An hourglass is positioned on the right side of the image, with its top bulb containing dark sand and its bottom bulb containing light sand. The background is a soft, out-of-focus sunset or sunrise sky with warm orange and yellow tones near the horizon and cooler blue tones at the top. The hourglass's frame is metallic and reflective.

LIVE LIFE

**Moment By
Moment**

By
AiR
Atman in Ravi

For it is in the moment that Life exists...

LIVE LIFE

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AiR
Atman in Ravi
Ravi V. Melwani

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An hourglass is positioned on the right side of the image. The top bulb is partially filled with dark sand, while the bottom bulb is nearly full. The background is a vibrant sunset or sunrise, with a gradient of colors from deep blue at the top to bright orange and yellow near the horizon. The word "PREFACE" is centered in a bold, black, sans-serif font.

PREFACE

*Life is made up of moments.
If we lose the moment, we lose Life.*

Although we are all alive, are we actually living our life or is our life escaping us? Life has no pause button. Even when we sleep, we continue to dream as the body goes through its process of restoration, a period to rest and relax, so that we can restart our day. But when we wake up, do we truly start to live or do the hours just fly by and before we know it, the sun sets, only to rise again?

Days, weeks, months, and years pass and then we wonder what happened to our life. We just forgot to live! To live life, we have to grab hold of the moment because life is in the moment. If there are no moments, then there is no life! But we ignore the moments, as we live in the past that is gone, and jump into the future not yet born. Alas, we lose sight of the moment; we lose sight of life itself!

Do we know what lies ahead of us? Nobody does, just as we cannot see what is happening behind us. But this moment is in our hands. This moment is ours to live. Instead of living in this moment, if we shuttle between yesterday and tomorrow, we lose the treasure of 'Today'. 'Today' is all about 'Now'. It is about this moment. How many of us are living our life in the present moment, moment after moment?

Life is all about being Conscious of the present moment. It is about being in the 'now' but most of us are somewhere else! When I look around, I see that people have not learned the art of living life moment by moment. Soon their life passes by and then, they say – *'I wish I had travelled more when I was young. I should have spent less time making money and more time spending it. Now, I have a lot of wealth, but I don't have health.'* Can they reverse this? This is a common reality we see unfolding all around us. People look back at their life with regret. They are unable to change their life because life has no rewind buttons.

Life is beautiful, but unfortunately, we get so enamoured by this material world that the treasure called 'Life' slips through our hands. We cannot stop life from unfolding moment by moment, but we can live every moment as it unfolds. If we do not catch hold of the moment, it escapes our Consciousness and is gone forever, never to return! Moment after moment, our life unfolds, till one day, we look at the mirror and our grey hair reminds us that life will soon be over.

But we still have life, don't we? We can still live life moment by moment, till we have breath. If we do not, we will reach our death, without truly living life. Only some people live, most people just exist, till one day, life removes them from the earth stage. They had a beautiful gift, filled with valuable moments that should have been used to live with Joy, Bliss, and Peace. But instead, they forgot to live life, because they forgot to live in the moment, living life moment by moment.

An hourglass is positioned on the right side of the top section, with sand flowing from the top bulb to the bottom bulb. The background is a vibrant sunset or sunrise with horizontal bands of blue, orange, and yellow. The title 'INTRODUCTION' is centered in a large, bold, black font.

INTRODUCTION

*How can we live Life,
If we don't live it moment by moment?*

What is life all about? It is a journey between birth and death. On an average, we may live about 70 years. This is just 840 months or approximately 25,000 days. Most of us are trying to add years to our life. But what actually matters is that we must add life to our years.

Of the 25,000 days, about 10,000 days pass by in growing up. We have only 10,000 days to really live before we slip into our departure phase of 5,000 days. Just 10,000 days to live! Life seems so short! What we do not realize is that each day has 1440 minutes. Each minute is filled with 60 seconds of *life*. Instead of grabbing hold of the minute, we waste it. Then, it cannot be recovered. Before we even realize it, our life has passed by. We just zoom from the womb to the tomb, without realizing that we forgot to live.

What is life all about? What is the purpose of our life on earth? Why were we given this human birth? Do we ever stop to ponder on these existential questions? We all want to be Happy, who does not? But have we stopped to understand the true meaning of Happiness? We chase Happiness, but it is

like a shadow. The more we chase it, the further it goes away. We are taught that success is Happiness, that money and wealth create pleasure. We spend our entire life accumulating wealth, and all that wealth can buy. But we forget to be Happy. There was some excitement, no doubt! But did we truly live every moment of life?

Life escapes us. We have problems and challenges, and we are busy solving them. We live with stress, worry, anxiety and fear. We fool ourselves into believing that life is about achievement. We have no contentment, no fulfilment. We suffer through life as we sugarcoat it with our name, our fame, and our money in the bank, which ultimately, we have to leave behind!

We live and die in ignorance, without realizing the true meaning of life. This gift called 'Life' is given to us to enjoy the flowers and the trees, the mountains, and the seas. But we forget to look around and see life throbbing in the flowers. We are more concerned about what is happening on earth, in the stars and on Mars. We are so enamoured by this material world, that our life escapes us! We do not stay still to enjoy the moment, to enjoy true Peace that is the very foundation of Happiness.


Stop! You still have the time to live life moment by moment. In the moments that are left, you can still live with Joy and Bliss by realizing that you are a Divine Soul and to be liberated is your ultimate goal. You have time to grab the moments of life and be Conscious of your Divine self as you live as a witness and an observer, not just an actor who comes and goes and forgets to live. This book can transform the rest of your life, and make you truly live before your treasure of life is over.

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**Living Life is an Art!
Not everyone lives it Smart.
Don't just zoom from womb to tomb,
For it is in the Moment that Life does Bloom.**

WHAT IS LIFE ALL ABOUT?

*Life is like a river that must flow.
We must live it before it is time to go!*

Life is a journey from birth to death. We understand that we were not alive before we were conceived, just as we will not be after we are dead. What we sometimes do not understand is how to live life. Unlike money in a bank, we cannot deposit our life to be lived at a later date. We have to live life as it unfolds moment by moment. Life has no 'pause' button. We cannot stop it. Whatever comes our way, we have to accept it and move on. There will be good times, just as there will be tough times. Life is a bouquet of roses and thorns. The challenge is to live it the best way we can.

Unfortunately, we do not understand the true meaning of life. We do not go on a quest to understand what the purpose of life is. Instead of living life with meaning, we just exist, till one day, it is 'game over!' We do not even Realize the Truth of who we are, where did we come from and where we will go. We know very little about life. Then, how can we make the best of it?

Life has to be lived one day at a time. It has to be consumed moment by moment. Most of us think that life is all about being Happy. We chase success to be Happy without realizing that

Success is not Happiness. In fact, the more we chase Success, the further Happiness goes away, just like a shadow.

The acronym of life reveals the secret of what life is all about. LIFE is Liberation from Ignorance and Finding Enlightenment. If we finish living our life and we do not overcome our ignorance, we do not Realize the Truth about life, then our life is wasted. Unlike any other gadget, life has no rewind buttons. We cannot go back to the past. Still, many of us live in our yesterdays. Then, we jump into our tomorrow, living with fear, worry and anxiety. What do we do in the bargain? We lose the present moment. But that is what life is all about! It is only the present moment and nothing else. That is why it is called 'Present' because it is a gift. We human beings are the most privileged of all the living creatures on the planet. We have been blessed with an intellect that we can use to determine how to live life. Instead, we let life escape us and take our intellect to our grave.

Of course, everybody wants to be Happy, who does not? But have we even learned the true meaning of Happiness? We are trying to acquire all the material possessions that we imagine will give us joy, but what we don't realize is that we come with nothing and we go with nothing. Of what use is it, to consume our life, just to earn? When will we realize that what we earn, others will burn? Our glass of wealth keeps becoming full, just as our glass of life becomes empty. Is this what life is all about? Let us learn to discover life before the treasure of life escapes. Realize the true meaning of life and live with eternal Peace and everlasting Bliss, moment by moment.

CAN WE BE HAPPY ALL THE TIME?

*Pleasure and pain, sun and rain, loss and gain.
Isn't this what life is all about, again and again?*

Most of us believe that life is like a merry-go-round. As we travel through the roller-coaster of life, sometimes we are glad and sometimes we are sad. However, man aspires to be Happy all the time. Is it possible?

Yes, here is the good news! We can be Happy all the time, provided we live life moment by moment. If we learn to be in the present, it is not difficult to be Happy just for that moment. Unfortunately, we are trying to create Happiness in the past, present and future. This futile effort makes us lose the present moment, in stress, worry and anxiety.

What is Happiness all about? It is not being a millionaire or a billionaire. It is not even being the President or Head of a country. Happiness does not depend on what you have or who you are, Happiness depends on how you feel. Happiness is a state of *being* Happy. It is sad that instead of being Happy, we are busy doing things that promise us Happiness in the times to come.

We have forgotten that we are not *human doings*, we are *human beings*. We are living like a human-machine, trying to produce

name and fame, wealth and achievement. In the bargain, while we may succeed in our goals, we lose life itself. Very few amongst us, live as *human beings*. They are the ones who take an exit from the highway of achievement and are Happy on the plateau of Contentment and Fulfilment. But are they Happy all the time?

We human beings are gifted with this gift called 'Life' so that we can attain that state of eternal Happiness and everlasting Peace. We have been given the privilege to overcome our ignorance, to renounce desires and cravings that promise us Happiness, but ultimately make us miserable. Life is meant to discover the ultimate peak of Happiness. Instead, we are chasing the treasures and trinkets of the material world. We reach the end of our life journey with regrets. We were fooled by the illusory material pleasures of life and we lost our valuable moments, trying to consume them, without realizing that they actually consumed us.

It's not over! We still have the opportunity of living our life moment by moment as we discover the art of eternal Happiness. As long as there is breath, we can use 'the moment' to realize true Happiness. But if we waste our moments, chasing pleasures and treasures, our life will soon be gone! Let us not lose the opportunity. Let us go on a quest and find the way to eternal Happiness. Let us invest every moment of life, to find the true purpose of it. In doing so, we will be enlightened with a life of Bliss, Peace and Joy, just as we will overcome our ignorance and all the miseries of life. It is time to use every moment of life to realize the secret of being Happy, moment by moment.

WHAT ABOUT PROBLEMS?

*Life will be full of Problems and Strife,
But Problems should not stop us from Living Life.*

Who does not have problems? Every living being has problems. In fact, if we do not have problems, that is the biggest problem! A problem is a *probolo* – something that is thrown in front of us. It challenges us. It inspires us to live life. Problems are not stop signs. They are guidelines. They are not stumbling blocks. They are stepping stones. Therefore, problems should not come in the way of living life.

Just because we have problems, does it mean we should not be Happy? We must learn to enjoy our life despite our problems. Sometimes, because we do not put our problems in proper perspective, they become so magnified that all we see is the problem and life disappears in the background. Far more important than our problem is our life. Problems will come and go, but they should not steal our moment. If we pay too much attention to the problems, then we will lose Consciousness of life. Rather, we must learn to deal with our problems when we need to and not let them occupy our entire life.

Some people fill their entire life with problems. When there is no problem, they create one. They create imaginary fears, and

they needlessly worry. By doing so, they lose the Peace and Bliss of life, and their moments of life are not lived, but rather consumed by problems. How do intelligent people deal with problems? If there is something they can do about it, they do it. But it does not rob them of their moment. If there is nothing they can do about their problem, they just let go of it and turn their attention to their life that is unfolding moment by moment.

Isn't it foolish to spend our entire life attending to problems, only to regret when life is over? Is this what life is meant to be? We must learn to deal with our problems as we enjoy every moment of our life and not let our problems control our moments. Problems come and problems go! This world is nothing more than a show. Because we do not value our life, moment by moment, we hand over our moments to our problems. What we see is problems everywhere. It is time to shift our focus away from problems to life. It is time to live life moment by moment and give problems only that much attention that they deserve. If we give our problems too much attention, then they will grow and steal our life's valuable moments. Moment after moment, our life will be consumed by a problem, till eventually, this valuable gift of life is over.

Take charge of your life and live it moment by moment. For if you do not, your problems will take charge of your life and you will have no life left to live. You will just have problems. Instead, if you focus on living life moment by moment, your problems will disappear!

An hourglass is positioned on the right side of the top banner. The background of the banner is a vibrant sunset or sunrise with orange, yellow, and blue hues. The hourglass is partially filled with dark sand, and the top bulb is also filled with dark sand.

CHAPTER 4

THE PAST IS GONE, THE FUTURE, NOT YET BORN!

Instead of trying to live in Yesterday and Tomorrow which do not exist, we must learn to live Today, in the 'Now'.

We can go to New York, to New Delhi or New Zealand, but can we go back to yesterday? We cannot! Yesterday is gone. Nobody can go back to yesterday. Nothing can bring back the minute that is just over. Even the greatest scientists in the world cannot take us backwards. Then, why do we live in the past? Why do we consume our valuable moments living with regrets of what is over? We nurse, curse, and rehearse our hurts, and, in the bargain, we lose precious moments of life. All we need to do is reverse our hurts and live in the present moment. We can do nothing about the hurt that is done. But we can cause great hurt by losing this moment, regretting the past.

Some people try to take the clock forward. They do not realize that tomorrow never comes! Tomorrow can only come as today. So, why worry about tomorrow? Why imagine what is going to be? Nobody can predict the future. The only moment that belongs to us is the 'now'. When we lose the valuable treasure of the present moment, worrying about the moments that are going to come, we inadvertently lose this gift called 'Life'.

Forget the past! Do not worry about the future. Enjoy every

THE PAST IS GONE, THE FUTURE, NOT YET BORN!

moment of life. Life is unfolding moment after moment. This is life! Not the yesterday that is gone, nor the tomorrow not yet born. We can do nothing about yesterdays and tomorrows. But we can lose the invaluable 'today' thinking about yesterday and worrying about tomorrow. Most people do not learn the art of living in day-tight compartments. They do not learn to enjoy each day of their life. They do not experience Joy, Bliss and Peace, in every moment that unfolds. They have not learned how to live life moment by moment. But that is what life is all about.

What is Life? Life is made up of moments. The moments that are gone become our past and the moments not yet born will be our future. But we have no control over our past and future. We only have control of the present moment. We have been given the opportunity to live this moment the way we like. But if we do not use it, we lose it! Stop and reflect - how many moments of life you have wasted living in an irreversible past and an uncontrollable future. How many moments of life have you enjoyed, moment by moment? When you realize that a lot of your life has escaped you, you can resolve not to lose sight of yet another moment.

Hold every moment of life like a precious pearl and then drop it into the ocean of existence as you choose to fill it with Peace, Joy and Love. Live each moment with meaning and purpose. Do not lose even one precious moment of life. Every moment you spend in yesterday, and in tomorrow, is a moment that goes down the drain. Do not let your life pass in vain. Do not continue to lose your moments again and again.

ALL WE HAVE IS THE MOMENT

If we lose 'the moment', we lose Life itself.



What is Life? While it appears to be a long journey on earth, the truth is that it is just a bundle of moments. All we have is a moment, moment after moment. We do not have life to live. We just have the moment. Therefore, life is nothing but the moment.

It may seem that we will live for 70 years, but we do not have the capability of living life as one unit of existence. The way to live it is not year by year, not even month by month, nor is it possible to live it week by week. Is it not strange that we cannot even live life, day by day? We can only live it moment by moment.

Can you live today, now? You cannot! You can only live in this moment. There is no guarantee about the next. You may plan many things for the evening, but a sudden accident, an unexpected tragedy, an uncontrolled disaster can disrupt all your plans for the evening. When we cannot control even today, then how can we control our entire life that lies ahead of us?

All we have is the present moment. That is why it is called 'the present'. Each moment is a precious gift. Each moment is a treasure that we must live. It is not like money that can be

deposited in a bank. We cannot save our moments so that we can use them later. The only way to make the best of the moment is to live it. If we do not live it, we lose it. We lose life itself.

Why do we human beings lose our life's precious moments, moment by moment? Why do we just exist and then, later, say – '*I should have, I could have, and I would have*'? We cannot change what is over, but we can live in this moment. This moment is so valuable, but we lose it! We do not realize that we do not have a life to live. We only have a moment. Our life is nothing but millions of moments that pass by us, moment after moment. We are not Conscious of this truth. We do not realize that this is the reality. Because of our ignorance, we plan for our children's marriage, our new business venture and our next holiday. While it is ok to plan the future, we must not forget that life is in *this* moment. We must enjoy *this* moment in planning, but not barter *this* moment for a future moment of Joy which may never be.

Unfortunately, we do not realize that we do not have a life to live. All we have is the moment and when we do not fill our moment with Joy, then our life is empty. There is no way to live a meaningful life without having meaningful moments. This is a profound truth, but we do not realize it. It is a fact, that the only way to live life is moment by moment. If we do not, we will end our life with regrets and disappointments. But if we live every moment to the fullest, then our life will be a life well-lived. Are you in charge of your moments? Are you making the best of your life, moment by moment as it unfolds or has your life escaped you?

WE DON'T LIVE IN THE MOMENT

*Like a monkey who jumps from tree to tree,
We do not live in the moment where we must be.*

It is said that we human beings have evolved from monkeys, and regardless of whether that is true or not, there is no doubt that we live like monkeys. We do not live life in the moment. We permit our mind to bombard us with thoughts, practically a new thought every second. As these thoughts appear, our moments disappear. The moment was ours and we were to live in that moment. But the mind shot an arrow through a thought at our moment and destroyed the moment. Moment after moment, our thoughts hijack our life and, in the end, we realize that we were not able to live. It was just a bundle of thoughts that swept through our day and now, the day is over.

Why is it that we do not live in the moment? It is because we are not Conscious that our life is unfolding moment by moment. We do not treasure each moment as it is born, probably because it happens so fast that before we realize it, it is gone! In fact, there is a tussle between our moments and our thoughts. If we live moment by moment, it means that we have captured our thoughts. But if we lose the battle to our thoughts, then our moments are lost. This tug of war continues moment after moment and unless we realize that life is nothing but moments,

we will not only lose our moments, but we will also lose our life.

Our challenge is to live in the moment. We must be Conscious about this moment. This is life! We must grab hold of each moment of life and live it. We know how to grab hold of every currency note and spend it. We will not throw away our notes. But when it comes to moments, we lose control of our time. Suddenly, we realize the day is over. What did we do with our moments? We are unable to give an account of it. Our moments just escaped us because we forgot to live in the moment, moment after moment.

