

A scenic landscape at sunrise or sunset. The sun is low on the horizon, creating a bright lens flare and reflecting on a calm body of water in the foreground. In the background, there are dark, jagged mountains under a sky with soft, colorful clouds in shades of orange, pink, and blue.

WHAT ARE YOU GOING TO DO WITH 'TODAY' ?

By

AiR
Atman in Ravi



WHAT ARE YOU GOING TO DO WITH 'TODAY' ?

By

AiR
Atman in Ravi

PREFACE

Stop for a moment and pinch yourself. Are you still alive? Chances are that you are still breathing. But you will not continue to be alive forever. One day, this life will end and then, even if you decide that you want to make the best of your life, you wouldn't be able to! You would have lost the opportunity. The opportunity is today. The opportunity is now. But 'Now' just passed away. Moments are coming and moments are going. Time waits for none! But realize one truth, 'Today' is a precious gift in your hands. 'Today' is waiting for you. You can choose it, or you can lose it.

What are you going to do with 'Today'?
Are you going to make the Best of it?
Or are you going to let it slip away?

Today is Yours! You can Use it or Lose it

Today is a gift. Is that why it is called the 'Present'? It comes to us with 1440 diamonds. Each minute is a true treasure. Either we can fill it with pleasure or let misery and pain rule again and again. Today is yours. Your day belongs to you, nobody else! Nobody can steal your today. You should not let the day escape you. Isn't it sad that many people, when asked what they are doing, reply that they are 'killing' time, 'passing' time! They never realize the value of a day. Each day has 1440 precious minutes, each more valuable than any currency of the world. We can use the day to make our life or to break our life. What are you going to do with 'Today'?

Today, will you be Glad or Sad?

Happiness is a choice. But most of us don't realize this. We are waiting to *become* happy, instead of just *being* happy. Today you can make a choice. You can be glad, or you can be sad. If somebody chooses to be sad, they are mad! We all want to be happy. Unfortunately, we have not learned the art of being happy in the 'now'. So, make a vow to be happy in the now!

You can have everything and be unhappy or you may have nothing but still be happy. Happiness does not depend on possessions, pleasures and people. It depends on our state of mind. If thoughts continue to drill us, they can kill us. They can create fear, worry,

stress and anxiety and we can lose our bliss. But if we choose to live with peace and tranquillity, if we decide to live with contentment and fulfilment, then this peace becomes the foundation of our happiness.

***Today, you can Choose to be Glad
or to be Sad.
If you Choose to be Sad,
you are Mad!***

Today, will you be in Yoga or *Bhoga*?

What is Yoga? Most people think it is some kind of union between body, mind and Soul. But this is not true. Yoga means 'Yuj' or union and true Yoga is the union between the Soul and the Supreme. It is a constant connect between the human being and the Divine. It is a bond between man and God. If man is connected to his Lord, he is in Yoga. But if he is disconnected from the Divine, then he sinks in this world of pleasures and gets immersed in the material world, in a state called *Bhoga*.

We all have a choice. We can be a Yogi and live in union with the Divine or we can be a *Bhogi* and sink in the world, in people, pleasures and possessions.

Those who live in *Bhoga*, enjoy the temporary pleasures of the world but pleasures are ephemeral. They are momentary. The ones who live in Yoga, live with peace and fulfilment, in tranquillity that creates eternal happiness. This is because Yoga kindles the light of the Soul and liberates us from the triple suffering of the body, mind and ego. We experience a state of Divine bliss.

***We can enjoy Momentary Pleasures
and live a life of Bhoga,
Or we can be in Eternal Peace and Bliss,
Living in Yoga.***

Today will you live with NEP or PEP?

Today, you have a choice. Are you going to be positive or negative? It will all depend on whether you choose PEP or NEP. PEP is Positive Energy Power. NEP is Negative Energy Poison.

