



# Rangaratina Ragasiyam

*The Secret to Happiness*

By

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# Introduction

Rangaratina Ragasiyam is a simple technique that can help you live a happy life, to help you keep your mind joyful and peaceful.

Everyone in this world yearns for peace, more than anything else. However, we suffer as we don't know the proper methods.

Rangaratina Ragasiyam technique is a different, yet easy method, that can help you. If you can master this method, you can very easily handle emotions like anger, tension, fear, worry, frustration, depression. Not only that you can also learn to use these emotions for your advantage.

Usually, whenever we get anger, fear, tension, frustration, depression, stress or any other form of emotions, we become worrisome. We consider it as suffering. However, those who learnt the Rangaratina Ragasiyam method would be able to change it within seconds and leverage it for their own benefit.

- You can eliminate mental sufferings and confusion caused by past events or experiences, by any others (family, families or whoever it might), or because of existing emotions like fear, worries, anger and others.
- You can replace it with good thoughts like love, peace, happiness, kindness, persistence, health and well-being.
- You will be able to do what experienced meditators, took years to practice, in a matter of seconds.

So, please take time to read this book and understand this technique completely. Importantly, use it everyday in your life. I guarantee you that it would be a wonderful experience.

Of all the books I have written, I like this one more than anything else. It can have an immediate and profound impact in the lives of whoever understands and uses this technique. From the moment you learn this technique, you can begin to experience a peaceful life.

# Functioning of Mind

To understand the Rangaratina Ragasiyam method completely, you should first understand a few fundamental principles and concepts about how the mind works.

There are 3 layers in the mind:

1. Conscious mind
2. Subconscious mind
3. Super conscious mind

## 1. Conscious mind

Our conscious mind holds temporary memories and records. For example, you will immediately answer if I asked what you ate for lunch yesterday. Because this memory is imprinted in your conscious mind.

But if I asked you what you ate one year before, on a particular day, you will not be able to answer. Because that record is now erased from your memory, as it was imprinted only on your conscious, superficial mind.

## 2. Subconscious mind

At the same, you still remember the exact moment, exact place, date and time, when someone shamed you or betrayed you or cheated you. Even if it was 4 years before. You get angry over it, even now. This anger is a memory that is imprinted in your subconscious mind.

We should understand that whatever is recorded in our subconscious mind will create problems and worries. When you are happy and joyous, those feelings will mix with your soul. But, those events that you don't like, neither get mixed with your soul nor leave your system. Instead, it gets imprinted in your subconscious mind.

For example, you are working in an office. For some reason, your manager hurts you. It gets recorded as a bad memory in your subconscious mind. Whenever you think about your manager, you get angry. Our buddhi (intelligence) advises us clearly.

*'This is an incident that happened long before; you don't even know the whereabouts of that manager - where he is, what he is doing.'* 'So just leave it!'

It would suggest to us.

But our manam (mind) doesn't listen to it. Whenever we think about that incident, the mind gets emotional and makes us lose ourselves. We get frustrated thinking about it.

Similarly, for each and everyone of us, whenever we think of a past event or an experience, of our various relationships like our mother-in-law, daughter-in-law, mother, father, wife, husband, son, daughter, or, our interaction with colleagues at work, friends - of events that might have happened under various circumstances, especially if it is a bad event, we get emotional. These might create anger, frustration and worry in our minds, based on one's personal experience.

Remember, worry is just a memory in our mind. If you are worrying and getting angry thinking about an event, it can stay with you for half an hour or so. And even if you suggest your mind, 'Oh mind! Don't get angry or worried about it!', for the next 5 days, you are consumed by that anger and worry. It doesn't decrease. In fact, the emotions increase as compared to 5 days before. Have you noticed it?

### **Why did this anger or worry increase?**

Anger, fear, stress always keeps on increasing from day to day. It never reduces. This is because you cannot delete or eliminate the records imprinted in your subconscious memory using your buddhi.

When you get angry, and when you think about reducing your anger by suggesting not to be angry, using your mind alone, it will simply not go away. It will not get deleted. These imprints are recorded in our subconscious mind. They are the one responsible for our anger, fear, stress, tension, depression or similar other emotions. You should either destroy it or actualize it.

### **What does it mean to 'actualize'?**

Let us assume that someone has cheated you. This memory in your subconscious mind will get destroyed only if we punish that person, in whatever form, to quench your vengeance. Only then, the mind will get satisfied. The imprints in your mind then get eliminated and will not go directly into our manam. It will get recorded in our buddhi at a conscious level.

The imprints in buddhi will not be swayed by any emotions or feelings. If a thought goes from your manam to your buddhi, then it cannot cause any harm or damage to us. However, as long as you harbour bad memories in your subconscious mind, you will continue to suffer.

## **3. Superconscious mind**

This is the mind that is able to comprehend and feel the vibrations of the vast universe. It is the mind that can know and realize what has happened, what is happening and what will happen.

When we go to this layer of our mind, we shall understand everything and anything. You don't have to ask questions to anyone. The answer shall present itself to us. Psychics, mystics, yogis, siddhars are those who have arrived at this stage.