Stop and reflect upon those moments, where you lived moment by moment. Those moments did not escape, because you remember every moment that you lived. You made the best of every moment, and you treasure those moments. But how many such days can you recall where you lived in the moment and made the best of your day? This is our challenge – not to let the moment escape, but to live in the moment, every moment as one moment evolves into another. Time waits for none. Time will not wait for us to live moment by moment. But as life unfolds and time counts every minute that passes, it is for us to live in the moment, not just to exist and not to let life slip by, but we must make it a Conscious habit to live life in the moment, moment after moment. If we do not, then those moments will escape and so will our life!

WHO STEALS OUR MOMENT?

*There is a thief who destroys our Life,
Killing us with thoughts, not with a Knife!*

Our mind is our biggest enemy. It steals our life. How does it do it? The mind produces up to 50,000 thoughts a day. As it bombards us with thoughts, it deprives us of living our life moment by moment.

The only way to live life is moment by moment. We have a moment, it is ours to live, but instead of living it, we let the mind shoot a thought into the moment and destroy it. The moment is gone. Life is over. We do not even realize that our own mind is stealing our moments and destroying our life. If only the mind was calm and did not shower us with unnecessary thoughts, we could have lived that moment with Peace, Joy and Bliss. But the mind creates Fear. It destroys the moment. Then, it makes us worry and we repeatedly think of an imaginary problem. In the bargain, we lose valuable moments. The mind creates stress and anxiety. It destroys our day and our life. But we do not realize this. If only we realized that our mind was our biggest enemy, we would kill it before it destroyed our life.

Each of us is gifted with 1440 minutes every day. Each minute is like a precious gem. We can convert each minute into

Happiness, live each minute meaningfully and use these minutes to achieve our ultimate goal of life. Instead, what do we do? We permit our mind to steal our minutes. Before we even realize it, an hour of 60 minutes has been burgled by the mind. Hour by hour, the mind consumes us with its thoughts so intensely that the moments disappear along with the thoughts just as our day, our weeks and our months pass by. Soon, our life is over, and we do not even realize that there was a thief who was stealing our life, moment by moment.

Is there a way to stop this theft? Is there a way to control our treasure of time? Yes, we must first realize that the mind is a rascal. It is a monkey that is jumping from thought to thought. It is a thief that is stealing our moments. This realization is the first step. Most of us think that our mind is king, it is everything! Until we realize our ignorance, we will not use our intellect to discriminate thoughts and to control the mind. We do not even realize that we have an intellect, another tool, different from the mind, that is meant to control thoughts from becoming actions. It is the intellect that can put the mind behind prison bars and stop it from stealing our moments and our life.

Have you discovered the power of your intellect? Have you put your intellect in charge of your mind and your life or are you continuing to let your mind steal your moments and your life? It is time to put your intellect in charge and to live life moment by moment, not letting the mind rob our treasure called 'Life'. If you let the mind steal your moments, you have lost control of your life.

TAME THE MONKEY INTO A MONK

*Peace and Joy in Life to find,
You must cut the tail of the Monkey Mind.*

Every day, when we wake up, we start experiencing life, minute by minute. As the day unfolds, there is, so as to say, a Director of life within who will decide how our life will be. Either it will be the monkey mind, or it will be the monk who takes charge of our life and determines our destiny for the day. If we let the monkey take charge, we will lose our day in misery. But if we put the monk in charge, then we will experience Bliss and Peace. How do we appoint the manager within? In reality, it is one entity that is in command. If let out of control, it is the monkey mind, but if tamed, it is the monk.

Within us there is a monkey - it is our own mind. It is always creating a pandemonium. Its constant yelling and yearning destroys the monkhood within that can truly make us enjoy life moment by moment. There is a simple way to live like a Monk, Peaceful and Blissful. Just cut the tail of the MONKey. The 'EY' of the monkey mind is a tail that is Ever-Yelling and Ever-Yearning. To know how the monkey mind works, stop and look at a tribe of monkeys jumping from branch to branch. The naughty rascals will give us some perspective on the drama the mind creates within. Its constant, nonstop thinking not only creates stress,

worry and anxiety for us but also steals the moment.

A simple way to tame the monkey is silence. If we learn to be still in all aspects, it will stop the mind from yelling and yearning. Silencing the mind will help us live as the witness, the observer of everything that is around us. It will make us enjoy life moment by moment, as a peaceful monk. Hitherto, life just escaped as the monkey jumped from thought to thought and its desires and cravings stole our Peace. We always wanted Peace of mind, but it was our own mind that was tearing Peace into pieces.

We have to Consciously tame the monkey mind by reducing the MTR – the Mental Thought Rate. As long as we permit the mind to think up to 50 thoughts a minute, it will continue to make a monkey of us. Slowly, moment by moment, we will lose life without even realizing it. Our challenge is to be in the moment. We must live like a monk, Conscious and aware, enlightened with the reality of life.

Very few people are blessed to tame their monkey mind. Those who do, they live like a monk transcending the yelling and yearning of ordinary life. They experience Bliss in every moment of life that unfolds because of their Consciousness and awareness. Although there is so much noise around them, they do not permit external circumstances to destroy their moments. What would you choose? Do you want to jump like a monkey and lose this beautiful gift called 'Life' or do you want to enjoy every moment of life, like a peaceful monk? If you do, then make a Conscious choice to tame the monkey!

WHY FILL EVERY MOMENT WITH JUNK?

*Instead of enjoying this beautiful gift called 'Life',
We fear, we worry, we live with stress and strife!*

Imagine filling your life with fear, worry, stress, anxiety and depression. Think of a life that is consumed by hate, anger, revenge and jealousy. Would you enjoy a life without love, cheer, enthusiasm and optimism? Even hearing about these rotten emotions depletes us of our energy. Then, why do we fill our life with junk?

We have a choice. We can choose to love or hate, have doubt or faith, live with despair or hope. Every moment that unfolds, we have been given the privilege to choose the way we want to live. Of course, many things will happen around us and we cannot control everything that unfolds. But we can control our reaction!

The way we react or respond is our attitude. It is our behaviour, and it is this attitude that we choose that sometimes fills us with junk. Moment by moment, we are filling our life, just like one would fill a room either with poisonous gas or an exotic perfume. This is a no-brainer, is it not? In our outside world, we do not choose toxic smells, or poisonous foods because we are so Conscious of our wellness and wellbeing. Then, why do we fill the inner aspect of our life with poison? Why do we let negative emotions occupy the moments of our life?

Life is made up of moments and every moment that we lose in anger or hate, in fear or anxiety, not only destroys the moment, but it also destroys life itself. Because these emotions control our feelings, our actions, and our habits, they take charge of our character and our destiny. And it all depends on what we choose to fill each moment with. We can choose our attitude and by doing so, we can replace negative emotions with positive emotions. We can make each moment enriching with courage and confidence, with faith, hope and love, with compassion and forgiveness. When we fill our life with this positive energy, it eliminates the junk that makes our moments sink into depression and, remember, it is a choice!

As life unfolds, moment after moment, be Conscious of your attitude. Be aware of the way you respond because your reaction is not only of that moment, but it is filling your life with the raw material that will determine your destiny. You are in charge of your thoughts, feelings and actions. They are all born from your reaction, your attitude which is a choice. Eliminate all junk, all the negative, poisonous emotions and fill your life with positivity. Do it moment by moment, and choose to live a life of Joy and Peace. Some people do not realize that life is made up of moments. Then, they wonder why they are so unhappy. They do not realize that it is their own attitude, their responses and behaviour that determines their thoughts. While we understand the junk that we put into our stomachs and are conscious enough to control it, we do not control the junk that we put into our head.

YOUR MOMENT IS YOUR BIGGEST TREASURE

*We are chasing Happiness and Pleasure,
Losing our moments which are our real treasure.*

Some people spend their entire life in trying to achieve that ultimate dream, whether it is a dream house, a dream vacation or a dream car that they are passionate about. They look forward to attaining that ultimate moment of Bliss. What they do not realize is that each moment must be lived Blissfully. Each moment is a treasure and when we trade the treasure that is in our hands with some future dream that may never be, we are losing our valuable wealth, moment by moment.

'One bird in hand is worth two in the bush.' Is it not true that one beautiful moment enjoyed with all our heart is far more valuable than that ultimate dream which may or may not happen? Even if it happens, it only happens in a moment and then it is over. We do not realize that we lost millions of treasured moments in pursuit of that obsession.

Our moment is our biggest treasure. We must not trade our moment for anything. We can use our moment effectively to plan a beautiful holiday or to sketch out a dream. But we must be Conscious not to lose that moment, for it is in that moment that there is Joy and Bliss. How often do you want to enjoy an

amazing cup of tea? You look forward to it. But the moment escapes you. You consumed the tea without enjoying it because your moment was hijacked by something else that was less important but seemed to be more pressing.

We lose our valuable moments, without realizing it. Sometimes it is a beautiful sunrise or a spectacular sunset. These are moments you may treasure, but you lose these moments because you do not realize the value of each moment. Every moment of life is priceless. You cannot put a price tag on it, but you can surely let your moments wither away without living them. Each moment that comes to us, if we do not use it, we lose it. The moment was ours to live, but we let the moment escape us. Soon, life escapes.

Haven't you come across people who spend their entire life focusing on their physical wellbeing and in improving their mental health? They go for several fancy yoga classes, not realizing that their moments are being invested in creating a future that may never exist. We pay a lot of attention to the wellbeing of our body and while this is good, we must enjoy every moment of life in those exercises and programs that promise a better future. Our present is more important than the future. Let us not trade an illusory future for our present which is more valuable!

The treasure of life is an illusion. It does not exist. Those who want to live an amazing life, can never do so. If they want to make their life fantastic, they have to make their moments amazing. There is no other way to make life amazing. If you lose valuable moments and imagine that you will create a great life, this is a fairy tale.

ACCEPT - IT'S ALL KARMA

*Whatever is happening in Life is not luck,
The deeds we have planted, that Destiny we must pluck.*



Whatever happens in life is not fate, luck, or serendipity. It is our own Karma coming back to us. Therefore, we must not question. We must accept. When we do not accept the unfolding of the Divine Law of Action and Reaction, then we lose our valuable moments of life as we wonder, 'Why is all this happening?'

Have you not heard people say, 'Why are bad things happening to good people? Why are people dying? What have I done to suffer?' These questions are not even relevant. They only acknowledge our ignorance about the Law of Karma!

The Law of Karma is very simple. It is a universal law that states - '*As you sow, so shall you reap*'. As per this law, apples cannot grow on mango trees. If there are apples on the tree, it only means that apple seeds have been planted. If there is suffering in our life, we must know beyond doubt that it is as per the deeds we have planted. Whatever is happening in our life, is not happening by chance. We have chosen this to happen through our own past deeds. The deeds may be of a distant past, even of a previous life. But without the deeds, this suffering could not appear. Therefore, rather than questioning what is happening,

we must accept whatever is happening as the Divine Will, unfolding as per the law and we must live our life moment by moment celebrating the undoing of our past Karma, which is now redeemed and finished. What will happen next will depend on our Karma that is unsettled.

Having learned the art of acceptance and not living with regret, we must continue to plant new deeds that will sprout as Joy, Peace and Happiness. We must spend our moments of life accepting the circumstances that unfold and doing our best with morals and virtues, because what we do becomes the deed that we plant and will unfold as our destiny.

What belongs to us is this moment, nothing else! In this moment, our past Karma unfolds, just as our new deeds are planted. It is as simple as that. If we try to settle scores, we are creating bad Karma. If we do not accept, we will suffer. If we do not plant good deeds, we will cry and question, 'Why?' looking at the sky when the future unfolds. Those who Realize the Truth about the Law of Karma learn to live a life of Divine acceptance, just as they consciously choose their deeds realizing that their destiny is in their hands.

A very few amongst us transcend the Law of Karma. They are the fortunate ones who are liberated from the triple suffering of the body, mind and ego. They too must accept the unfolding of Karma as they live, moment after moment redeeming their past actions which nobody can escape from. Such is the Universal Law of Karma! If you have performed an Action, you cannot escape from the Reaction! Accept!

THE ART OF SURRENDER

*Like a feather in the air, like a leaf in the sea,
I Surrender to Thee, I Surrender to Thee.*



Those who have learned to live life with a smile on their face and with tranquillity in their hearts, have not only learned to accept the Divine Will that unfolds, but they have also learned to surrender. They do not question, 'Why?' when they see somebody die. They live with faith and hope, with the realization – *Whatever will be, will be.*

Man is in control of his actions. But man is not in control of the rewards of his actions. Although the result of our deeds will correspond to the nature of our action, what unfolds is based on the cumulative action of our past and even our actions of our past lives. Therefore, we have no other option but to surrender. Yes, we have been given the privilege to choose our actions despite the circumstances. These actions become the new seeds that we plant for a new destiny that will unfold in the future. We must know this beyond doubt as we realize the presence of the Universal Law of Karma. But what about the next moment? What is going to happen? Some people live with fear and they worry throughout their life, moment after moment. The wise ones surrender, realizing that the seed has already been planted. They cannot change their past actions. Their deeds

have already become the roots that will bear shoots and fruits, which is beyond their control. They accept whatever has happened without resistance and they completely surrender their life in the hands of the Divine. They trust the Universal Law and Realize the Truth that their future does not depend on the wishful thinking of an angel sitting in heaven. It depends upon a perfect Universal Law that makes no mistakes. *What we give is what we will get. Whatever you do, will come back to you.* Then why lose valuable moments of life in stress, worry and anxiety? Why be so anxious about what is going to happen? What is going to happen, depends on what we have done. We cannot change that. We have already done it. So what must we do? Surrender!

Those who waste their valuable moments, questioning what is happening rather than surrendering, are wasting the opportunity to plant fresh deeds that will bear fruit in the days to come. We must not waste a moment in worrying or wondering about what will be. We should learn the art of surrender, which comes from the Realization of the Truth. Once we are enlightened about the presence of the Divine Law of Karma, we will surrender each moment to unfold the way it must, just as we will take charge of our thoughts, our actions, which will soon be our destiny. Learning that our destiny is in our own hands, we will live each moment in Acceptance and Surrender, with Contentment and Fulfilment, with Trust, Faith, Hope and Enthusiasm. We can become the ones who truly live. We must learn to sail in the ocean of life, without fear of our boat sinking, trusting in the breeze and the seas, doing the very best we are capable of and enjoying every moment of life as it unfolds, moment by moment.

WHY WORRY? THERE IS NO NEED TO WORRY!

*If our Life has no problems, then why worry?
If our Life has problems, there is no point in worrying!*

Some people just do not get this. They worry as they waste the treasure of the moment of life, as it escapes them in stress and anxiety. They have made worrying a habit and thus moment after moment, they worry, get anxiety attacks, and often fall into the valley of depression. Some even contemplate suicide.

But why must we worry? Go through this simple analysis. If there is no problem, then there is no need to worry. Enjoy the moment of life. Instead, we lose the moment worrying and thinking about a distant fear, a problem that might or might not happen. Let us presume that a tragedy is going to befall us. Everybody experiences problems in life. But most of us learn to face our problems. If we can deal with our problem, then there is no need to worry. Why should we waste this moment, worrying about a problem that may happen, which we can very well solve? Any intelligent person will not worry about such a problem and will make the best of their moment. However, the one who worries and wastes one's life moment by moment in worry, asks the question, 'What about the problem that I cannot deal with? What if I get a deadly disease? What if I am confronted with death?' Do we not realize that there are some problems in life that we can do

nothing about? Death is in the hands of the Divine. It can happen at any moment. Then why worry about death? By living with the constant fear of death, which is beyond our control, we lose a valuable moment of life, which is in our control.

So, regardless of whether there are problems or no problems, there is no need to worry because worry does one thing for sure - It destroys our moment. As it destroys our moment, moment after moment, it destroys our life! This valuable gift of life escapes when we let stress, worry and anxiety take charge. This is because we have not learned the art of surrender. We do not live a life of Divine acceptance. We have not understood the Law of Karma.

Eliminate worry from your life. It is useless to worry. If we worry, then, we are not living our life, but consuming it with poisonous emotions and toxins that will steal our Peace and Happiness. Every moment of worry steals a moment of Tranquillity. Needless worry robs our Happiness. We must learn to let go of worry. Today, resolve to drop every worry and flush it down the drain. Eliminate it from your mind and your brain because worry is your biggest enemy. You can fill your life with Peace, Joy and Bliss, or you can live it with stress, worry and anxiety. It is a choice. When you realize that there is no need to worry, that it is useless to worry, and there are no benefits of worrying, you can let go of worry. Suddenly your life will enjoy the new sunshine of Hope and Enthusiasm. You will experience Bliss that is born out of Faith and Trust. Stop and realize the futility of worrying and eliminate it from your life!

LIFE IS JUST A MINUTE

*Life is just a minute, only 60 seconds in it
Forced upon you, can't refuse it.*

*Didn't seek it, didn't choose it. But it is up to you to use it.
You must suffer if you lose it. Give an account if you abuse it.
Just a tiny little minute, but eternity is in it!*

Isn't it true that life is just a minute? It is not the many years that it seems to be. Although it is true that we do live for a few decades, it is the minute that is most profound. Because when we lose the minute or the moment, we lose life itself. Many people ask the question, 'Why should I live life?' The question is erroneous. We did not choose life. It has been bestowed upon us. Now it is up to us – either we can use it, or we can lose it! Every moment of life is recorded by Karma. Every sin, every abuse will be settled, just as every good deed will be rewarded. But whatever happens, happens moment by moment. Our deeds are executed by the minute, just as we become Happy or unhappy, moment by moment. Therefore, it is important to realize that life is just a minute.

What happens if you wasted the minute that just passed by? That minute is gone. It will never return. It can never be retrieved. It is impossible to retrieve it. Even the richest man in the world cannot rewind the moments that have passed by. Realizing this, we must not lose a moment of life. We must not let our minutes escape us, because if we do, we are letting our life escape us.

It is an irony that some people when asked, 'What are you doing?', reply – 'I am just killing time!' How can we afford to kill time? We have so little of it. Somehow, because we have not learned to value, treasure every minute, we waste our days, our years and our life itself. We drag through life, instead of becoming Conscious of the minute and the opportunity that is in it. Every minute has great potential for Happiness and Peace, to discover Meaning and Purpose. It is in the minute that we live life, just like it is in the minute that we lose life. Life is all about minutes. It is not made up of years, as we generally think it to be. The years may be a record of how we lived through life. But we do not live years. We live in the minute.

