it because those who write the books or create the courses on meditation are not clear about the ancient Yoga-Science (Yoga) and are thinking of it as just physical poses or exercises.

So they tend to think of Yoga-Science as **completely** separate from meditation.

Myth 10: Mistaking the branch called Yoga-Aasanam (Yoga-poses) to be the tree called Yoga-Science.

Yoga-Aasanam is a science by itself, but it is only a part of the Yoga-Science. Yet, it is not portrayed so in the modern Yoga-world.

Truth 10: The tree can exist even without the branch. Yoga-Science can be practiced even without Yoga-Aasanam.

You don't agree? Take a deep breath, relax and smile.



Let us discuss...

When a lie is told 1000 times by 1000 people, it may start to seem like the truth, especially if the 1000 people appear authoritative. That is what has happened to Yoga-Shaastram. The lie has become the truth. The misrepresentation and mis-interpretation has become the truth.

The same way, they have misconception of what meditation is meant for. The following is something Shanthi learned during her research on web URLs.

Myth 11: People think that meditation helps with health, stress-relief or depression, but *not* with joy and happiness.

Such thinking indicates putting a limit on what meditation can and cannot do for us.

Truth 11: The #1 goal of meditation is to experience lasting, limitless happiness that everyone is seeking. Helping with health, stress-relief or depression is just the *side benefit* that meditation brings.

On knowing this, Shanthi understood *why* she was made to write this book series on meditation.

Now, do you understand what your life purpose is and how you can realize it by knowing about Yoga-Shaastram, meditation, happiness and success? That is what we do in the rest of the book series.

Ready to prepare your body and mind through Yoga-Science?

Willing to take an orderly approach to learning meditation?

Let us pause for an affirmation to apply the wisdom in our life.



AFFIRMATION ON ORDERLINESS



Please place both hands on your heart center with your right hand over your left, put a smile on your face, and repeat the sentences below loudly two times, and mentally the third time.
(Please mirror the image given)



“Meditation requires proper preparation.”

“I commit to being open to the recommended order.”

“I develop an orderly mind.”

क्रमक-मनः वर्धयामि।

CONCLUSION FOR BOOK ONE

Dear Blessed and Compassionate Self,

This completes **BOOK ONE: *Life Purpose & Yoga-Science***. You have begun the **Harvest** stage of the **H.A.P.P.Y.** process by starting to build the foundation for your *happy* home.

In this stage, we covered **Step 1** of the twelve meditation steps namely, ***unmask the basics***.

To summarize, you learned

- A total of 11 myths and truths on life, happiness, and Yoga-Science
- The highest form of spirituality
- The #1 strategy to make difficult things easier
- The #1 reason for any frustration in meditation attempts

And so much more...

To be specific, we discussed the following:

- ✓ Q1. How is the content in the book and the book series presented?
- ✓ Q2. What are 3 challenges you may face while reading this book as well as other books in the series? (**Myth 1**)
- ✓ Q3. What are some misconceptions about the Purpose of Life?

-
- ✓ Q4. What is the Purpose of Life? (**Myth 2**)
 - ✓ Q5. What is the connection between Life-Purpose and Yoga-Science as given in the book title?
 - ✓ Q6. What are 2 myths about Yoga-Science? (Myth 3 and Myth 4)
 - ✓ Q7. What are affirmations and how are they used in the book series?
 - ✓ Q8. Why learn words in the ancient language in order to understand life purpose or Yoga-Science? (**Myth 5**)
 - ✓ Q9. How to pronounce the word “Sanskrit” correctly? (**Myth 6**)
 - ✓ Q10. How to pronounce the word “Yoga” correctly? (**Myth 7**)
 - ✓ Q11. How to say one’s “inner-being” or “Self” in Sanskrtam?
 - ✓ Q12. How to say the word meditation in Sanskrtam?
 - ✓ Q13. How to say the word “India” correctly?
 - ✓ Q14. What if I can’t correctly pronounce the Sanskrtam words used in this book series?
 - ✓ Q15. How is life-purpose related to meditation?
 - ✓ Q16. Of the 12 steps, why does it take 8 steps before learning to practice meditation? (BOOK ONE to BOOK EIGHT) (**Myth 8**)
-

- ✓ Q17. Are Yoga-Shaastram (Yoga-Science) and meditation different? (**Myth 9**)
- ✓ Q18. If Yoga-Shaastram and meditation are not different, why do most books and courses on meditation not mention that it is part of Yoga-Science? (**Myth 10 and Myth 11**)

We also got grounded in the wisdom to apply it in our life through the following affirmations:

- Affirmation on Investigation
- Affirmation on Conquering
- Affirmation on Mini Steps
- Affirmation on Orderliness

Please make sure you've understood all the concepts that are given in BOOK ONE and created a framework in your mind for understanding further lessons. Hope you enjoyed the contents.