The mind of every human being has the secrets of the entire universe. To unlock it...

- First you have to bring clarity to the conscious mind.
- Then you have to either eliminate or actualize all the bad memories/ records/ imprints in your subconscious mind.
- Then you can enter the superconscious mind.

*Note: I have explained this in detail under the topic, "Smell of the Mind" in my 10-hour speech. Soon it would be released as a book. Whomsoever has listened to that speech, can understand the concepts in this book much better. If you haven't listened to it yet, please contact our Anatomic Therapy Foundation to receive the free audio speech, then continue reading this book. You shall understand the concepts in this book with far more depth and clarity. The 'Smell of the Mind' audiobook would soon be released as a book. Wait for it!*

## How to Remove Bad Memories/ Records

If a person wants to live a peaceful life, he needs to send all the bad memories in his subconscious mind i.e., anger, worry, tension, stress, frustration, betrayal, depression, etc from *manam to the buddhi*. Either by eliminating it or actualizing it.

First, let us understand how these memories are formed in our subconscious mind and why it keeps increasing. Then, we shall see how you can very easily eliminate these memories quickly, thereby enabling you to live a happy and peaceful life.

### How are memories formed?

When you are emotional, you pass the conscious mind and go straight into our subconscious mind. Let us imagine that your subconscious mind has 100,000 stacks of memories. The more you get emotional, the deeper a memory gets imprinted.

As deep the memory is, more the troubles it creates. And it is also hard to eliminate it. On the converse, if the memory is shallow, there will be lesser troubles. It is also relatively easier to eliminate.

When bad events happen, it creates a memory in your subconscious mind. Similarly, when you go into an emotional state, those bad events that are stored as memories will express itself.

### From *Manam to Buddhi*

If you got scared seeing a cockroach, it would be etched as an imprint in your subconscious memory. Then, whenever you see a cockroach, that same emotion, the same fear will come out. These deep and bad fears come out either when you see the cockroach or when you go into a similar emotional state.

So if you want to remove the bad records, you should recreate a similar situation when such an emotion was felt. And when you experience that mental state, that particular record will then move from our manam to our buddhi!

Let us assume that you feel tremendous anger towards a person. You think you will get peace of mind, if you can take revenge against that person and beat him on the street. But if you can bring back that anger to the same state of mind, that particular anger will go directly into your buddhi. Then you will lose the feeling to take revenge on that person. That is, when you take your conscious mind to the subconscious mind, the various records in it like anger, fear, depression staked in various layers shall leave us one by one.

If you are able to eliminate all your imprints in this manner, you can then live a very happy and peaceful life. So whenever you think about that event next time, it would only stay as another memory from the past. The mouth may talk about it, but it will not affect your emotional state of being.

**If you get emotional about an event that already happened, it means that it is still in the subconscious mind. On the other hand, if you don't get emotional and simply talk about an event that already happened, then it means that it is now stored in our 'buddhi'.**

By shifting all your imprints and records from the subconscious mind to buddhi, you can live a happy and peaceful life.



## Why are the imprints increasing?

You seem to feel the anger next year more than you are feeling now. You feel the fear next year more than we are feeling now. As the day passes by, if your anger/ fear is reducing, it means the records are getting eliminated. However, if the anger/ fear is increasing, it means that you are making it bigger and worse.

Let us assume that you got angry immediately, thinking about a situation. Maybe you will be in an emotional state for one hour or so. If someone comes to meet you during that time, you tell them, 'Please come after half an hour. I am not feeling well now!' You send them off, you ask them to come later until you cool yourself down.

You have made a decision in your mind. That is, you will be in this state of tension for the next half an hour or so. You realize that you cannot do any work, so you try to relax yourself. The truth is you get the feeling of anger, fear or tension, it affects you only for a second. But you will get angry, fear or tension, only if your mind goes to the subconscious mind where that particular emotion is stored. Only during that time, you get that particular emotion.

Try to notice what happens to you. From the second you get the emotion for the next half an hour, your feelings slowly cool down. Subsequently, you become normal. The feeling of anger that is stored in your subconscious mind slowly raises to your conscious mind. When it reaches the conscious mind, you return to a normal state of being.

But why does the same feeling of anger get aggravated, when you think about it after 5 months or 1 year? The reason is that since you are thinking about it repeatedly, the records also increase. Hence the next time you think about it, it comes out more strongly.

**The moment the anger expresses, it comes out during that very second itself. When a person gets angry, it means that it is going away from that person. But it takes almost half an hour for that person to return back to normal. Whatever you think during that half an hour all gets recorded and imprinted. As a result, you record not just one, but thousands of new 'anger' records in your mind.**

### The Transition phase

An anger, or any other emotion for that matter, is usually imprinted in your subconscious mind. Whenever you get emotional and express it, that means that your mind has gone to that particular state of being. When you reach that state, immediately, in that very second, the anger releases itself. Then it might take you, say half an hour or so, to move from the subconscious mind to the conscious mind.

