

AIR - ATMAN IN RAVI

Life IS NOTHING BUT A Minute

*If you Lose a Minute in your Life,
you Lose your Life in a Minute!*



The Happpiness Ambassador

HAPPPYAIR

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By
HAPPPY
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About The Author

AiR - Atman in Ravi



AiR — *Atman* in Ravi, globally known as Happy AiR, the Happiness Ambassador, is a transformational author of over 100 books, lyricist and singer of more than 1,500 life songs, a philanthropist for over three decades, and an Awakened Soul on a mission to Touch, Trigger and Transform lives, and to make this a Happy world.

Through his own realizations, AiR discovered that to be truly Happy, we must spell Happy with three Ps — denoting Pleasure, Peace and Purpose. When these three align, one experiences Eternal Happiness.

Having personally experienced 25 years of achievement and success, AiR evolved to a life of peace and fulfillment, culminating in the realization of life's ultimate purpose through Enlightenment.

Before he became the Happiness Ambassador, he was an iconic entrepreneur who transformed India's retail landscape. At the peak of material success, having built a mega retail empire, he made an extraordinary choice — he walked away from it all. At just forty, he shut down his business to dedicate his life to humanitarian, inspirational and spiritual service.

His compassion found tangible expression through the AiR Humanitarian Homes in Bengaluru, founded in 1995 — homes that today lovingly care for over 700 homeless and needy individuals every day, offering them food, shelter, medical care, dignity and hope. Over four

decades, his compassion has touched millions, transforming despair into hope and suffering into smiles.

Today, AiR inspires millions across the world to live a life of Peace, Love and Bliss. Having discovered the Art of Being Happy, he teaches people how to live in the present moment, in day-tight compartments, with gratitude, acceptance and positivity, free from the miseries of the mind and the agonies of the ego.

AiR has realized that while everyone seeks Happiness, many remain unhappy. Through his 3Ps, the 3 Keys to the Happiness Secret, he aims to Touch, Trigger and Transform lives. He has addressed audiences globally on spirituality and Happiness, dedicating his life to helping people discover Peace, the very foundation of Happiness and Eternal Bliss, which many believe is unthinkable, yet is attainable.

A TEDx Speaker, he was recently invited by the United Nations Mandated University for Peace in Costa Rica to speak on Happiness. He has been honoured as the Global Happiness Ambassador by the World HRD Congress, recognizing his dedication to spreading peace, purpose and true Happiness across the globe.

He has also addressed YPO chapters worldwide – including in Harare (Zimbabwe) and the Millionaire's Club (Hong Kong) – as well as leading organizations, corporates, national and international forums.

Every day at 8 PM (IST), Happy AiR goes live on Zoom for 'Ask AiR', answering questions on Happiness, life and spirituality, guiding people towards peace, joy and purposeful living.

He can be followed on Speaking Tree, LinkedIn, Facebook, Instagram, YouTube and Spotify.

Connect with AiR - Atman in Ravi at:

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***I transformed my life and changed my world
by changing the way I spell Happy.
Eternal Happpiness has 3 Ps:
Pleasure, Peace and Purpose.***



AiR Linktree



Preface

*What I wrote, I wrote in a minute.
What you read, you can read in a minute!*

After writing 100 books over the last 10 years, I just realized that every page of every book I wrote was written minute by minute. Whatever we do in life, we cannot do it in a minute that is gone or a minute not yet born. We can only do it in the present moment, the now, in which we live. We all know it. But what we don't know is that life is nothing but a minute. We may live a hundred years but we can't live all these years at one time. We live year by year. Each year has 365 days. We have to live life day by day. Each day has 24 hours, which add up to 1440 minutes. What life serves us is a minute and then, another minute. The only way to live life is to live it by the minute.

We may have 4 slices of bread to eat but can we eat all the 4 slices together? No. If we tried, we would choke. So also, we choke because we are living with the regret, shame and guilt of yesterday and the fear, worry, stress and anxiety of tomorrow. If only we learn to live life minute by minute, we wouldn't need to accumulate these toxic thoughts.

In the minute, life is beautiful. In the minute, there can be cheer and bliss, there can be peace and Happiness. Alas!

Nobody taught us how to live our life by the minute. Today, you will learn a new way to live life. I, myself discovered a unique secret that life is nothing but a minute. A minute has 60 seconds in it. We can't fast forward and go to the next minute. We can't rewind and go to the previous minute. Still, the monkey mind takes us to a yesterday, which is history and a tomorrow, which is a mystery. We lose the pastry, the celebration, the joy of the present minute! We must learn to still this rascal mind, still it and kill it! If only we learn to live in the minute, with awareness, mindfulness, Consciousness, we will be able to find peace, the very foundation of Happiness.

Peace, we don't need to find. Peace is in the minute. We just have to still the mind. Then, we will find Eternal Peace, Divine Love and Everlasting Bliss, for each minute promises this. But if we try to fit weeks and months of the past and the future into the present minute, we will explode and become miserable.

To me, this is the best book that I am writing – 'Life Is Nothing But A Minute.' It is a book on how we can value every minute because every minute is so precious! You cannot buy a minute. You cannot even save a minute. If you don't use it, you will lose it! But rather, you can choose to live life in the present minute. If we learn this art of living life in the minute, our life will become a celebration. But for this, we must get the Realization that there needs to be no desperation and no depression, for in the present minute, there is only inspiration.

*Those who try to live life as a chunk, live with fear.
Those who live life by the minute, live with cheer.*



Introduction

*If you really want to live life, live it by the minute.
A minute has only 60 seconds but our entire life is in it!*

This book can change your life! It can make life exciting because it reveals the truth that life is all about the next 60 seconds. Life is about the minute that is unfolding now. That's what life is all about.

Why are we worrying about yesterday and last year? It's over and out! Is there any doubt? Why are we worrying about tomorrow and the next 10 years? Is there any guarantee that we will be around? But what about now? What about this minute? Is it not there? Are you not breathing, reading, eating and thinking? Of course, you are! And what you do in this minute is what will make up your life. Minute by minute, life is unfolding. Did you ever realize this?

Did you realize that each day has 1440 minutes in it? How many minutes did you truly live yesterday? Chances are that yesterday slipped out of your hands. Most likely, you did not keep track of the last 24 hours because the minutes just slipped by like water in a running tap. When we don't value the hot water in our geyser, it becomes cold before we realize it and cold water starts flowing from the tap.

But we know this. And so, we enjoy a hot water shower while there is hot water. But we don't enjoy life that is unfolding minute by minute.

In reality, a minute is so precious. It has 60 seconds in it. Try this simple exercise. Look at the clock and stop doing anything for the next 60 seconds. You will realize how long a minute is. You will discover the treasure that a minute is, and you will learn to start living in it.

Unfortunately, the mind jumps out of the minute and before we can realize it, not just minutes but hours are gone, days are gone! In fact, years are gone. Before life goes by, stop! Start living life, minute by minute. Not hour by hour, not day by day, but live life by the minute. You can't add years to your life but you can add life to your years. Isn't it better to add life to your minutes? *If we don't live each minute with cheer, joy and a smile, we will be unhappy all the while.* But if we grab hold of the minute and put enthusiasm in it, we will live with faith, hope, trust and surrender. We will joyously accept the drama of life that is unfolding as per Karma. In the minute, there is no trauma. There is only peace, love and bliss. Alas! Nobody taught us this.

Make the most of the minute if you want to make the most of life. This book will lead you on a new path, a new philosophy of living in the present. That's why the present is called the Present— it is a gift. But when what has already passed enters the minute that is now, and when the minute that has not yet arrived fills the now, our present minute is contaminated and so is life!

*Each minute is a gift. We can make the best of it.
If we don't live in the minute, our life is gone with it!*



1. What Is Life All About?

*What is Life all about? It is nothing but a minute.
The only way to live it is to make the best of each minute!*

Up to now, I thought that life was the 60 years that have gone by and the many years that I hope I would live. Recently, I awakened to realize that life is not that. Life is about now. Sorry, but the now is gone too! It's about the minute. The 60 seconds that are unfolding as you are reading and as I am writing, this is the minute that life is all about.

This has been my greatest discovery ever. I discovered that life is a journey. **LIFE** is **L**iberation from **I**gnorance and **F**inding **E**nlightenment. I was Awakened. I realized many truths. One of them is that I will never die. Of course, the body will die. But that's not I. I realized that nothing is mine. I brought nothing. I will take nothing. I realized that God does not live in the skies, that's a big lie! In the 100 books that I have written, this being my 101st, I have shared so many profound truths of life. But the greatest discovery, by far, is that life is just a minute.

We all want to be happy. We want to be successful. We want great relationships. We want money to take care of our need and our greed. We want to have fun, to celebrate,

to laugh, to play. Intrinsically, every human being wants all this in some form or the other. We want to eat, to drink, to shop. Is this life? Sure, it is. But whatever you do and whoever you are, all that you want out of life can only happen in a minute, in this minute, the present minute. Life is unfolding minute by minute. Can anybody change it?

To some people, life is about misery, sorrow, pain, suffering. But all this is also unfolding minute by minute. We may have suffered for the last 10 years but must that still continue? We sometimes think that it will. But no! The past is gone. Any suffering that we are experiencing is unfolding in this minute. But we are worrying about tomorrow, about what will happen next month, about a project that we have to finish by next year. We can't go to the next minute. Isn't that the truth? Therefore, pleasure or pain, it's all happening by the minute, again and again. We are happy or unhappy in the minute. Therefore, what is life? It is the minute, the present minute. There is no other minute.

So, what is life all about? It is the 60 seconds that you are now experiencing. Yes, it starts now. 60 seconds. The minute is precious; it is life. Life is now. The heart is beating in this minute. We don't know if it will beat in the next minute or not. We could be dancing and singing in this minute. But no one can guarantee what the next minute will be. Therefore, life is not about years and months, weeks and days. Life is about minutes. Each minute is precious. It has 60 seconds in it, and we have 1440 precious minutes that come to us every morning when we wake up, till we wake up again. Each new year credits us with 5,25,600 minutes. But is that guaranteed? No, it's not! This minute is the minute we are alive in.

Minute by minute, time will pass by till suddenly, the minute will be gone, never to be reborn. This is life, for you, for me and for everybody on earth.

Therefore, let us learn to live life as it is. Whether it is a beggar or a king, both are living a life that is unfolding minute by minute. Therefore, life is about living each minute. That's all it is! Nothing more. Nothing less! Just one minute. That is all life is about.

If we learn what life is all about, if we learn that life is about the present minute, we can celebrate life. We can be happy throughout life because all it takes is to live the minute. We can smile and laugh, we can love and give, we can sing and dance, all in the minute. The trick is to repeat this, minute after minute. If we don't use it, we will lose it, not the minute but life itself! Most of us are trying to live the day, the week, the month, the year all at once but we can't! There is no way to live that way. We can live life only by the minute.

What we make of the minute, we make of life. If we make each minute happy, we can make a happy life. If we oscillate between being glad and being sad as each minute passes, our life will be a combination of pleasure and pain. But only if we choose to use every minute with joy, with peace, with love, meaning and purpose, we will make the best of this circus called life.

*Life is not about a year, year after year.
Life is about the Minute. Fill it with peace, joy and cheer!*



2. Can We Go Back To The Past?

*The past is gone. Can we do anything about it?
No, we can't! Regret will only spoil the present minute!*

Nobody in this world can go back to the past. Still, we go! Regret, shame and guilt are what our life is built on. The truth is that we cannot rewind life even by a minute. The minute gone is gone and can never be reborn. Life is unfolding minute by minute. We can only live in the present, not in the past. Nobody can question this.

