

# MENTAL PEACE

## Three-Fold Path For Inner Well Being

*How Right Understanding, Right Practice and Right Experience  
Heal the Mind from Within*

Inspired by  
Sri Ashish's Teachings



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Heal the Mind from Within*

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## Foreword

In a world where mental health challenges have reached epidemic levels, we find ourselves yearning for a deeper, more lasting healing—one that goes beyond the surface of symptoms and touches the soul of our suffering. This booklet is not a medical manual or therapeutic guide. It is a spiritual invitation.

Rooted in the luminous teachings of Sri Ashish, the Three-Fold Path offers a radical shift in how we understand mental health. It does not seek to fix the mind, but to free us from mistaken identity with it. It reminds us that beyond every anxiety, every thought, every fear, there is a stillness untouched — a presence that is always whole.

As President of the NDP Foundation and a fellow traveler on this path, I have witnessed how these teachings transform not just how we feel, but how we see ourselves. In sharing this booklet during Mental Health Awareness Month, our intent is simple: to offer a way home — a path to peace that begins and ends within.

May these words serve not as information, but as illumination. May you discover, as Sri Ashish so often reminds us, that “the journey inward is the journey home.”

*Dr. Anil Joshi, President, NDP Foundation*

# Introduction

## *A Return to the Self in an Age of Inner Turmoil*

We are living in a time of unprecedented mental unrest. Fear, anxiety, depression, burnout, and emotional fatigue have become not just individual struggles, but collective experiences. In the midst of this, a quiet question echoes within many hearts:

### **Is there a deeper peace that cannot be shaken by the mind?**

This booklet offers a response — not from a clinical, psychological, or diagnostic lens, but from the sacred perspective of spiritual clarity. It draws from the teachings of Sri Ashish, a modern mystic whose insights rest in the timeless tradition of Advaita (non-duality), and presents a transformative framework known as **The Three-Fold Path**.

At the heart of the Three-Fold Path are three essential pillars:

- **Right Understanding** – Realizing the truth of who you are beyond thoughts, emotions, and identities.
- **Right Practice** – Grounding this realization in everyday life through silence, inquiry, non-attachment, and surrender.
- **Right Experience** – Abiding as the ever-present awareness that is always whole, peaceful, and free.

Together, these principles offer more than a path to mental wellness — they point to the **source** of wellness itself.

### **Mental Health as a Spiritual Misunderstanding**

In most modern models of mental health, the emphasis is on managing thoughts, controlling behaviors, or adjusting external circumstances.

While helpful, these approaches often operate on the assumption that the **mind is the self**—that your identity is defined by what you think and feel.

Sri Ashish gently but powerfully invites us to challenge this core assumption.

*“The mind is not the self. You are the awareness in which the mind appears and disappears.” — Sri Ashish*

When we believe we are our thoughts, we suffer. When we believe we are broken, we seek repair. But when we see clearly that our **true Self is not broken**, and never was, we begin to experience a peace that no therapy, medicine, or technique can manufacture — because it was never absent to begin with.

This booklet, then, is not a self-help manual. It is a **mirror**, reflecting back to you what you already are but may have forgotten: a silent, spacious, unchanging awareness in which all experiences arise, and through which all healing becomes possible.

## **The Journey Inward**

You will find in these pages no complex techniques or spiritual demands. What is offered is simple, direct, and experiential. Each chapter unfolds one step of the Three-Fold Path:

- How mistaken identity with the mind gives rise to suffering.
- How practices of self-inquiry and silent abidance can return us to peace.
- How direct experience dissolves the need to seek anything outside ourselves.

Alongside teachings and insights, you will also find practices, journal prompts, and reflections—tools to help you engage with the material not just intellectually, but intimately.

## **A Booklet for Seekers, Not Patients**

This booklet is for those who have tried everything and still feel that something is missing. It is for those who sense that the deepest healing does not come from doing more, but from **being more deeply who they already are**.

It is for:

- The anxious mind looking for stability.
- The grieving heart searching for meaning.
- The weary seeker ready to stop running.
- The curious soul open to truth beyond belief.

## **The Realization That Heals**

As Sri Ashish reminds us again and again:

*“You are not the one trying to be. You are Being itself — aware, silent, and whole.”*

This is the realization that heals — not by changing your life, but by changing how you see it.

This is the awareness that does not rise and fall with moods, that does not panic with fear, and that is not diminished by trauma. It is the peace you’ve been seeking, not in the future, but **here and now**, at the center of your own being.