This moment of transition is the most crucial part. **Because whatever you think during that time, i.e., during this period of transition, whatever you think, good or bad, gets recorded strongly in the subconscious mind.** But during that moment, when the original anger gets released, you knowingly or unknowingly, record thousands of other unwanted anger, fear, tension. As a result, you only increase your sufferings.

So, in order to reduce, if not completely eliminate, anger or any other bad emotions, you should remember this and understand this concept.

# Three Methods for Positive Living

Now, let us see how to actually eliminate anger and convert into a positive emotion or feelings. There are 3 processes/ methods through which you can do it:

1. The concept of 'The Secret' - Live as you think!
2. Vipassana meditation
3. Rangaratina Ragasiyam

If you want to eliminate the bad thoughts/ emotions/ feelings in your subconscious mind using Rangaratina Ragasiyam, you need to follow these 3 stages.

- **First, you need to completely understand the concept of 'The Secret'**
- **Second, you should attend Vipassana meditation course**
- **Third, start using Rangaratina Ragasiyam in our lives**

If you do this, the feelings of anger, fear, tension, frustrations that you accumulated so far in your life, would be completely eliminated from your system. You will not get any further records also. Even if someone makes you angry or scared or frustrated, you will actually welcome it and feel happy about it. Because through this Rangaratina Ragasiyam method, you will learn how to convert anger into joy, fear into peace, frustration into happiness.

Let us look at these 3 processes in detail.

## 1. The Secret: Live as You Think

*'Ennam pol vazhkai!'*

What you think happens. As you think, so you become.

We can categorize all the words in a language as those that are good, and those that are bad. For example, if someone says, 'I hope to live a stress-free life' then that is a bad word... while if someone scolds you, 'You will not be successful!' that is good.

It may seem counterintuitive. But you should remember that use of the correct word is more important than the phrasing itself.

For instance, some of you have the '*Kurai ondrum illai*' song (which literally means 'I don't have any troubles') as ringtone in your phones. Though you have kept it with good intentions, the phrase used in this song is negative and will have negative effects.

Some of you have '*Yamirukka bayam yean!*' poster (which literally means, 'Fear not. I am here') at your homes. Again, the phrase used is negative and it will create more fear only.

Similarly, when you are texting a loved one, you often say, 'I miss you'. When you use such words, it would in fact result in missing that particular person. Replace the 'm' with 'k' and you shall receive what you want.

So understand this carefully. The same word can be used in different contexts to mean different things.

- If someone curses, 'You will not be good!', in fact they will be good.
- If someone says, 'You will be ruined!', they will become bad.
- If someone says, 'You will not be ruined', then also they will become bad.

The wording is more important than the phrasing. What you speak, say out loud only will happen.

### **Example 1: Confused or Calm!**

If someone is saying that, 'I am so confused. How shall I remove this?', inevitably that person will get more confused. Because he uses the word 'confusion'/'confused' and that reinforces the same. On the other hand, someone may be saying, 'I am not at peace! I am not feeling calm!', that person will soon become peaceful and calm.

### **Example 2: Loss or Profit!**

"I should not get any losses in my business. What should I do to avoid 'loss'?" When you are thinking like this or speaking like this, you would eventually face losses only. You are using the word 'loss', despite your well-meaning intention. Instead rephrase it by saying, 'I am not getting enough profit. What can I do to increase my profit?' Now by saying this you are reinforcing the concept of 'profit' as against 'loss', and so eventually you will achieve profit.

*So, think and speak about only what you want. Then this will get imprinted in your subconscious mind and you will achieve what you desire.*

### **Example 3:**

Let us take another example. If you are thinking, 'Do I have diabetes/ sugar? How shall I control this disease or cure it?' then if this thought gets imprinted in your subconscious mind. That will eventually lead you to get the disease itself. That is the power of your thoughts, power of your words. So avoid using the words 'disease' or 'diabetes'. Instead rephrase by saying, 'I am not feeling healthy! What can I do to get better?' Then this thought will go and record in your subconscious mind. Ultimately it will reach every cell in your body and bring about good health and well-being.

### **Good words and Bad words**

'Clean' is a good word; 'dirty' is a bad word. But instead of saying 'dirty', you can use the word 'unclean'. That is the reason why our wise forefathers used a prefix of a positive word to denote the negative condition. So change your wording.

- Instead of saying 'dirty', say 'unclean' or 'impure'
- Instead of saying 'sick' or 'disease', say 'unhealthy'
- Instead of saying 'confused', say 'unclear'

So instead of saying 'I like to remove dirty thoughts from my mind', say 'I like to remove unclean thoughts from my mind'. Eventually your mind will get purified. Avoid saying, 'I am confused'. The more you say it, the more confused you become. Instead say, 'I am not feeling certain/ clear'.

So we can quote many such examples. Try to use the positive connotation, rather than negative words. You can try writing the words that you frequently use and consciously start replacing it with positive words. Henceforth, start using only positive words. Think and speak only positive words. That is the summary of 'The Secret'.