Because we do not realize this simple truth, we keep on regretting what happened yesterday, last week, last month or even last year. We feel ashamed of what we did 5 years back, even 25 years back! Can we do anything about it? Nothing! But we are spoiling our present minute because of shame. We rehearse our regrets and destroy the precious minute that is in our hand. By regretting, there can be no positive consequences. These are only emotions that we nurse and we rehearse. Instead, what can we do in the present minute to reverse their effects?

Sometimes, we curse ourselves because we feel guilty of something done in the distant past. It's done and dusted, forgotten! But our memory still catches on to the guilt and spoils our present minute. Who is doing this? It is the

mind. The rascal that is nothing but a bundle of toxic thoughts. It creates regret, shame and guilt, and minute by minute, it fills our life with misery and sorrow – first, by jumping into yesterday and then, into tomorrow. It robs us of our life that is nothing but the present minute.

If you want to live life, don't live in the past. Lock the past tightly. Shut the door on the past and throw the key away so that the mind cannot unlock the door to the past. For this, still the mind, kill the mind and be established in Consciousness. This is the only way. The mind is like a gushing river of toxic thoughts. Build a dam with your intellect so that the mind doesn't flood you with the past and fill you with regret, shame and guilt.

I live a happy life because I don't think about the past. I can do nothing about it. I make the best of the present minute knowing that losing even one minute living in the past, with either regret or shame or guilt, is not only spoiling my present minute but also destroying my life itself. We know very well that we cannot go back to the past, but we don't know that we can eliminate the mind that transports us into the past that is gone. Let us use the minute to eliminate the mind and its miseries. Doing this is a sure way to enjoy the present minute with joy and cheer, not think of all that misery that happened in the past year. Stop now and live life in the present minute!

*When we let our Mind take us into a past that is gone,
We lose our joy, our cheer as we mourn.*



3. Can We Live In The Future?

*Why lose the ecstasy of this moment, enjoy the dawn!
Don't try to live in a future that is not yet born!*

We tend to exchange our present moment of joy for future Happiness. This is the most foolish thing that we can do because tomorrow is not guaranteed but today is. We have no control over what is going to happen next week, next month or next year but we have complete control over the present minute. Then why do we lose it thinking of the minutes that are yet to come?

Can any of us escape this minute and go to the next? Can we take a flight to the day after tomorrow? No. No spacecraft can take us into next year because life is unfolding minute by minute. There is no future. There is no tomorrow. There is only today, only now, only the present minute.

Unfortunately, we lose our peace and tranquillity because we are living in a future that is full of fear, worry, stress and anxiety. Many people are living in depression only because they have not learned the art of living in the present minute. In the present minute, there is no fear or worry. It is because we live with False Expectations Appearing Real, FEAR, that we lose our present moment

of joy. We WORRY – Waste our life, Overthink, Repeat the fear, Rehearse the problem and Yearn. What does worrying do? Worry destroys the present minute. It spoils our life, all because of the mind, which creates not just fear and worry but also stress.

What is STRESS? STRESS is Sad thoughts, Toxic thoughts, Repetitive thoughts, Exhausting thoughts, Sadistic thoughts and Suffocating thoughts that steal our present moment of joy. Stress destroys our life minute by minute. Together, fear, worry and stress create anxiety that steals our tranquillity. Have you wondered why this happens? It happens because we permit the monkey mind to jump into a future that does not exist. The truth is that we can only live in the present minute but the illusory mind swings like a pendulum into a past that is gone and a future not yet born.

Can we live in the future? Nobody can! But by letting the mind drag us into the future, we can definitely lose the precious minute that is ticking now. If we don't choose to live in the minute, we lose our life. Don't think of the future. It doesn't exist. Live in the minute. You may spend a minute planning the future but can't go there because it doesn't exist. Don't lose the minute that exists trying to be in a future that doesn't. It is sad that most of us are losing our precious life worrying about the future instead of living in the precious minute. If only we establish ourselves in the 60 seconds that are unfolding now and repeat this minute by minute, we can live a life of bliss.

*The future doesn't exist. Why try to live in it?
Why not live in the present minute and make the most of it?*



4. Who Takes Us To Yesterday And Tomorrow?

*Nobody can go to Yesterday or Tomorrow.
Still we get dragged there to face misery and sorrow.*

Nobody in the world can rewind or fast forward time. Whoever they may be, they cannot go back to yesterday. It is gone and finished! Nobody can go to tomorrow. It is not yet born. Nobody knows what tomorrow is. But still, we wander into the future and the past all the time. Our time in the present moment just does not last.

You must have experienced this. You are watching a movie. Suddenly, you get distracted. You jump into some event that happened long ago or you start worrying about something that is far away. Who is the thief stealing the present moment? It is the mind.

What is the mind? The mind is nothing but a bundle of toxic thoughts. Is it round or square? Big or small? Pink or grey? Nobody knows because nobody has seen the mind. We have seen the heart, the brain, the kidneys, the lungs, but nobody has seen the mind because the mind does not exist. It is just a bundle of toxic thoughts, toxic thoughts that steal our life! The mind is our enemy. It does not want us to be in the present moment because if we are in the now, we are mindful in awareness, in Consciousness. In

Consciousness, we can activate the intellect and still the mind, kill the mind. The mind fights very hard to distract us. It swings like a pendulum, taking us away from the now. Unless we eliminate the mind, it will continue to jump like a monkey into yesterday and tomorrow. The problem is that it creates a lot of misery and sorrow. The mind creates fear, worry, stress, anxiety, regret, shame and guilt. How can we continue to enjoy the peace, the joy, the bliss that we were enjoying in the present moment? The mind does not want us to focus and concentrate. It stops us from Illumination and Realization. Soon, the minute is gone, hours are gone, days pass by and life escapes us.

Therefore, if we truly want to live life, if we want to capture the minute and make the best of the 60 seconds that are in it, we must eliminate the mind because the mind is a thief! It steals the present moment, our minutes and our life. We all want to live life. We want to be happy, peaceful and blissful, and we can. But the enemy called the mind stops us from this state of Consciousness, which can reward us with peace and joy. The mind bombards us with up to 50 toxic thoughts a minute. This amounts to over 50,000 toxic thoughts every day. With such an assault of negative thoughts, with such an attack of pessimistic emotions, how can we enjoy life? To start with, the mind creates regret, shame and guilt by taking us into a past, which we can do nothing about. What is the mind actually doing? It is stealing the present moment in which we can live life. It is depriving us of the joy of the present. By transporting us into our history, the mind is trying to create misery. Then it starts overthinking, creates fear, worry, stress and anxiety about a future that does not exist. Nobody knows what the future is going to be. But the mind fools us into believing that it knows, and we believe

the mind. So, what is the problem? By locking us in a false future, the mind steals our blissful present. We must stop this monkey business. We must cut the monkey mind's tail, the EY, which is Ever-Yelling and Ever-Yearning, tame the monkey and make it a monk. Unless we tame the rascal monkey and live like a monk, we will keep on swinging into the past and the future. But life is neither about the past nor the future. Life is about now, this minute. One who is able to live in the minute is able to live life. But one who loses the minute, going into yesterday or tomorrow, doesn't just lose the minute but loses life itself.

By permitting the mind to steal our present moment, we are destroying this precious gift called life. Life is invaluable and human birth is rare. Imagine what would we do if we were a dog or a frog, a cat or a rat! We should be grateful for being born as humans. But despite being human, if we lose our life to the mind, what is the use of the power to choose known as willpower or our intellect? Only a human being is blessed with a full-fledged intellect. Only we can discriminate black from white and wrong from right. But even this power of discrimination is lost when we are captured by the mind. We must beware of the mind, our biggest enemy before it destroys our life.

The mind actually destroys our peace and bliss. It is the biggest enemy of human life. But nobody realizes this. We believe that the mind is king and it can do anything! We confuse the mind with the intellect. We tend to think that the mind is the source of creative and intelligent thoughts that make our life beautiful. But the MIND is only Misery, Ignorance, Negativity and Desire. It is only a bundle of toxic thoughts. Positive and creative thoughts appear in our Consciousness, when we still the mind and use our intelligence. Unless we differentiate between the mind

and the intellect, and between negative thoughts and positive thoughts, we will lose our life.

Not only does the mind create misery on earth but it also binds us in Karma and makes us return in a cycle of rebirth. Therefore, it is very important to destroy the mind, a mind that we cannot find, a mind that actually does not exist but appears to because of our ignorance. Unless we replace our ignorance with intelligence and live life minute by minute, in Consciousness, we will be wasting our precious life.

Beware of the mind! Eliminate the mind. Still it, kill it. Catch it, detach it and latch it. For if we don't, we will lose life itself. The mind wants to eliminate the minute by drowning us in miserable thoughts. The only way to do this is to be established in Consciousness, to make the intellect the boss and stop the mind from riding our life-horse. Don't let the mind contaminate the minute that is life itself!

*The Mind steals the present moment
and robs us of our Life!
It ejects us out of the present minute
and fills it with strife.*



5. What Is Life In Reality?

*Life is that journey from Birth to Death...
Our Dreams, Aspirations, till we have breath.*

We all know what life is, don't we? We know who we are and what we want. We live in a society. We have family and friends; we have desires, passions, goals and dreams. Life is happening every day. Whether we get out of bed or not, whether we put our feet on the street or not, life will happen. The sun will rise and the sun will set and the date on the calendar will change. Nature doesn't need our permission. Life keeps unfolding, but what exactly is life? Have we discovered this? Why did we come to earth? Why did we get this human birth? One day, this body will die and people will say that we passed away. They will even destroy this body. If we are not the body, then who are we, in reality? Very few pause to find out the cause of our existence. Not many of us discover the true purpose of life.

There is one thing that we all want. We want to be happy. Everybody wants pleasure, nobody wants pain. But is everybody pursuing Happiness? No! Because we have been taught that success is Happiness, our life has become a life of achievement. We are trying to achieve success after success. Our need has become our greed. No doubt, every success gives us money, name, fame, which

makes us happy, but is success Happiness? No. Success is not Happiness. In fact, Happiness is success. But because we remain a fool because of what we were taught in school, we just follow the herd. We don't open our wings that are tied with strings and fly like a bird. We are not truly happy. Sometimes we are glad and sometimes we are sad because we do not truly discover the meaning of life.

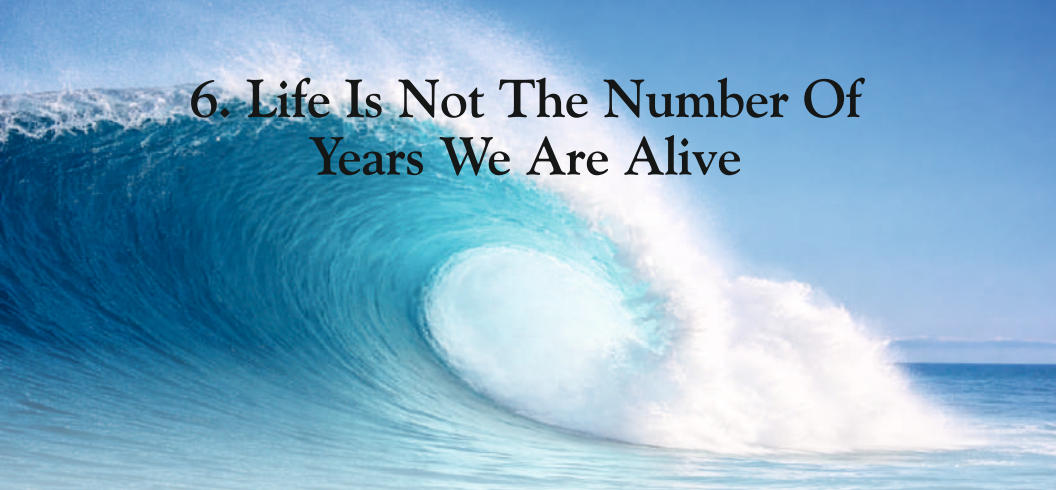
Everybody who is born, must die. But what are we doing in this journey called life? We all learn and earn but then we burn when we die, only to return. This goes on and on and we will be reborn. Some of us realize this truth, some don't. But that hardly matters. You don't need to believe in rebirth. But do you believe in death or do you deny that this life will end? The question is, what are we doing from now till our end? Are we spending time to decode this mystery called life, to understand what life is all about? Instead of understanding the meaning of life and living it, most of us are just consuming life. Stop and reflect! Look back at your life. You must have had some great achievements and some great fun. But ultimately, life will be done. Did we find out who gave us life? Did we find out why we were born and what will happen once we are gone? We are so busy having fun that our life escapes us. Is having fun bad? Of course not! But is fun, Happiness? It is far better to find out the true meaning of Happiness! It is better to evolve from achievement, where we enjoy pleasure to fulfillment, where there is peace, and ultimately discover purpose through Enlightenment.