There are many more myths and misconceptions on meditation that are discussed in **BOOK FOUR: *Misconceptions on Meditation.***

BOOK EIGHT: *Yoga-Syllabus for Meditation* talks about other branches of Yoga-Science apart from Yoga-Aasanam.

The next book, **BOOK TWO: *The Law of Success*** continues to build the foundation. Be ready to *unfold the law of success* by understanding exactly what success is and how to attain it.

It is only after reading BOOK TWO and BOOK THREE that your foundation will become strong and rock solid.

The author hopes that you will continue your learning through the remaining books in the series.

Now go put into practice the concepts you have learned. Start small. Take baby steps. Complete the Transformation Tracker Questions.



REQUEST FOR FEEDBACK FOR BOOK ONE

Dear Blessed and Grateful Self,

The author has a very special request from you.

She requests you to **write to us** about how BOOK ONE benefited you, what actions you took, what challenges you faced, and how you overcame them.

Shanthi would be very happy to celebrate your success and address any of your concerns.

[Click HERE to join our Book Community on Facebook.](#)

Your sharing there is **bound to inspire others** to take action just as you did. We each should lift each other up.

Additionally, if portions of your feedback can become a review of the book, we request you to **send it our way**. You may write to Namaste@YogaforHappiness.com. If you got the book on other platforms, please **post your thoughts** there.

Open sharing of your take-away and transformation **matters a LOT** to authors like Shanthi. We appreciate the time you invest in this.



Transformation Tracker Questions: **AFTER** Reading the Book

Now comes the time to answer some questions on certain concepts AFTER you have read new, differing or opposing concepts in BOOK ONE. The questions are given as a separate document with spaces to answer them.

Please visit <https://www.HappinessTheKeyToSuccess.com> and click at the top to access the document if you haven't received.

For an E-Book, **please open the Google doc form by clicking the link below and directly type your answers.**

Please do NOT postpone it for later, because, life gets in the way and the concepts may not stay fresh in your mind.

The Transformation Tracker works ONLY if you have 2 sets of answers, one BEFORE and one AFTER reading the book.

NOTE 1: In case you didn't fill in the form BEFORE reading, you can fill it up NOW with your ideas BEFORE book-reading.

NOTE 2: Your answers are kept private and won't be shared. So, be open and honest with them.

When you fill in the form, you can get a copy of it sent to your email. It then becomes easy to copy and paste any of it in the book community if you want to initiate a discussion.

[PLEASE CLICK HERE TO ACCESS THE "AFTER
READING THE BOOK" TRACKER QUESTIONS.](https://www.YogaforHappiness.com)

Awesome Info about the Author:

Be open to possibilities!

There is so much interesting and inspiring information you can get about Shanthi that they are given under 18 sub-headings. That is a LOT. That is why it can't be given as a continuous text. Additionally, BOOK SIX in this series is all about analysis of Shanthi's life journey and her healing. In that book, you can know a lot more info about her which is not available anywhere else.

Here, you can see **only portions** of the first 6 sub-headings and **extracts** from a few more.

To read about her in entirety, you may visit the **About Shanthi section on our website**. There, you can read the expanded versions of what are given here along with her: Teen Years, Eating Habits, Public Speaking, Sanskrtam, Education, Europe Tour, Life Transition, Advanced Yoga-Training, Awards & Grants, Media, Daughter, and Other Activities

So, here we go...



1. SHANTHI, SEEKERS & STUDENTS:

Shanthi Yogini, dressed traditionally, is **authentic** to her roots in more ways than physical appearance. **Transformational leaders** like coaches, authors, and entrepreneurs, **integrate** her authentic, pristine, and purest form of Yoga-Science into their busy life.

Through her bite-sized **2-Minute practices**, they tap into their true potential, and enhance their public-speaking skills. In just a few hours, they develop a confident and **independent personal practice** from this “International Yoga-Master”.