## **Why This Booklet is Important Now**



- Mental health crises are increasing globally, yet most approaches remain rooted in managing symptoms, not transforming awareness.
- The Three-Fold Path (**Right Understanding, Right Practice, Right Experience**) offers tools to uproot suffering at its source: mistaken identity with the mind.
- Sri Ashish’s teachings provide a direct, empowering alternative to the common narratives of “brokenness,” replacing them with the realization of one’s inherent wholeness.

## Chapter 1: Spiritual Misunderstanding of Mental Health

We live in an age where mental health struggles are not the exception — they are the norm. Fear, anxiety, depression, stress, loneliness, and burnout affect people across all walks of life. Despite the widespread conversation around mental well-being, something essential remains overlooked.

**Could it be that what we call ‘mental illness’ is, at its root, a case of mistaken identity?**

Sri Ashish teaches that the suffering of the mind does not begin in the mind. It begins in the belief that we are the mind. This belief — that “I am my thoughts,” “I am my emotions,” “I am my story” — is the silent epidemic behind our suffering.

*“Life, as perceived by the mind, is just mental chatter or gossip — fleeting stories with no substance. Witness it, enjoy its play, but never mistake it for truth.” — Sri Ashish*

The mind is not the enemy—but it is not who you are. When we mistake the mind’s passing noise for truth, we become entangled in a world of judgment, fear, comparison, and control. We try to “manage” our mental state without realizing that **the mind itself is not meant to be in control — it is meant to be observed.**

Most approaches to mental health aim to regulate thought patterns or improve emotional balance. But what if peace does not come from controlling the mind — but from **stopping to identify** with it?

### The Spiritual Misdiagnosis

The world says: *You are broken. You need fixing. You need treatment.*

The Three-Fold Path says: *You are not broken. You are not the mind.*

*You are the awareness in which the mind appears and disappears.*

This is not spiritual bypassing. It is spiritual **clarity**. When we mistake a dream for reality, we suffer. But when we realize that fear, stress, and self-doubt are all appearances — not who we are — we begin to awaken.

The problem is not that you think too much. The problem is that you **believe** your thoughts too much.

*“The mind creates limits where none exist.” — Sri Ashish*

## **Mental Health as Remembering**

Sri Ashish offers a simple but revolutionary shift: **Mental peace is not about achieving a better state — it’s about remembering your real state.**

The “I AM” within you is always at peace, even when thoughts are chaotic. The deeper Self is not anxious. It is not depressed. It is not afraid. These are conditions of the mind, not truths of your being.

*“To know ‘I AM’ is to know peace.” — Sri Ashish*

Mental health, then, is not a goal — it is a return. A return to stillness. A return to being. A return to the place within you that was never disturbed to begin with.

## Chapter 2: Right Understanding – Reframing the Mind

Most of us live our lives trapped in an invisible cage — the cage of our own mind. We assume that our thoughts are true, that our feelings define us, and that our inner state is the result of our external conditions. But the Three-Fold Path begins by dismantling this illusion at its root.

This is the power of **Right Understanding** — the first pillar of the Three-Fold Path. It invites us to question everything we believe about the mind, the self, and the source of peace.

*“The mind is a collection of thoughts, memories, and emotions with no substantial existence.” — Sri Ashish*

### What Is the Mind, Really?

The mind appears real only when we are identified with it. But when we observe it with awareness, it becomes clear that the mind is not a stable thing — it is a movement. A flux of thoughts, memories, beliefs, and sensations. And just like clouds pass through the sky, thoughts pass through awareness.

*“Thoughts are like clouds; they pass by, but they don’t define the sky.” — Sri Ashish*

We don’t suffer because of thoughts—we suffer because we think we *are* those thoughts. When you believe the thought “I am not good enough,” you suffer. But if that thought simply arises and passes in awareness — without identity, without attachment—it loses its power.

**Right Understanding** helps us see the mind for what it is: a useful tool, but not the seat of our identity.

### The Illusion of the Ego

At the center of most mental distress is the voice of the ego: the one that fears, compares, controls, and constantly judges. This ego-self is nothing more than a bundle of past experiences and imagined futures. It is not who you are.

*“The ego is the veil that creates the illusion of separation from the Divine. When this illusion dissolves, what remains is not ‘you’ realizing God, but the direct recognition that you were never anything but That.”*  
— Sri Ashish

This illusion — of being a separate, incomplete self — is the root of anxiety, insecurity, fear, and the need for control. But when we begin to observe this sense of “I” without reacting to it, it starts to loosen its grip.