Most of us are not bothered about all this. These things don't matter. We just want to have a blast. We just want to enjoy life. Everybody in this world wants to be happy. Some are building houses, some are travelling to exotic

destinations and some are excited about their investments. The whole world is lost in entertainment that creates excitement. But is this what *life is* all about? The reality is that *life is*. The reality is that *we are alive*. The reality is that *we all want to be happy*.

We are alive. But one day, our body will die. The purpose of life is to find out, '*Who am I?*' Our body was created over 9 months after we were conceived. In fact, science endorses that every 10 years, we have a new body as our cells die and regenerate. We are so busy consuming life that we have no time to understand life. We have no time to understand what true Happiness is. We have no time to think what will happen to all that we earn. Others will burn it! We have no time to spend before our end. We just jump into the day as it starts and fall asleep every night. Have we even understood that life is nothing but a minute, that everything that has happened in our life through all the past years has happened in a minute? Did we make the best use of the minute, minute by minute? If we have lived 50 years, we have already lived 2,62,80,000 minutes. Each year of life has given us 5,25,600 minutes. What have we done with our life? What have we done with each precious minute that has passed by?

We got this Life, but one day we will go!
What is Life, do we understand the show?



6. Life Is Not The Number Of Years We Are Alive

*We may live a hundred years, but that's not Life!
Life is that minute of Joy where there is no strife.*

Of what use is life if we live up to 100 years but each year, we drag through life and we are miserable and unhappy? Such a life is meaningless. Therefore, life is not about the number of years we are alive.

Some people are trying to live longer. They are trying to add years to their life. They have made so much wealth and now, they are spending their wealth to regain health. But ultimately, everybody has to die. The challenge is to live before one dies.

Who lives a better life? Is it the one who lives till 40 but spends every year with cheer and joy or the one who lives till 80 but spends all his time complaining and criticizing life? You know the answer. Therefore, life is not about how long we live. It is about how well we live. It is not about adding years to our life. It is about adding life to our years. But can we add life to our years? We can only add life to the minute. We can make each minute glow as every 60 seconds flow. In each minute, we can add the light of joy, peace, love and bliss. This really makes life what life is. There is no point in dragging through life. We must celebrate life.

We must live with motivation and inspiration, not desperation and depression. Ultimately, life is about realizing that it is the present minute that is passing, not the millions of minutes that have gone by, not even the innumerable minutes that are still to come. Life is nothing but a minute, this minute, the present minute. Forget about how many years you will live. How does that matter? Forget about how many years you have lived! That is done and dusted, it's over! If you are planning to live a long life, what's the point if that life is not a happy one? Therefore, instead of focusing on the number of years we will be alive, and living more, our focus must be on the present minute, adding peace, love and bliss in each minute that we live. If there is no joy, cheer, smiles and laughter in every minute, we have not just lost the minute, we have lost life itself. Of what use is living 50 more years being grumpy, unhappy, with misery and sorrow?

Therefore, let us change our paradigm and not worry about the number of years that we will live. Let us take care of our health but discover that our true wealth is the minute at hand, for if the minute is gone, the day is gone, and with it, our life is gone too. Our focus must be on making the best of every minute. Then the past will be a great memory and the future that will unfold will be amazing because we will be living life by the minute. Focus on the minute! That's life! If you focus on life, you will lose the minute. Therefore, living every minute with pleasure, peace and purpose will make you truly enjoy this journey called life. You don't have to worry about the whole year, just live this minute with cheer.

*Of what use is it,
if our Life is very long?
What matters is that every Minute,
we must sing a happy song.*



7. Life Is About The Present Moment

*Life is about now. Let's raise our plough.
If only we can live in the Minute, we can make Life wow!*

Life is about the present moment, this moment. But this moment doesn't last. It goes by! So, we cannot capture the moment, but we can capture the minute. A minute has 60 seconds in it. We can live it the way we want to. We can do what we want to. We can think and act. We can plan and execute. A minute is a long time — if we are conscious of it. If we let the mind distract us, the minute will fly, hours will pass by and we won't even know it but life will be gone. Therefore, if we want to truly live life, we must live in a day-tight compartment. First of all, we must not live in yesterday or tomorrow. They don't exist. The past is gone, the future is not born. But today exists. Today is LIVE! It is happening. Life is throbbing. Therefore, the first challenge is to live in today. But today is vast. It has 1440 minutes. We can't live in such a vast day. The fact is that we can only live now. We can live the day minute by minute, because that is what life is. If we let go of this minute and worry about tomorrow, the minute will pass by and life will pass by too! So, if we are wondering about what happened yesterday, we are destroying another minute that will soon become history. We must stop this. We must live in the now. We must live in the minute. Only then can we live life.

What is so great about the discovery that life is about the present moment? Don't we all know it? Of course, we do! But are we all living in the moment? No, we are not! We are living in our yesterdays and our tomorrows. We are destroying the present moment with something that we regret, something that we are ashamed of or some guilt that we cannot change. But one thing for sure, we are destroying the present minute.

We know we can do nothing about tomorrow or next week or next year. But are we not worrying about them? Is not the anxiety of some important legal matter that will be resolved after 15 days, troubling us in the present moment? What are we doing? We are letting our fear destroy our present minute and along with it, our life too! We all know it but unfortunately, we are not living it. And because we are not living in the minute, we are losing life itself.

We take care of what we eat and keep our food in airtight containers, but we don't take care of how we live by living in day-tight compartments. We must take extra care to live in the 'minute compartment'. Each minute is a unit of 60 seconds in which we must live. It may not be practically possible to measure this, but it is definitely possible to live in the present. This needs mindfulness. This is to live in Consciousness. But to be mindful, we must still the mind, kill the mind, eliminate the mind, for it is this rascal mind that like a monkey, jumps out of the present minute, takes us to yesterday and tomorrow, and robs us of our bliss and creates sorrow. Unless we eliminate the mental illness caused by the mind through stillness, there will be no wellness in our life. We will be losing precious minutes because of this monkey mind jumping into time zones that don't exist. Tomorrow does not exist. But the mind takes

us there. Yesterday cannot be gone back to. But the mind drags us there. Unless we are aware of this, it is not possible to live life minute by minute.

The truth is that life is happening now. Nobody can deny this. But not many are living life in the now, in the present minute. The present moment is gone and life escapes us. When we realize that life is not made up of 100 years but rather 50 million minutes, life becomes so much more precious. Each minute is a unit of Happiness. Each minute is an opportunity. Each minute can be converted into joy, peace and bliss. But if we let the year pass, we have already lost 5,25,600 minutes. What a waste! And how many such years have gone by without us living life minute by minute. Can we do anything about them? We can't. So, don't waste even a minute thinking about them. But in this minute, now, resolve to live life, minute by minute. Don't let another precious minute of life go to waste. Here, we need to make haste. We need a resolve, a commitment to grab the minute and live it. If we don't, we will lose it. So, before we lose it, let us use it. We must choose this as a commitment in our life, now, right now! Don't let another day be gone, for 1440 minutes will be wasted. Each minute is precious. Make the best of it. This is to truly live life. Everything else is just imagination. Get this Realization and live life, minute by minute.

*We can lose the minute
and lose a Life of a hundred years,
Or live the 50-million minutes,
each with cheer, without any tears.*



8. We All Get 1440 Minutes Each Day

*Be it a millionaire or a beggar, everyone gets 24 hours.
What do we do with our Minutes? That power is ours.*

Everybody in this world gets exactly 24 hours a day. Each hour has 60 minutes. Therefore, you and I are gifted with precious 1440 minutes, each day of life. Of course, if we don't wake up in the morning and our life is over, then our time is over. But otherwise, if we wake up at 6 am, then till the next wake-up moment. We have exactly 1440 minutes to live. But the fact is, we don't have 1440 minutes. We have only one minute and then, another minute. And if we don't live it, if we don't choose it, we will lose it! The minute will not wait. The clock keeps ticking, whether we are awake, sleeping, walking, talking, flying or driving. The clock keeps ticking.

Many people think that time is passing. But in reality, is time passing? Time is not passing. Rather, we are living through time. Time is just a measurement between then and now. 1440 minutes is the period of the rotation of the earth around the sun. While this may differ slightly from the true rotation, which is said to be 23 hours 56 minutes, it hardly matters to us. What matters is understanding that even one day of 24 hours, of 1440 minutes of the day's rotation is unfolding, minute by minute. The cycle of day

and night may be 24 hours but those 24 hours are actually unfolding, second by second, moment by moment. But can we live life moment by moment? We can't because the moment is gone even before we can grasp it. But the minute is not.

Therefore, time is precious because with time, we can create money but with money we cannot buy time. Even a millionaire or a billionaire cannot buy an extra minute in a day. He may buy OPT – Other People's Time but he cannot enhance their life by a minute. All he can do is make the best of each minute, live each minute and not waste even a minute.

It's strange but true that we hear people say, *'I am just killing time! I do not know how to pass my time.'* Such people haven't truly discovered that this precious life is priceless. They haven't realized, *'Wasting Time is the Biggest Crime.'* How can they ever value a minute when they have wasted not days, weeks or months but years of their life? When we say that time is a limited resource, it really means life is limited. More important than it being a limited resource, it comes to us, one minute at a time. If we want to live our life, we only have this opportunity of 60 seconds. Then, it is gone! Then, a new minute is born, and this goes on and on. It doesn't matter whether we are in China, Japan, the UK, the USA, the Arctic Circle or Antarctica; the unit of time called a minute has the same 60 seconds in it. Unfortunately, we don't realize that our life is being consumed minute by minute.

Although we have 5,25,600 minutes a year, these minutes escape us. Do we even realize what we did with the 1440 minutes of yesterday? Do we have any clue about what we are going to do with the 1440 minutes of today? Some

people do – the very few who realize that life is precious. Their life is managed minute by minute. It may be an efficient Prime Minister or President or some of the world's richest men. They may be in prestigious positions, and they may value each minute as gold but none of them can get an extra hour in a day. None of them is blessed with even one extra minute. Yes, no doubt, some of them are making the best of each minute. But I wonder, are they truly living every minute or is the minute consuming them so intensely that soon millions of minutes will be gone, and their life will be over?

Each year has half a million minutes. Every two years, we have the opportunity to use one million minutes. But most of us lose these one million minutes every couple of years because we haven't learned how to live life, minute by minute. These numbers may baffle us but it's a simple mathematical calculation. We may wonder how, but it's true that every day, 1440 minutes zap us before we fall asleep. Then, we wake up after 300, 400 or 500 minutes of restoration called sleep. But time is moving. Just because we sleep, the world doesn't stop, the clock doesn't stop ticking. Does it mean we should not sleep? Of course, we must. If we don't, we will die. But some people sleep only 5 hours to save a few minutes. This is a personal choice. But what is important is to realize that every minute is precious and life is happening minute by minute.