PEP is a set of emotions that we choose to live by – emotions like faith, hope, belief, trust, enthusiasm, love, compassion, kindness, courage, confidence and optimism. If we choose these positive emotions that are PEP, then they become the raw material for our thought factory that is producing thoughts. If we consciously choose PEP, then not only will our thoughts be positive, but so will our mood, our feelings and our actions.

Unfortunately, if we don't choose PEP, then our mind will fill our life with NEP.

NEP is a set of negative and toxic emotions that fill our thoughts, our feelings and our actions – emotions like fear, worry, stress, anxiety, anger, hate, revenge, jealousy, disappointment, depression and pessimism. When we permit NEP to become the raw material of our mind that is manufacturing thoughts, then there will be toxic destructive thoughts that will fill our life. PEP or NEP, it is our choice!

***Is your 'Today' going to be Joyous
as you Fill it with PEP,
Or are you going to be Miserable,
as you lose control to NEP?***

Today, will you use the Mind or the Intellect?

Today is a gift. Is that why it is called the 'Present'? It comes to a Today, you have an opportunity to be fooled by the mind or you can activate the intellect and discriminate thoughts. Are you going to be caught in thought and live with fear, worry, stress and anxiety? Or are you going to control your mood, your feelings and your decisions by being in Consciousness, by activating your intellect and by choosing what is right? We have a choice, but if we don't choose, then we will lose the battle.

***Either you can Grind as you
give over your Life to your Mind,
Or you can Celebrate as you let
the Intellect Discriminate.***

Today, will you live with your Mind or Consciousness?

As we learn to choose the intellect over the mind to discriminate thoughts, we must also make another choice to move from a state of thoughts to a state of thoughtlessness known as Consciousness.

Most of us think of Consciousness as that state of being awake, of being alive. No doubt this is Consciousness, but Consciousness is not just being alive. Sure, we are not dead, but if there are thousands of thoughts in our head, then we are no better than dead. Thoughts kill us. We don't realize that the mind drills us and kills us with thoughts. It creates such aggression that we can get into a state of depression. Some people

even contemplate suicide because of thoughts that create fear, worry, stress and anxiety.

Today, what state are you in? In this very moment, are you peaceful in Consciousness, with a control on your thoughts or in this very moment, have your thoughts robbed you of your Consciousness? Remember, it's a choice. Unless you activate your intellect in Consciousness, the mind with its thoughts will enter and take charge of your life.

***Today, will you be in Consciousness
as you Control Thought,
Or in the Thoughts of your Mind,
will you be Caught?***

Today, will you Enjoy the Drama or Suffer the Trauma?

How many of us realize that this world is a drama, and we are but actors who come and go? We *understand* the truth about life, but we don't *realize* it. When we go to a hotel room, we admire and enjoy the comfort of the bed, the toilet, the television, but when we check out, we don't take the television and other things with us. All that does not belong to us. We are guests in the hotel and everything in the room is ours to use, not to take and keep. We know this very well and thus, we properly check out of hotels. But we don't realize this about life. Life is a drama, an illusion. In fact, the drama of life is even more strict. We bring nothing with us and take back

nothing with us, not even a pin. When we come, we do not even bring this body. We start as a single-celled zygote and ultimately, at death, not only do we leave behind all our money, wealth and possessions, people and relationships, we also leave behind our body when we depart. Such is the drama called life!

***Those who do not Realize that
Life is just a Drama,
They will be Agonized and
Suffer the Trauma!***

Today will you Accept what comes your Way or Cry all day?

We have no control over what happens around us. It may be inside our home or in our neighbourhood, our city, our country and the world. But can we control what is happening within us? Yes, that is entirely in our control. Unfortunately, we are so lost in the outside world that we lose control of the inside world. The wise realize that the way to live is to accept without protest, and live with surrender, not wonder. Everything that is happening around us is unfolding as a drama. Whatever is happening is happening as per Karma. We cannot define it, nor can we reconcile it. But nothing is happening by chance! Not only accept but we must also joyously accept whatever is

happening because it is us redeeming our past Karma and clearing the way for good things to happen. If we realize this and live with acceptance, we will be peaceful and blissful. But if we whine and complain all day about what is happening, then we will be miserable forever.