*For further information, please refer to my speech on 'The Secret: Live as You Think'.*

## **2. Vipassana**

You can remove all records imprinted in your subconscious mind by practicing Vipassana.

Vipassana is a meditation/ mindfulness practice that is taught across the world in various centres. You can attend the 10-day silent retreat, at any of these centres, to learn about it completely.

During those 10 days, you should practice noble silence and will not be allowed to speak with anyone there. You should not practice any other rituals or worshipping. You should do only meditation that is taught there for those 10 days.

Meditation is to sit and do nothing. During those 10 days, when you are silent, your mind will slowly descend towards the lower and deeper layers of consciousness. At that time, the various records and memories in your subconscious mind get released and eliminated, thus purifying your mind.

During Vipassana meditation, you will be asked to sit closing your eyes silently, observing yourself. When you are doing this, the imprints in your subconscious mind get eliminated.

However, you must note that after coming back from Vipassana, you will get many other new imprints out of anger, fear or worry. So it is advised that you attend Vipassana at least once every year. Then you are on your path towards living a peaceful life.

## **3. Rangaratina ragasiyam**

To learn Rangaratina Ragasiyam, you should understand both the concepts of 'The Secret' and practice 'Vipassana' thoroughly.

- You understood that you should start using only positive, good words, by learning 'The Secret'.
- Second, I suggest you attend Vipassana meditation at least once.

If you attend Vipassana after knowing and practicing Rangaratina Ragasiyam, it is equal to going to Vipassana 1000 times. You will understand why I am saying this soon, by the end of this book.

# Entering the Subconscious mind

First let us understand when and how we enter the subconscious mind. There are times when you can access your subconscious mind. You should know at what moments you enter it. Then whenever you are there, you should record good thoughts.

One who already has thousands of bad thoughts recorded in their subconscious mind would always be in the state of fear or anger. When you enter that stage, you should voluntarily think about 1000 other good thoughts and voluntarily record it. By doing this daily and regularly, you can eliminate bad thoughts, replacing it with good records. Subsequently, you will feel the joy of peace and happiness in your mind. You will change into a loving and kind person.

**How do you make a line look small? Draw a line bigger than it. Similarly, to reduce and eliminate bad thoughts like anger, fear, worry and frustrations, increase and replace it with good thoughts like love, kindness, peace, health and well-being.** By this process, you will be able to completely remove all bad imprints in your mind.

So the important thing is to know and be aware when you enter and access your subconscious mind. You should also know how you add on more bad thoughts when you enter the subconscious mind. And eventually you will learn how you can get ourselves out of this habit? How to change those bad imprints into good thoughts? Let us see.

There are 16 moments in your everyday life, that you enter and access your subconscious mind.

## 1. When Cooking

Whenever you are cooking, the thoughts you think, the words you speak gets recorded in the food that is being cooked. Then whoever eats it, those thoughts get imprinted in their subconscious mind.

For example, you might have observed that when you eat food in someone's house, you will feel a sense of satisfaction and peace. This is because the person who cooked the food, his/ her mind was in a state of peace and calmth. Similarly, when you take food in a few houses, you will get more and more angry. The reason is that the person cooked with anger.

You can experiment this yourself by asking two people to cook with different states of mind. When one cooks, ask them to think and speak about feelings of peace, kindness, joy, happiness, spirituality. While for the other person, ask them to think and speak about anger, worry, frustrations, stress when they cook. After tasting both the food you will be able to identify who cooked what food. Not just you or me, anyone with a better sense of awareness can differentiate between the food cooked with love and in a peaceful state of mind, against that which is looked with anger and frustration.

So it is necessary that the person who is cooking and serving the food should be in a peaceful state of mind. Therefore the first thing to note: the thoughts and emotions that the person who is cooking is important, because it enters the subconscious mind of the person eating the food and makes them also calm and peaceful.

## **2. When eating**

What you think when you eat will enter your system. Those thoughts will get imprinted in all the cells in your body and your subconscious mind.

For example, when you feel confused and eat in the same state of mind, that thought will get recorded in your subconscious mind. Similarly, if you think, 'I am not at peace' then the idea of peace will get imprinted in your subconscious mind and you will get more peace.

So, if you think good thoughts in a good manner, it will get imprinted as good records in your mind. When you think of bad thoughts when you eat, it will also get recorded in your mind.

So remember that when you are eating you directly enter and access your subconscious mind.

## **3. When drinking**

When you drink (water, coffee, tea, juice, beverages, etc), whatever thoughts you have gets imprinted in your subconscious mind.

Traditionally, our forefathers used to recite various mantras when one eats or drinks. But today's generation discarded it as superstition. We considered only the literal meaning of the words in those mantras and forgo the benefit of the vibrations that they create.

So remember that you enter your subconscious mind while drinking.

## **4. When sleeping**

When you suddenly wake up from your sleep during the night, the gap between you being awake and till the time you sleep, whatever you think gets recorded in the subconscious mind.

## **5. Before sleeping**

The thoughts you think, half an hour before sleep, also get imprinted in your subconscious mind.