*Every year brings with it half a million minutes.
One minute at a time is ours, there are no other limits!*



9. Life Is Nothing But A Minute

*What is Life all about? It's nothing but a minute.
It has only 60 seconds, but our entire life is in it.*

For those who hear this for the first time, it will make them dizzy! How can life just be one minute? When I awakened to this flash, I too was shocked! But I came to terms with the reality that life is nothing but a minute. I realized this when I was 59 years old. I always looked at my life as decades, pentads, years, quarters, months, weeks and days. I never looked at life as a minute. A minute seemed so insignificant to me. Suddenly, I awakened to the reality that all I had in my hands was one minute, nothing more than one minute!

While it is true that I have lived over 30 million minutes till date, my life has actually happened minute by minute. This is a fact. In fact, it has happened second by second, but it is also true that a second just flashes by. It doesn't give us an opportunity to live in it. But a minute does.

Each minute has 60 seconds in it. It's a long time. If you pause and switch on the stopwatch to time one minute and are completely silent through this experiment, you will be surprised at how long a minute is. What if we don't remain still? Minutes fly and days go by, and we don't even realize

that life is over! Isn't it time to stop and discover the profound secret that life is nothing but a minute? It is not the 50 million minutes that fill 100 years of a human being's life span. It is not the 30 years, 40 years or 50 years that you have lived. It is a journey that is unfolding minute by minute, each with 60 seconds in it. If we do not use it, then there is no doubt that we will lose it.

The minute is passing, second by second, 60 seconds in each minute. This is an opportunity to live, to smile, to dance, to take a chance, to dream, to scheme, to build a team, to create gleam! Whatever we do, we have to do it in a minute, and then the next minute. And as each minute follows the previous one, life is passing. If we do not realize this, we are sure to let life escape us.

When I look back at my life, I realize that millions of minutes of my life must have been wasted because I did not live life minute by minute. It's just that I never thought about it. I just thought about a day. What was my day's focus? What was the end of day review? The truth is that for more than 5 decades, I only thought we have 24 hours a day. I never counted those 1440 minutes. When I ask people how many minutes in a day, most people fumble. But when I tell them to live life by the minute, they stumble and fall. *'Did I hear it right?'* they ask, *'How can we live life by the minute?'*

It is our choice to live life valuing each day, each hour or each minute. But the fact is that life is unfolding by the minute. There is no guarantee that we will be here in the next minute. But for sure, we are here now, alive and breathing. And what we can do is in the next 60 seconds that is called a minute. We may breathe 20 breaths in a minute or even 12-15 breaths. The normal average is

between 12 to 25 breaths in a minute. Can we change that? No, we can't! Just like each breath takes about 3 seconds and we can hold our breath for about 5 seconds, we can't change this natural phenomenon of a breath, so also, we must accept the minute as it unfolds, second by second. But to live life, we only can do it, minute by minute. We can make the most of it or we can just consume it. But it will not wait for us. What we do in each minute becomes our life. Whether we are cheerful in the minute or fill it with misery and strife, the fact of life is that it is happening minute by minute.

If we want to make the best of our life, this is one of the greatest secrets we must learn. We don't have to rush through life. We don't have to become nervous that time is flying. Time cannot fly! It is unfolding at the same pace, but are we living peacefully, blissfully, cheerfully, playfully, minute after minute, while our life is unfolding?

Suppose we are wasting 20 minutes talking to somebody about something meaningless, we have wasted so much of our precious life! However, we have all experienced that when we are happy and excited about something happening, we wish that time passes slowly. But no! Life will appear, minute by minute. It is up to us to live each minute the best way we can. But we must not lose it for if we don't live it, we will give it back to life and soon, life will be over!

*Are you living your Life minute by minute?
Or has your life escaped you and you don't realize it?*



10. Can We Go Before Or Go After The Minute?

*We are alive and we live in this minute.
Can we go before it? Can we go after it?*

Think about it! You are alive now, aren't you? You are living your life. But what are you living? You are living the minute. You are not living the second because before you can live it, it is gone! But as you are reading and as I am writing, we are all living life minute by minute. Nobody can deny it. But the question is — can we go to the previous minute now? Can we go to the next minute now? The previous minute is gone! We can't rewind it. Nobody in the world can. The next minute will come when this minute is over. We can't go to the next minute now because that minute doesn't exist. It will only appear as the present minute.

Haven't we all heard this sometime in life — '*Tomorrow never comes because when tomorrow comes, it will be today*'? There is no tomorrow. It is only that period of time, that day, which we anticipate will appear after today is over. We all know this beyond doubt. Nobody can go to tomorrow just as nobody can go to yesterday. We all know this but what we never learn is that we must live in the minute. Nobody taught us that life is nothing but a minute. Life is nothing but the 60 seconds that are in it. We can't go

before it, we can't go after it. We have got to live in it! But are we living life this way?

Most of us are not living life in the minute. Most of us are living in yesterday, last week, last month and the past. Instead of enjoying the present minute, we are living with the regret of what happened yesterday. Instead of celebrating in the present minute, we are ashamed of what we did 5 years ago. Instead of making the most of the minute in our hands, we are losing that minute by feeling guilty about something that happened years ago, something that we cannot change.

By letting regret, shame and guilt of the past enter the present minute, we destroy it. The present minute is precious, and we can do anything with it. But can we change whatever has happened in the past? We can't! We can do something now to make amends, but we must take that action in this minute. We can't go back to our previous minutes and days. That is impossible. But because our mind takes us there, we destroy the current minute and many such minutes trying to go to the previous minutes that have already passed. If only we resolve to eliminate the mind and the regret, shame and guilt that it creates, we can live in the present minute. We can live life and celebrate life.

If the mind is not taking us to our previous minutes, then the mind is trying to jump into the minutes that are still to come. The mind creates fear, worry, stress and anxiety and by doing so, the mind destroys this minute, which is the only life we have! If we fill this minute with FEAR, a False Expectation Appearing Real, worry, overthinking, stress and toxic thoughts, we are not only destroying this minute but we are destroying life itself. It is this minute which is

life. The minutes that are still to be born and the minutes that are gone are not in our hands. We are wasting life by wasting the present minute, trying to go before this minute and after this minute. It is a futile exercise. When will we awaken to realize this truth?

If we truly want to live life, we must live life minute by minute, because life, in reality, only has 60 seconds in it. Yesterday, we had 86,400 seconds but they are gone! But the next 60 seconds that make the present minute are just born. Before they are gone, let us live the minute. Let us not try to go before it or go after it. We can't! By swinging like a pendulum into yesterday and tomorrow, we are only filling the present minute with misery and sorrow.

Stop! Live the minute. Get hold of the 60 seconds that are in it. Don't let the mind make you go before it, for if you do, you will lose the minute. Don't let the monkey mind push you to go after this minute. If you try to do it, you will lose this minute and reach nowhere because you cannot go into the next minute. The only minute we have to live in is the present minute — that is the life we have. We cannot live in the minutes that have passed or the minutes that are still to come. This is the reality of life. Life is nothing but a minute. You can't go before it or after it. Live in it!

*When you try to go before this minute
or after it, you lose it!
The minute is unfolding now.
You have to learn to live in it.*



11. If We Don't Live The Minute, We Lose Life!

*Life is a moving Minute that goes on and on and on.
If we don't live the Minute, Life will be gone!*

If we pause to reflect on life, we will know that it is nothing but an opportunity to live up to 50 million minutes. But the minute won't wait for us. The minute is moving, 60 seconds at a time, one minute after the other. We have already consumed many million minutes. Every day, we receive 1440 precious minutes. But if we do not live the minute, the minute will not wait for us. Therefore, we must live the minute before we lose life.

Somehow, we haven't got this straight. We have not given enough importance to the minute. We give a lot of importance to life without realizing the simple truth that life is just a minute. We have got to live in it and if we don't live in it, we will lose it. And even now, the minute is moving. It doesn't know how to wait. It has no pause button, but it is a great opportunity which we should not miss.

The minute is like a boat, and the boat is flowing down the river of life. But to flow down the river of life, we must be in the boat. We must live in the minute. If we try to cross the river of life without the boat, we will sink! So, the

minute is the boat that we are in. But the boat will only last 60 seconds. Then, we will change the boat virtually. A new boat will appear. If we are not alert and aware that we must be in the minute, in the boat, in the river of life, several minutes will pass, several days will pass and we will not be able to enjoy the river of life. It's time that we become conscious of the boat that we are in. We must become aware of this precious minute which is nothing but life itself.

We cannot live life in one go. We must live the minute if we want to live life. There is no other way to live life for life is offering itself to all of us, minute by minute, and each minute is passing in 60 seconds. Each minute is precious. It is an opportunity to live our dreams. We can breathe, think, walk, talk, sing, we can do anything! But the minute is moving. Life is moving. Life is not waiting for us. If we sleep through life, we will weep through life. Each minute warns us that life is passing by. Therefore, today, we must wake up and live the minute. Then, we can truly live life.

We are all alive, no doubt. But are we all living life or are we consumed by it? Did you live the 1440 minutes yesterday, minute by minute, or did you lose many minutes? We all lose minutes. There is nobody in the world who doesn't lose minutes. The challenge for us is to lose as little of life as possible. The trick is to capture each minute as it appears, to be in Consciousness, not to be in the mind state.

Being in the mind state means that we are bombarded with up to 50 toxic thoughts every minute. If we permit the mind to ride our life-horse and let it become the boss, we will be at a great loss because it'll consume our minute without us using our intelligence to discriminate and choose. Before we realize it, we will lose the minute. We

will lose life itself! But if we are mindful of the minute that is passing, we will be aware of life that is unfolding and we will live in Consciousness, every minute that arrives, with cheer and laughter, with peace and bliss. This is to live life.

Life is a minute. We must live it. We must not lose it for we will lose life itself. When fear, worry, stress and anxiety occupy our minute, our life gets destroyed. If anger, hate, revenge and jealousy fill our minute, what is the use of living life? Each minute belongs to us. We can do what we want with the minute. In reality, life is ours. We can choose to fill it with bliss or lose it to unhappiness. To be happy, we just need a minute and similarly, we can become miserable in a minute. But the good news is that the minute belongs to us. We can learn to accept and surrender as we do our best in Consciousness or we can be trampled by circumstances and wake up to realize that minutes are gone, the day is gone, and our life is gone!

Live every minute. If we are not living the minute, we are not living life. If we don't use life, we lose life. But life is nothing but a minute. From this minute, grab hold of life by grabbing hold of every minute. How do you do it? By living in Consciousness, treasuring every minute as your precious life.

*Life won't wait. It is passing minute by minute.
If we don't live the Minute, we will lose it!*

12. Why Did We Come To Earth?

*Have you ever thought about why we came to earth?
What is the Purpose of this human birth?*

We are all born and one day, we will be gone! Is there any doubt about it? No. Every 'body' will die. But what happens after we are gone? And why were we born? Life is unfolding, minute by minute. But why? Why did we get this gift of millions of minutes? Did we choose it?

Did you choose your parents or did your parents choose you? Neither. Life happens. But we don't know why. We are zapped by so much mythology and ignorance that we don't realize the truth. Why is every minute passing? Why are we alive? Where will we go after the body dies? Will we be reborn? We have no time to answer these questions because minutes are passing like a bullet train. Before we know it, 60 seconds are gone! The minute is gone! The day is gone! There is no time to pause, to find the cause of our existence.

The truth is we have a lot of time. Every day, we have 1440 minutes but because we are going before it and after it, we are not living in the minute. We are losing life minute by minute, and we don't understand why we have a life. We didn't choose our life. Now, it seems that we are stuck. We

can't refuse the life that is unfolding minute by minute. Can we stop living? No! If we commit suicide, it will not end our life. Our present life is just one chapter of the book called life. But there is no time to understand this because we are not living life minute by minute.