Therefore, we must value every minute as though there is a treasure in it. We must grab hold of each minute as it comes and goes. We must become Conscious of the clock that is ticking. In reality, it is not the clock, but rather our life that is ticking. Many people pay scant attention to their minutes. Soon their life is over, and it concludes being uneventful. It seems that they lived, but in reality, all they did was just to exist till finally one day, when they consumed all their minutes, they were moved out of planet earth. Everybody has to go at the end of the show. Everybody has to exit after they live minute by minute, but we must realize that this minute is a gift, and we can choose what we do with our minute. It is this choice that decides what we do with our life.

LOSE THE MOMENT, AND YOU LOSE LIFE

*If only I had my Life to live all over again, I would...
Sorry Sir! You don't!!*



Many people in this world lose the gift of life and then look back in regret. They wish they had lived differently. But now, it is too late! They had valuable moments in their hands, but they lost every moment. Sad, isn't it? They lost life itself!

Life is all about moments. Each moment is an opportunity. We human beings have been given the gift of our will. We can make a choice. We can choose what we do with our life. No doubt life unfolds as per our previous actions, our Karma, and we have no choice but to accept what is happening around in our world. There may be a pandemic, a war or a tsunami, just as there may be wonderful people who surround our life and make it a journey of Joy and Bliss. Whatever happens around as life unfolds, whether the sky is cloudy or grey, no matter what comes our way, it is for us to choose to be Happy, day after day. This will happen if we make a choice, moment after moment. It all depends on the choices we make and what we do with the moments that come to us, one by one.

Our moments are quite unlike our money which we can put in a bank. Later, we can withdraw our money from the bank,

and we can use our wealth. But when it comes to our moments, we cannot. Either we use them, or we lose them. Every moment well-lived is an action and the deed we plant will become the seed of future destiny. Every moment we lose deprives us of the opportunity of creating a destiny of our choice. Therefore, every moment is invaluable. Not only does the moment decide whether we will be Happy or unhappy, Peaceful, or stressed, it also lays the foundation of our future moments that will unfold. What happens in our future moments, is not luck, fate, or chance. It is what we did with one moment that gives birth to another. Of course, if we have lost moments, we have lost this opportunity of creating future moments of our choice.

We talk so much about life. We plan our future, and we try to control our destiny. But very few of us realize that more important than all this is to grab hold of the present moment. It is the only real treasure we have. Have you not heard someone say? *'Yesterday is a cancelled cheque. Tomorrow is a promissory note. Today is the only cash in hand we have, so spend wisely.'* Of what use is it to have all the treasures of this world, if we fail to enjoy our treasures in this moment? Of what use is it to spend our entire life becoming wealthy, if we invest all our moments in this wealth creation, but we forget to live Peacefully and Joyously, moment after moment? Ultimately and suddenly, these moments will be over and everything that we created using our valuable moments, will be a waste. We will leave everything behind without having made the best use of our moments which were our biggest treasure.

LIVE IN DAY-TIGHT COMPARTMENTS

*Just as we breathe one breath at a time,
We must learn to live our Life one day at a time.*

We all live. But how many of us truly enjoy this gift called 'Life'? Many of us struggle through the journey carrying the load of yesterday and the worry of tomorrow on our head. We live with stress, worry and anxiety till we are dead. But this is not the way to live.

Those who learn to live life in day-tight compartments, enjoy each day as it unfolds. They create a habit to shut the door on the past, just as they seal the future. They focus on today. Such people develop the art of living life in the moment. They are Conscious of the 'now'. They do not worry too much about what is over and what is yet to come. They may use the moment in tying up some loose ends without slipping there or they may use the time at hand to sketch a plan, to write out a goal, but they do not lose their presence in the present moment. This is an art and not many people learn how to live being Conscious in the moment.

We let our mind bombard us with thoughts and before we realize it, we have lost our moment. Our day has escaped us. How often do you wonder, 'How the day just flew by!' This

only means that we lost control of this valuable gift called 'Life'. But if we take charge of our mind, if we control it and stop it from its constant chatter, then we can be in control of our moments and we can truly live each day, one day at a time.

The truth is that there is no other way to live. Can we live in yesterday? It's gone! Can we live in tomorrow? It's not yet born! All we have is today. But if we let 'our today' get contaminated by yesterday, and confused by tomorrow, then we will find that our day has escaped us. The solution – to create a compartment. Just like we have an airtight container to preserve our food, we must create a day-tight compartment to conserve our Peace and Happiness. Very often, we lose our Peace of mind, we lose our Bliss and our Joy, because the waves of yesterday and the storms of tomorrow sweep away our Tranquillity of today. We must learn to stop this. We must build dikes that protect our today, create an embankment that stops the flood of thoughts and controls our moments of today.

Those who live in day-tight compartments, live far more Peaceful and Tranquil lives. They stop the noise of yesterday and tomorrow from polluting their today and they let each moment of today unfold moment by moment. Just like we would hold a valuable pearl and carefully stack it away, they hold every moment of their life as they put it to good use, living with meaning and purpose and with Peace and Happiness. They try not to lose a single moment of life, just as they try not to lose a single day, knowing that each day is invaluable and they must not waste it, day after day. They learn the art to live moment by moment, day after day.

GO IN QUEST OF THE TRUTH

*What is Life all about?
Why do we scream, why do we shout?*

How many of us go on a quest to discover the true meaning of life? How many of us spend our valuable moments in understanding why we came to planet earth? Who are we in reality? We grow up believing what we are taught. Unfortunately, we believe in the fairy tales of life and we end up consuming this gift of life without truly living it.

Who am I in reality? How many of us go on a quest to find an answer to this question? We think we know who we are. We have a name, a surname, a family, a religion, a nationality, and a profession. We know we are the son of so and so, father, brother and sister of someone, and we do not have any doubt about our relationships that make us who we are. Unfortunately, we know all this, but this is not who we are. Even our name was given to us after we were born, but throughout life, we keep saying, 'I am...' and blurt out our name, which is a lie! One day, this name will die, and people will say, 'He passed away.' We are so sure we are not this body, that we cremate or bury it. Although there is no doubt that we are neither the name nor the body, we live through life without discovering the truth of 'Who am I?' We waste our entire life, day after day, in meaningless pursuits, trying to create name and fame, money

and wealth, which will not belong to us. We have to leave everything behind. We know it, but we do not Realize the Truth. Shouldn't we be spending our valuable moments in the realization of 'Who am I?' instead of letting life escape us. Moment by moment, life eludes us as we live a life of mistaken identity. We think we are this body and try to satisfy its desires. We think we are the mind but do not stop to find the mind. We think we are the ego and we suffer because of our ignorance that fills us with anguish and agony.

What is the cause of our suffering and our ignorance? Because we let our time and our life slip out of our hands, we are lost in this material world and we do not go on a spiritual quest to Realize the Truth. Life comes to us moment by moment, but instead of using the moment to be enlightened with the truth, we are losing the moment in meaningless pursuits. All this because we have believed in the superstitions, the rituals and dogmas, the fairy tales that we have grown up with. But we can change this.

We can stop now and invest the next minute in questioning our false beliefs. We can use the next moment in Realizing the Truth about life and liberate ourselves from the triple suffering of the body, mind and ego. Most of us, unfortunately, just zoom from the womb to the tomb. We think life to be a race and we try to be an ace and we get caught in the maze. We have a choice to go on a quest, be enlightened and live with grace. How will this happen? By grabbing hold of the moment and using it effectively to answer the questions about life! If we do not live our life, moment by moment, we will live and die in ignorance, wasting this treasure called life.

OVERCOMING IGNORANCE

*Just like in the dark there is nothing we can see,
Ignorance creates darkness and the Truth we cannot see.*

The purpose of every minute given to man is to use it for Self-realization. Unfortunately, we waste these valuable moments because we are enveloped in the darkness of ignorance. Just like a visually impaired person is unable to recognize us or the surroundings even though we may be standing in front of him, we are unable to see the Truth because we too are blind. While 1% of people in this world are visually blind, 99% of us are 'spiritually blind'. We do not open our *real* eyes, to Realize the Truth. We have been given two gifts - 'Life' with its moments that unfold and 'Intellect' that can discriminate the myth from the truth. Instead of using our power of discrimination, we are wasting valuable moments of life as we continue to live in ignorance.

What is the purpose of life? The primary purpose is to Overcome Ignorance and to Realize the Truth. We are meant to eradicate the darkness in which we live by being enlightened, by realizing who we truly are and why we are here. The moment we are enlightened, each moment of life will be filled with eternal Joy and everlasting Peace. But as long as we continue to live in ignorance, we will suffer the physical pain of the body - aches, pains, diseases; the miseries of the mind - fear, worry, stress, and

anxiety just as we will burn in anger, hate, revenge and jealousy caused by the anguished ego. We spend our entire life in ignorance, not realizing that we are not the body, mind and ego that suffers. Because of our ignorance, we live, we cry, and we die.

Why do we fear death? Death is certain. Nobody can escape it! But because of our ignorance, we cry when we see somebody die and we look up at the sky and ask 'Why?' It is our ignorance that makes us live with the fear of death. Every 'body' has to die. Death is not the end. It is just a bend. If we overcome our ignorance, we can transcend death and celebrate every moment of life. Look around and you will see people shudder in fear and worry, even at the thought of death! When will we overcome our ignorance and Realize the Truth about life and death?

As long as we do not live our life moment by moment, as long as we do not Realize the Truth and become Conscious of who we are and live each moment with the awareness of our purpose of life, we will continue to suffer in ignorance. The moment is the same. Either we can fill it with Joy or sorrow. The choice is ours. If we use life's moments one by one and discover the true meaning of life, then the moments that we have can be full of smiles and laughter. Why then do we find people howling and crying with tears? It is because of ignorance. As long as we continue to live with ignorance and consume our valuable life, not only will we lose the irretrievable moments, but we will also not be able to choose to live with Joy and Peace in the moments that are still to come. We can stop now, and use the next moment to overcome ignorance, and realize the truth and we will be liberated from all suffering.

MAYA - THE COSMIC ILLUSION

*What is Maya - It's a Cosmic Illusion.
It projects the myth as it conceals the Truth!*

We human beings are unable to live life experiencing the truth because we are zapped by illusions. Just like a mirage in the desert appears to be there, but when we get close to it, tired, hungry and thirsty, it disappears. So also, life on earth is nothing more than a mere projection. The projection seems very real, but whatever is happening is *Maya*, a cosmic illusion. Just like when we see a dream, is there any doubt that whatever happens in the dream is experienced by us till the dream lasts? Of course, we experience it! But we know for sure that whatever happens in the dream, is just an illusion. It is not real.

We are trapped in *Maya*, the illusions that are projected on planet earth, thus we are unable to live life in the moment. We are enamoured by *Maya* and we live the myth, thinking it to be the truth. We think 'This is *my* house, *my* money, *my* organization and these are *my* family, *my* loved ones.' Everything is *Maya*. They appear to be ours, but ultimately, in the end, nothing is ours. Just like in a dream everything appears to be real but when we wake up, we realize it was just a dream, so also, we see that at death nothing belongs to us. It was all an illusion – *Maya*. It was a cosmic illusion.

Haven't you seen a beautiful rainbow in the sky? The seven colours of VIBGYOR seem so very real. But they are only an illusion. When white light from the sun splits through droplets of water, the rainbow appears but then it soon disappears. So does everything in this world. Whatever happens in life, unfolds as *Maya* projects it like a movie on the screen. All the time, the real screen is concealed as the movie is projected. Similarly, *Maya* conceals the truth about who we are and why we are here and projects this gross physical body in the material world, which is nothing but an illusion.

Those who live in this cosmic illusion, are trapped in the material world. They are so enamoured by the illusions of life that all they see is the *Maya*. Their moments are lost as they are absorbed in desires and disappointments, in problems and challenges, in success and failure, in loving relationships and heartbreaks. One day, suddenly but ultimately, life is over. They lose life, moment by moment, to the illusory projections of *Maya* and when they wake up, they will see a projection on the screen of life – the end! Life expires in a flash for those who are prisoners of the cosmic illusion. Because they are trapped in the projections, they do not Realize the Truth. They live and they suffer, because of their ignorance. Those who overcome *Maya*, Realize the Truth that everything in this world is an illusion. They become the witness to the illusions of life being projected on the earth stage. They don't let their life escape them and spend their moments in the quest of the Truth. Very few among us are fortunate to overcome *Maya*. They are the ones who are enlightened.

LEELA - IT'S JUST A SHOW

*The earth is a big stage, what unfolds is just a show.
We are just actors in this drama, we come and we go!*

What happens in a drama? Actors come on the stage, perform their role and go. It is just a show! The reality is something else. In a drama, they could have been Napoleon, the king or Ramu, the beggar. It hardly matters. It is just a role they have to play. But life is no different. While we understand what a drama is, we do not understand that everything that happens in this world is a *Leela*. It is just a show and nothing more.

We think a drama to be drama, but this life to be real. We do not realize that this life is just a drama. Every time we come to planet earth, we wear a new costume, just like in a drama. However, in the *Leela* of life, the costume is the body itself. We start acting at birth and at death, we leave the costume and move on to play another role based on our Karma. Somehow, we do not realize that we are overpowered by our ignorance. We start thinking that we are the body that we appear to be. We do not realize that we are just actors, performing our role in that body. Because we get attached to the body and to the *Leela* of life, we are unable to live our life moment by moment, in the Realization of the Truth. We are so absorbed by the *Leela* that we assume the drama to be real. We forget who we truly

are, till one day, moment by moment, our life is over.

Most of us are trapped in *Maya*, the cosmic illusion and in the *Leela*, the Divine drama that unfolds every day on the earth stage. Because we do not Realize the Truth, this entire life which was meant to be lived moment by moment, in Bliss, Joy and Peace, escapes us. We fight with other actors on the stage, as we try to create wealth and success, name, and fame. We do not realize that this is just a show! Ultimately, when it is time to go, nothing will belong to us. We come empty-handed, and we go empty-handed. Don't we know this for sure? Then why don't we Realize the Truth about this *Leela*, this drama of life?

Because we do not Realize the Truth of this *Leela*, this beautiful gift of life that is bestowed upon us, escapes us. Instead of spending the valuable moments of life in Consciousness of the Truth, we live and die as the actors, consuming the moments of life, thinking the drama to be real. In the end, when it is time to die, some of us cry as we look up at the sky and ask, 'Why?' But it is too late! We had a treasure of moments that we could use to overcome our ignorance and Realize the Truth, but instead, we were so busy in the *Leela* of life that we forgot to find out the true meaning and purpose of our existence. Very few people in this world go on a quest to unravel the mystery of life. They overcome *Maya* and are enlightened with the Truth. They live as observers of the show, the *Leela*, enjoying every moment of life, moment by moment, as the life drama unfolds on earth. They are the ones who truly live.

WHAT IS OUR ULTIMATE GOAL?

*Success and Achievement is not our Ultimate Goal,
Our Life-Goal is to Realize we are the Divine Soul.*

What is the purpose of life? Why did we come to planet earth? Why were we born to our parents in a particular family, and our country? Have we ever stopped to wonder why some people are rich and others poor, some healthy and others physically and mentally challenged? We are so busy living life that we do not stop to ask questions and to decode this mystery called 'Life'. We all live, and we die. But a very few of us go on a quest to ask questions about our existence. A small minority investigates what life is all about. And from that tiny lot, a few fortunate ones are enlightened with the Truth. They achieve the ultimate goal and realize we are the Divine Soul. They realize we are not this body that we appear to be, nor the mind we cannot find. They spend their life, moment by moment, transcending ME – the Mind and the Ego, that is constantly fooling us to believe, '*I am me, who else can I be?*'

Life is a bundle of moments. We may call these minutes or hours, days, weeks, months, or years. Whatever the unit of time, life is ticking and soon, it will be game over! But what is the purpose of this game called 'Life'? Why are we given these moments to live? Is there some goal or are we just paying the

toll for driving through the highway of life, creating Karma and coming back in a new role, again and again? Nobody can escape death. The body dies, but we say the person has moved on or departed. Where did the person go? Who left the body? Those who live their moments meaningfully, understand that death is not the end. They realize that they have to settle their past actions. They accept that they may be reborn in a new body with the same ME – Mind and Ego that will be rewarded or punished as per their past actions. So, this group of people who believe that we cannot escape from our actions, live ethical lives, performing good deeds and avoiding sins, because they want to win a good destiny in their afterlife.

A very tiny fraction of humanity doesn't just stop at doing good deeds. Instead they invest their life, moment by moment, in the Realization of the Truth. They are the rare ones who achieve the ultimate goal. They realize that we are not the body that dies, not even the ME, the Mind and Ego that is reborn as per Karma. They realize that we are the Divine Soul. Realization liberates them from all suffering when alive, and at death, they are liberated from the cycle of death and rebirth. They are the rare few who had invested their moments of life in the realization of the Truth as they got to the bottom of the root. The rest of humanity just lives and dies. They do not use their valuable moments, going in quest of discovering what the ultimate goal of life is. They consume their moments and as per their deeds, good or bad, they are reborn in a new life to face another journey on the earth stage. The cycle goes on until they achieve the ultimate goal and realize that we are the Divine Soul.

IT IS TIME TO KILL 'ME'!

*The Mind and Ego together becomes ME,
our biggest Enemy!*



Life is a gift meant to be lived with Joy, Peace and Bliss. Unfortunately, our own Mind and Ego, ME, creates so much misery, so much agony that we suffer. The suffering of the body is very little as compared to that of the mind and ego, because bodily afflictions can be treated or at least controlled by external medication and remedies, but the mind and ego are monsters.

Every time a moment of our life blooms, it is poisoned by the mind with fear, worry, stress and anxiety. The mind produces toxic thoughts that lead to poisonous feelings and actions. Eventually, we become prisoners of our own thoughts and we suffer. Most of us do not realize that the monkey mind is a rascal. It robs our moments just as it steals our life. The mind produces a new thought every moment and this can be a whopping 50,000 thoughts a day. Every time a moment is born, the mind captures it. Thus, in essence, the mind and its thoughts capture our life. We need to find a solution to this big problem.

The other murderer of our life is a criminal known as the ego. Its constant and emphatic appearance as 'I', 'me' and 'mine' makes us full of anguish, hate, revenge, and jealousy. It stops

us from Realizing the Truth that we are not this body, nor the mind. It makes us suffer as it differentiates us from others and causes so much agony. It is because of our ego, that we do not realize the presence of the Divine within us.