For top-level performers who are successful but unfulfilled, she is the “**2 Yoga-Minutes to Happiness**” Expert. She also offers corporate “Workplace Happiness” programs and multicultural workshops. Shanthi helps Yoga-instructors in becoming authentic Yoga-teachers.



2. SHANTHI'S STAND ON YOGA-SCIENCE:

Yoga-Activist Shanthi's Stand is TWO-FOLD:

To stop Ancient-Yoga-Science being misappropriated as-Mere-Branded-Physical-DOING and to reclaim its Authenticity as-a-Science-of-LIVING-in-Union

It is achieved through the Evolutionary Movement namely "2-Yoga-Minutes to Happiness".

The word “YogaH” means “Union”, “Joining” or “Connection”.

Her **core message** is this: The main purpose of Yoga-Shaastram is to realize union within, union with all, and to uncover one's inner happiness. Everything else for which one may take to its practice is only a **side-benefit**.

Shanthi founded Yoga-for-Happiness Academy with a vision to “Actualize **World Peace** and Happiness through Authentic Yoga-Science”.

She uses it to address ALL of life's challenges and aspirations, be they physical, mental, intellectual, social, or spiritual.



3. SHANTHI, ANCESTORS & WAY OF LIFE:

Shanthi comes from a lineage of Yoga-Masters who passed on their wisdom in a practical way. They lived their lives adhering to the principles of the Yogic teachings and are/were strict vegetarians for generations, thus living a Yoga-way-of-life.

Application of this Experience in Shanthi's Work: This propelled her to follow their footsteps and do what they did.

She has been incorporating in her life, every aspect of Yoga-Shaastram such as Yoga-Values, Yoga-poses, Food, Dance, Chanting, Samskrtam (Sanskrit) and Meditation.

Coming from the teaching class, Shanthi considers that preserving Yoga-Shaastram and sharing this wisdom with others is her Sva-Dharma (her duty and responsibility).



4. SHANTHI, HER UNIQUENESS & HER BOOKS:

The facts that make Shanthi unique, authentic, and REAL in her training and teaching are:

** Her birth and brought up in the Yogic culture of Bhaaratam (India)

** Her in-depth study with enlightened masters

- ** Her accessibility to her first Guru, her own father
- ** Her strict Yoga-way-of-life influenced by her ancestors
- ** Her knowledge of Sanskrtam,
- ** Her syllabus-based simple teaching
- ** Her years of work with children and adults,
- ** Her focus on happiness as the final goal of Yoga-Science
- ** Her ability to compile the vast ancient wisdom of the East into **bite-sized** 2-Minute practices suitable to the modern ways

Shanthi teaches in-person, online, and through digital programs. Thus, seekers learn in their OWN SPACE at their OWN PACE.

Application of this Experience in Shanthi's Work: Shanthi trains Yoga-Teachers as Yoga-Scientists and Yoga-Leaders, and NOT as mere Yoga-Instructors. She retains the authenticity of Yoga-Shaastram without watering it down for profits.

Shanthi is #1 international bestselling author of the book series that you are looking at, titled “Happiness: The Key to Success - Twelve Meditation Steps to Uncover Your Joy, Healing and Success”.



5. SHANTHI, SEEKERS & OUTCOME:

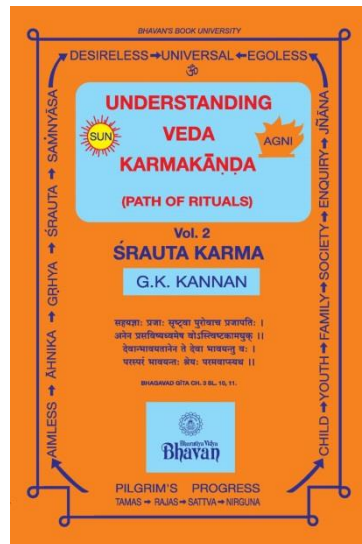
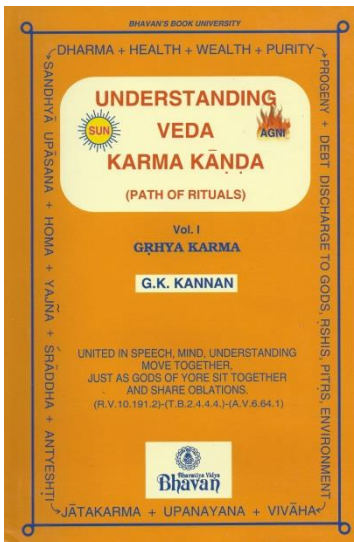
Shanthi's depth of knowledge in the Yogic wisdom makes it easy for anyone to incorporate 2 minutes of Yoga-Science in daily life and derive immense benefits from it. Her stories about

connecting to nature and enabling one to draw inspiration from them, makes Yoga-practice fun and applicable in real life.