## **6. After sleeping**

The thoughts you think, half an hour after you wake up from sleep, also get imprinted in your subconscious mind.

## **7. When you are afraid**

For whatever reasons, you may get the feeling of fear or get frightened, then the thoughts that you think until the fear subdues will get recorded in the subconscious mind.

It may be because you saw a snake, a scorpion, a cockroach, a lizard or whatever it may be. Some people get afraid of the dark; some get scared suddenly for no reason at all. Whatever the reasons may be, during that moment until the fear goes away, whatever you think and feel gets imprinted in your subconscious mind.

## **8. When you feel stressed**

When you do something you don't like, you get stressed and become tense. It may be due to work at home, office, at public or business place, you may get stressed for a variety of reasons.

So the time you get tension or feel stressed until the time you return back to normal state of being, whatever thoughts or feelings you may have will get recorded in your subconscious mind.

## **9. When you worry**

Whenever you worry, the thoughts and feelings that you have, until the worry goes away, will get recorded in your subconscious mind.

## **10. When you get angry**

Similarly, when you get angry, the thoughts you think until the anger goes away, will get recorded in your subconscious mind.

## **11. When you get emotional**

Whenever you get highly emotional, it could be a sense of over joy, happiness, elation, whatever it may be, whatever you think and feel during that time, also gets recorded in your subconscious mind.

## **12. During bathing**

Whatever you think and feel during bathing will get recorded in your subconscious mind.

## **13. When you cry**

When you cry with eyes full of tears, whatever you think and feel gets recorded in your subconscious mind.

## **14. During sex**

A part of what you think during sex also gets recorded in your subconscious mind.

## **15. During orgasm**

Whatever you think and feel during orgasm, will get recorded deeply in your subconscious mind.

## **16. When watching movies**

When you are watching thriller or horror movies, when you get frightened or get emotional, whatever you think and feel also gets recorded in your subconscious mind.

So, many times during a day, you enter your subconscious mind without full awareness. A lot of records are created during that time. Those are the records that influence your lives both positively and negatively.



These 16 moments in your life mentioned above are the times that you feel strong emotions and access your subconscious mind. The moment the emotions come until it subdues is the time when the thoughts and feelings you have gets imprinted in your subconscious mind. Usually in those states of mind, due to habit, you record bad thoughts and hence create ever increasing bad records. So you should remember this clearly.

Those who understand how the subconscious mind should no more feel get caught in the feeling of anger when you are angry. Immediately once you get angry, you should start using good words like joy, happiness, peace, calmth and replace that one single bad record with thousands of good thoughts. By doing this continuously, you become stronger and healthier and wiser.

It doesn't matter how many good thoughts you may have during your normal state of being - thousand thoughts or even a million good thoughts in the normal state doesn't have any effect. It will have an effect only when it gets registered in the subconscious mind.

In the normal state of being, when you say, 'I am healthy!', it doesn't go inside the subconscious mind and get registered. However, when the subconscious mind is accessible for that one second, one single thought registered is equal to a million imprints. So, we can trick ourselves to create good imprints using this technique. So, for instance, if a person in deep despair says 'I am peaceful!' he will immediately feel at peace in the next second. And this is true for whatever good thoughts you think and feel during that moment.

So let us learn this Rangaratina Ragasiyam method on what to do when you are angry, frightened, stressed or depressed.

## Learn the Rangaratina Ragasiyam technique

You must have seen 'Rangarattinam' (a Giant Wheel) at amusement parks, exhibitions or at any big village festivals. When you go up in that Giant wheel, you will feel normal, but when you come down, you will feel different. You will feel as if something is twisting our belly. Or, you may feel nauseatic or dizzy, as if your soul is leaving your body. Have you ever felt it? Some feel sensations that they can't even describe.

When taking the ride in the Giant Wheel i.e., Rangarattinam, the moment we come from top to down is when we enter our subconscious mind.

- So I discovered this when I was taking this ride on the Rangarattinam. I realized that during that time, I am able to enter the subconscious mind and that whatever I think during that time, comes true.
- Secondly, I also found that when such good thoughts enter deeply in the subconscious mind, it replaces and eliminates bad records and imprints.

As you learnt earlier, when good thoughts enter your subconscious mind, it replaces all your bad imprints. Similarly when you are riding the Rangarattinam it is easy to access the subconscious mind to do this.

So, wherever you go on a ride in the Giant wheel i.e., Rangarattinam, remember that you will be entering and accessing the subconscious mind. During that time, that moment, think and feel good thoughts and create good imprints.

For instance, you can register the following thoughts...

- *I am healthy*
- *I am peaceful*
- *I am smart*
- *I am strong*
- *All my family members are happy and joyful*
- *I am doing a great job in my business or in my profession*

So whatever you think during that time, it becomes recorded and comes to fruition in your lives.

That is how this technique got its name - Rangaratina Ragasiyam. However, don't think that to make this technique work you have to go for a ride in the Rangarattinam/ Giant wheel.

This is just one way. You can enter your subconscious mind without riding the giant wheel. You can also remove the old bad imprints.