Together, the Mind and Ego, become the ME that makes us suffer. They fill every moment of our life with misery and sorrow and take us to our doom with gloom. It is time to kill ME. It is time to kill the mind and the ego. Unfortunately, we cannot! As long as we are alive, we cannot annihilate the ego nor can we kill the mind. But we can transcend the ME and by doing so, de facto, destroy the duo. This is our biggest challenge in life. As long as we do not realize that we are not ME, suffering will be. There is no way we will be free. But the moment we tie down the mind and the ego and live with the intellect in charge, Conscious of every moment of life that is born, we will enjoy life with Bliss and Peace. We must Consciously live mindful of this challenge and aspire to have a state of thoughtlessness. We must spend time in silence to still the monkey mind and be Conscious of our Divinity destroying our false ego. Every moment that we live free from ME, we experience Bliss and Happiness. Is this not our ultimate goal – to be Happy? But the enemy is the ME. It destroys our Happiness moment by moment. Isn't it time to kill the ME and then live Life blissfully moment by moment? If we do not, we will be prisoners, spending our moments of life behind prison bars of the mind and ego. They will shoot us with thoughts and desires, fooling us to believe that these will give us Happiness. When we kill the ME, we discover a state of Consciousness that fills each moment of our life, with Peace and Happiness.

OVERCOME THE TRIPLE SUFFERING

*The body, mind and ego, suffer again and again.
There is a way to escape from this triple pain.*

While we human beings enjoy moments of pleasure, our life is riddled by pain, moment after moment. Somehow, we believe that life is meant to be sun and rain, loss and gain, pleasure and pain, and we must live each moment like this, again and again. But this is a myth. There is a way to fill our moments with Joy and Peace. There is a way to overcome the triple suffering of the body, mind and ego.

Every human being suffers physical pain of the body. We all experience broken bones, scarred skin and diseases in some organs that make us suffer physical pain. Some of us cry till we die. We are so concerned about the side effects of medicines that we avoid pain killers so that we live longer to suffer. There are others who learn to kill the pain before the pain kills them. They treasure life and the moments that unfold and try to eliminate physical suffering.

But what about the misery of the mind and the agony of the ego? How many of us understand the need to transcend the ME and to live each moment with Bliss and Peace? Instead, we suffer from fear and worry, stress and anxiety as they fill our moments. Don't we get angry only to regret it later? While

the regret may soothe our mood, we have lost valuable moments as we lost our temper. These moments will never come back again, just as moments wasted in jealousy, hate and revenge. As long as we live as the ego, we have no option but to experience this anguish.

How do we live life overcoming the triple suffering? It is only when we treasure each moment, and live life moment by moment, not as the body, mind or ego but as the Divine Soul. Unless we are Conscious of our true existence, we cannot escape the triple suffering. Those who spend their moments of life in overcoming ignorance and Realizing the Truth, attain Enlightenment and are liberated from the triple suffering. Not everybody is fortunate to be free from this triple suffering, but this is the ultimate goal – to live life moment by moment, devoid of this triple suffering. It is possible! But it needs us to overcome our ignorance. If we consume each moment of life trying to enjoy momentary pleasures, then we will experience that Happiness at the level of the skin, but we will not experience the true bliss that lies within.

Blessed are those who are enlightened with the Truth, for they are fortunate to overcome this triple suffering. They observe pain like a zooming train. Of course, it comes, but soon it goes! They don't let ME, the Mind and Ego create misery, as they observe the *Leela*, the cosmic illusion, unfolding like a drama, enjoying the show of life. This is the way to truly live life, to breathe every moment without the triple suffering, living with the Realization of the Truth in Consciousness, with eternal Bliss and everlasting Happiness.

MAKE A VOW, TO BE HAPPY IN THE 'NOW'

*You can't be Happy tomorrow, for tomorrow never comes.
If you are to be Happy, you must be Happy 'now'.*

How many of us live with a smile on our face, every moment of life? It is rare, isn't it? In fact, if we see somebody laughing all the time, we even ask them – are you mad? It is unusual it seems, that one can be glad all the time. The reality, however, is life without laughter is useless. The right way to live life is to fill every moment with Peace, Joy, Bliss, Love and Happiness. We must not permit even an iota of misery and sorrow to enter our moments, as they unfold. Unfortunately, we have not learned to live life as an eternal, joyous, peaceful journey.

How do you live with Happiness and without misery and suffering? You can do this if you make a vow - a vow that you will be Happy in the 'now'. It is a simple oath, a promise that involves being in the present moment and being Happy. The vow has two challenges. First, we must not swing like a pendulum into the past that is gone, and the future not yet born. We must always be Conscious of this moment. We must live in the 'now'. Most of us, by jumping into yesterday and then into tomorrow, lose today, the treasure of the present moment. As we lose *this* moment, we lose many such precious moments. In fact, we lose life itself! The promise of the 'now'

entails that we must be Conscious of our breath, of our existence, moment after moment, till our death. Once we achieve the first challenge of being Conscious of the 'now', then comes the second – to fill each moment with Happiness.

Many of us live like fools thinking that Happiness is in acquiring a product, being with a special person or being in a particular place. We do not realize that Happiness is not in possessions. Happiness is a state of *being*. We have to be Happy, moment by moment. This does not depend on what we have, but rather *how* we feel. If we are able to be Conscious of each moment as it passes, and we resolve to be Happy, we can make life a journey of eternal Bliss. Of course, there may be problems, but this does not mean we must be unhappy. If we realize that everything is just a show, then we enjoy every scene that unfolds. Whether the life drama is enacting a comedy or a tragedy, the one who makes a vow to be Happy in the 'now', enjoys the drama of life, no matter what happens on the earth stage.

The challenge is to live life moment by moment, first *being* in the 'now' and second *being Happy* in every moment of the 'now'. If we make this resolution, transcending the monkey mind that tries to steal our moments, we can enjoy Bliss. Yes, enjoying everlasting Joy is not just a dream. We must learn from the enlightened ones how to live life moment by moment, Blissfully and Peacefully, without the slightest sign of misery and sorrow. Are you ready to make a vow to be Happy in the 'now'? If you are, then your life will experience a transformation as you live joyously, every moment of life.

PEACE IS THE FOUNDATION OF HAPPINESS

*If we want to live each moment of Life in Bliss, then first,
We must build Peace - the Foundation of Happiness.*



We all want to be Happy, don't we? Then, why are we miserable? It is because we have not learned to build a foundation on which we build our skyscraper of Joy. We have learned to build tall towers by first creating a firm base of concrete under the earth. On this foundation, we have learned to build our structures that rise high up in the skies. But why have we not learned to build a foundation on which we can enjoy heavenly Bliss? It is because we have not discovered the secret – Peace is the foundation of Happiness.

Have you ever seen people genuinely Happy at a time when they are surrounded by stress, worry and anxiety? Haven't you seen people's Happiness fade away as their Tranquility disappears? The moment man becomes angry, he loses his joy. That is why you cannot find a man smiling and being angry at the same time. One displaces the other. If only we learn how to fill the roots of our life with Peace, then there will be shoots of Joy and fruits of Happiness. But if the core of our life is full of worry and stress, there can be no Happiness.

Therefore, we must work to fill our life with Peace. We must make it a habit to spend time in silence. We must eliminate all

those Joy stealers that disturb our tranquillity. We must make it a habit to live with Peace, just as we Consciously eliminate fear and worry from our life. When fear surfaces, we must remind ourselves that FEAR is only a False Expectation Appearing Real, when the mind wants us to worry about an imaginary danger. We must bring ourselves back to the present moment and fill it with an assurance of Faith, Trust and Hope, telling ourselves that all will be well. We must live with the confidence that we will courageously face every situation that unfolds, and we must not lose our Peace of mind, no matter what.

Peace is a choice. Even though the world around us may be in turmoil, we can choose Peace within because Peace is a state of being. When we tame the monkey mind and make it into a monk, we learn the art of replacing negative poisonous thoughts, with Happy powerful ones. This creates positive feelings and restores Peace every moment that we live.

When we fill our life with Peace and make it a Conscious choice, then each moment of our life is born with an aura of Peacefulness. If we do not, then we will be bombarded with thoughts of stress and worry, and our moments will be full of anxiety. One moment leads to another. If we make it a habit to cycle our moments with Peace, then we will eliminate anxiety. But if we permit our moments to welcome stress, then we are choosing unhappiness. We must make a Conscious choice to fill our life with Peace and thus, building this foundation will control every moment and make it Peaceful and Blissful. We must not let our moments to be contaminated by anxiety.

LOVE IS THE FOUNTAIN OF JOY

*Love is a fountain that spreads Happiness.
If we don't shower love on all, this treasure we will miss!*

Many people seem to live but in reality they only exist. They do not live life as their moments pass without the fountain of Love spraying their life with Joy and Bliss. Love is the most beautiful emotion that manifests in a human being as the presence of the Divine. Right from the time we are born, there is Love in our heart. We love our parents, our friends, our beloved and it is this love that causes much of our Happiness.

How does one fill every moment with love? Unfortunately, we are unable to make every moment Joyous out of this Divine gift of love because we have not understood the true meaning of love. Our love is conditional and transactional. It is possessive and is more to do with the one made of bone and skin. Our fountain of love does not spread to the world and thus, it does not fill the moments of our life with Joy.

To love every moment is to live every moment. It is to spread our compassion and kindness, our affection and cheer, to one and all, not just those who are dear to us. We must Consciously fill our moments as they unfold with deep Divine love. How does one do this? First of all, by eliminating the negative poisons like hate, doubt and greed. These

somehow imprison us in ignorance and instead of living with love, our days pass with hate, revenge and anger. Before we realize it, life escapes us. The moments were ours and we had the option of living and loving, but the Joy of love did not bloom in our life because we were made to believe that love is just a kiss. We never realized the *True Love* that is Bliss!

Unless we discover true Divine Soulful Love that the ancient Sufis called *Ishq-e-Haqiqi* and the Divine Love that Greeks called *Agape*, we will only understand love in its very narrow sense, and our moments will not experience the fountain of Joy. Those who live every moment of their life with love in their hearts are the ones who learn to live blissfully. They experience a bliss unknown to the common man. Their Divine Love experiences the Almighty everywhere, in everything and so as they love one and all, they fill their moments with Divine Love for God. They experience Divinity in everything beautiful, they love everything beautiful, and their moments are so ecstatic that they see Divinity in everything and nothing else.

Are you truly living life? To know this, perform a simple test. Check if your moments are filled with love. If they are, then you are enjoying this gift of life. But if love is missing in your moments, then you have not started to live, because what is life without love! The emotion of love signifies the presence of the Divine within us and if we do not discover this, we have not realized that the Lord resides in us, in the temple of our heart. We will just live and die, consuming the moments without the fountain of love, filling our life with eternal Bliss and Divine Peace.

EVEN A DEAD FISH CAN FLOAT DOWNSTREAM

*What is the difference between Life and Death?
Is it only that there is no Breath?*

Many of us are drifting through life, moment by moment. Of course, we are alive, but we are not swimming in the ocean of life. We are just floating like dead fish, going downstream, till our life is ultimately over. Then, what is the use of being alive? Life is meant to be lived, not just to exist!

Every moment of life has *life* in it. This life makes us Conscious of who we are and why we are here. It blesses us with the opportunity to Realize the Truth about life. It lets us smile all the while, as we live every moment with laughter. It inspires us to find out the true meaning of our existence. Instead, despite us being the most advanced of all living organisms, and being blessed with an intellect, if we do not use each moment intelligently to live meaningfully, then we are no better than a dead fish floating downstream in the river of life.

Being alive means actually being alive, not just breathing. It is living. Each moment of life must be filled with life. We must live it with vibrant, contagious energy. Our cheer and enthusiasm, must Touch, Trigger and Transform people's lives. Our life must be a blessing for all those who are around us. It is sad that instead of living life and fulfilling its purpose,

either we consume it doing nothing or we are very busy in our selfish pursuits. We do not learn the secret that life is not just about making money, but rather more about making a difference. Before we depart from the planet, we should leave an imprint of our existence. What did we do? Did we just come, live, and die even without understanding why? Did we open our wings, and did we discover our true potential? Did we try to fly in the sky? When we leave will people cry?

What would this world be if birds did not know they could fly! Birds fly because they think they can. They have been given wings, but despite that, if they decided to walk on the planet, would it not be a pity? When will we open our wings and fly in the sky?

Every moment of life is an opportunity to live. Whatever we do, to this world we must give. But if we just come, do nothing and go, then we wasted life. We failed in the show! Therefore, we must do something. Every moment is a challenge. We must not just consume the moment, we must live it. We must ask questions about life. We must be curious to find out where did we come from, and where will we go. We must not just blindly accept whatever we are taught. We must investigate every fairy tale, till we Realize the Truth about life. Otherwise, we are no better than the walking dead. We may be breathing, but we are no better than machines or robots that may have artificial intelligence but are incapable of making a choice. This gift of life is unique and is given to us, for a purpose. We must not waste a moment. We must use every moment to discover the Truth about life.

THE POWER TO CHOOSE

*Every moment of Life is an Opportunity to Use.
If we do not make a Choice, then this Life we will Lose.*



When will we realize that all that belongs to us is the present moment? The moment that is just over, no longer belongs to us. There is no guarantee that there will be moments that are still to come. Only the present moment belongs to us. What must we do with the moment? We must use each moment to choose what we want our life to be. And if we do not, we will not only lose the moment, we will lose life itself.

The moment will not wait for us, will it? It will come and go. Such is the show! If we want to let it pass, we can! That is a choice. But if we want to make the best of each moment, then we must grab hold of it and do whatever we choose. It may be living that moment in silence and meditation. This is not the same as doing nothing and letting the moment escape us. When we are Conscious of every passing moment, then we have grabbed hold of life. But if we let life escape us, moment by moment, till finally, days, months, years are over, we will look back, only to realize that our life has escaped us. We had the opportunity to choose, then why did we lose this opportunity? All of us are given the power of free will and intellect to discriminate. If we do not evaluate what we must do, do not choose what is right, and let our life pass in

hesitation, then the moments of life will escape us. Life is not about hesitation, it is about discrimination. It is about making a choice and if we do not use this God-given power to choose, then, our life will not be what we want it to be.

Chooser or loser, what do you want to be? If you want to be a loser, then you do not have to worry about the moments of life that are passing by. But if you want to win in the game of life, you must be a chooser. You must choose what you do, and why you do it. You must not just exist doing a job, you must do what you love. If you do not love what you do, then it is time to choose. If you do not get a kick out of the job you are doing, then you must kick it and find something else more exciting! Otherwise, before you realize it, your life will be over. Many people whine every moment of their life. Of what use is it, to complain through every moment that you live? You have a choice. You must use your power to choose as you pass every moment of life. Remember, life is like a river. It passes by just once, never to return! So are our moments. The only difference is that the river cannot choose where it must go. It has to flow, till it reaches its destination. But we have a choice. We can change the course of our life. We can choose a new direction if we want a different destination. If we keep doing what we are doing, then we will keep on getting what we are getting.

Therefore, we must not let a moment just pass. We must stop and choose before the moment escapes us. But this is a choice. If we choose not to choose, then we are sure to lose this gift of life. Moment by moment, life will escape us, and before we realize it, our life will be over!

SWINGING LIKE A PENDULUM, WE LOSE LIFE

*If we let the Monkey Mind jump from thought to thought ...
We will Live and Die as a miserable lot.*



How does one live life? Life can be truly lived only when we become still, become a witness and observer of the drama that is unfolding all around us. If we get lost as an actor in the drama of life, then before we realize it, life will escape us. The monkey mind jumps from thought to thought, without giving us an opportunity to be still and to enjoy the moment. It deprives us of enjoying life in its moment. It makes us jump here and there, and soon life is over!

Have you ever noticed a pendulum that swings in a grandfather clock? It never stops, not even for a moment. It keeps on swinging as it records time. But that is its purpose. We human beings are not supposed to swing like a pendulum to a moment that is gone and to the next that is not yet born. If we do, we will not remain in the present moment that is life. Life is all about *this* moment. Life is all about 'now'. If we let the monkey mind push us into the past, or force us into the future that is vast, we will lose the experience called Life that is here and now.

What is life? It is all about being still and living in the moment. If we swing out of the moment, then life has escaped us. The

pendulum must be an icon that reminds us not just to swing through life, but to stay still and enjoy the moment, being Conscious of the beautiful life that is throbbing all around us. If we lose this Consciousness of the moment and we swing into a thought of the future or the past, the beautiful present moment of life will not last. It will disappear with the swinging of the pendulum.

Haven't we had the experience of enjoying a beautiful moment of life? Suddenly, our mind drifts somewhere, into a bad experience of an incident. It does not stop there. It swings from one thought to another, creating feelings and emotions of regret and sorrow. We try to come back to the moment, but the monkey mind swings again to worry about the possible outcome of something that might happen. Although the chances are remote, our mind creates fear, anxiety and steals our Joy. What happened in the process? We were blissfully enjoying a moment of life, but it was stolen by the mind as it made us swing from thought to thought.

If we truly want to enjoy life, we have to stop this swinging business of the mind. It will jump, but we must gently bring it back. We must make a conscious effort to tie down the mind, as we live in the moment. We must learn to live life moment by moment, controlling the mind by the power of our Consciousness that makes it still through our will. If we do not, then it will kill the present moment, and moment after moment, it will destroy our life. The challenge is simple. It is to be thoughtless. The Buddhists call it 'mindfulness', being mindful of the present moment. This is Consciousness. It is about being Conscious of life as it unfolds moment by moment.

DO YOU TREASURE EVERY MOMENT?

*Every moment is more valuable than diamonds and gold,
We don't realize this, and soon we become old!*

Do we even realize that every moment of life is precious? It is more precious than all the gems - the diamonds, rubies and emeralds of the world. These gems may appear to be invaluable. However, even if we exchange our moments of life for these sparkling gems, eventually, we will leave them behind and our life will be over. We exchange our invaluable moments for treasures, money, wealth, property, without realizing that all these treasures may give us little pleasure, but in the final measure, they are useless when compared to Life!

Life is the biggest treasure. Each moment is priceless. But we do not realize this. Thus, we let it escape. *Once, there was a farmer who, while digging in his field, found a sack of large stones. He thought that these pieces of rock would be good to chase away the eagles and vultures that disturbed him when he sat down to have his lunch. So, he picked the sack and kept it at the ledge overlooking the river where he used to have his lunch. It was a large sack and every day, he would use a couple of these stones to chase away the birds that disturbed him. One day, his wife happened to join him for lunch and saw him throwing these beautiful stones. He just had two of them left and she told him she would like to give it to their boys to*

play. As the boys were playing with the big red stones outside their home in their village, a rich merchant passed by. He asked them if they would exchange these two stones for a bunch of toys and games and they readily agreed. Later that week, the rich merchant met the farmer and revealed that these two stones were the biggest uncut rubies that he had ever seen or known. He shared some of the profits of these gems with the farmer, with the hope that he would retrieve more of these stones from him. The farmer cried in despair. 'I had a large sack full of these stones. I threw them into the flowing river, and they are gone.' They went together to search for any leftover stones in the river, as the farmer wept at his loss.