**Right Understanding** brings a powerful realization: **You are not the content of your mind — you are the awareness in which the mind appears.**

### **Freedom from Fear, Anxiety, and Self-Judgment**

Mental health is not found in analyzing every thought. It is found in becoming free from their grip. This freedom comes not from fighting thoughts, but from stepping back into the silent observer.

*“Awareness is not a thought. It is a knowing that is beyond thought.”*  
— Sri Ashish

**Right Understanding** teaches us that the root of all fear is identification. When you think *I am afraid*, suffering begins. But when you see, *Ah, fear is arising in awareness*, there is spaciousness, a gentle separation between the Self and the emotion.

This simple shift can dissolve years of anxiety in an instant.

### **Mental Wellness Begins in Truth**

**Right Understanding** is not an intellectual activity — it is a perceptual transformation. It asks:

- Can you see thoughts as objects, not identity?
- Can you observe your moods without claiming them?
- Can you watch your story arise and dissolve, without believing it?

*“The only true limitation is believing that you are limited.” — Sri Ashish*

True healing does not come from fixing the mind. It comes from recognizing that **you were never broken** to begin with.

## Chapter 3: Right Practice – Anchoring in Stillness

If Right Understanding shows us the truth—that we are not the mind, but the awareness in which it arises—then **Right Practice** helps us *live* from that truth. It turns insight into embodiment. It transforms fleeting clarity into lasting peace.

**Right Practice** is not about effort or discipline in the conventional sense. It is about returning, again and again, to the silent, stable presence within.

*“Right Practice is not about effort or control; it is the quiet resting in awareness, allowing truth to reveal itself.” — Sri Ashish*

### The Practice of Non-Attachment

One of the simplest and most profound ways to support mental well-being is through **non-attachment** — not indifference, but freedom from clinging.

When we hold too tightly to a thought, an expectation, a fear, or an identity, suffering takes root. **Right Practice** teaches us to loosen this grip. Not by rejecting experience, but by meeting it **without identification**.

*“Non-attachment is not indifference; it is love without clinging.” — Sri Ashish*

This subtle shift allows emotions to move through us without overwhelming us. We become like the sky — vast and untouched — even as the weather of the mind changes.

### Daily Return to the “I AM”

Sri Ashish often reminds us that the essence of all practice is

remembering the “I AM” — the simple, stable sense of being, prior to all mental content.

*“The ‘I AM’ is the unshakable anchor of your being. Stay with it, and all illusions of mind and identity will dissolve.” — Sri Ashish*

This remembering can take many forms:

- Sitting in silence each morning, just resting as the awareness of being
- Pausing in the middle of stress to ask: “Who is this happening to?”
- Taking a breath before reacting, letting the emotion pass through

These are not spiritual rituals—they are **lifelines back to peace**.

## How to Practice in Everyday Life

You don’t need a meditation cushion or a retreat center to practice.

**Right Practice** is about weaving stillness into the fabric of your day:

- **Breathe with awareness** during moments of tension.
- **Observe your thoughts** as a witness, not a judge.
- **Embrace silence** — even a few seconds — before responding.
- **Reflect gently** at the end of the day: Where was I present? Where was I identified?

Each of these is a doorway out of mental reactivity and into peaceful clarity.

## The Role of Surrender

Perhaps the most powerful dimension of Right Practice is **surrender**.

*“In surrender, you do not lose; you are set free.” — Sri Ashish*



Surrender does not mean giving up. It means letting go of the illusion of control. It means trusting that the deeper Self — the awareness behind all appearances — is enough.

In surrender, the grip of worry softens. The chase for perfection slows. The inner war ends.

And in its place, there is space. Stillness. Wholeness.

### **Practice Not to Attain, but to Remember**

*“Meditation is not the act of becoming; it is the art of remembering.”*  
— Sri Ashish

**Right Practice** is not about reaching a better version of yourself. It is about remembering the Self that was never broken, never burdened, never lost.

With each breath, each moment of stillness, you return to the awareness that is already free.

This is the essence of healing.

## Chapter 4: Right Experience – Freedom Beyond the Mind

The final dimension of the Three-Fold Path is not a goal — it is a realization.

**Right Experience** is the direct recognition that you are already whole, already free. It is not the result of effort, but the fruit of allowing, of abiding, of being. It is what happens when you stop striving and start **being**.

*“Right Experience is the stillness beyond all duality. When the illusion of separation fades, what remains is infinite awareness — whole, silent, and free.” — Sri Ashish*

This is not a mystical escape—it is a return to reality. To the living presence of awareness that has always been here, even during your most difficult moments.

### From Concept to Direct Knowing

Mental healing is often sought in understanding and analysis. But understanding alone, no matter how profound, is incomplete.