6. SHANTHI, HER FATHER & HIS BOOKS:

Shanthi's father “G.K.Kannan” was her first Guru and her role model. He has written 2 books titled “UNDERSTANDING VEDA – KARMA KANDA” (The Path of Rituals) Vol 1 & Vol 2, in English, published in Bhaaratam. This served as an inspiration for Shanthi to write her own book series.



Shanthi gives talks and presentations on her father's books on Vedic wisdom as well as on her own books.



Shanthi was a software engineer who resigned the job in 2003 to pursue her calling. Shanthi is also an “Art & Culture Educator, Dancer, Healer, Storyteller, and a Highly Sought-after TV, Podcast and Radio Show Guest.”



Shanthi with Daughter in Dance Costume

Shanthi climbs Himalayan mountain and performs classical dancing along with her daughter. She gives presentations in companies, colleges, libraries, and schools.

Her hands-on activities based on the lifestyle of Bhaaratam (India) are offered as self-development tools, and not just for expansion of knowledge of another culture.

On the surface, it may appear as if these are all separate activities, but they are not.

Bhaaratam is not separate from Yoga-science. The lifestyle of Bhaaratam is the lifestyle recommended by Yoga-science.

The classical dancing in Bhaaratam is not separate from Yoga-science. It is a minor stream of Yoga-science and is called Naatya-YogaH, (“YogaH-of-Dance”).



Himalayan Trek 2018 Summit - Shanthi with Daughter

Meditation is not separate from Yoga-science but a part of it. That is why Shanthi’s books on meditation are books on Yoga-science.

Shanthi’s movement “**2 Yoga-Minutes to Happiness**” is revolutionizing the Yoga-world.

Come join us at www.YogaforHappiness.com



YOUR NEXT STEPS

Now that you have read one book out of the twelve books in the series, you may have many questions.



- What should I do next?
- How can I continue my learning?
- How can I apply the learning in my daily life?
- Where do I get other books in the series?
- Is an audio book of this available?
- Is there a program based on this book?
- And many more such questions...

Please read on...

There are some beneficial options in the **Resource Section**.



#1 INTERNATIONAL BEST-SELLER

RESOURCES

HAPPINESS
THE KEY TO
SUCCESS
(Twelve-Book Series)