Are we too not like this farmer? We throw away precious moments of life, moment after moment, till one day we reach the end and we realize that we have lost our biggest treasure, life itself. We should be reminded that like that farmer, we should not throw away our precious moments without realizing the invaluable treasure that life is. Each moment is priceless. Each moment is to be lived. We must not exchange our beautiful moments with material trinkets and treasures, that we will ultimately leave behind.

Do you treasure every moment of your life? Do you consider every day to be a priceless opportunity to live with Peace and Bliss or do you let the day wither away, trying to kill time, consume time, exchanging life for momentary pleasures? We must use our wisdom to value the treasure of life and not chase the pleasure of this world. Life is far more valuable than these tiny pleasures of the material world.

HAS YOUR LIFE ESCAPED YOU?

*As you look back and reflect on your Life,
Have you lived it or lost it?*

Instead of living every moment of life, we waste it, we lose it, and it is gone. The biggest challenge of life is to stop moments from escaping us. Moments come and moments go. As long as we are alive, nobody can stop the moment from appearing and disappearing. One moment after the other, life happens. Life is happening all the time. Some of us are living life, but for many, life is escaping.

What is the meaning of life escaping us? Suppose you love to watch a sunrise and a sunset. You feel the ecstasy of Joy when you wake up at dawn, just as your heart dances when you see the sun dip slowly before the sky turns dark. To you, it is the most beautiful experience. But somehow, every morning, you wake up after sunrise, you look out of your window to see the sun, up in the sky and you feel sad that you missed the sunrise. In the evening, you are so busy, either doing your work or in a conference call or watching television that you miss the sunset. Day after day, you miss the beautiful sunrise and sunset, because you choose something else. Before you realize it, your life passes by. Then, if you regret that you should have watched more sunrises and sunsets, rather than just sleeping or being busy, can you reverse the same?

Impossible! Every sunrise and sunset that you missed, is gone, never to return!

So is Life! Every moment of life that is gone will never return. It is ours to use, but if we lose the moment and choose to be lost in something else, we lose life itself.

There was an old man who looked back at his life and said, '*If I had my Life to live all over again, I would watch more sunsets, chase more butterflies, sing more songs, visit more countries, have a pet. If I could live my life again, I would spend more time with friends, spend more time learning music and spend more time discovering the true purpose of life. But you see, I did not! Now my life is nearly over! Life was mine to do what I could, but I lost it!*'

Many of us are like this old man. Our life is in our hands today, but moment by moment, we are letting life escape us. We do not realize that we can choose to do what we like but we don't, and in the bargain, we lose this gift called 'Life'. We had a choice. We could do what would make us rejoice. But we forgot to live and make the most of life. Now it is over! Has your Life escaped you? If you are alive, you have not lost the opportunity to live. As long as there is breath, and there are moments left till your death, you still have *life*. You cannot do anything with all the moments that have already gone, but you can take charge of the moments not yet born. Each moment that will be born is an opportunity to live, but if you let the moment come and go, and you do not do what you want to do, then soon you will reach the end of the show with your life having escaped you.

ARE YOU LIVING OR JUST WAITING TO DIE?

*Of course, you are alive! Can you not feel your breath?
The moment you stop breathing, yes, that is death!*

We are all breathing. We are walking and talking, eating and sleeping. But does that mean we are alive? Sure, we are. Nobody can deny it. But are we living our life moment by moment? Most of us are just waiting to die.

In the beginning, we know nothing. We are learning the ABC of life. We need to learn that $2+2=4$. We spend the first quarter of our life growing from a child to a young adult. Then, we are lost in this material world. From 25 to 50, we are trying to achieve success and happiness. We are trying to find a career, a profession or an occupation, that can help us achieve our goals. We get married, are blessed with children and try to build a family. Before we realize it, more than half our life is over. While we can live up to 100, our average life span is not more than 75 years.

While the world today thinks 50 is young, is this not a joke? Even when you are 60, you think you are not old, because your passions are alive, and you are trying to fulfil your dreams without seeing the reality of death around the corner. Then, at some point in life, there is a change, whether you call it old age or retirement, or maybe a disease that makes you

bedridden. Suddenly, you stop living and you start dying. Life seems to be over, although you are still breathing. You did not discover the purpose of life. And now, what are you waiting for? Death! You finished your job and career. You made your money. You built a family. There is nothing more to do. You just have to die. Then, what did you live for? What was the purpose of your life on earth? Why were you given this human birth?

The majority of us reach this state of life where we are just waiting to die. A very few discover the true meaning of life. They realize the purpose of human birth. They are not waiting to die. They live every moment of life in Divine ecstasy, Conscious of the Truth, with Bliss, Peace and Happiness. To them, every moment that is unfolding is a gift, a gift that must be unwrapped and lived joyously. Each moment is like a pearl that they drop into the ocean of existence. They live in the present, knowing that this moment is a present, a Divine gift. They forget about death. Death will come when it has to. They are busy living in the present. They have a purpose, and they use every moment of their life, fulfilling that till the time of their departure. They realize that this world is just a stage, and everything is a show. We come and we go. They do not wait for the *Leela* of life to end. They realize that death is just a bend, that they must transcend. They are the ones who truly live because they have no fear, worry, or anxiety. They live as an observer, as a witness, enjoying the drama that unfolds, moment after moment. Are you truly living? Or are you just waiting to die? Stop! Look at the mirror and do not let another moment pass by. It is not too late to find out, 'Who am I?'

MOMENT AFTER MOMENT... IN DARKNESS

*One amongst hundreds of us is blind, we cannot see!
The rest, 'Spiritually Blind,' think we are the Mind and Ego, ME!*

Are you blind or can you see? Chances are you think that you can see. But this may not be true. You may be able to see the skies and the clouds, the birds that fly, the trees all around, the flowers, and the many people that surround you. Visually, you may see it all, but you may be enveloped in spiritual darkness, that stops you from opening your *real* eyes, to Realize the Truth. Most of us, just live and die, without finding out 'Who am I?' and 'Why am I here?' Moment after moment, the darkness continues, till ultimately, it is time to go.

For those who are new to the subject, this is very strange. 'There is light all around, what is the darkness you are talking about?' they will think. They do not even realize that their life is escaping them and though they experience whatever is happening around them, they don't realize it is no more than just a dream. It is not real. In the end, when life is over, we know that everything we believed in, was a myth. *My* house, *my* business, *my* family and *my* loved ones, were never mine. When we go from the planet, we go alone, and we take nothing with us! But none of us can see this because of the darkness of ignorance that envelops us. So many years have passed, but we have not Realized the Truth. We are living a

life thinking we will never die. We have created a scenario and through our actions, it reveals our belief that we are the name that says, 'I am'. We are so possessive about *our* wealth, *our* people that it so obviously shows our ignorance. Day after day, we continue to live in this ignorance. Moment after moment, the darkness only grows, till ultimately, it is game over. It is time to go! We were given an opportunity to live life moment by moment, using each moment to Realize the Truth. But we consumed the moment, and the next, and the next again, in material pursuits, that imprisoned us in a dark prison till we finally reached our end.

We are fortunate that while there is darkness all around us, the moments are still not over. We do not know how many moments we still have, but for sure we have the present moment. If we do not snap out of our trance and realize that we are actually blind, and there is darkness around us, we will continue to not just suffer in this world, but we will come back to this world, again and again, only to suffer. We must stop and use this moment to discover who we truly are and why we are here. We have already wasted many moments and lived in darkness for many years. It is time to stop and switch on the light within. It is time to be enlightened with the Truth. We must sweep away the darkness that envelops us and the time to do it is now! Nobody knows how many more moments we are blessed with and if we let moment after moment continue to escape in the darkness of ignorance, we may land up in eternal darkness, that will lead us to suffer, not just in this life, but in the many lives that are still to come. The moment is in your hands. Light up your life and Realize the Truth!

IGNORANCE MAKES US SUFFER

*Because we don't Realize the Truth, we cry.
In Ignorance, we look up at the sky and we ask, 'Why?'*

Although we human beings are mostly educated, we are ignorant of the Truth. We may be experts in our language, in mathematics and accounts, in science and technology, but we are ignorant of who we are. We invest our entire life in improving our IQ, and we think that this is what matters. But far more important than our Intelligence Quotient, is our Spiritual Quotient, our SQ. For if we have done everything to boost our Intelligence Quotient, but have not discovered our Spiritual Quotient, we have learned nothing.

The proof that people around the world have not developed their Spiritual Quotient is all around us. People suffer the triple suffering of the body, mind, and ego, only because they do not realize that they are none of these. They are the Divine Spirit. It is their ignorance that makes them suffer. Moment after moment they experience the pain of the body and they cry. They experience the misery of the mind as it creates thoughts after thoughts and makes them lose their peace of mind. The ego is anguished by hate, revenge, anger, and jealousy because it does not know the answer to the question, 'Who am I?' Our ignorance is so deep, that we think we are the ME – the Mind and Ego, when in reality, how can we be something that does

not exist? We do not spend our valuable moments trying to find the mind. If we did, we would realize that we can find our nose, our eyes, and even locate our brain in the head, our heart in the chest, but where is the mind, we can never find. Instead of going in quest of the Truth, we slip into ignorance, moment after moment. One moment of ignorance leads to another, as if we are in a trance. Is ignorance bliss, as is commonly said? This ignorance can in no way be Bliss. It can only make us suffer. Every moment that we feel the pain, in vain, again and again, we suffer because we do not gain the wisdom that is the Truth.

What is the solution? To use the 'now' not just to graze like a cow, but to find out how we were born, what happens after death, who is God, where are heaven and hell, what is the Soul, what is our purpose. If we do not find out answers to these important existential questions and we continue to live in ignorance, we will only suffer, moment after moment. The first challenge is to realize that we are ignorant of our ignorance. We must do that in the present moment, to acknowledge that we have not Realized the Truth. Then we must invest our moments, moment after moment, in Realization. This will not only switch on the light within, but it will also help us overcome our suffering, as we overcome our ignorance.

Why are we given this life, these moments? Is it just to live and die? No! There is a purpose, and we must find out what this purpose is. Just like we learn many things, we must learn what the true meaning of life is. If we discover our purpose on earth and our human birth, we will overcome both, our ignorance and our suffering. Let us spend our valuable moments, in overcoming our ignorance.

WE NEED ENLIGHTENMENT

*Just like in a dark room there is nothing we can see,
Without Enlightenment in darkness,
We think we are Mind and Ego - 'ME'!*

We human beings are very fond of fairy tales. Right from the time we are children, we enjoy listening to stories of angels, fairies and even, ghosts. That is why we wait for Santa Claus and get enamoured by many Gods, that have different animal characteristics. We do not stop and question all that we have been indoctrinated with. Many of us listen to stories of near-death experiences and how people pass through a tunnel and meet their loved ones who had passed away. Then, they come back and share stories which are so mystifying that we are further lost in our ignorance. We do not use our God-given intellect to discriminate the truth from the myth. Instead, we believe in the stories and lose our moments of life, walking on the wrong path that leads us in the opposite direction, away from our goal. The goal is simple. We have to Realize the Truth. We have to be enlightened about our body, mind, intellect, Consciousness, Soul, God and other aspects of life and death to be enlightened with the Truth. Without Enlightenment, every moment of life will pass away in ignorance, and we will suffer as the body, mind and ego which we are not.

We need Enlightenment! We need to switch on the light within and open our *real* eyes to Realize the Truth. Imagine

living all your life in a dark cave where there is no light. You have never ventured out of the cave. You live and die in darkness. According to you, there is nothing like light. You have never experienced it or seen it. You live like a caveman, inside your cave, ignorant of the beautiful world outside. So many of us, who are not enlightened with the Truth, live in the darkness of our ignorance, believing in the fairy tales we are taught, till one day, we die! Moment after moment our life passes, and we remain like a frog in the well, who believes that all there is in the world is the well. Like the frog does not come out of the well to explore the reality, we do not spend our moments of life asking questions, investigating and Realizing the Truth. As long as our moments are spent in darkness, we will be oblivious to the reality of life and will be deprived of experiencing *Ananda*, a Divine Bliss, that is experienced by those whose moments are filled with Consciousness of the Truth.

We must invest every moment of our life in seeking Enlightenment, and not seeking these material pleasures that give momentary Happiness. Every moment that passes in chasing achievement, is a wasted moment. It is like trying to recover money that you lent to your neighbour in a dream last night. It was just a dream! What is the use of wasting your time in asking your neighbour to return a dream money? While we may understand this, we are not enlightened about who we truly are and why we are here. We have few moments left before the whistle blows. Before we go, at the end of the show, let us seek Enlightenment!

1440 MINUTES - USE THEM OR LOSE THEM

*Many people do not know the number of minutes in a day,
And the treasure of their 1440 minutes, just slips away.*

Can you stop a minute from passing? Can you request the clock to pause? Just like, as in a dam, you can stop water by locking the gate and collecting the water in a reservoir, can you collect your minutes for future use? You know the answer. If you do not use the minutes, you lose them.

How many of us are in control of this treasure called 'Time'? We are in control of our monetary wealth. We maintain excel sheets, passbooks and bank accounts that record every rupee that comes and goes. What about our time? Do we know what we did with our 1440 minutes of yesterday? Do we have an account of the 168 hours that we were gifted to us last week? Have we accounted for all the years that have gone by? While we have an account of the millions that we might have earned, spent or invested, and what we have saved in the bank, most of us have no clue about how we have spent our time. Not only has our time escaped us, our life has also escaped us, and we can do nothing about it. The minutes that are gone, are gone! Nobody in this world can bring back a minute. We can rewind a movie, but we cannot rewind life. The only way to make the best of our life is to grab hold of each minute, use it and not lose it. We have 1440 minutes

every day. This is a huge treasure. Each minute has 60 seconds. If you have not realized the value of a minute ever, stop now and invest a minute doing nothing. Look at a clock ticking for 60 seconds and observe how much time there is in a minute. Stop now. Do nothing! Start the experiment to watch one minute pass. Did you do it? If not, stop and do it now.

Every minute of 60 seconds is a lot of time. But unfortunately, the minute escapes us. Minute after minute, hours pass, days are consumed, weeks slip by, months become years, and our life is over. When will we treasure our 1440 minutes of each day, in the same way that we treasure our cash? If we do not learn to value our minutes more than our money, we have wasted our Life!

Most of us have learned the value of money. Alas! We have not learned the value of time, we just let time pass. Nobody taught us how to make the best of our time. But everybody told us, not to waste a dime. Therefore, we waste our treasure of time, and our glass of money becomes full, while our glass of life becomes empty. In the end, we may have a lot of money, but no time! And life is over! What we earn, others will burn. We do not realize that we burned away our minutes, as we tossed and turned through life without learning how to live it. It is not too late! You spent the last minute, realizing that you have lost many minutes. Now, do not lose the next minute. Grab hold of it, use it, do not lose it! The 1440 minutes that you are gifted every day is the most valuable treasure of your life.

SECRET OF 8+8+8

*The secret of Life lies in the number eight.
Those who do not discover this, never reach heaven's gate.*

What is the secret of eight? The secret is $8+8+8 = \text{Success!}$ Success lies in this simple formula. What does $8+8+8$ total to? It totals to 24. These are the hours of each day that come our way. Hour after hour, life is passing. We have all heard that we need to sleep about 8 hours a day, some may sleep an hour or two more or less. But we need to sleep. Sleep is the process of restoration of the body and mind. Without sleep, we would be dead.

The second thing we all are told is that we must at least work for 8 hours a day. We have lived our life completely aware of these two aspects – 8 hours of work and 8 hours of sleep. What about the balance 8 hours? What do we do to that chunk of our time and our life? It is this third 8 that decides if we will be a success or a failure.

Most of us have not discovered this secret. We look at successful people, businessmen, academicians, politicians, sportsmen, actors and singers and we wonder what made them successful. There is no wonder. They spent their extra 8 hours in their passion. They used the 8 hours in making their obsession a reality. Day after day, moment by moment, they

invested these 8 hours in building their success. Anybody can succeed, but there's a price we pay for success. We have to pay that one-third of our life, beyond our sleeping and working, to make our dream come true. Some of us, invest our extra minutes in our dream. The rest of us just scream and eat ice cream! We also dream, but do not invest our time to make our dream come true. These are just wishes. If we must make our wish a reality, we must put our time to it, make it a want, and never stop till we reach our destination.

What is the ultimate destination of life? What does success really mean? It is not just to make name and fame and reach the end of the game. It is not just to earn what others will burn. True success is discovering our purpose on earth and why we were given this human birth. We must discover who we are in reality and the reason why we are here. Those who spend their extra 8 hours discovering this truth, are the ones who have really succeeded in life. Not only are they liberated from all miseries, but they also live a life of eternal Bliss and everlasting Peace. Then, every moment of the 24 hours of life is a moment of Bliss and Joy, as they live in the Consciousness of Truth, overcoming their ignorance and realizing their *true* self. Having used the secret of 8+8+8 to be enlightened with the Truth, they transcend time and money, and discover the *true* secret of life. They experience Happiness that no other person can ever imagine. They live moment by moment, with smiles, laughter, and joy, realizing the truth about life, experiencing the Divine all around them, surrendering and accepting each moment as it comes. They do their best, and to the Divine, they surrender the rest.

WHAT DO WE KNOW?

*We human beings think we know everything,
When in reality, of the Truth, we know nothing!*

Don't we spend our life being overconfident of what our life is all about? We live as if we are on top of everything and then, suddenly, from nowhere, somebody in our family dies. We did not have a clue that this was coming. But death really surprises us. Doctors just certified that she was perfect in her annual health check-up. Then what happened?

We human beings do not realize that we know very little, and we waste our moments without finding out the Truth. We do not ask the right questions. We are so busy in the trivialities of this world that we forget to use our moments to discover our life purpose. 'What flavour cheesecake did your daughter make when she went for her class picnic?' we ask. How does it matter? But we do not ponder on the severe cyclone that suddenly appeared to abort the outing. From where did the storm come, why did it come and who caused it?