### Good Thoughts Begets Good Imprints

Now let us first create a list of good thoughts based on what you want in your lives. **Most people list their troubles and confusions. That is not needed. One simple thought, 'I am peaceful' would suffice to cure all your troubles and remorse.** Instead of saying that 'I want this disease to be cured, or that pain to go away', it is better to simply ask for health and well-being.

Here is a sample list of a few thoughts that you can get inspiration from. Feel free to add or edit based on your current situation and needs.

- *I am healthy*
- *I am peaceful/ I am living a peaceful life*
- *My mind is clear and pure*
- *I am smart*
- *I am strong*
- *Everyone around me are loving and kind*
- *I am a good human being*
- *I am living to my potential*
- *I am living a happy and peaceful life with my family*
- *I am happy*
- *I am joyous*
- *I am caring for my family members; they are supporting me in all my endeavours*
- *All my family members, friends, peers, business colleagues everyone are kind and supportive towards me*
- *I am getting recognition and praises for my good deeds*
- *All my goals are getting accomplished easily and quickly*

Similarly, you can create your own statements with positive thoughts and positive words.

Please note that no negative words were used in any of the above affirmations. If you think, 'I don't want to suffer loss in my business', you will get losses only. If you think, 'I don't want troubles and confusions in my family', it means you are voluntarily inviting troubles and confusions.

So, be careful in making these affirmations. Ensure that you write those affirmations in a paper and repeat it to yourself to memorise it.

So whenever you are in a heightened state of emotions, whenever you feel like you are riding the Rangarattinam, coming from top to down, use those positive affirmations. It is equal to registering it a million times in your subconscious mind. Sooner than later, those thoughts will manifest itself and you will start living a happy, peaceful and healthy life.

It seems like a simple trick. But if you start using it, you will have profound changes in your life. You will transform yourself.

## Who is good? Who is bad?

We should understand that there is no good or a bad person in this world. Those records and imprints in the subconscious mind is what controls a person.

You must have seen this happening. A good person suddenly turns into a bad person. It is not because of his doing, but because of his/ her thoughts registered in the subconscious mind.

That is the reason why all great sages and saints and gurus address everyone as 'My child!'. Because they have realized this fundamental fact that there is no good or bad person. It is their imprints in their subconscious mind that is ruling them.

So forgo of taking revenge against a person who might have done something bad to you. The more you contemplate on how you can make that person suffer, the more you will suffer. So, if you think that a person should go sick or get ruined, you will only get sick or ruined. Because it is YOUR mind that is thinking such thoughts. So such thoughts will record in your mind and will in turn make your life ruined.

So understand this. When you curse your enemy or foe, that thought will get imprinted only in your mind and you will only get cursed. It will not hurt them.

*So what can you do when you feel angry or tensed towards someone? Try this.*

### **Example 1:**

For instance, if you think of a particular person, you get agitated and feel angry or frustrated, just say to yourself a positive affirmation...

*'I am at peace!'*

*'Whatever may happen, whenever I think of that person, I will only feel peace and happiness within myself!'*

Memorise this statement and say to yourself whenever such thoughts/ anger may arise. Slowly you will start actually feeling peaceful and calmer. So the best way to change a bad experience that may have happened in your life is to change the thoughts that are associated with that event.

### **Example 2:**

Let us assume that your brother cheated you and grabbed all the assets from inheritance for himself and didn't give anything to you. If you keep on thinking that your brother should lose his properties, you will only lose yours.

However, on the other hand, whenever you think of your brother or the bad incident, simply remind yourself to be calm and contained. Repeat to yourself...

*'I am happy, healthy and at peace!'*

Slowly you shall eliminate the pain about the incident and replace the anger that you have for your brother with good thoughts and emotions.

So please remember that we should be careful about every thought we think and every word we speak.

### **How to defeat your enemies?**

It is easy to fight against your enemy or defeat. But it is difficult to fight against those who betrayed you, stabbed you in the back. You get anxious and emotional. In that moment, your mind will lose your balance, and make unnecessary decisions, and speak unwarranted words out of anger or emotions.

Think about it. Why do people who do good deeds are often in more worry and remorse than those who do bad deeds? They always say, 'I do good deeds only. But why am I not at all happy or at peace?'

Remember that there is a difference between being good and being smart. To succeed, you should not only be good, you should also be smart.

Why are those bad people happy? Because they immediately express their anger towards their enemies. Either they curse them or beat them or even arrange for rowdies to even kill them. So by doing such a bad deed, he/she immediately quenches and releases their bad deeds and sleeps peacefully at night.

But those many people who do good deeds are not able to sleep peacefully. Why? All because of their love and compassion only. Such good people suffer because they neither have the heart to curse or ability to beat their enemies, or do any bad things to them. They think about this every other day and toil over themselves within their hearts.

That is the reason why bad people are peaceful? They have no love or compassion. They simply destroy their enemies, and completely remove any records or memories of that experience.

So how can a good person be peaceful and happy? You should move the bad records from your subconscious mind to your conscious mind - from your heart to our mind.