True peace arises not from thinking about peace — but from experiencing your Self *as* peace.

**Right Experience** is not a thought. It is the moment you realize:

- I am not this sadness — I am the awareness holding it.
- I am not this fear — I am the space through which it moves.
- I am not broken — I am whole, even as healing unfolds.

### Effortless Being

When the mind becomes still — not by force, but through presence —

what remains is the silent clarity of awareness. This is the essence of **Right Experience**.

*“Realizing your true Self is the highest service to the world. When you awaken to your own nature, your very presence becomes a light that uplifts all.” — Sri Ashish*

This experience is not loud or dramatic. It is subtle, intimate, and self-evident. It’s the peace that arises when you stop searching and start *noticing*.

You begin to feel:

- Joy without cause
- Stillness without struggle
- Love without fear

## **Healing Through Being**

From this experience of “I AM,” all healing flows naturally. You no longer seek peace as something to acquire — you realize it as something you already are.

- Anxiety softens when you stop resisting it and rest in the awareness behind it.
- Depression loses its weight when you see it as weather passing through the sky of your being.
- Self-judgment dissolves when you experience the Self not as an idea — but as unchanging presence.

*“You are not the one trying to be. You are Being itself—aware, silent, and whole.” — Sri Ashish*

This is not detachment from life. It is deeper **engagement with what is real**. With the timeless essence that is untouched by changing moods,

roles, or conditions.

## **Love and Compassion Arise Naturally**

**Right Experience** brings not just peace—but love. Not love as a feeling, but love as your essence. You begin to see yourself in others. You no longer try to fix others or yourself — you simply meet life as it is, from the spaciousness of being.

*“To love others is to recognize yourself in them.” — Sri Ashish*

In this space, judgment is replaced with understanding, and fear with compassion.

## **The End of Seeking**

Right Experience marks the end of the spiritual search — not because you've given up, but because you've **arrived**. The Truth you were looking for turns out to be what you already are.

The mind may still rise and fall, emotions may still visit, but your foundation remains the same:

- Silent.
- Aware.
- Whole.

*“The Self is whole, complete, and free. Unbound by thought, by you or me.” — Sri Ashish*

## Chapter 5: Reflections, Practices, and Journal Prompts

### *A Daily Companion for Mental Peace and Presence*

**Right Understanding** opens the door.

**Right Practice** anchors us in stillness.

**Right Experience** reveals our true Self.

But how do we carry this realization into our everyday lives — especially when the mind is noisy, emotions run high, or the world feels heavy?

This chapter offers **simple reflections, gentle practices, and self-inquiry prompts** inspired by Sri Ashish’s teachings to help you cultivate mental peace — not someday, but right now.

### **Daily Remembrance Practices**

These can be done anytime — morning, evening, or during a pause in your day.

#### **1. The “I AM” Check-In**

Sit quietly for one minute. Close your eyes. Ask:

- Who is aware of this moment?
- What remains if I drop all thoughts, roles, and stories?
- Can I simply rest in the sense of “I AM”?

This returns you to your natural state of being — still, aware, and whole.

#### **2. The Breath Pause**

When the mind is racing or stress arises, pause and take:

- One deep inhale
- One gentle exhale
- Then silently affirm:  
**“I am not the thought—I am the space in which it arises.”**

### **3. Letting Go Practice**

Throughout the day, notice:

- When a desire, judgment, or fear arises, ask: *“Can I allow this to pass without clinging to it?”*
- Visualize it as a cloud floating across the sky — no need to hold or resist.

### **4. Silent Listening**

Spend 2–5 minutes in complete silence.

No input. No reaction. Just listen.

Let the silence reveal the peace beneath the mind.

*“Silence is not emptiness; it is fullness beyond words.” — Sri Ashish*

### **Self-Inquiry Prompts for Mental Clarity**

Reflect on these in your journal. Write with honesty and gentleness

- What thought patterns have been dominant today? Can I observe them without judgment?
- What emotion did I try to suppress or fix? What happens if I just let it be?
- What part of my identity feels most fragile? Who would I be without that story?
- What am I seeking from the world that I can find in my own stillness?
- Where did I feel a glimpse of peace today, even briefly?

- How does my body respond when I remember “I AM”?

## **Journal Prompts for Daily Integration**

Choose one prompt each day or return to your favorites:

- Today, I practiced awareness by...
- I noticed these thoughts and let them pass...
- What truth did I remember about myself today?
- What fear can I see more clearly now?
- In stillness, I experienced...