***Today, you have a Choice.
You can Accept without Protest,
Or you can Resist everything and
Cause yourself Unrest.***

Today, will you React or Respond?

As we live, things are happening around us. We meet people just as we communicate through mobile phones or through e-mails. The world has evolved, and we are constantly communicating with people. Sometimes, we respond and sometimes we react. What is the difference? When we are impulsive and we are in a state of mind, we immediately react. But if we are in a state of Consciousness, then we do not react. We pause, reflect and then respond. When we react, it is the mind and when we respond, it is our intellect. This is a choice. React and create more problems for yourself or respond and solve the problems of your life!

Today, will you Seek the Ultimate Peak?

Everybody wants to be happy. But does everybody know the way to true happiness? There is a way to eternal peace and everlasting bliss. This happens when we discover the 3 Peaks of Happiness. The first peak is Achievement which gives us pleasure, which is temporary. The second Peak is Fulfilment which gives us peace but even on this peak, we will suffer - the pain of the body, the misery of the mind, the agony of the ego. The ultimate peak is Enlightenment which gives us true bliss and happiness. This is attained when we realize the truth, the purpose of our existence and who we are. Here, we transcend all suffering.

Today, are you going to find out, 'Who am I?' or just wait to Die?

Today, you have to decide. Are you just going to wait to die or are you going to discover who you are? Will you be imprisoned by the body, mind and ego or will you be liberated? Will you live with the myth or be enlightened with the truth? You must put this in your head that you cannot attain Enlightenment after you are dead. Today, you are alive. As long as you are breathing, you have the opportunity to be enlightened. But the moment the body is dead, you have lost the golden opportunity of realizing the truth. Therefore, you can lose today or choose to use today to overcome ignorance and to realize who you truly are and why you were brought to the

planet. When we human beings die, there is no guarantee that we will return as human beings. We may be reborn as any other creature but today, as a human being, we have both, the gift and the opportunity for Self-Realization and then, God-Realization. Are you going to use 'Today' to realize, 'Who am I?' or just die?

***Today', is an Opportunity to
Discover your Purpose on Earth.
Lose 'Today' or Use it to Discover
the Purpose of your Birth.***

ABOUT THE AUTHOR - AiR

AiR – *Atman* in Ravi, is a Spiritual Mentor, Transformational Author, Singer and a Philanthropist. He is on a mission to help people discover the way to Eternal Happiness through Enlightenment.

AiR was an iconic entrepreneur who transformed retailing in India, only to walk away from the mega retail empire he had created. He shut down his business when he was 40 and started making a difference doing - Humanitarian, Inspirational and Spiritual work. AiR opened three destitute homes known as AiR Humanitarian Homes spread across Bengaluru, that today, care for over 800 homeless and needy people.

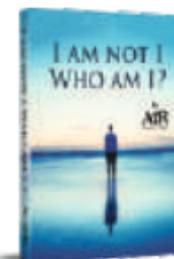
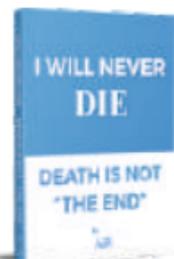
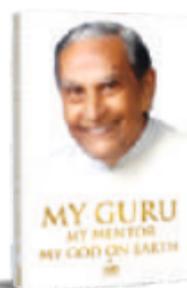
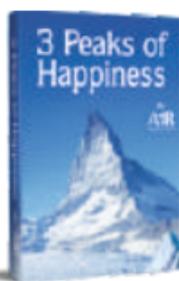
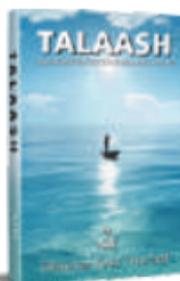
Like anybody else, AiR started his life being religious. He built a Shiva temple in 1995. Subsequently, inspired by his Guru, he realized that God lives in the temple of our heart and he changed the name of the temple to *Shivoham Shiva temple*. Now, he doesn't pray to Shiva but prays *through* Shiva, to SIP, the Supreme Immortal Power that is nameless and formless, birthless and deathless, the Divine Power that is everywhere, in everything. His Realizations resulted in his own metamorphosis as he realized that we are the Soul, the *Atman*, a part of the Supreme Immortal Power. He let go of his given name and called himself AiR – *Atman* in Ravi, which means, the Soul embodied as Ravi. AiR, now, lives as an instrument of God, doing His Divine Will.