Isn't it time to stop and ponder why the heart throbs? What is this life all about? Why are people born, some in a slum, some in a middle-class home, and some in a palace? Why do we die? What happens when we die? All this is life, which we don't understand and soon, life passes by. If we live life minute by minute, we can discriminate it, understand it, and ultimately, realize it. We are not stuck. We have something called willpower. We can choose, provided we live in the minute, provided there is Consciousness, and provided we replace our ignorance with intelligence. Then, we can discover why we came to earth, and why we were gifted this human birth.

Life is Karma. Karma means action. But Karma, here, means the Law of Action and Reaction. Every minute we are performing certain actions, good or bad. These actions are recorded by the Law of Karma and every minute that is unfolding is unfolding as per our Karma. One day, the body will die. All its Karma would not have been settled. To settle the remaining Karma, we will have to come back to earth in another birth, and we will have to live the life we are born in. We will have no choice. But if we choose to live life by the minute now, if we realize the meaning of life, we can be free from Karma and achieve our ultimate purpose. Let us make the best of the minute to realize what life really is.

***It is because of our unsettled Karma that we come to earth.
If we don't transcend Karma, we will return in a Rebirth.***

13. Each Minute Is So Precious



*Each minute is so precious, we must not lose it!
For in each minute — there is life hidden in it.*

'Give me a minute,' we often say this when somebody is trying to draw our attention. But do we realize the value of that minute? It is life itself! It is not something that we can buy even for a million dollars. But what are we doing with that minute?

I could be watching some tragic news and doing it needlessly for hours. I could be listening to some unproductive gossip, which would be consuming minutes but producing nothing. I could be allowing my mind to wander and create fear, worry, stress and anxiety and wasting precious minutes as the clock keeps ticking. I could let my ego get angry and then, my pride, greed and selfishness would consume invaluable minutes. Before I realized it, the day would have gone! 1440 minutes would have been wasted. Maybe I would have done justice to 100 minutes or 200 minutes but what about the 1000 precious minutes that got consumed without me even realizing it?

Each minute is precious. It is like a pearl. If somebody gives us a bunch of precious pearls in our hands, will we let a few pearls just drop and disappear? No! Each pearl

would be precious. Similarly, each minute is precious but we don't realize it. The challenge is that the minute doesn't wait. It is moving. But we don't realize that by losing precious minutes, we are losing life itself!

Till I wrote this book, I never even realized that a normal lifespan has about 50 million minutes. I knew that there were 1440 minutes in a day. I realized this but most people don't! I myself awakened to the truth that each year brings with it half a million minutes. These are precious! If I had half a million in my bank account, I would not ignore it and forget about it. But somehow, when it comes to our minutes, we often give them less importance though they are so precious. In reality, the key awakening is about the precious minute, which is life itself. If we lose the minute, we lose life.

It may appear that we have 1440 minutes in a day. But we will only realize the value of the minute when we realize that there is only one minute, then another, and another! Who knows, there may not be another tomorrow. Therefore, the minute is life. Each minute that comes to our hands is so precious, that we must not lose it. If only we consider each minute to be life, we will be truly wealthy with 1440 minutes a day. Each of us is a millionaire when it comes to minutes. But we become beggars as we waste our minutes. Soon, they are gone! We count the millions in our bank but because we don't count each minute as being precious, we have wasted millions of minutes till date but have not even realized it.

Let us wake up now. The minute in your hand is priceless. Let us value it for if the minute is gone, our life is gone. And if our life is gone, everything else that we have becomes meaningless. Millions in the bank, gold, diamonds, pearls,

land, property and houses, all become meaningless if there is no life. And life is nothing but a minute!

We can't do anything about the millions of minutes that have gone by but we can treasure every minute from now on. We can make each minute so precious that we don't waste it, we don't lose it!

Let us resolve to live each minute as though it is a priceless diamond. It is an opportunity to fill the minute with peace, love and bliss. And if we don't do this, the precious minute will escape us and be gone, never to return! Each minute is ours. We can use it or lose it. We can't save it to use later. We can fill it with peace, love and bliss or let unhappiness fill every minute. It is up to us to treasure every minute and make sure that pleasure and not pain fills our minutes and our life.

It all begins with us realizing the value of the present minute. How do we treat our precious possessions? If we give the same attention, care and importance to our precious minute, our life will become productive, peaceful and blissful as we live every minute with fulfillment.

*Each minute is precious,
but we don't realize it.
We may have lost millions of minutes.
But now, let's not waste even a minute!*



14. Fill Each Minute With Cheer And Joy

*If you want to be Happy, you can't be Happy in the year.
But definitely, each minute can be filled with Joy and Cheer!*

We all want to be happy and we all are happy once in a way. But not many of us have learned the art of being happy every day. Some days there is pleasure, some days there is pain and this cycle repeats itself again and again. But if we learn the art of filling each minute with cheer and joy, then every year can be a happy year, a year filled with peace and bliss. How can we achieve this?

We must take every minute as it unfolds and fill it with cheer, joy, smiles and laughter. It is not easy to do this because our mind will appear and try to make us miserable. First, it will swing to the past and create regret, shame and guilt. Then, it will jump to the future to create fear, worry, stress and anxiety. How can we fill the minute with peace? Where there is a piece of mind, there can be no peace of mind and without peace, there can be no joy, no cheer! If there is a toxic thought of fear, how can there be cheer? If we want joy and cheer, we must eliminate the mind.

And how can we eliminate the mind? We can fill each minute with so much laughter and joy that there is no

place left for the mind to enter. If we fill each minute with Consciousness, there is no chance that the mind can bring its toxic thoughts into the minute. But when there is a vacuum in the minute, the mind enters.

Reflect on your life. When you are laughing, joking and smiling, is there any scope to be unhappy? No. But suddenly, if you open the door to let a toxic thought enter or something negative happens, you lose your Happiness in a moment. Therefore, the challenge is not to open the door to negativity but to pack every minute with cheer and joy. This cannot happen naturally. It is an art. We must create the habit of being joyful and cheerful in every minute of life.

If we let our minutes alternate, some with cheer and some with fear, we will not be able to enjoy seamless bliss. In fact, this is very common where unhappiness follows Happiness in the cycle of life. Most people think it is natural, it is normal. But those who have learned the art of living life minute by minute, do not accept unhappiness. How do they do it? They do this by filling each minute with cheer, joy, smiles and laughter.

Try it. It works! If only you can grab hold of the minute and be happy, the shadow of unhappiness cannot appear. Smile. Make others smile. Be happy. Make others happy. Rejoice and celebrate in the minute without losing sight of the 60 seconds that are in it. Minute by minute, be happy!

*We can fill our minute with Smiles,
Laughter and Cheer.
But if there is no Joy, it will be full of worry,
stress and fear.*



15. Live Each Minute With Peace, Love And Bliss

*Some people fill their minute with Peace, Love, Bliss.
Those who don't, will find the Minute full of unhappiness.*

How can we live our life with peace, love and bliss? Is there a secret to achieving this? Yes, there is, if only we learn to live life minute by minute.

Life has about 50 million minutes. Each year has 5,25,600 minutes. Even the thought of a whole year full of peace, love and bliss appears so daunting and seems impossible! But what about one minute? Is it so difficult to live one minute with peace?

Peace, we don't have to find. Peace is that state where there is no mind. The mind is constantly trying to attack us with its toxic thoughts. Unless we are established in Consciousness, we will lose the battle of Happiness to the mind. But it is not difficult to be established in Consciousness, to block the mind and lock the mind for a minute. For a minute, we can still it and kill it. But then it will appear again. However, to catch the mind, to detach it and to latch it for just 60 seconds is not really a challenge. When we do this, our minute becomes filled with peace.

Having a peaceful minute means having a happy minute, for peace is the foundation of Happiness. We can be blissful if we are peaceful. We can also fill that minute with love — not a love that has expectations but a love which flows to one and all and creates an ecstasy of joy — True Love. Is it so difficult to spend a minute showing our love for all those who are around us? It is not just love as in romance or an intimate relationship. Love can flow as a Divine emotion even to your little pet dog. If we make the emotion of love fill our peaceful minute, it will only make the minute more blissful.

Thus, by grabbing hold of the minute, it is possible to fill it with peace, love and bliss. Now the challenge is to continue this, minute after minute. If we make it a habit to live each minute with peace, love, bliss, we will, in essence, eliminate the mind from stealing our peace and our joy. It starts with a minute but once we become a master, there can be no end to it. Minute by minute, our life can be joyful, peaceful and full of love. The moment we open the gates of the minute and let the toxic thoughts of the mind enter it, the gushing river of the mind will steal our peace, love and bliss.

Therefore, the challenge of life is to live in the minute, to be happy, minute by minute, and to fill it with joy and laughter. By eliminating negativity from the minute, we can eliminate negativity from our life. Each minute is like a cup, and we must fill the cup to the brim with peace, love and bliss, not leaving any opportunity for unhappiness to enter it. This is the secret. Then, life itself will be a journey of peace, love and bliss.

***When each Minute has Love, Bliss and Peace,
We eliminate the Mind and all miseries cease!***



16. If The Minute Is Gone, Life Is Gone!

*Once a minute is gone, Life is gone!
Don't lose a minute, it cannot be reborn!*

Life is going by. It is like a flowing river. We can't stop the flow of the river unless we build a dam. When we build a dam, the water of the river can be kept in a reservoir and used later. But the river of life cannot be stopped by anything. It is flowing and it is going, minute by minute. Nobody in this world can build a dam on the river of life.

Therefore, if the minute is gone, the day is gone, weeks will be gone and so will months and years. Ultimately, life will be gone! If we don't want our life to just flow and go away, we must grab the minute and live it. If we don't choose to live the minute, we will lose it and with it, we will lose life.

It is unfortunate that the world does not understand that life is nothing but a minute. There is absolute truth in it but we slip as we don't grip each minute. We are on some trip where we lose sight of time. The moment we lose sight of time, we will lose sight of life. Therefore, we must not let the minute slip away.

Those who learn to live life minute by minute, live in Consciousness. Every time the clock ticks, they are

conscious that life is passing by. They are not paranoid or stressed out about the minute passing. They understand that the minute ultimately passes. Nobody can stop the minute from passing. But there is an opportunity of living the minute or losing the minute. This is known to the world as mindfulness or awareness. When we are in Consciousness, the minute doesn't just pass away. Life doesn't escape us. We are able to live life by grabbing hold of each minute and making the best of it.

Life is a beautiful journey provided we learn to live it and the only way is to live it, minute by minute. Each minute is a gift, the present minute. That's all we have! The past minute doesn't belong to us. It is just a memory. The future minute does not exist. It only exists in our imagination. But the present minute is in our hands. Where we land this minute is our choice. We can make it or we can break it. If we value and treasure it, we will hold each minute with reverence and live in it with joy and peace. But if we don't even realize when the minute has come and gone, we will lose the battle of life!

Therefore, the challenge in life is not to mourn the minutes that are gone. They are gone. But the minute that is ticking is the opportunity that is kicking! We should be picking and living this minute, aware and watching, mindful and listening, winning through the thrilling 60 seconds that are filling the minute, which is our life!

*Time is ticking, and Life is kicking, by the minute.
Don't lose the thrilling 60 seconds of Life that fill the minute.*



17. To Seize Life, Seize The Minute

*Life is made of Minutes, each Minute, we must seize.
If we don't seize the Minute, soon, Life will cease!*

The truth of life is that it is nothing but minutes. It seems that it is a huge life of 100 years that has about 50 million minutes. Each year has 5,25,600 minutes but in reality, life is just one minute and then, another minute. It may appear to be a humongous life, just like a desert appears to be with millions of grains of sand. Grain by grain, if the grains are removed, will the desert still be there? Of course not. So also, life without minutes is nothing! If the minute is gone, the day is gone and our life is gone with it. We must seize the day by seizing every minute. Otherwise, our life would be gone with it!