The purpose of life is to discover the purpose of life. Unfortunately, we do not know that our moments are given to us to know what we must know. Instead, we are carried away by our mind, our perceptions and are lost in this material world till one day, we are no more! We do not

discover the purpose of life when we are alive. Is there any way to do so after we are dead? When will we use our head, rather than just eat bread and sleep on the bed? We must be led forward by our purpose not just our pleasures.

Our moments are valuable, but they are passing swiftly. Months go by but we are lost in this world of illusions. There are many questions that we must get answers to. What will happen to us after death? When were we actually born? Were we not alive in our mother's womb? What created that life when we were conceived? What is the Soul? Who actually dies? Is rebirth real or a fairy tale? Does God control our life or does Karma control it? Who really is God? Where is God? What is God? Are there many Gods? There are so many questions that we can ask. There are so many answers that we must know. But we just come, and we just go and do not realize that this is just a show!

Moment by moment, life is escaping us. Soon the bell will ring. We do not know when. But it will. None of us can escape death. But we escape from the question - 'What happens after death?' Before the moments escape, we must Realize the Truth. We must be enlightened and we must overcome our ignorance. If we do not, we will have some fun in the moments that are done, but we will have to come again and again to run and run and we will suffer. Nobody alive can escape from suffering. Such is this world! There is a way out of suffering, but we can get there only if we find a way out of this world. Only if we get to know what we do not know, and what we must know, can we be liberated from this show.

WHAT ARE YOU SEEKING?

*If you keep on doing what you are doing,
You will keep on getting what you are getting.*

What are you seeking out of life? Do you have dreams and goals, wishes and ambitions, aspirations and obsessions? Some people do not even know what they want out of life. Their moments of life disappear and so does their existence from the surface of the earth. Stop for a moment and contemplate the many people you know that lived and died. They laughed and cried, but do you know if they achieved their true purpose of life? They are not here today, but do you know where they are now? They spoke to you about which restaurant you went to and which movie you saw and what was the best offer in the mall. But did they ever discuss life and its purpose? We human beings are very busy trying to buy cosmetics for the skin. We do not pause to discover what is within. We are busy stacking away money in the bank, but we do not collect the right wisdom in our mind tank. Instead of using the moments of life, in asking questions and realizing life's meaning, we are seeking the little trinkets of life that we finally have to leave behind.

Why do we collect so many things in this world? Do we not know that when it is time to go, nothing will belong to us? We keep on seeking and yearning, desiring and craving. For us

human beings, enough is not enough. Our need becomes our greed, but we do not stop to find out what came first – the tree or the seed, the chicken or the egg? We came from our grandparents and they from theirs. But from where did the first man come from. Apes? And apes came from dinosaurs? Or was it from a Big Bang? Who caused the Big Bang? Instead of getting to know the reality of life, we want this and that, which we are sure will never belong to us. Whether we have homes, cars or airplanes, we cannot take a pin with us. But if we invest our moments instead in seeking Enlightenment, seeking the Realization of the Truth, then, we will achieve that state of Happiness that is far greater than the pleasure that comes from achievement and success. Instead of wasting our moments, and being gratified by those momentary pleasures, we must use our moments to seek the Truth which is the real treasure - Enlightenment. It is a treasure of eternal Peace and everlasting Happiness. It is Bliss that comes from Liberation and Unification with the Divine. Instead, we are seeking wealth and wine.

It is time to stop and do an audit on our life. We must do a check on how we are spending our moments. Are we wasting our moments in collecting stuff that is not going to be ours or are we investing our moments in something that is eternal and everlasting? When will we stop and see why we are seeking what we are seeking? When will we use the moment to realize that we are living in a trance? When will we snap out of the illusion and Realize the Truth? Each moment is an opportunity to do so, but as long as we are wasting our moments seeking meaningless things, we will collect truckloads of merchandise that we will ultimately leave behind.

ARE YOU TRULY LIVING EVERY MOMENT?

*If you do not know where you want to go,
Then how can you get there?*

Of course, we are all alive. We are breathing, meeting, talking. But are we truly living? Our moments are passing. Are we living in every moment? What is it to actually live life moment by moment? Is life just a bundle of moments that we consume on earth? Each moment is capable of making us Conscious of who we truly are. Each moment has the potential of Bliss, Joy and Peace. Are we filling each moment with *life* or are we living with strife? The way to truly live life is to be Happy and Peaceful, Tranquil and Blissful, without fear, worry, and anxiety filling our life.

How many people are actually living life moment by moment? How many people are living with Contentment and Fulfilment? How many people reach that ultimate peak known as Enlightenment?

There are only two options. Either we are truly living every moment that comes or we are wasting every moment that goes. The choice is ours. If we value this gift called 'Life', then, we will not let it wither away. We will realize that life is all about moments. We will become Conscious that life is about the 'now'. Not only will we stop jumping into yesterday and

tomorrow, we will remain in today as we welcome every moment as it comes. Then, we will capture it and use it and not lose it! We will live in every moment, and not let moments just go by, and then regret that we had to lose them because we did not use them.

For this, we must become Conscious of every passing moment. We must become aware and not let a minute escape us. We must plan our day before it turns to the next. Failing to plan is planning to fail. But we must not just plan and dream and let our moments escape in thoughts. The dream must have a scheme and a team, and we must put a beam under our dream. Every moment must be invested with action, so there is a gleam, a sparkle in our dream. What is important is being in the moment. This is to be Conscious of who we are and what we are seeking and enjoying the Bliss of every moment as it is passing. If we have lost a moment in unhappiness, then, we have lost life itself. Problems will come and go, but they should not stop us from being Blissful and Peaceful, in every moment that passes. If we are Conscious about the reality of life, then we will live every moment. We will not be zapped by this fast-paced world, and reach our end, without even realizing that our moments are over.

Eventually, the moments will be over, and we may reach the end, regretting that we did not live our life the way we wanted, or we can whistle and sing as we do many a thing, enjoying every moment of life as it goes by. The challenge is to live every moment, moment by moment. Unfortunately, most of us are so enslaved by our mind, that we are lost in our thoughts, only to realize too late that the valuable moments of life have escaped us.

LIFE – JUST A FEW MOMENTS

*Life is not a long journey that goes on and on...
Life is just about 'now', the next moment, it can be gone!*



Somehow, we believe that life is a very long journey. We live in the illusion that it will never end. How can we say that? By our actions and our attitude! It does not seem that man realizes that life may just last for a few more minutes. In fact, life is nothing more than a few minutes. Whether it lasts for a few days or many years, the reality is that it is just a few minutes. In fact, it is not even a few minutes, it is just the present moment.

I met a friend 10 years ago when I was evolving on the spiritual path and asked him why he was wasting his life. He assured me, 'Just a few days more, I am finishing my last project and I will be free.' He was a rich successful man. Today, ten years later, he is still a rich successful man, except that he has lost 10 years running the marathon called 'Life'. The few moments have become many months and life has escaped him.

Why do we human beings let life escape us? Why do we think that life is a race and we must chase to become an ace? Then we get caught in the maze of life and the few moments that are our life, just escape and life is over!

We pay little attention to our actions, our Karma or our deeds.

While we know that the seeds we plant will decide the fruit on the trees, we do not plant the deeds that will determine the destiny of our dreams. We do not realize that we do not have our whole life left. We just have a few moments. Most of us procrastinate and put off for a later date the most important thing in life - 'To *live* Life!' We want to spend the present moment to create an amazing future, without realizing that there is no future. We trade these few moments, for a dream that will never unfold and for a dream that will always remain a dream. In fact, instead of living in the present moment, we are just dreaming and scheming without realizing that we are losing this treasure called 'today'.

Today belongs to us. The moment belongs to us, and we do not know how many of such moments we have. But we are sure we have this moment. We are foolishly ready to let this moment be full of anxiety, so that the next moment can be full of Bliss. This is a big miss! Would it not be wiser to spend the present moment in bliss? Instead of discovering that stage of eternal Bliss and everlasting Peace, which can fill every moment of life, we are losing life moment by moment, trying to achieve Happiness in a future which may never be. When will we learn that we can never achieve Happiness? We have to *be* Happy today and *be* Happy now.

Stop! Let us look back at the moments and the days and the years that have gone by. Have we actually lived our life? Most of our life has escaped us because we did not realize that all we had was a few moments. At least let us realize that now.

JUST 10,000 DAYS TO GO

*Many of us just sleep, and then we weep.
We do not realize that our days are not to keep!*

Days are passing by. In fact, time is fleeting. We do not even realize that we may not even have even 10,000 days to go! Of course, some of us may not have even 10 days to go and we do not even know it! And some of us may be blessed with a few more days. But it is a good idea to contemplate that our life is just these few thousand days. Are we living our life day by day?

If we look back and reflect at the 1,000 days that have passed by us and have brought us to today, are we satisfied with the 3 years that have zoomed by? If we are, then, chances are, we are living life, day by day. But many amongst us, will realize that the 3 years that have gone by, have not been eventful enough in attaining that state of everlasting Happiness. We might have had excitement in these 1,000 days, but have we actually moved forward? Have we evolved in discovering the purpose of life? A friend put it very nicely when he said – *'I lost a few thousand priceless days adding a few zeroes to my wealth that I will leave behind.'* He regretted that thousands of his valuable days had gone by and in exchange, he only collected wealth that would not belong to him. Instead of making the best use of his days, he would just get up in the morning and eat, earn, play golf, party and sleep. He thought he was happy, but when he looked back

at his life, he told me, *'What a meaningless life I have lived! I have reached nowhere. I might have money in the bank, but of what use is it? Doctors have told me that I have a few days to live! My cancer is eating into me. My life is over!'* He said, *'If only I had lived my life spending the money that I earned rather than just earning it, I would have died a happier man.'*

Of what use is it to realize the value of life when we are told that it is over? Why not realize that it is going to be over. But the good news is that most of us, still have that treasure of about 10,000 days to go! Most of us will live 20 years, 30 years ... before the bell rings. Why not grab hold of the year that is ahead of us? Why not capture each day with the sunrise? Why not live in the 1440 minutes that are gifted to us? Why not stop and count the 60 seconds that make a minute? Why not understand the meaning of Life - where did we come from, where will we go? Why are we doing what we are doing? If we keep doing what we are doing, will we get to where we want to go? And if we get to where we want to go, will we be truly satisfied? We do not ask questions. We let each day slip by without getting the answers that we want and we must. Then, if we do not decode the mystery of life, the body will decay and die, and we will return just to be zapped by another life, in another body. Life after life, the journey will go on.

Our challenge is to realize that these few thousand days are the treasure in our hands. They must not be consumed. They must be lived. They must be invested in realizing the meaning of life. As we do, we will be rewarded by a joy that we have never experienced before, a bliss that is an ecstasy that was unknown to us. Why not stop wasting each day that passes by and use the next day in realizing the purpose of life?

TOMORROW NEVER COMES

*Have you ever lived in tomorrow?
I haven't. I have only lived in Today.*

Many of us live in tomorrow. 'Tomorrow I will go to the Maldives. Tomorrow, I will buy my dream car. Tomorrow, I will trek the Alps. Tomorrow, I will go scuba diving in the Caribbean. Tomorrow, I will enjoy the new penthouse that I will buy. Tomorrow, I will play with the penguins in Antarctica.' While it is good to dream, and to scheme what we would like tomorrow to be, it is worthless to lose today for tomorrow. No doubt, we must use a little of today to plan what tomorrow will be, but many of us, lose our life living in tomorrow.

Tomorrow never comes. Even if it comes, it will come as today. In fact, life comes to us one day at a time. Today comes after the yesterday that was today, and there will be another today. Tomorrow is an illusion. It does not exist! Unfortunately, many of us trade our today, for tomorrow. We sacrifice our present moment of Happiness, dreaming of a future that will be full of Bliss. We do not realize that today is the tomorrow we dreamed about yesterday. But the dream did nothing. We lost a day. Instead of realizing this, we are losing today dreaming about tomorrow. And soon, today will also be over. We forget to live in today.

What are you doing today to make it amazing? What are you doing to fill your life with Happiness today? Forget about tomorrow and focus on today. Tomorrow will come when it has to. But it will come as today. Let us not let today escape us. Is it not foolish to keep on living life in a tomorrow that does not exist? When will we realize that tomorrow never comes? When will we realize that the today that is gone, is gone forever? If we spend today, desiring something tomorrow, we actually wasted it because tomorrow is not in our hands. Has any day unfolded exactly the way you had planned it to?

A friend of mine spent a whole month planning an amazing holiday. Day after day, he was consumed in creating the itinerary, in booking the tickets, the hotels, in detailing the transportation, the sightseeing, the food and bars. He actually consumed the entire month living in the future. Suddenly, there was a pandemic and the whole world shut down. Everybody's plans went for a toss! But what was his loss? He lost 30 days living in a tomorrow that did not exist. Many of us, exchange our today, for tomorrow. It is a bad deal! We can give a few moments of today to plan tomorrow and to dream of the future, but we must not lose today in the dream of tomorrow. Today is here, we are sure of the 'now'. But tomorrow? Tomorrow may come or it may not come. It may be what we expect, or it may not be. But today is what it is, and we can do now what we want to do. We have a choice. We can rejoice, or we can let today go by. Is it not true that death will not give us a warning before it comes? Let this teach us to live in today and forget about tomorrow.

LIFE - IT'S JUST LIKE A DREAM

*Because we think Life is real, we scream.
We don't realize that it is ultimately just a dream!*

Suppose a shark is attacking you and grabs hold of your left leg as you are swimming and eats into your flesh and you are bleeding! Would you suffer pain? Of course, anybody would suffer physical pain. But what if this was just a dream? You were having a nightmare and suddenly, you woke up from your dream, screaming. 'Save me, save me!' There is no pain! It was just a dream. While we realize that a dream is only a dream, and what happens in it is not a reality, we suffer through life because we think everything in life is real. We can touch it, feel it. We can see it and observe it. Because we think that everything that happens in life is permanent, we suffer through the experience called 'Life'.

What is the reality? When we wake up from a dream, what we saw was just an illusion. The dream disappears. But life is different. Every day, we face the same problems, the same people, the same circumstances. Day after day, we suffer, and this suffering is very real. The moment we realize that life too is just a dream, all our suffering will disappear. The only difference between the dream and life is, the dream called 'Life' gets over, not when we wake up in the morning from our sleep, but at death. At death, everything that happened in life

is wiped out. It is finished! All our problems disappear at death. The people that made us suffer, can no longer cause us suffering. We do not have to face the circumstances day after day that made us miserable. The moment we realize that life is nothing more than a dream, we will be able to live life, moment by moment, peacefully, blissfully, enjoying every moment of life.

The challenge to live moment by moment is to Realize the Truth that life is just a dream. The only reality is the present moment. The past is gone, never to return. The future does not exist. We may not see tomorrow. But the present moment is in our hands. We can make the best of it. We can choose to be Happy. Of course, we may have problems and we can spend a few moments, dealing with them. But we do not have to consume our entire life in misery and with our problems. In the end nothing will matter. We realize ultimately that it is all small stuff. There is no need to sweat at this small stuff!

What is the use of living life imagining fears and worries that may never occur? They are like an imaginary shark in your dream that paralyzes you in fear, till you wake up. The moment you realize that everything in this world is transitory, it is going to be over, there is nothing to fear or worry. You start living life moment by moment. You enjoy the present moment doing whatever makes you Happy. You eliminate the negative toxins as you live with positive people and laugh through life. You do not try to live in the moment that is yet to come. You enjoy the present moment, in Peace and Bliss, when you realize that life is nothing more than an extended dream.

REINVENT LIFE

*Life is not what we think it is.
When we realize what it is, we start to Live.*

Why is it that most of us do not enjoy every moment of life? Why is our life a merry-go-round and we experience pleasure and pain as we go round and round, again and again? As long as we live in ignorance, we will continue to suffer, the triple suffering of the body, mind, and ego. We have to reinvent life. We have to Realize the Truth. We have to be enlightened. Once we Realize the Truth, our life will be transformed. It is this very transformation that will change our paradigm, our philosophy, and our life itself. We will start living in the present moment. Most of us do not desire to reinvent life. We live in our comfort zones. We do not want to change because we are scared of changes. Although we are unhappy, we do not mind the known hell that we visit every day. We do not want to discover the unknown heaven, just because it is unknown. That is why the fear of death makes us paranoid. Because we do not know what lies beyond death, we do not even want to find out. We just want to dance through life, lost in the music thinking that life is a party, and our only objective is to be Happy. This is a myth and because we live with it, we suffer. Ignorance is bliss, and we blissfully live in ignorance. But when the time comes to face our pain, our misery, our agony, we cry as we wonder 'Why?' It is our fault.

We did not spend time to Realize the Truth about life. We did not discover the true meaning of life and death. We did not discover the art of eternal Happiness that belongs to the 'now'. Instead of questioning everything that we were taught, we just accepted the superstitions, the rituals, the fairy tales and the myths that we have grown up with. We have a choice – we can continue to live our life experiencing being glad and being sad, moment after moment or we can change. We can Realize the Truth. We can be enlightened about who we truly are. We are not this body that we seem to be. We are not even the Mind and Ego that says it is 'ME'. We are the Divine Soul. To realize this is our goal. If we do not Realize the Truth, we will not reinvent our life. We will not be able to eliminate all the misery, which is possible. We will not be able to experience that state of eternal Happiness and everlasting Peace, that will unfold, moment after moment, once we reinvent life.

Do you want to transform your life into a life of Bliss or do you want to continue to hiss, whining about the miseries of life? You have a choice. You can waste the moment at hand as you exist in your mundane life which has no meaning or purpose, or you can invest the present moment, to realize the true purpose of life and reinvent it. The moment you reinvent your life, all problems go out of the back door. All your miseries drop to the floor. You will be free as you soar like a bird in the sky. You can then flap your wings as you enjoy each moment without the fear of fall, nor having any desire to grow tall. You just remain in that moment of Bliss, united with the Power Divine, which you discover within yourself, as you Realize the Truth and reinvent your life.

LIVE AS A YOGI

*When I realize I am not the body, nor the Mind and Ego - ME,
I live as the Soul, in Union with the Divine as a true Yogi.*

Realization of the Truth is our greatest gift, if only we are blessed to go on a quest and be enlightened, we will discover this rare secret of life. All through life, we live, we exist, we die. But we don't Realize the Truth of 'Who am I?' We believe we are the ones with a name, the body, and the mind, but we do not go on a quest to Realize the Truth. We believe in a God, but we do not know where God is, what God is and who God really is. We wonder at the number of Gods in this world! Although we are blessed with an intellect, we do not use it to discriminate the myth from the Truth. We believe in a heaven and hell that exist somewhere far away in the stars. We do not realize that God has been misunderstood, misinterpreted, to be a statue or a saint. We do not realize that the Power within is the Power of the Divine. The Creator is a Divine Power that is omnipresent, omnipotent and omniscient. Because we do not realize this, we go in search of God to a temple and a church. We do not go within to realize the Divine Power that is inside us.