# Change Your Emotions, Change Your Lives

Whenever you get anxious or emotional thinking about an event or experience, you should immediately change it and feel happy and relaxed.

So whenever you get into such a state, think, *'Aha! Very good. Now I have got a chance to enter and access my subconscious mind!' 'Whatever good thoughts and wishes I think now will get firmly registered and manifest in my life!'*

**You should feel rejoiced when you get emotional and change whatever emotion you have - anger or fear or stress or frustration. Use that as an opportunity to imprint good thoughts and thereby manifest all your wishes that you want in your lives.**

For example, let us say that one of your wishes is to buy an Audi car. So the next time, when someone or something makes you angry, replace that emotion and visualize as if you are driving your brand new Audi car. It will get imprinted in your subconscious mind and eventually get manifested.

## One stone, two mangoes

So by using this technique you are able to achieve two things simultaneously.

1. You are able to release your anger or fear or any other emotion, as well as eliminate thousand other bad thoughts and emotions that may come out of it
2. Second, you are able to use this opportunity to enter your subconscious mind and register good thoughts. Because of this, that bad emotion will not come again or aggravate.

Such an easy and simple technique.

So whenever you get tension, anger or fear, don't run away from it. Simply, go to a calmer place and try to record good and positive thoughts and feelings. By practicing this even when you reach that state of tension or anger or fear again, you will feel more relaxed. Because now that the records have moved from subconscious to conscious mind. *You manam would not be working now, only your buddhi will be working.*

When the *buddhi* works without the interference of the *manam*, every action you take would be successful. There will be more clarity. Then when you make a decision you will never digress from it. You will become a hero in your own life.

**So, use this Rangaratina ragasiyam, when you reach an emotional state of mind i.e., when you feel anger, fear or tension. Use that as an opportunity to register good thoughts. You will soon reach a peaceful state of mind.**

## Few more tips and tricks

When you are angry towards a person, sit silently all alone in a place. Think about that person. If you immediately feel anger, that means you have entered the subconscious mind. At that moment, try to register good thoughts and feelings. Besides that, whenever you think about that person, say to yourself this affirmation,

***'I am happy, healthy and peaceful!'***

If needed you can also add...

- *All the impure thoughts in my mind are going away*
- *All the unnecessary thoughts in my mind are going away*
- *All the non-peaceful thoughts are going away*

Immediately we gain goodness; our mind achieves purity.

### Completely eliminating anger towards a person

So to remove all anger towards a person, first you think about that person, then replace the negative thoughts and emotions with positive ones.

Second look at their photo. Many times anger towards a person gets registered in a variety of forms. So, when you get angry when looking at a person's photograph, immediately close your eyes and register good positive thoughts. When you don't feel any anger looking at the person's photograph that means you have completely eliminated that anger towards that person.

For some, they don't like hearing the voice of a person. They will get angry at it. Then during that time, you should record their voice and constantly listen to it. When you understand that you no longer feel angry while listening to the voice it means you have eliminated anger towards that person.

Other times we don't like someone's way of walking or speaking or their mannerism. If you have an opportunity, try to get a video of that person. Watch it. Then when you feel anger, close your eyes and register good thoughts by using affirmation like *'I am happy, healthy and peaceful!'*. The moment you realize that you don't feel any anger while watching them, that means you have completely eliminated that feeling from your subconscious mind.

Similarly you might feel anger towards a person when hearing their voice over the phone, or watching them at distance or meeting them in person. So if at all you feel anger in such a situation, close your eyes and record good thoughts.

Like this, whoever it might be - your spouse, your children, your in-laws, your friends, your colleagues, your relations, - experiment with this trick and see if you can remove the feeling of anger towards them.

So to win over your enemies or foes or those who might have betrayed you, the best way is to conquer your mind by replacing bad thoughts with good ones. If you don't get any tension, fear or anger towards anyone, then you can easily win over them.

By this process, you are moving your thoughts from your manam to buddhi. And if you act from your buddhi rather than from your manam, you can win over anyone, anytime.

Look at this society. Those who do bad deeds are freeling roaming around, but those who do good deeds are living in fear.

Why? Because those who do bad deeds don't have any records in their mind, but the good person has records in their mind.

So the only way to eliminate such bad people from our society is to change our thoughts and replace it with good thoughts.

### **Exercise:**

Take a piece of paper. List all the negative emotions in your mind towards an event or a person. Pick one item from a list and try to replace it with good thoughts. Once you do it, do the next one. Like this, eliminate bad thoughts one by one.

You will learn by practicing this exercise. Use it to strengthen your practice by learning from the mistakes you might have made. Everything is an experience. So act patiently.

### **My experience**

I have practiced these exercises myself and felt great benefit from it. That is why I recommend this to you also. Let me narrate an example from my own life.

I had a friend who studied with me in college. After a long time, he came to visit me one day. He told me that he has been stuck in huge debt and that he ran away from home because of it. He asked me not to share his whereabouts to anyone because he might be chased down. He had a family with his wife and children. So I thought that I should help him. I found him a home to stay, got him a job and even helped him put his children to school. But just like he did in the past, he started getting money from people around and continued his habit of cheating them.