Twelve MEDITATION Steps
To Uncover Your Joy, Healing and Success

Shanthi Yogini

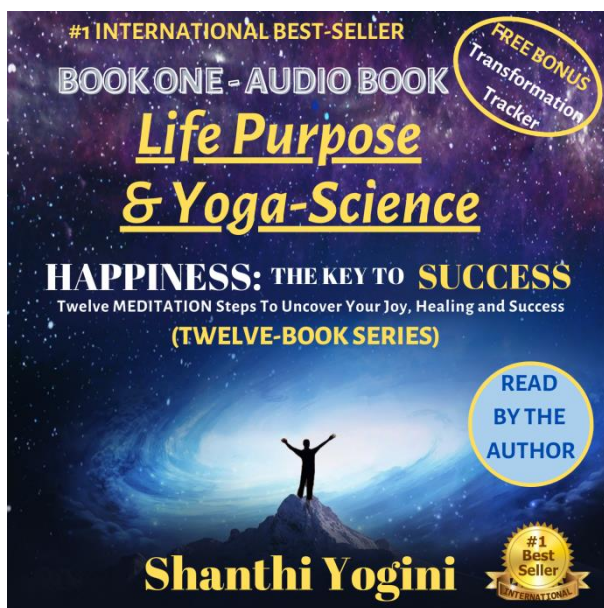


RESOURCES

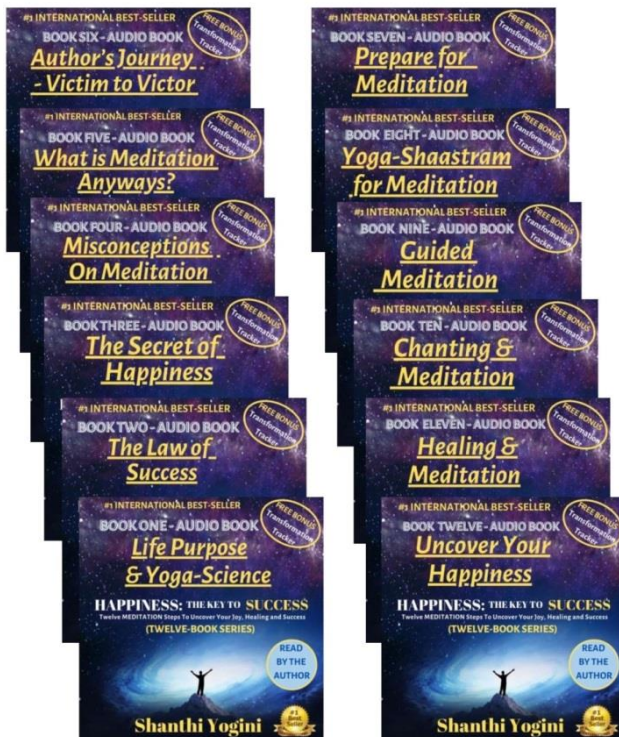
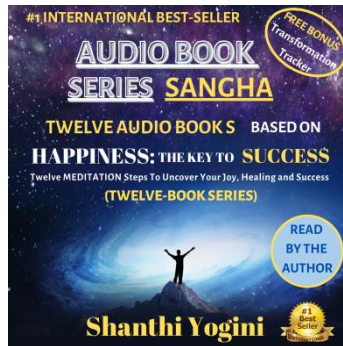
Dear Blessed and Beautiful Self,

If you have completed BOOK ONE, and you took part in the “Transformation Tracker”, then here are some options for you.

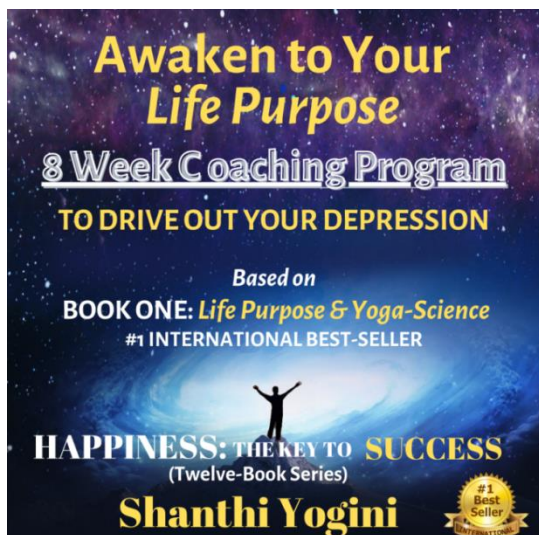
OPTION 1: AUDIO BOOK OF BOOK ONE



You may invest in the **audio version of BOOK ONE**. Be inspired as Shanthi reads out the book and you repeat the affirmations along with her.

OPTION 2: AUDIO BOOK SERIES SANGHA

You may join our **Audio Book Series Sangha** and receive the entire twelve-book series. You get 1 audio book every month.

OPTION 3: 8 WEEK COACHING PROGRAM**“Awaken to Your Life-Purpose”****Based on BOOK ONE**

You may join an 8 Week Coaching Program based on BOOK ONE called “**Awaken to Your Life-Purpose**” to drive out your depression.

You can have the author as well as a community to support you. This is the **ONLY** book-based coaching program we have currently.

We don’t yet have a coaching program based on BOOK TWO and beyond.

OPTION 4: 12-BOOK SERIES (E-BOOK)

You may invest in the entire book series, because, all the 12 books were originally 12 chapters of the same book.