Carpe Diem! We all must have heard of this term. It means to make the best of the present moment. Literally, *Carpe Diem* means to seize the day. But how can you seize the day? We can do it only by seizing the minute. Because if you don't seize the minute, the day is gone. Life is finished! The truth that life is just a minute is known to humanity for thousands of years. But we have not been able to *Carpe Diem*, seize the day. Unfortunately, we can't! Maybe we should say *Carpe Minutum*, to seize the minute because it is only when we seize the minute that we can seize the day.

How can we seize the minute? Can we catch it? No, we can't. We can only seize the minute if we live in it, if we make use of the 60 seconds that are in it. This is the real meaning of *Carpe Diem*, to seize the day, to seize life. Life is a beautiful journey provided it is not wasted. If life escapes us minute by minute, we have forgotten to seize this beautiful gift. Life won't wait! It will cease. Time is ticking and those who are picking each minute and living it, are the ones who are making the most of life. We must never waste our minutes because doing that is wasting life itself.

While it is absolutely true that life is nothing but a minute, this truth has escaped us for centuries. In the following page, the poem puts it all together. This poem can change our life and all it takes to read the poem is one minute. But if we don't seize the poem in a minute, we will lose life. Some people who have read the poem have captured it, memorized it and made it a part of their life. It is for us to grab hold of our life. Alas! The only way to do it is by the minute. If we start living life, minute by minute, if we capture the minute now and make it a habit not to lose a minute, we have caught hold of life.

There are two types of people. One type — those who don't lose a minute and the other, who don't seize the minute. The ones who grab life, minute by minute, are the ones who make the best of their life. The others waste their life. It's your choice — what you want to do? If you want to seize your life, seize the minute.

*Life is passing. Seize the minute before it's gone!
If you don't, before you know it, there will be another dawn!*

18. Poem With Explanation

Life Is Nothing But A Minute

*What is Life all About?
It is Nothing but a Minute!
A Minute has just 60 Seconds,
but our Entire Life is In It.*

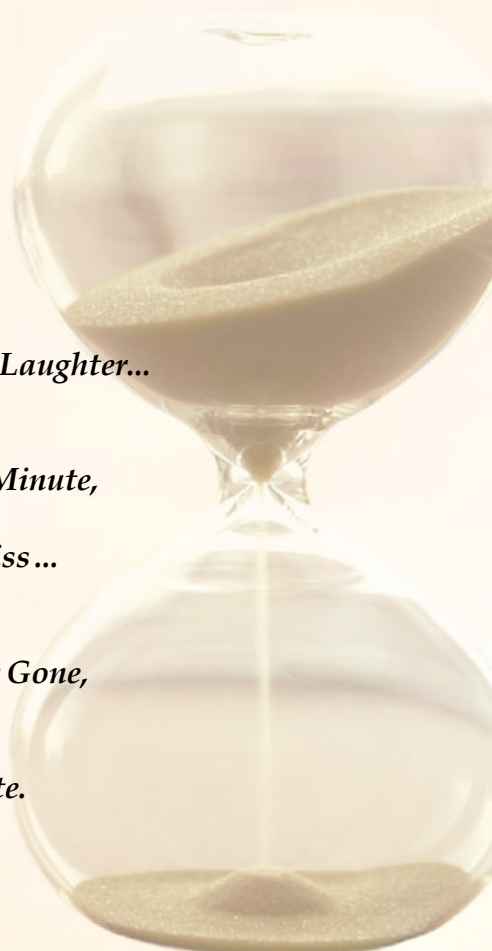
*Can we go Before it, can we go After it?
No, we have got to Live In It.
And if we don't live IN the Minute,
then we will Lose It.*

*But Why did we get It?
We didn't even Choose it.
Now it seems we are Stuck,
and We can't even Refuse it!*

*Each Minute is so Precious,
Alas! We don't even Realize it.
With Cheer and Joy, Smiles and Laughter...
We must learn to Fill It.*

*If Happpily we don't Live each Minute,
we will then Regret it.
With Peace, with Love, with Bliss ...
Live every Minute.*

*If the Minute is Gone, the Day is Gone,
Our Life is Gone With It.
Seize the Day... Seize the Now...
And make the Most of the Minute.*



Poem Explanation

This poem, 'Life Is Nothing But A Minute,' can transform our life. It makes us question what life is all about. Life is not about the many years we live. It is nothing but a minute. It seems like a minute has only 60 seconds to it but the truth is that our entire life is in it, in the minute. We have no other option but to live life minute by minute. We cannot go before this minute. We cannot go after this minute. The truth is, we have to live in the minute and if we don't live in the minute, we will lose the minute and lose life itself.

Why did we get life? From where did this minute arrive? We didn't ask for it. We didn't choose it. But we have no option. We must live it. We can't refuse the minute. If we use the minute to understand life, we will not lose this beautiful gift called life.

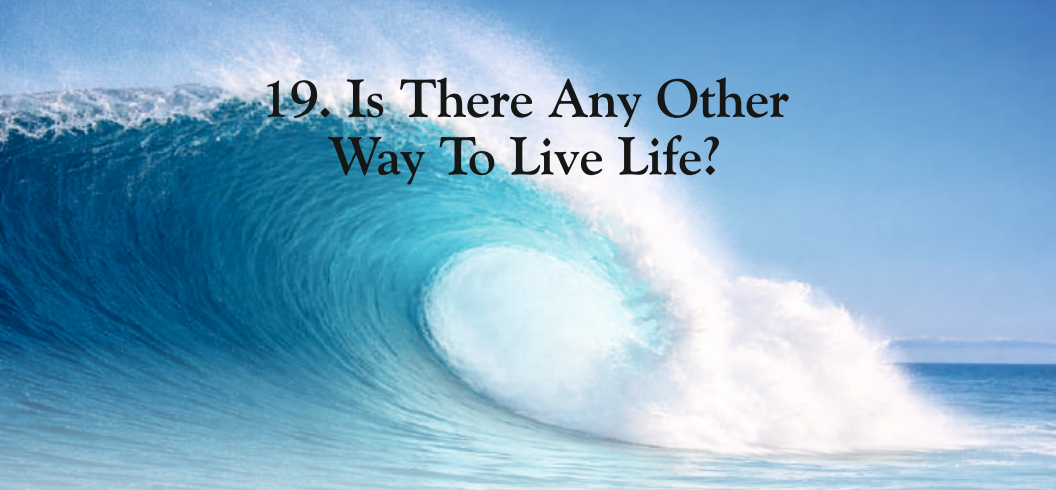
Each minute is precious but we don't realize it. That's why we lose the thousands of minutes that escape us each day. When we realize that each minute is precious, we will not lose it. Rather, we will live it with smiles and laughter. We will fill each minute with cheer and joy because each minute is given to us to be happy. Instead, if we are sad in each minute, we will regret it. We must be glad and live each minute with peace, love and bliss. When we live like this, we are truly living our life.

The irony of life is that life doesn't wait for us to live. It is ticking by the minute. If we don't live the minute, we lose the minute and if we lose the minute, we will lose life itself. Therefore, we cannot lose the minute. Each minute is priceless. We must live life minute by minute. If we don't, the minute will slip by and life will escape us. The time is now. Stop! Seize the minute and seize the day. If we don't, not only will we lose the minute but we will lose life itself.

This poem has changed my life. As I was writing this poem, I realized how much of life I had lost in the past. But what could I do about it? Nothing! But there was something that I could do now — not lose another minute. But how could I do that? I realized that I could do that by living each minute in Consciousness, in awareness, with mindfulness. I realized that my life was in my hands and all I have is a minute and this minute is life itself. Now, I am completely in command of the minute. I have intelligence and the willpower to choose what I want to do. I can't go to the previous minute and change it, nor can I go to the next minute. But I can definitely live in this minute and make the best of it.

This is not just a poem. It is your life itself. Read it again and again and make it your life. Live it minute by minute, and you will transform your life. You will find that life has a new meaning as you evolve and discover the purpose of life, which will lead you to Eternal Peace, Divine Love and Everlasting Bliss. This is a great poem to live by!

*This precious poem has changed my life,
in just a Minute!
You can choose it and change your life
or just lose it.*



19. Is There Any Other Way To Live Life?

*Except living Life by the Minute, is there any other way?
Life is about Today; this game, we must learn to play!*

We all have a life to live. We don't have a choice. Even if there is no alarm, ultimately, we all wake up and however late it might become, eventually, we sleep. And in between, life happens! But we can't change the way life unfolds, can we? No, we can't. From the time we wake up, life is ticking, second by second. But we can't control the seconds because they are too short. Before we can blink, the second is gone! But the minute waits for us. It seems to be telling us – *Here I am, your next 60 seconds! I am your life. How are you going to live me?*

The minutes are asking us, minute after minute, how we are choosing to live. But if we are fast asleep at night, the minute doesn't trouble us. Some people are fast asleep throughout the day! They ignore the minutes. They ignore life itself! But ignoring life is not the way to live life. Life has a purpose. Life is not a circus. The purpose of life is to discover the purpose of life, and we can do this only if we are conscious in the minute, if we are aware that we are alive, and if we realize that there is a purpose to our life on earth. When we don't value the minute, we don't value life

and life escapes us. Life is happening now. But why? Unless we treasure the minute, we will not truly live it.

Every 60 seconds brings a new minute. Every human being wants to be happy. Nobody wants pain. But we become unhappy again and again. Why? Because we do not pause to find the cause of our existence. We just zoom from womb to tomb. We do not learn to fill each minute with bliss. Then, how can we escape from unhappiness? The mind makes us blind. A mind that we cannot find, bombards us with toxic thoughts and steals the minute. When the minute is gone, life is gone! We must grab hold of the minute and live it. There is no other way to live life.

Life is precious. But we can only make it invaluable when we live it by the minute because life comes to us minute by minute. It unfolds like a movie, scene by scene. Is there any other way to see a movie, other than watching it scene by scene? Think about it. Can you see the entire movie in one flash? You can't! Similarly, the movie called life is being played, scene by scene, minute by minute. The only difference is that in a movie, we are the audience but in life, we are the actors who come on the stage and grow with age. But many of us are caught in a cage. We get paralyzed and life escapes us. We don't live life, page by page. We know that this is the only way to live life but somehow, we have ignored this truth.

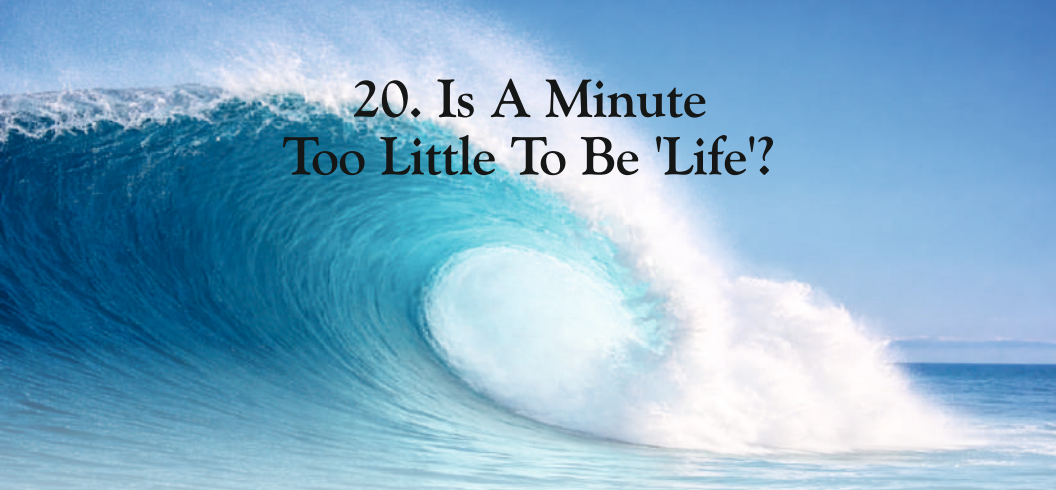
How do you read a book? Page by page, right? Is there any other way to read a book? You may be a sage, or you may be willing to pay any wage, but the only way to read a book is page by page. So also with life, the only way to live it is minute by minute. You may be a millionaire or billionaire. You can be the most powerful man on earth. But can you

stop a minute from passing? You can't! Nobody can! You can be laughing or you can be crying. You can be dancing or you can be cooking. But the minute won't wait for you. Each minute will give you exactly 60 seconds. It will not cheat you!