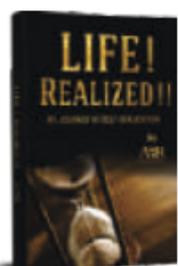
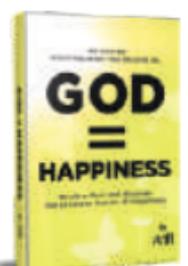
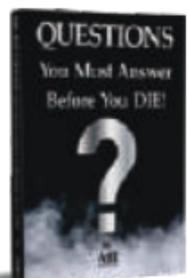
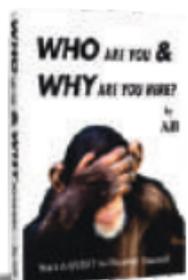
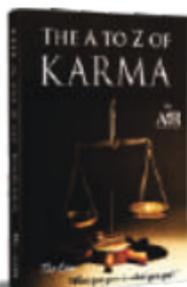
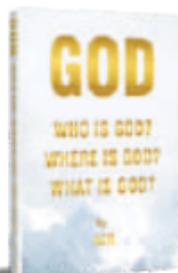
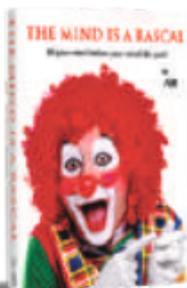
AiR has founded the AiR Institute of Realization to reach out to the global community of seekers. He has also established the AiR Centre of Enlightenment, which is envisaged as an Abode of Spirituality.

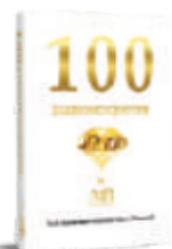
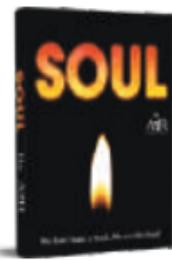
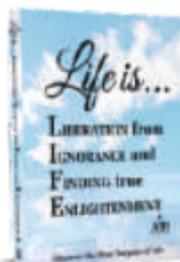
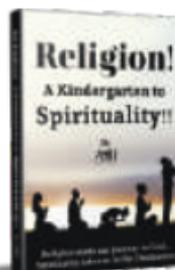
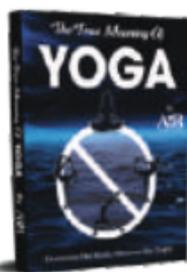
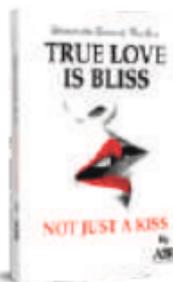
Based on his Realizations, AiR has authored over 70 books, composed and sung about 1400 Bhajans and written several blogs, quotes and poems. He conducts Spiritual Retreats and organizes talks to help people evolve on their spiritual journey. He is a TEDx speaker and is often invited to speak at several organizations, corporates and universities. He conducts daily webinars on Zoom, Facebook and Instagram Live to help people realize the ultimate purpose of life – Enlightenment.