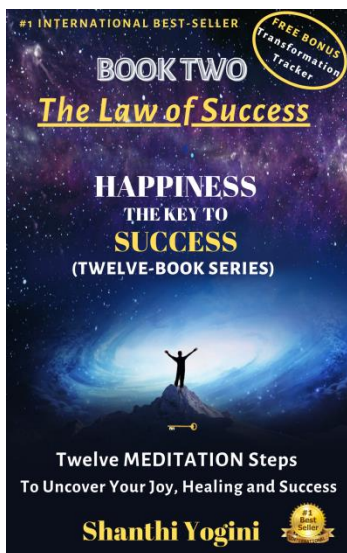
The deal is, if you invest in the entire book series, you receive as bonus, a single PDF with all the 12 books, but without the repeating recaps and common sections that is found in the beginning and end of each book.

So, getting the full book series is highly recommended.

OPTION 5: CHOICE OF SPECIFIC BOOKS

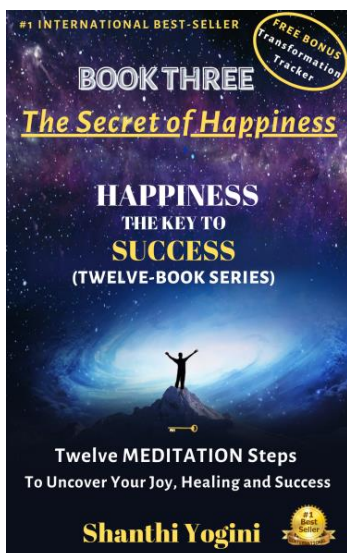
You may also pick and choose specific books.

OUR TOP 2 RECOMMENDATIONS ARE:



BOOK TWO: *The Law of Success*

- You get to understand about success which is foundational knowledge.

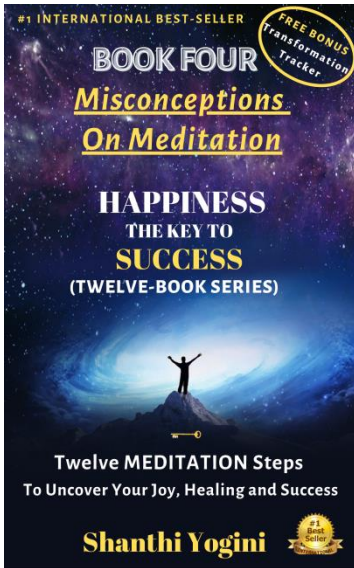


BOOK THREE: *The Secret of Happiness*

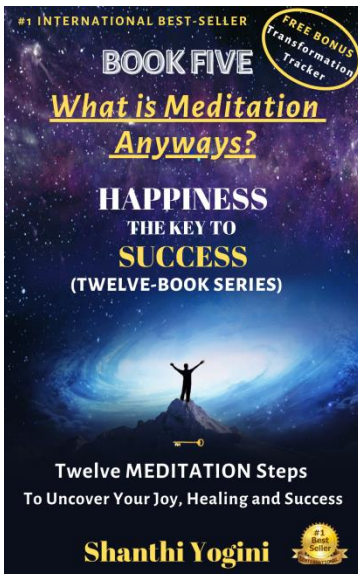
- You get to understand about happiness which is also foundational knowledge.

OPTION 6: MEDITATION-SPECIFIC BOOKS

If you are interested to understand more about meditation and its purpose, you may consider

**BOOK FOUR: *Misconceptions on Meditation***

- You get to know how meditation is currently misunderstood.

**BOOK FIVE: *What is Meditation Anyways?***

- You get the correct understanding of meditation.

OPTION 7: YOGA-TEACHER TRAINING

The Yoga-Shaastram Way

Ancient Yoga-Shaastram in its Authentic, Pristine
And Purest Form

**All You Need is Just 2-Yoga-Minutes to Change
Your Life and That of Your Students ...**



**Finally, Learn Authentic "Yoga-Shaastram" You are
Meant to Practice & Teach as Simple 2-Minute
Practices, NOT What Most of the Yoga-World is
Misappropriating in the Name of "Yoga".**

After reading the myths and truths about Yoga-Shaastram in this book, you may be inspired to know the other unique features of this authentic Yoga-Teacher Training.

Please visit:

www.YogaforHappiness.com/TeacherTraining

Details on These Resource
Options on the Audio Books or the
E-Books will soon be available at
www.YogaforHappiness.com

We look forward to seeing you on the other side...

If ever you need anything, please write without hesitation to
Namaste@YogaforHappiness.com

Until then, remember,

*When Life seems hard, Smile Confidently, Relax Physically,
Breathe Properly and Be Present Consciously!*



THE END
FOR A NEW BEGINNING