As we try to reinvent our life, to Realize the Truth, to be enlightened, we will not only pass through the Bliss of Self-realization but also experience God-realization. We will become Conscious that the Creator, the Divine is the Power

that is everywhere, in the sun, the moon and the stars, in the birds, the animals and the flowers. It is the same Power in you and me, the Power of the spirit, the Soul, the *Atman*. When we realize the Divine Power, we are gifted with the Consciousness of the present moment and we build a Divine connection with the Power that is everywhere, in everything.

The secret to all this is to live like a Yogi in Yoga. How can we do it when we have misunderstood what Yoga means? Yoga means Union, not just some physical exercises or breathing techniques. When we realize we are the Soul, and not the body, mind or ego, this Realization transforms us into a Yogi. We live in Yoga, in the ever presence of the Divine. We realize that everything around us is a manifestation of the Divine Power. We discover that this journey of life is meant to be liberated from ignorance and to be united with the Divine. This inspires us to live as a Yogi, moment by moment, as the drama of life unfolds.

A Yogi lives in eternal Bliss and Peace. To him, nothing matters. Nothing is good or bad. Everything is perfect! The Yogi watches everything that happens as we would watch a drama in a theatre. The Yogi enjoys the show that is happening on the earth stage, realizing that we are all actors, who come on the stage, do our part and go. Before the end of the show, the Yogi has just one goal, to live life moment by moment, as he is ultimately liberated and united with the Divine. Till then, he lives as an instrument of the Divine, accepting the Divine Will that unfolds, and surrendering to whatever will be in Bliss and Peace.

THE STATE OF ULTIMATE BLISS - SATCHITANANDA

*Those who live in the Consciousness of Truth in Bliss
Realize the Truth and live every moment in Consciousness.
They experience Eternal Peace and Everlasting Happiness.*

Life is like a yo-yo, sometimes we are up and sometimes we are down, sometimes glad and sometimes sad. But is there a way to be liberated from all misery and sorrow? Is there a method to live with Contentment and Fulfilment? Is there a way to eternal Happiness? Yes, there is.

Up to now, we have discovered how living life moment by moment is the right way to live. We are convinced beyond doubt that there is no point in jumping from what is over to something that might never happen. Still, we are unable to remain in the 'now'. When we attain the state of *SatChitAnanda*, we will be transported to an abode of eternal Joy and Peace. What is this magical state?

SatChitAnanda, the word broken up is *Sat* – the Truth, *Chit* – Consciousness, *Ananda* – Eternal Bliss. It signifies that Ananda comes when there is *Chit* of *Sat*. Eternal Bliss comes when we are in that state of Consciousness of the Divine Truth. How can we reach this Divine state? It starts with the Realization of the Truth or *Sat*. We are enlightened with the simple knowledge that death is certain, that every 'body' has to die, that nothing belongs to us, we come with nothing, and

we go with nothing. That the body is not my real identity, where is the mind, I cannot find! That there is a Power within that gives us breath, and when it leaves, we are dead. That this world is a show, we come, and we will go. That everything is governed by the Universal Laws. That our destiny does not depend on luck, rather we pluck the fruit depending on the seeds we plant and whatever is happening in our life today is unfolding as per the deeds we have done. That there is a Power beyond human comprehension that is in charge. This is the Truth, the Ultimate Truth!

All of us know this, but we do not Realize it. When we Realize it, we transcend the thoughts that distort our vision of the Truth. Realization is Enlightenment. The light within illuminates the Divine Soul that we truly are. This is our ultimate goal. The moment we attain this state, we become Conscious of the Divine Truth. We become the witness, the observer. We live moment by moment in the Consciousness of this Divine Truth. This state of being in the *Chit* or Consciousness of the *Sat* or Truth, leads to *SatChitAnanda*. If we can remain Conscious of the Divine Truth, we can live a life of eternal Bliss.

How can one attain this? There is only one way. To live life moment by moment. When we capture life in the moment, we can transcend thoughts and become Conscious of the truth. Once we become Conscious of the truth, we can experience Bliss. Once we attain that state of *SatChitAnanda*, our life will be transformed and unfold moment by moment. We will not be attacked by thoughts that make us miserable. Rather, we will experience Divine Peace and Joy.

NOTHING BELONGS TO US

*Life is short. Use it before you lose it!
Why be in haste, collecting all the waste!*

If we look around and analyze the life of most successful people, they spent their entire life trying to be achievers. To them, success was not the main thing, it was the *only* thing. They lived with the excitement that came from the chase, and the pleasure that came becoming an ace, till death came face to face. First, they invested their time to make a dime. Then, they spent their wealth to regain their health. Before they realized it, their life was over! They did not realize the simple Truth – nothing belongs to us. What we earn, others will burn.

Life is not meant to be lived just collecting gold. We must realize the true purpose before we grow old. Nobody lives forever. Every 'body' has to die, but before we die, we must find out the answer to the question – 'Who am I?' We must realize we are not the ones that are made of bone and skin, we are the Power that lives within. When we realize all this and become Conscious that life is nothing but a show, and we are mere actors that come and go, then we will wake up from the dream, and start to live.

Why are we wasting our life accumulating things that we do not need? Why do we live not just fulfilling our need, but

giving over the command of our life to our greed? Why does a human being believe that enough is not enough? It is this desire, this passion, this craving for more and more that makes us lose the treasure of life. It is an irony that we spend our life cheating others, doing immoral, unethical and illegal things to earn wealth that we will ultimately leave behind. Although we all know this truth, it seems like we are imprisoned by our own ignorance that makes us live in a jail and we fail to see the truth that stares us in the face.

What is the purpose of life? Most people think it is to be Happy. Sure, it is, but are people truly Happy? Most people are racing down the highway of achievement because they believe that success is Happiness. They do not realize that Success is like a shadow. The more you chase it, the further it goes away. A few people are lucky, they take an exit and enjoy a life of Contentment and Fulfilment. Still, because they did not attain that state of Consciousness of the Truth, they suffer, as they live with fear, worry and anxiety that makes them miserable. A rare minority, discover the true purpose of life. They overcome their ignorance, Realize the Truth, and live life, moment by moment in Eternal Bliss and Peace. These are the ones who realize that nothing belongs to us. They give and they forgive as they live. They live life moment by moment, realizing that even the moment does not belong to us. The moment is given to us to live. It comes, and it goes. They are the ones who realize that the true purpose of Life is L I F E – Liberation from Ignorance and Finding Enlightenment. They are the ones who truly live with eternal Peace and Bliss.

DON'T TRY TO ADD MOMENTS TO LIFE... ADD LIFE TO MOMENTS

*I would rather live 10 years, doing what I love,
than drag through Life 50 years, hating every day that I live!*

You cannot get out of life alive. You have to live it, before it is gone! Some people think life is a destination, while others think it is not a destination, but rather a journey. They try to enjoy the journey, not realizing that life is not a joy ride. Life has a purpose, and we must discover that purpose before life is over.

It hardly matters how long we live. What matters is how we live. There are people who are careful about what they eat, what they do, where they go. To them, everything is a 'No!' All they want is a long life. Of what use is it to live such a life? The ones who truly live make the best of every moment. They do not try to add years to their life. They add life to their years, moment by moment. They make every moment exciting, and are fully satisfied and content, living a life of Fulfilment.

Very few people are fortunate. They go one step further. Not only do they realize that the length of our life has no meaning, but they also go beyond just filling their life with Happiness, moment after moment. They invest every moment in trying to discover the true meaning and purpose of life. If they are sincere, they achieve their goal and are enlightened about

what life is all about. Realizing that they are not the body, they do not worry about how long they are going to live. They pay enough attention to their health so as to not have a sick body. But they do not overdo it. They realize that life and death is in the hands of the Divine. Once they realize the true meaning of life, every moment that they live is filled with an ecstasy unknown to a common man. They experience the Divine everywhere, in everything as they accept whatever happens and surrender their life to the Divine Will. They are the ones that truly live.

Of what use is it to live a very long life, if our life has no meaning, no purpose! What is the use of existing on the planet, if we do not know who we are and why we are here? We think our life is meant to consume the pleasures of this world, but we do not realize that it is the other way around. We are being consumed by this world. Ultimately, our life will be over, and we just wasted it!

Life is all about this moment. What matters is what we are doing now. Are we Happy or unhappy? Is our life Peaceful or stressful? Are we making the best of each moment of life as it comes and as it goes? Most important of all, are we spending these valuable moments in the Realization of the Truth? Are we using our life to ask questions, to investigate what we know and to Realize the Truth, overcoming the ignorance we live with? There is no use just trying to add more and more moments to our life. Let us rather spend our moments realizing our life purpose.

BEING CONSCIOUS EVERY MOMENT YOU LIVE

*The challenge is to live with Consciousness in the 'now',
Stop the Mind from wandering, 'Take this Vow!'*

Have you seen an hourglass? There is so much sand, but only one grain of sand passes at a time. Our life may last many years but our life passes by, moment by moment. It is for us to be Conscious of each moment as it is passing. How much sand of life has already fallen, is not important and how much more sand is there in the hourglass of life, hardly matters. What matters is that grain of Sand, that moment of time that is passing now.

Either we can be Conscious of every moment of our life, or it can escape us. If we are prisoners enslaved by the mind, we will be bombarded with a thought practically every second and we will lose our Consciousness. Our life experiences one of these two states moment after moment. Either we will live in the moment being Conscious, or we will live controlled by our thoughts. If we are able to reach that state of thoughtlessness or mindfulness, then we will attain the ultimate Bliss that comes from the Consciousness of the Divine Truth.

Our ultimate goal is to Realize that we are the Divine Soul. Our ultimate purpose is to become the witness, the observer

of the life drama. Once we become Conscious of who we are and why we are here, then we enjoy every moment of life as it unfolds. Consciousness of the Truth liberates us from fear, worry, anxiety, just as we become free from anger, hate, revenge and jealousy. When we become Conscious, every moment that we live, we feel the oneness with everybody. We experience the Divine in us, just as we experience it in a butterfly or a bird, in a flower or a leaf, in the clouds or in the rain. Every time we hear the chirping of a bird, we become Conscious of the Divine music and our life enjoys a rapture of ecstasy, unknown to the ordinary mortals of this world. We overcome the fear of death, as we realize that Death is Liberation, a celebration. We enjoy the drama of life, doing our part, as an actor in the show. We love one and all, as we become Conscious that they are all manifestations of the one Divine. The moment we become Conscious of the Truth, Life becomes a paradise, a heaven on earth.

However, we must be Conscious of every moment as it passes. We must drop each moment, as though it is a precious pearl in the ocean of our existence. Pearl by pearl, moment by moment we must live with Joy, Peace and Bliss, Conscious of our reality, that we are the Divine Spirit, the Soul and our goal is to live till we are ultimately liberated and united with the Divine. If we live our life, moment by moment, Conscious of the Truth, then, we are truly living. But if we live our entire life without gaining the Consciousness of the Truth, then we will live, suffer, die, only to be born again. We will come back in another life, to live, suffer and die, again and again. We must discover how to live life moment by moment overcoming ignorance, Realizing the Truth and being enlightened so that we are liberated and united with the Divine.



AFTERWORD

*I too went from Peak to Peak seeking achievement,
till I realized that Life was about Living Moment by Moment,
attaining Enlightenment!*

For many years, all I wanted was success, money, name and fame. I achieved a lot of success and it seemed that I was blessed with the *Midas* touch. One day I realized that I was making more and more of money and losing more and more of my moments. Soon, all my moments would be gone and all I would have is money. Then, others would burn what I earn. I decided to stop making money and started making a difference. I told myself when I die, others must cry. I lived many years in contentment and fulfilment, but still, I was not living in the moment. Life was just escaping me.

Of course, I had a great time when I started to discover the world. Not just did I explore every corner of my country, I frequently visited Switzerland, then went to Finland, Iceland, New Zealand and Greenland. I went as far as Antarctica to play with the penguins. My life was very exciting. Before I could realize it, I was 46. It seemed like I was really living life trying to make the most of it. First, trying to scale the peak of success and achievement, which did not exist. Then, trying to enjoy life. What I did not realize was that I was missing the ultimate purpose of life. My life had no meaning. My Guru and Spiritual Master, Dada J. P. Vaswani, one day questioned me – 'Will you just live

like this till you die? Stop and discover the purpose of life and find out 'Who am I?' Because of my 25-year association with him, I trusted him completely. I took an exit from achievement and fulfilment and went on a quest to discover Enlightenment, the true purpose of life and the way to eternal Happiness. My quest led me to Realize the Truth.

What were my realizations? This journey of life is temporary. We are just actors. This earth is a stage. We come and we go. Death is certain. Every 'body' will die. Based on our Karma, we will be reborn on earth and experience heaven or hell when we take rebirth. Our goal is to Realize we are the Soul. This will give us Liberation and Unification with the Divine. When I was enlightened with these Realizations, I discovered that the ultimate secret of Happiness was in the 'now'. Life was only about this moment and nothing else. If I let this moment escape, I will let my life escape.

I started living my life, moment by moment, experiencing a state of eternal Bliss as I became Conscious of the Truth. Earlier, I was living in a past that was gone and then, jumping to a future not yet born. My life was escaping me. I stopped, I transformed my life. I decided that I will stop making money and start making a difference. I went on a quest and Realized the Truth. My realizations enlightened me and I could experience the Divine in one and all. Earlier, I used to struggle to be Happy, but now I had become the happiest man in the world. I made it the mission of my life - to Help People Realize the Truth, to be Enlightened, to be Liberated. Today, I live life moment by moment, in Divine surrender, accepting the Divine Will, surrendering to whatever unfolds with Peace and Joy, spreading love and light, moment by moment, every moment that I live.



POEM

LIVE LIFE... MOMENT BY MOMENT

*Life is just about this moment, are you living it?
Or has life escaped you, bit by bit
Life is just about the 'now,' make the best of it
Celebrate every moment of life, don't just simply sit*

*Life is not about yesterday, yesterday is gone
Life is not about tomorrow, it is not yet born
Life is about this moment, life is about 'now'
I'll be Happy every moment, take this solemn vow*

*Life has a purpose, we don't realize that it's a big treasure
Life is not just meant to be chasing every pleasure
Every moment of life is given to realize this
Moment by moment, we lose life chasing Happiness*

*Life is not a long journey that starts at birth
Life is not all about the years that we live on earth
Life is not the many years that we live till we die
Life is blissful now, sing like a bird in the sky*

*Most of us are missing life, waiting for it to pass
We don't know how to truly live, did we miss this class?
Life is not a long journey that will go on and on
Life is about 'now', tomorrow it may be gone*

*Many of us fill our life with fear, worry, and stress
We don't know how to live life with Peace and Happiness
Those who learn to live life, living in today
They smile, laugh, and love, no matter what comes their way*

*There is only one way to live, it is living in the 'now'
Not facing all our problems, with sweat on our brow
We must do our best with life, with the given plough
And then, surrender to what will be, this we must allow*

*For what can man do, other than doing his very best
Once he does that, to the Divine, he surrenders the rest
He learns to live each moment, with faith, trust and hope
And so, with life's battles, he is able to cope*

*Those who lose the treasure of life filling their mind with junk
Those who don't tame their monkey mind and make it into a monk
They live their life jumping from a thought to another thought
Life was just about 'now', this truth they forgot*

*The enemy, the thief, the rascal, is our very own mind
It bombards us with thoughts and steals our life, we find
Moment by moment, we lose life as we desire and we crave
It is our mind, that makes us cry, right until our grave*

*Instead of accepting whatever happens, living with a smile
We cry, we scream, and we question, unhappy all the while
We don't realize that what is unfolding in life every day
It's a reaction of our own actions, the price we must pay*

*Life has a purpose, we must realize this before we die
Life is not just about wandering on earth and in the sky
Before we die, we must achieve our life goal
To realize we are not body and mind, we are the Divine Soul*

*If we let the moments of life pass one by one
Though we achieve trophies, the victories that we won
Before we realize our treasure of life will be gone
We will suffer on earth and then, we will be reborn*

*We must live every moment Conscious of the Truth
We must invest every minute getting to the root
Moment by moment, we must live, in Consciousness
Realizing the Truth, and with it, getting eternal Happiness*

*The sun will rise, and the sun will set, soon life will pass by
Moment by moment, day by day, we will laugh and cry
But how can we live without Sorrow, with Peace and Happiness
It's by living moment by moment, we must learn this*

*If moment by moment, we let our life simply pass
When we wake up, it may be late, we will cry, Alas!
The gift of moments was given to us, for us it was to use
But we lost moment by moment, this why did we choose?*

POEM

*It's not too late, we can wake up, and start living 'now'
We can find the purpose of life and stop grazing like a cow
We are still alive, and our moments are yet in our hand
We can live life, not let it slip away, just like grains of sand*

*Death is certain, we can't escape it, every 'body' must die
There is no use to look up at the sky, to cry and ask 'why?'
The only way to live life moment by moment with Joy
Is to be Conscious of the secret – Who is this 'I'*

*And soon, life will be over, this gift will be gone
Swinging like a pendulum, into the future not yet born
Life will escape us as we suffer and we cry
Let us transform our life, wake up to a new dawn*

*Let us become Conscious in every moment we live
Nothing belongs to us, let us learn to give
Let us spend each moment, achieving the ultimate goal
We are not this body and mind, we are the Divine Soul*

*Life is not a journey that lasts many years
Life is not just about a few smiles and many many tears
Life is only about this moment, and we must live it
Otherwise, the moments will escape and so will life with it*

ABOUT THE AUTHOR

AiR- *Atman* in Ravi



AiR – *Atman* in Ravi, is an Embodied Soul whose only mission in life is to 'Help People Realize the Truth'. He was born in Bangalore on October 15, 1966. At a very young age, Ravi V. Melwani mastered the craft of business and became a very successful businessman who revolutionized retailing in India with the stores KidsKemp, Big KidsKemp, and Kemp Fort. After making millions, he realized that life is not just about making money. He shut down his business at the age of 40 and started making a difference doing H.I.S. work – Humanitarian, Inspirational and Spiritual work.