## **Poetic Reflections to Read or Write With**

“You are the sky. Thoughts and emotions are the clouds passing by.”

“True stillness is not the absence of movement but the presence of full awareness.”

“You are not broken; you are unfolding.”

“To awaken is to remember what has never left.”

Let these reflections guide your journaling — or write your own verses that capture moments of truth.

## **Simple Daily Reminder**

Place this note where you’ll see it often:

**“I am not the mind. I am the one who watches.  
In stillness, I return to who I have always been.”**

## Chapter 6: Quotes from Sri Ashish

### *Timeless Reminders for Mental Well-Being*

The mind often seeks new information, solutions, and reassurances. But the soul seeks **stillness**, **truth**, and **recognition** of what has always been.

In this final chapter, we offer a selection of Sri Ashish's quotes that serve as daily companions — quiet reminders to return to awareness, drop the illusion of mental bondage, and rest in the freedom of "I AM." Let these words speak directly to your heart — not as affirmations, but as **pointers** to what is already true.

### **On the Nature of the Mind**

"The mind is a collection of thoughts, memories, and emotions with no substantial existence."

"Life, as perceived by the mind, is just mental chatter or gossip — fleeting stories with no substance. Witness it, enjoy its play, but never mistake it for truth."

"The mind creates limits where none exist."

"The idea of a separate individual existence is nothing more than an illusory perception."

"Thoughts are like clouds; they pass by, but they don't define the sky."

### **On Awareness & Identity**

"You are the awareness in which all experiences arise and pass, but you yourself are not any of those experiences."

"You are not your thoughts or fears. You are the awareness in which



they arise.”

“The 'I AM' is the unshakable anchor of your being.”

“To know ‘I AM’ is to know peace.”

“The mind’s illusions scatter like mist before the light of awareness.”

### **On Healing and Wholeness**

“You are not broken; you are unfolding.”

“In surrender, you do not lose; you are set free.”

“Silence is not the absence of sound; it is the presence of truth.”

“The present moment is the only place where life happens.”

“True freedom is not in doing what you want, but in being free from the need to want.”

### **On Returning to Stillness**

“Be still, and in stillness, know yourself as awareness.”

“When the mind is quiet, the heart speaks clearly.”

“Every breath holds the key to presence and peace.”

“Stillness is the ground of being, where the illusions of the mind dissolve and the essence of ‘I AM’ shines effortlessly.”

### **On Love, Compassion, and Letting Go**

“To love others is to recognize yourself in them.”

“Non-attachment is not indifference; it is love without clinging.”

“The ego seeks validation, but the soul needs no approval.”

“Let go of all inquiries except one: ‘Who am I?’”

“Attachment blinds; love frees.”

### **A Final Reminder**

“Realizing your true Self is the highest service to the world. When you awaken to your own nature, your very presence becomes a light that uplifts all.”

## Conclusion: Mental Peace

*Not a destination. Not a technique. A remembrance.*

In a world that constantly demands your attention, your performance, your improvement, this booklet has offered you something radically different:

**Permission to stop. To be. To return.**

The Three-Fold Path does not promise a life without thoughts, without emotions, or without pain. What it offers is far more powerful: the direct realization that **you are not your suffering** — you are the still, aware presence in which all experiences come and go.

*“You are already free, untouched by action, ever-luminous, and pure. Bondage exists only as long as you attempt to control the mind.”*  
— Sri Ashish

Mental health, in this light, is not about managing symptoms. It is about **disentangling from illusion**. It is not about becoming someone better. It is about realizing that **you are not someone at all—you are That**.

This is the message at the heart of the Three-Fold Path:

- Right Understanding frees you from mistaken identity.
- Right Practice anchors you in truth.
- Right Experience returns you to the peace that never left.

Let these teachings walk with you — quietly, gently — as you navigate life. When the noise returns, the fear arises, the mind spins... pause.

Breathe. Rest.

You are not the wave. You are the ocean.

You are not becoming. **You already are!**

**Mental Peace: A Three-Fold Path to Inner Well-Being: *How Right Understanding, Right Practice, and Right Experience Heal the Mind from Within.***

In this deeply compassionate and spiritually liberating booklet, the timeless teachings of Sri Ashish offer a transformative lens on mental health. Rather than managing the mind, the Three-Fold Path shows us how to transcend it-through direct realization of our true nature as still, silent, and whole.

Whether you're navigating fear, anxiety, stress, emotional pain, or simply seeking clarity, this booklet guides you home- not to a better version of yourself, but to the awareness that was never broken to begin with.

A guide for seekers, healers, and anyone longing to live from peace, not just search for it.