I get angry whenever I think about.. Whenever I see him... Whenever I speak about him!

However, I used the process mentioned in the Rangarattinam technique, I changed the negative records, and replaced the anger with good, positive thoughts. By this process, the records moved from my manam to my buddhi! And now it no longer affects me emotionally.

If I didn't know this technique, I would have lived a life of remorse and anger. Though he is happy, I would have lost my happiness.

### **Story of harassment by IAS officer**

I once received a call from a person, who claimed himself to be an IAS officer in a high position in the government. He called me and who seeked health advice. Given his situation, I shared all the videos, audios and spoke to him to help him improve himself following the **Anatomy Therapy** method. But after some time, he started threatening me that there is a big case against me. He said he is ready to



support, but started demanding money from me. He said to me that if I will not be able to spend that much, I better abscond because they have decided to corner me.

When this happened, I was nevertheless agitated and became anxious. When the last call came I was before a bank. It was too crowded. It wasn't suitable. So I walked out, found a place to sit silently near an auto stand. I realized that I have gone to an emotional state of mind because of the phone call from the officer. During that time, I started recording good thoughts and feelings. I said to myself everything is happening for my betterment only; whatever the officer would do will turn out to be good for me; whatever the government would do would be good for me only.

It took me around 15 minutes to do that. Once I returned back to the normal stage, I went back to the bank and finished my work and went home.

This is just one example. For the past 8-10 years, I have received so many calls and threats from politicians, business owners, officers and all types of people.

The reason why I shared this story was that it gave me an opportunity to practice the technique. Whether that person was a real officer or a fraud, I don't know. But what is more important is how we keep our mindset during such times. So from that moment onwards I decided that whenever I think of persons who create tension, fear, anger or anxiety for me, I will immediately think good thoughts.

For example, once I got angry thinking about a situation. That time I imagined myself as a hero from a Shankar's movie, with music by A.R.Rahman. Note this, one day or the other I might be invited by Shankar to act in his movie. Because the thought has been registered.

So please understand this. Rangaratina ragasiyam technique is a remarkable method that helps you replace bad emotions, feelings and thoughts with good ones. By using this you will always lead a happy and peaceful life.

## Conclusion

I highly recommend you to read this book again and again. I am sharing today with whatever knowledge and experience I have gained so far. And my understanding about Rangaratina ragasiyam is improving day by day, given the plethora of experiences that I am witnessing.

So once again, I suggest you use this wonderful technique to live a happy and peaceful life. To win over our enemies and nemesis both within and without.

In the process, let us make this world better - happier and more peaceful.

**It is only thoughts that can change the world. We don't need guns or weapons.**

*World peace is dependent on how much greed, envy, jealousy, anger and animosity, we are able to let go!!! How much effort we put into understanding fellow human beings... Thereby to live a happy life... to make this world a better place.*

For those who have attended Vipassana retreat already, now that you have learnt the technique, I highly recommend to attend the retreat again. It shall benefit you 1000 times more.

Now we understand why people cry when they pray to God! It is when crying, when they get deeply emotional that they access and enter the subconscious mind! So in the moment when they wish for a better life, they get it.

Do you know why we repeat mantras 108 times? By repeating 'I am happy!' 'I am healthy!' 'I am peaceful!' 108 times with full awareness and focus, we are able to access the subconscious mind. So when we say it the 108th time, it gets registered and imprinted deeply in our minds. However when we do that when we are in an emotional state, it gets recorded immediately.

One more suggestion. When you get emotional - either you feel anger or fear or frustrations - try to come out of it as quickly as possible. For some it may take 15 minutes, for some it takes 3 hours. But how can we think only good thoughts for 3 hours? It may not be possible. We might think other thoughts without our knowledge. So I highly recommend you to come out of emotion quickly, but when you are in that state, use it as an opportunity to register good thoughts and feelings.

If you are unable to get out of that emotional state, I recommend you to practice *Thuva sleeping* technique. This is described in another book/ as an article in our magazine. By using Thuva sleeping, you can avoid thinking about unwanted thoughts when you are in an emotional state, thereby avoiding it getting registered.

So whenever you get emotional - be it fear, anger, frustrations, depression, feel happy about it. Thank you enemies for putting you in such a state. Because now you have got an opportunity to access your deep subconscious mind.

So let us remember this. From now onwards...

- *Anger is good!*
- *Fear is good!*
- *Frustration is good!*

- *Everything bad is good!!!*

So let us use this wonderful technique to live a happy and peaceful life!

## **Summary**

To summarise, here are the few key important points to remember, when you are practicing Rangaratina ragasiyam technique.

- *Every word that you use should be positive and should have positive connotation*
- *Go to Vipassana retreat at least once*
- *Whatever we register in our deep consciousness will happen. So let us be mindful to record only good thoughts*

***Using this Rangaratina ragasiyam technique, let us all live a happy, healthy and peaceful life!***