But there is a thief that can rob your minute. It is the mind. It will stop you from living life in the minute. If you don't still it and kill it, it will kill the minute, destroy the day, and capture your life. Therefore, the challenge of life is to live each minute in awareness, in Consciousness, with the intellect activated, choosing and discriminating, and not letting the minute escape.

Unfortunately, there is no other way to live life. Life has been designed in such a manner that the opportunity of life is just like a beautiful sunrise or sunset. The sunrise and sunset won't wait for you. Such is life. The movie of life doesn't have any pause button. We will come and go, but the drama will continue. It is controlled by a universal law called Karma and there is joy and trauma based on our deeds. Our deeds become the seeds that decide the fruits on the tree, our destiny. Therefore, enjoy life as you learn to live it, minute by minute. There is no other way to live it.

*Like the sunrise and the sunset won't wait for you to come,
Life is a passing minute, live it. Don't be dumb!*



20. Is A Minute Too Little To Be 'Life'?

*60 seconds pass so fast! Life, how can this be?
Such a short duration, what is this mystery?*

When somebody is told that life is nothing but a minute, they will immediately think that something is wrong with this. But the fact is that life is unfolding by the minute. Is life a minute? No! Life is the many, many years from birth to death. Life is not going to be over in a minute. We are not going to lose our breath. But the only way to live life is in the minute.

Therefore, although life, in reality, seems like a long journey, the truth is that it is a very short journey. Every minute, one journey of life is over. The next one starts immediately. To experience whether this is true or not, pause and think — what is your life now? It is about what you are experiencing, what you are doing, and what you are just about to do. It is not about tomorrow. We have no clue what tomorrow is going to be like. Life is constantly changing. There is no guarantee that tomorrow, the people we know and the things that we have, will be the same. Everything may change. Such is life! But the short minute that we are experiencing as life now is real. We can fill it with peace, bliss and joy or we can fill it with stress and make it a mess! And this becomes life. Just this minute and

then, the next minute. And so, minute by minute, life is a cumulation of many one-minute experiences.

We may build a huge building but it is done brick-by-brick. We must learn the trick that life too can be lived brick-by-brick, minute by minute. This is the trick to enjoy life. If we make life a combination of today, yesterday and tomorrow, we will only complicate it. Of course, yesterday has relevance but it is finished. We can't go back to it. And tomorrow will also have relevance but that will be based on what we do today. We can only live in today. We cannot go into yesterday or tomorrow. And so, we can only live in the minute. First, let us accept it.

Is a minute too little to be life? This is for us to decide. Sometimes, we are having so much fun that we wish time could come to a stop. Sometimes, there is so much misery that we hope time passes sooner. But time will pass neither sooner nor slowly. Time will pass, minute by minute. If we learn the art of being happy in the minute, we will not drag through life. Each minute will seem to pass in a jiffy. But if we don't learn the art of filling each minute with smiles and laughter, each minute will drag. So, let us remember that life is just one minute and then, another minute. That's the only way we can live life. It is neither too little nor too much! It appears to be based on what we make of life. If the minute is gone, life is gone! That's the truth. So, grab hold of the minute before your life escapes you. Make each minute exciting.

*Let us learn the trick to live Life, brick-by-brick.
Enjoy every Minute of Life, don't live it quick!*



21. Plan The Future Now, But Don't Live In It!

*We must use the minute to plan tomorrow.
But don't jump into tomorrow and live with sorrow!*

The challenge of life is to plan it, not live it recklessly. But while we must plan our life, we must not transport ourselves to a tomorrow that is full of fear, worry, stress and anxiety. This is learning the art of living life in the minute.

We may have an important court case next week. There is a lot of difference between planning what we must do and worrying about the case. When we are planning, we will be in this minute, in full Consciousness, enjoying where we are, with who we are and spending the minute in making an intelligent plan on how to deal with the case. We would not be worrying about the result of the case because we would be firmly grounded in the present minute. The result will be announced in a minute that will come much later. We should not live in that minute while in the present minute. If we start living in that minute, we will become fearful and lose the gift of this minute. Therefore, we must be firmly established in the present minute. That is the way to truly live life.

Most people are *living* in the future. It is not that they are *planning* for the future. They lose the present moment of

joy worrying about a future that has neither come nor exists. No wonder, they become unhappy because they have let go of the present minute and traded it for a future minute that does not exist. They have exchanged their present minute of joy for a future minute of worry. What a foolish transaction! But unfortunately, many of us do this because we are slaves of the mind. The mind makes us blind. It robs us of the present minute and pushes our peace behind. This is a very common disease, more dangerous than a heart attack! It is the 'future attack' of the mind that robs our minute. In fact, the 'future attack' robs us of life itself. It is for us to firmly live life minute by minute, and not slip into the future. In the present minute, we can plan about tomorrow, next week, next month or even next year. But we must return to the minute immediately, be in the now and plan for tomorrow. We must not let the now slip away and start living in tomorrow because that would be a recipe for disaster.

Those who learn the art of living life minute by minute, enjoy every minute and plan for every tomorrow. They fill their life with cheer and joy, eliminating the sorrow that may appear tomorrow. They have learned that they will cross the bridge when they come to it. We can plan to cross the bridge, but we must not go into a fridge and freeze with fear and worry. That will be losing today by sinking into a tomorrow.

Let us learn to live life in the minute. The minute is precious. Once it's gone, it's gone! Instead of enjoying the minute, if we worry about tomorrow, we will lose the joy of the now and carry the sorrow of a tomorrow that does not exist.

***Live in the now with Peace, with Joy, with Bliss.
Don't slip into tomorrow, this precious Minute, you will miss!***



22. Pleasure Is In The Minute

*Pleasure is in the Minute. Learn to celebrate it.
Don't try to celebrate later, you will miss it!*

Sometimes, we are trying to be happy but we postpone our Happiness. We don't realize that every minute offers us an opportunity to celebrate. If we want to enjoy something, we must enjoy it now. If we procrastinate, we will lose the joy of the minute. Those who learn the trick that pleasure is in the minute, learn to pull Happiness triggers. They make a list of what makes them happy and every time they want to be happy, they pull a trigger. It could be playing with their pet dog, having a milkshake or going for a walk. Of course, we can't be pulling Happiness triggers all the time. But if we want to make our life joyous, the only way to do it is to fill the minute with pleasure. The number of minutes we fill with pleasure will decide how happy we are.

Of course, Happiness is not only pleasure, and we will discover other ways to fill the minute but if we lose the minute thinking that we will enjoy the pleasure later, in a future minute, we will lose the opportunity of being happy. It is for us to learn that Happiness is in the minute and if we don't make the best of it, we will lose it. Therefore, we must choose to be happy in the minute.

Minutes are passing and therefore, life is passing. And there are so many pleasures available. But we must fill the minute with the pleasures that we like. Some people think that it is a sin to enjoy pleasure. So, they live grumpy lives. It is not a sin to enjoy pleasure. But sometimes, we fill our minute with stress, running after pleasures and that makes us sad. Instead, we can learn the art of being happy now, accepting the pleasures that come our way, and not lose the minute running after something that is beyond our reach and becoming miserable. Sometimes, we waste the minute waiting for others to bring us roses instead of going and plucking our own flowers. It is our choice. We must use the minute wisely. To be happy, we must remember that Happiness exists in the minute. Our life can be happy if our minute is happy and if we repeat this, minute by minute, filling each minute with joy and bliss, our life will be full of Happiness.

We all want to be happy. But we are not living life by the minute. One by one, minutes are slipping and then, we are wondering why we are not happy. We have not learned this trick – make a vow to be happy in the now. Refuse to be unhappy. Pull the Happiness triggers and eliminate the joy stealers, anything that is trying to fill your minute with unhappiness. Become conscious of each minute and fill it with the pleasure you like, without losing your peace. Your life will be full of joy. Of course, Happiness is not just pleasure, it is also peace and purpose. But don't waste a minute, enjoy the circus that is all around you!

*Pleasure is in the Minute, don't let it pass.
Enjoy sipping Life by the Minute, glass by glass.*

23. Peace Is In The Minute

*Peace of Mind, you cannot find!
Peace is in the Minute, don't leave it behind!*

Every minute has peace embedded in it. But if we do not live in the minute, then peace of mind, we cannot find. In fact, it is the mind that steals our peace, a mind that we cannot find! Still, even if there is a small piece of mind, there can be no peace of mind. What is this small piece of mind?

The mind is nothing but a bundle of toxic thoughts in which we are caught. Bit by bit, the mind steals the minute. Then, the minute is gone, the day is gone and our life is gone! Therefore, we must extract peace out of the minute and for this, we must still the mind. If we still the mind, we kill the mind. All mental illness is because there is no stillness. And stillness must fill the minute. If only we learn this art of being still in the minute, we can live with Eternal Peace.

How can we be still in the minute? We must flip from the state of mind to the state of Consciousness. If we live in the mind state, peace, we can never find. Therefore, we must write peace 'off' mind if we seek peace. Unless we switch

off the mind, we cannot switch on Consciousness. It is like darkness and light. The mind is darkness. Consciousness is light. When you switch on the light of Consciousness, the darkness of the mind disappears. In fact, there is no darkness. It is just the absence of light. So, there is no mind. It is just the absence of Consciousness and when there is no Consciousness, how can we find peace?

Therefore, if we really want to be peaceful and blissful in life, we must fill every minute with peace. We must ensure that we live with awareness and mindfulness. In this state of Consciousness, the toxic thoughts of the mind cease to exist. We activate the intellect, the tool of discrimination and with this intelligence that comes from the intellect, we wipe out the ignorance created by the mind, which is the thief of our peace.

What is peace? It is the absence of fear, worry, stress and anxiety. These monsters are created by the mind. The MIND is nothing but Misery, Ignorance, Negativity and Desire. Because of its constant yelling and yearning, a peaceful monk becomes an agitated monkey. When a monk is fixed with a tail, the EY, Ever-Yearning and Ever-Yelling, then the peaceful monk becomes a passionate monkey seeking pleasures and losing peace. However, if a monk is established in Consciousness, in the minute, living with contentment and fulfillment, there will be peace and bliss.

The essence of peace is that it is in the now. Can we go to the past and make it peaceful? No. The moment we go to the past, we will lose our peace to regret, shame and guilt. Can we go to the future and make it peaceful? No. The

future is filled with fear, worry, stress and anxiety caused by the mind. But in the present moment, there can be peace, provided we eliminate the mind. If we open the door, the rascal mind will enter and push us on the floor. We will be overtaken by toxic thoughts, and peace will be no more! Therefore, if we truly want peace, we must remember that peace is in the minute.

If we live life in the minute, we can lock the mind and block the mind and its toxic thoughts from flowing like a gushing river that can steal our peaceful minute. We can build a dam through our Consciousness, activating the intellect which will catch, detach and latch the mind so that it does not jump up and down and make us frown. This is only possible if we fill our minute with Consciousness. Whenever the mind tries to enter our minute, we must BBC, Bring Back Consciousness, bring back the light that will overcome the darkness. Unfortunately, the mind tries very hard to steal our Consciousness. It is just like those dark clouds that can rob us of sunshine and the bright blue sky that exists but disappears from our sight. Peace is our right. We can be peaceful if we eliminate the mind. But even a tiny piece of mind can steal our peace.