As a part of the Humanitarian initiative, 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 600 suffering homeless people who are picked up from the streets are

ABOUT THE AUTHOR

served and cared for in 3 destitute homes and provided with free shelter, food, clothing, and medical care. AiR built a Shiva Temple in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. AiR now believes that religion is just a kindergarten of Spirituality, and people should go beyond religion to truly realize God.

One day, his Guru inspired him to introspect and find answers to the following questions: Who am I? What is the purpose of my life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will I be reborn? Who is God? Where is God? What is God? What is the Soul? Where are heaven and hell? What is Enlightenment? Several questions like these took him on a quest, a search for the Truth. He gave up his life of Achievement and Fulfilment in search of the final peak of life: Enlightenment.

After a few years of intense search in retreat, deep in the mountains, he realized that we are not this body. We are the Soul, the *Atman*. He changed his name to AiR – *Atman* in Ravi. He metamorphosed to AiR and gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. This led to several Realizations that formed his new mission of life – to Help People Realize the Truth.

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 40 books,

composed and sung about 1200 bhajans written several blogs, quotes, and poems. He has taken up various other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve on their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts webinars every week on Zoom and Facebook Live to help people realize the ultimate purpose of their life.

AiR has realized the Truth that we are not the body, the mind, or the ego; we are the Divine Soul. And to realize this is our Ultimate Goal. He lives his life with just one mission – to help people Ask, Investigate, and Realize the Truth. Being blessed with everything, he seeks nothing except to fulfil this mission of life.

*Started with nothing...
Became something...
Achieved everything,
Only to realize we are nothing!*

BOOKS BY THE AUTHOR

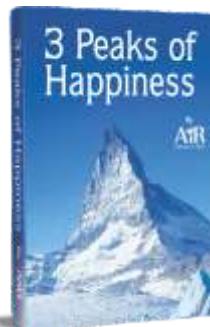
1. Talaash

Talaash means 'search' or a 'quest'. This book by AiR recounts his own spiritual quest for the Ultimate Truth that led him to the Realization that we are neither the body nor the mind, but the Divine Soul.



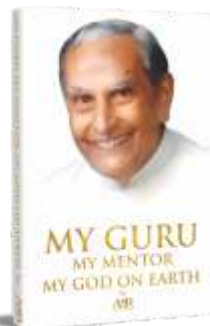
2. 3 Peaks of Happiness

This book talks about the universal quest of humanity—Happiness. It explains the ways through which people can reach the third peak of Happiness—Enlightenment which lies beyond the two peaks of Happiness—Achievement and Fulfilment. The third peak liberates us from the prisons of misery and sorrow and gives us eternal joy and bliss.



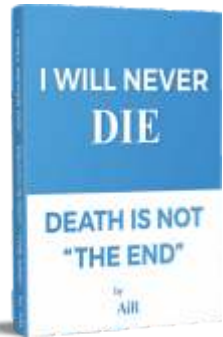
3. My Guru, My Mentor, My God on Earth

This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him to begin his spiritual quest and bringing about the transformation in him.



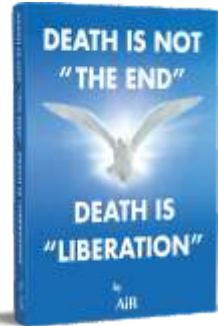
4. I will Never Die, Death is Not "The End"

In the journey of his life, AiR Realized many truths. One of the truths is a revelation – we never die; Death is not the end but a bend to transcend. The body will die, but the one who lives in the body never dies. This book explains this truth in detail.



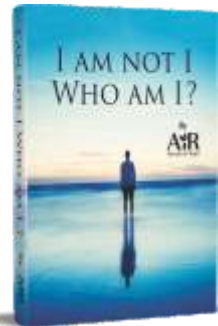
5. Death is Not "The End." Death is "Liberation"

The second book by AiR in the series of books on 'Death' touches upon the secret of Kathopanishad which talks about what happens after death. One of the two things can happen: if we think we are the Body and Mind as a doer, we are reborn, but if we realize that we are the Soul and not the body and mind, we are liberated to eternal joy and peace.



6. I Am Not I. Who Am I?

This is an insightful book by AiR which talks of his quest and Realization that we are not who we think we are. We have a car but we are not the car. Similarly, we have a body but we are not the body. Then, who are we?



7. The Mind is a Rascal

You always thought that the mind is king – it is everything. But it's a rascal! Try this. Sit quietly for an hour, and try to find the mind. Where is it? You will realize that the mind doesn't exist. This book by AiR will show us how the mind makes us suffer. It is time to find the rascal and kill it before it kills us.



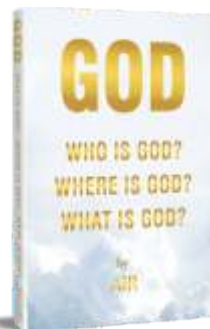
8. A Cosmic Drama

This book challenges the reader to explore the illusory nature of this world – whatever is happening in life is not real; it is nothing but a Cosmic Drama. If we understand this simple truth, we can enjoy the show called life.



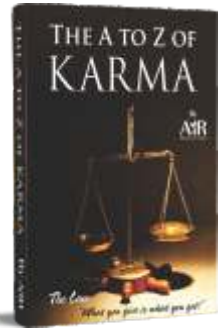
9. Who is God? Where is God? What is God?

These questions might seem simple enough but nobody really knows the answers. We all know that God exists. We pray to a God as per our Religion but what is the Truth about God? Has anybody seen God? Where is God? This book will change your perception and belief about God and help you Realize God.



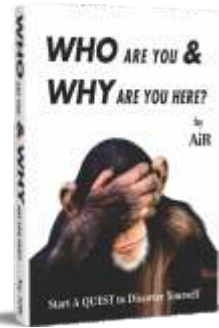
10. The A to Z Karma

Most people are aware of the concept of Karma – the Universal Law that states, 'What you give is what you get.' But not everybody knows the A to Z of Karma that we can actually transcend Karma, escape from all misery and sorrow, and ultimately attain Liberation or *Moksha*. This book reveals the secret of eternal joy and peace – a life without any misery or suffering.



11. Who Are You and Why Are You Here?

This is a simple book that prompts us to ask the right questions to discover the secret of our life – who we are in reality and what the purpose of our life is. The answers to these questions hold the key to a meaningful and blissful life.



12. The 4th Factor

Man gets upset when his efforts don't bear fruit. This is because man is ignorant about the 4th Factor that is beyond human comprehension. Without its consent, even the possible becomes impossible. This is an informative book that makes the readers understand why things happen the way they happen!



13. Be Happy in the NOW!

Every human being on earth wants to be happy. There is nobody who enjoys pain. But what is the secret of eternal joy, bliss and peace? It is being happy in the NOW. With this book, AiR hopes to inspire people to live life moment by moment if they really want to be happy.



14. Questions You Must Answer before you Die!

Most of us live and die but we don't ask the question— Why? We just exist! This book presents a series of important questions with answers that can guide us to the Realization of the Truth and help us live with meaning, purpose, and joy.



15. Suffer No More

'Suffer No More' is a personal experience of overcoming anguish, anxiety, distress, and grief. It is an analysis of suffering, what causes it and how we can overcome it. While there is pain, we can do away with suffering. This book will tell us how.



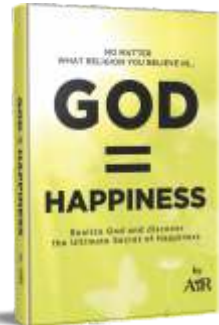
16. Success is not Happiness, Happiness is Success

People want to win because this makes them happy, just as failure makes them miserable. This book explains how success does not bring happiness and how this belief is only an illusion. In fact, instead of chasing success, we should try to be happy! That is true success.



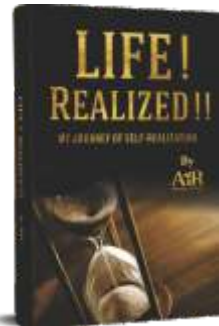
17. God = Happiness

In his quest to discover Truth and the purpose of life, the author realized that people didn't know where exactly to search for happiness. This is a book that takes us far beyond religion to Realize the Truth about God and how God is Happiness.



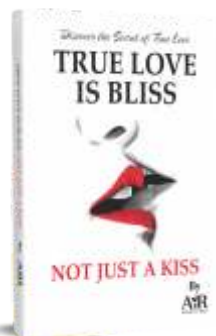
18. Life! Realized!!

This book is a personal reflection of the author on his several realizations while on his quest for the Truth about everything that matters in the journey of life.



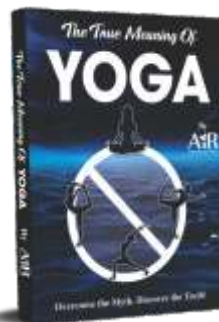
19. True Love is Bliss...Not Just a Kiss

Love, which is a source of joy and happiness, is not really understood by the world. This book is an attempt to explore True Love. True Love is White Divine Love from the Soul that manifests as the 7 colours of human love from the day we are born till the day we die.



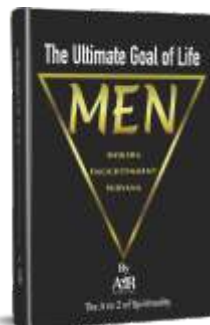
20. True Meaning of Yoga

Yoga, today, is primarily taught as a set of body postures and breathing exercises. But this is not true Yoga! Yoga, in reality, is a constant union with the Divine. This book attempts to explain how through Yoga one can be liberated from the cycle of death and rebirth.



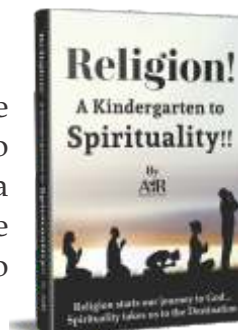
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

The three most tenable concepts – Moksha, Enlightenment, Nirvana are discussed in this book that can help us reach our Ultimate Goal of Liberation and then Unification with the Divine.



22. Religion! A Kindergarten to Spirituality!!

This book discusses how Religion is only the first step towards God-realization. We do not realize that Religion is only a Kindergarten, of which Spirituality is the University, and together they can lead us to God-realization.



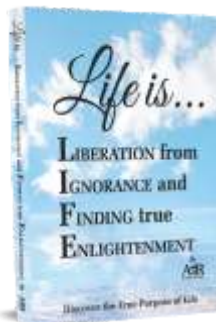
23. Why Bad Things Can't Happen to Good People!

This book helps us understand that this world has been created by the Divine and it operates through certain Universal Laws that need no intervention by the Creator. Bad things can never happen to good people, just as apples can't grow on mango trees!



24. LIFE is...Liberation from Ignorance and Finding true Enlightenment

Most people just exist but they don't truly live. They just zoom from womb to tomb, and then life is over. They don't stop to think about their life's true purpose. In the pursuit of happiness, success and achievement, people don't realize that though they lose their most precious gift—life itself. This book reveals what life is all about.



25. The Ladder to Heaven

Most people believe in God and aspire to go to their God in heaven one day. It doesn't matter what our religion is, there is a way to reach God. There is a Ladder that can take us to heaven but we need to ascend the rungs of the Ladder to Heaven. This book shows a step-by-step way to God-realization.



26. FEAR- False Expectations Appearing Real

The world has changed today because of Coronavirus. But it's up to us to live with FEAR or FAITH. There is a difference between Fear and Danger but most of humanity lives with the constant fear of disease and death. Through this book, the author inspires people to live with courage and not panic.



27. Soul – We don't have a Soul...we are the Soul!

The Soul is mysterious. We are alive because of our Soul. But what exactly is the Soul? We cannot see the Soul, but we all believe that we have one. This book will help genuine seekers of the truth to do some Soul searching and realize - we don't have a Soul...we are the Soul!



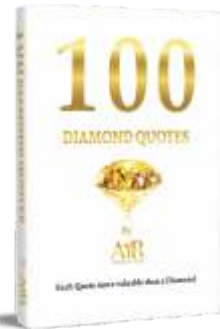
28. But We Pray!

The whole world prays to God. Every religion claims that their God is the real God and their prayer is the most effective form of prayer. Unfortunately, we don't even know the God we pray to nor do we understand what we say in prayer. This book will help us build a Divine connection through prayer.



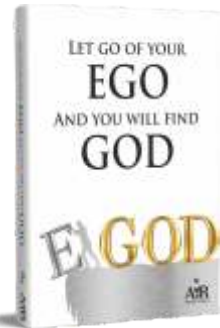
29. 100 Diamond Quotes

Our life needs a spark and a simple quote can make this difference. This book is a selection of AiR's inspiring quotes on happiness, liberation, realization, spirituality, and enlightenment that can trigger a metamorphosis in us in the quest for the true meaning of life, giving us more happiness than all the diamonds of this world.



30. Let go of your Ego and you will find God

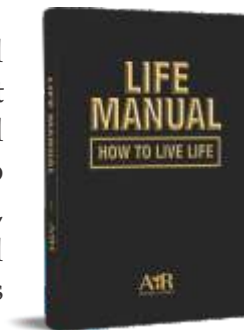
Are you seeking God? There is a way to find God. All you have to do is to let go of your Ego. Our biggest enemy, ME - Mind and the Ego, envelops us in ignorance and we go round and round in circles without discovering God within. If only we let go of our Ego, we will move from Self-realization to God-realization.



This book will transform your life. It will show you the way to God just as it will guide you on how to let goof your Ego.

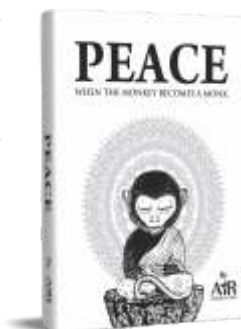
31. Life Manual - How to live life?

Whenever we get a new gadget, we read the operating manual before we start using it. But have we ever read a manual on life? Is there such a manual? There is no simple document that tells us what life is, how we should live it and how we should make the most of it. The 'Life Manual' is just the book we have been waiting for.



32. PEACE... When the Monkey becomes a Monk!

We human beings are enveloped in ignorance. We seek peace of mind but we don't realize that peace is not an external thing; it is our original state. It is our own mind that steals our peace by constantly jumping from thought to thought. Unless we tame the monkey mind and make it into a monk, we will never be able to experience true bliss. This book will show us the way.



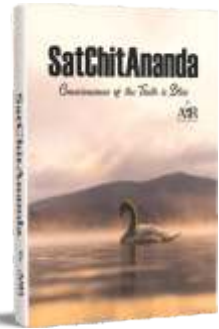
33. SatChitAnanda - Consciousness of the Truth is Bliss

Very few people go in search of the true meaning of life. If

they become conscious of the truth, they experience *Ananda*, a bliss unknown to the common man. This book reveals the secret of SatChitAnanda and shows us the way to live every moment of life with seamless joy and peace.

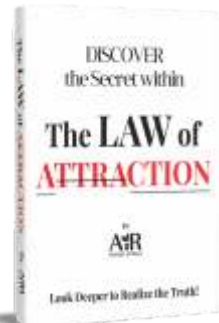
34. *Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That*

What is the way for a common man to be enlightened and realize the truth? This book reveals the key to opening the door to this profound realization. It is *Neti Neti, Tat Twam Asi*, Not This, Not This, Thou Art That. To Realize the Truth of 'Who am I?', the first thing we must discover is 'Who I am not'.



35. *Discover the SECRET within The LAW of Attraction*

Many of us believe in the Law of Attraction, that we can realize our dreams through this magical, mystical law. But then, why aren't some people able to translate their dreams into reality despite believing in this law? This book reveals the 'real secret' within the Law of Attraction that actually works. It is the law of Action.



A. R. K. - SUNDARAM

SATYAM
SIVAM
SUNDARAM

A.R.K.

Ananda Publishers

This book is unlike any other book. It is a treasure of crystalized wisdom that is put together in a simplified manner to help one Realize the Truth. It is a book of life. It is a weapon to cut through the myth and to Realize the Truth about the Divine. It is not a textbook of knowledge. It is a workbook of Enlightenment where every page on the left is offered to the reader to make notes, jot down thoughts and questions as one progresses on the path of Realization.

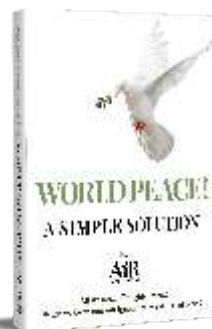
The fear of death stops us from living life. While we are all 'alive', we are paralyzed by fear. FEAR is a False Expectation

Appearing Real, but when we fear death, we are unable to move. We begin to live with phobias. We become paranoid. Everything we do makes us fear that we will die. And because we fear we will die, we refrain from doing things that otherwise we could do. Unless we overcome the fear of death, we don't really start to live. Are you living with fear or are you living with faith? This book will help you overcome the fear of death and inspire you to celebrate every moment of life!



39. World Peace ! A Simple Solution

The world is in pieces. It is fragmented by differences, endless disputes and wars. We all want Peace, yet Peace eludes us. There is a simple solution to World Peace! What is the way out of these conflicts? If only we Realize the Truth of who we truly are and why we are here, all this bloodshed will end and this world will become a Peaceful Heaven on earth. But for the world to transform, we must first transform ourselves. This insightful and inspiring book by AiR offers a simple but sure solution to World Peace.



And Now...

41. LIVE LIFE... Moment by Moment

Coming Soon...

42. The Spiritual Jigsaw Puzzle

Ask AiR any question on life, its challenges, struggles and how we can overcome them!

Today and every day on Zoom at 8 p.m.!

Zoom Meeting ID: 85021104431

LIVE LIFE

Moment By Moment

There is no other way to Live!

What is Life? Life is not a journey from birth to death. Life is not the number of years we live on earth. Life is just about 'now'. This moment is life. That's it! If we lose this moment, we lose life. Time waits for none. The clock keeps ticking and soon, life will be over. But what we don't realize is that life is made up of moments. We live moment by moment.

Most of us let our life escape. We don't live. We just exist! Moment by moment, our life comes and goes. We fail to make the best of each moment. Those who discover the secret to live life moment by moment are the ones who truly live. They learn the art of being Conscious, being present in the 'now'. They don't let their fears and their worries fill their present moment. They go on a quest and are enlightened with the Truth. They fill each moment with Bliss and Happiness.

Do you live life moment by moment or has your life escaped you? Make a vow and do it now, that you will live in the present. You will enjoy this moment and then the next, and so moment by moment, you will enjoy life. Your life is in your hands. It is just this moment. Live it!

A.i.R.

AiR Institute of Realization
Ask Investigate Realize

By
AiR
Atman in Ravi

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