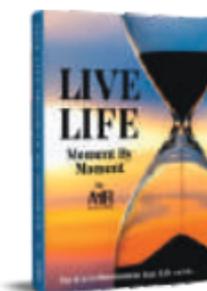
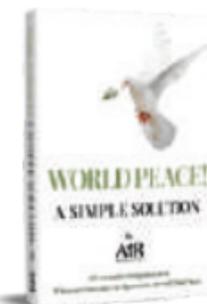
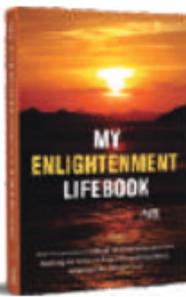
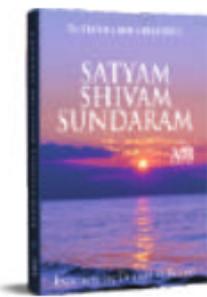
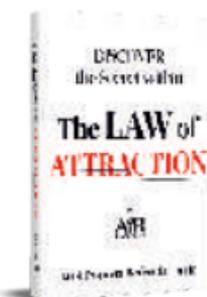
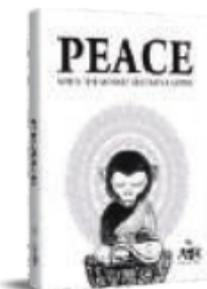
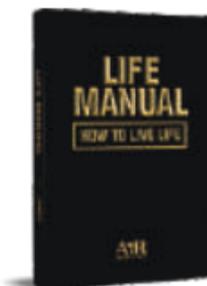
*Started with Nothing,
Became Something...
Achieved Everything,
Only to Realize
We are Nothing!*

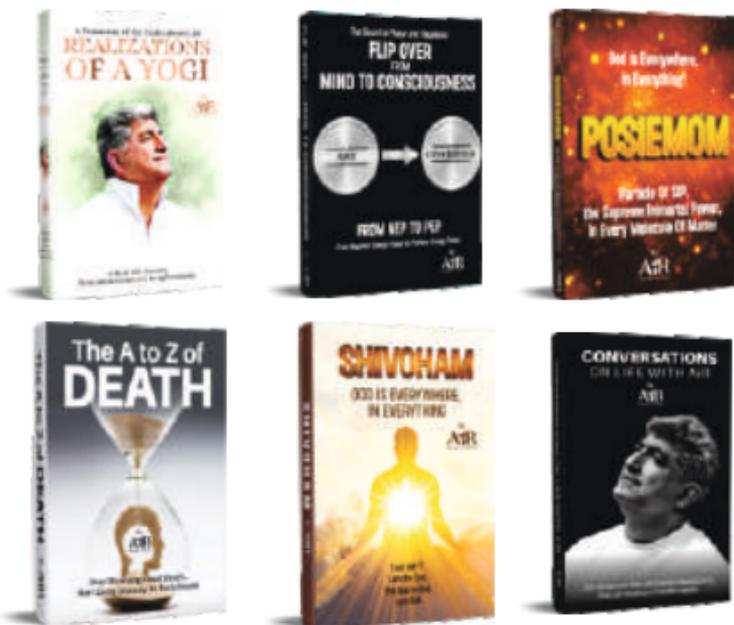
BOOKS BY AiR











If you have any questions on Happiness, Suffering, Life, Death, Rebirth, *Karma*, Liberation, Enlightenment or anything related to Spirituality, you can ask them directly on

Ask AiR
at 8 pm every day
on  zoom

Zoom Meeting ID: 85021104431

WHAT ARE YOU GOING TO DO WITH 'TODAY' ?

The biggest gift of your life has just appeared in your hands. It is 'Today'. That is why it is called the 'Present'. What are you going to do with 'Today'? Are you going to make the best of Today or are you just going to let it pass away? It is your choice. 'Today' will not wait for you, so, use it or lose it! Unfortunately, we let 'Today' slip away and we don't realize that our life itself has escaped us.

For more information on AiR booklets
and AiR, please visit www.air.ind.in
or ☎ +91 98451 55555

By
AiR
Atman in Ravi