The trick is simple. Learn to live life minute by minute. Then, 60 seconds of being in Consciousness will not be so difficult. Once we enjoy peace in a minute, we will be inspired to repeat it minute by minute, and peace will fill our life.

***Peace is yours. Don't let the Mind steal it!
You can be peaceful if Consciousness fills your Minute.***

24. Purpose Is In The Minute

*If you want your Life to have meaning and purpose,
Then, live Life in the Minute, and enjoy the circus!*

What is life all about? By now, we must be waking up to the truth that it is nothing but a minute. But we lose meaning and purpose when we let life flow like a wild river in spate. There is meaning written on the slate of life but our plate becomes so full with life that our purpose is lost! We live but we forget why. We are so enamoured by this glamorous world of pleasures, people and possessions that we forget who we are and why we are here. We think that we are this body, which in reality, we are not. One day, this body will die and our loved ones will destroy it because they are sure that we have passed away, departed, left. We live with the fear that we will die but the truth is that we will never die. Only this body will die. But have we spent even a minute trying to discover the purpose of life; to find out, 'Who am I?'

We celebrate our birthday and we cut a cake. But we don't realize that our birthday is fake! We were born 9 months before when we were conceived as the first cell, the zygote. Science endorses this and nobody can deny that the body was formed thereafter, over 9 months. We came first. The body came later. So, we are not the body. But then, who are we?

Are we the mind? Where is the mind? Has anybody seen the mind? The mind is nothing but a bundle of toxic thoughts. It has no physical existence. So, we cannot be the mind. However, the mind appears to exist as ME, the Mind and Ego, creating ignorance and making us believe that *I am 'I'*.

Thus, we live as the Lower Self and think that we are the body, mind and ego, when in reality, we are none of these. We are the Divine Soul. The Soul is flowing with peace, love and bliss, but we don't experience this because the mind steals the minute. It inflates the ego that is caught in pride, greed and selfishness. Our minutes are filled with anger, hate, revenge and jealousy. How can we enjoy life when we are slaves of the body, mind and ego? How can we discover our purpose?

The secret is to be in the minute, in Consciousness, eliminating the mind. In that state, the intellect can easily discriminate – *I am not the body that will die. I am not the mind that nobody can find, but I am. I am the Divine Soul.* This awareness, in Consciousness, will give us purpose, meaning and direction. This Realization only takes a minute but to remain in the minute with this Realization is the challenge. The mind reappears and fools the ego, and we lose meaning and purpose in life. If we truly want to be happy, we must live with peace and discover our purpose. This is possible only in the minute.

***All it takes to discover our Purpose is a Minute,
All it takes to lose meaning and purpose is a Minute!***



25. Love Is In The Minute

*Love is Eternal Joy. It is an ecstasy of Bliss.
But only in the Minute, we can experience this.*

Love is a beautiful emotion. It creates joy, an ecstasy of bliss. But how do we experience this? In the minute! The love of yesterday is gone. The love of tomorrow is not born. There is no guarantee that love will be alive tomorrow and the love that has passed by has given us that joy, which is now just a memory. But if we truly want to enjoy the bliss that True Love is, we must learn to experience it in the minute.

The heart is throbbing and we are living. But is the heart the organ of love? Somehow, we remain a fool because of what we are taught in school. We think that love is from heart to heart. But the heart is only an organ that is pumping blood. The ecstasy that appears to be in the heart is triggered by hormones and chemicals that rush blood momentarily, due to the excitement created by love. Love is a very strong emotion and it is felt in the present moment, in the minute. Thereafter, the memories of love can be very strong. But even those are momentary. What if we get occupied by some other thought, or even some other person? Where does the love disappear?

True Love is not from skin to skin. True Love actually flows from the Divine that dwells within, from the Soul, that Spark Of Unique Life, that is life itself! The acronym of LOVE is Longing, Of the Soul, Very passionate, Ecstasy of joy. But this love exists in the minute. Sometimes, when love is not True Love, it can turn to hate. Haven't we seen people love each other in one minute and in the next minute, they want to divorce, breakup and be separated? This is because their love is not TRUE – Transcendental, Rainbow of seven colours, Unconditional and Eternal. The world only talks of love between man and woman. We have forgotten the Rainbow of love, VIBGYOR: Violet love between parents and children, Indigo love between friends, Blue innocent romantic love, Green self-love, Yellow intellectual love, Orange emotional love and Red erotic physical love. When each minute experiences the Rainbow of love, then this True Love actually creates an ecstasy of joy. Unfortunately, we are not enjoying the minute and filling it with True Love. We are running behind the glamour and lure of the skin and forgetting the True Love that is within.

Therefore, our minute is a mixture of pleasure and pain. We miss the Divine Love that the Greeks called *Agape*, and the Sufis called *Ishq-e-Haqiqi*. This Divine Love makes each minute full of bliss and our life a journey of ecstasy, of joy.

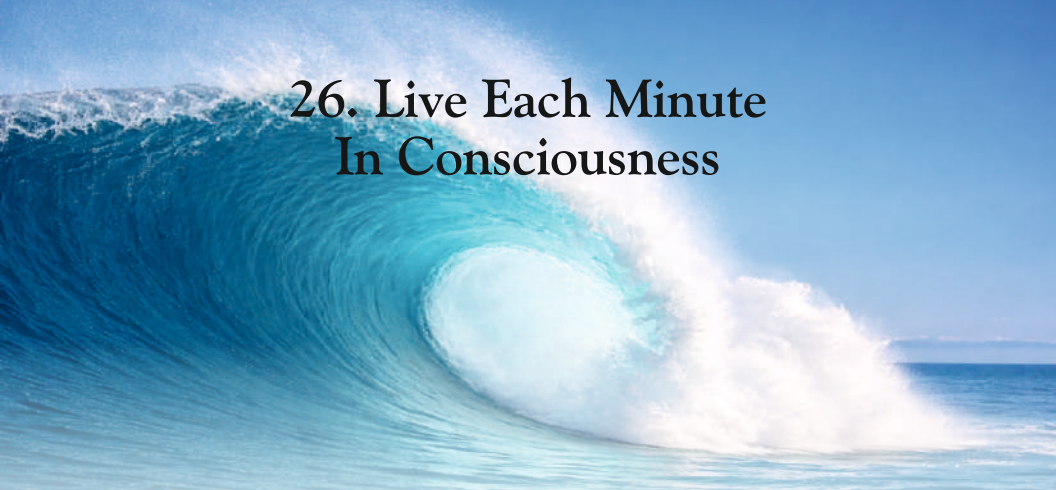
If we really want to live our life, it cannot be devoid of love. Life will become like a barren desert. But if we fill our life with lust that appears disguised as love, we are going to have broken hearts and heartaches. True Love is only joy, pure bliss and we need to fill our minute with True Love. When we discover True Love in the minute, this love emanates from our Soul, and it is not meant for one made of bone and skin. True Love is from the Divine, the Soul

and is for the Soul that dwells within. Therefore, we must love all. Then our minute will be filled with love.

How can we love all? Our love for our mother will be different from our love for our beloved. But both are love. And just because we love our beloved, it does not stop us from loving our pet dog. True Love is universal, not individual. When we discover this secret, each minute will be filled with the ecstasy of joy that is caused by soulful love. Each of us has a Spark Of Unique Life, a Soul that is vibrating Consciousness, which, in each breath, expresses love. This is a natural part of our existence. But because we have lost our minutes in this fast-paced world of materialism, Divine soulful love has escaped from our minutes.

It's time to stop and fill each minute with love. Unless we live each minute with joy, peace, purpose and love, our minute will never reach the zenith of bliss that we are blessed to experience. We talk of needing air, water and food every day. But we have missed the point that we need love. Love is a Divine emotion, and every minute is a blessing to love and to be loved. The secret to live each minute with joy is not to wait to be loved but to spread the sunshine of love to one and all and make each minute blissful.

*The sunshine of love can turn each minute into Bliss,
Without Love, our minute will be filled with unhappiness!*



26. Live Each Minute In Consciousness

*Each Minute is all we have. Don't let it go!
Be established in Consciousness and make your Life grow.*

We all want to make the best of our life. But the truth is, we can only make the best of each minute. We cannot as such do anything with life. Life is a cumulation of all our minutes and if we live each minute well, we are sure to make the best of life.

How can we live each minute in Consciousness? By being aware of the moments that are passing — a moment comes and a moment goes. Life is a flowing river. Opportunities are passing. Those who are unaware of the minute, lose life because they lose minutes that won't wait. However, if we live in Consciousness, the minute will pause to let us live it. A minute doesn't disappear. It appears with 60 seconds in it. We don't have to be stressed to live it. We have 60 seconds to live it. But if we are not aware of the minute that has 60 seconds in it, not only will minutes pass but days, weeks, and months will also pass and our life will escape us.

The challenge is simple. To be mindful and aware of the minute that is at hand. If we live each minute in

Consciousness, we will eliminate the mind from our life and activate our intellect. This is to truly live life at its best.

When we don't live each minute in Consciousness, it only means that we are living each minute in the mind state. The MIND is nothing but Misery, Ignorance, Negativity and Desire. What happens to the minute? The minute is lost in cravings and passion. Hours disappear in ignorance. The day passes in negativity and our life becomes miserable. If we have to eliminate the mind, we have to do it in the minute. In a minute, the mind appears. If we are able to still it and kill it in the minute, then we live our minute in Consciousness. Once we make this a habit, Consciousness will flow through our day and our life and there will be no space for the mind to enter.

We must fill each minute so fully with awareness and mindfulness that there is no vacuum, no empty space for the mind to enter. We must lock the door, otherwise the mind will enter uninvited and push us on the floor. Don't we tightly lock the door of our home when we sleep at night? We do. So also, we must tightly lock the door of each minute to stop the mind from entering. By living in Consciousness, we do exactly this. From one minute to the other, Consciousness can easily flow if our intellect is in command. If we discriminate and eliminate the mind whenever it makes an attempt to enter, we succeed in living in Consciousness. If we lose the battle of the minute to the mind, we will find that our life is taken over by the mind, and peace, we cannot find!

*Each Minute can be lived in Consciousness
or in a state of mind.*

*If we lose the Minute to the mind,
our Life will be lost, we will find!*



27. Come Back To The Minute

*Every time you lose the battle and feel misery and strife,
Come back to the Minute, take charge of your Life!*

How often do you find that you have lost the minute? Your mind is riding your life-horse and you are at a loss! It has become the boss and your thoughts have taken you to an undesired space. You are lost in regret, shame and guilt of the past. Your peace does not last. Then, suddenly you find that there is so much stress. Your mind has created fear and worry. You are anxious and life has become a mess! What must you do? Come back to the minute. The mind is a monster. It will swing to the past that is gone and then to the future not yet born. It robs us of the present minute. But there is good news. If we flip from mind to Consciousness and activate our intellect, which is very much possible, we can come back to the minute. By taking charge of the next minute, we can discriminate the toxic thoughts of the mind and eliminate them. Then, we are back in Consciousness. The minute that was hijacked by the mind now belongs to us, if we regain control of the minute from the mind.

If we let the mind be the master, the result is plain disaster! It is up to us to come back to the minute. The problem is that we are not in the minute. We are living in some fear,

worry, imagination or hallucination. The mind is an expert in stealing our Consciousness and by doing so, our feet are no more on the street of the minute.

How often have you felt that an hour has passed and you have just been watching some social media reels and have wasted your time? Not just your time, your mind has also spoilt your mood by feeding you with data that is unpleasant. You were captured by the mind but you did not realize it. Sometimes, it maybe an unproductive call from a person who was just gossiping or wasting your time. But time will not wait. The minute is passing! There are some people who can watch a useless movie for 3 hours. They won't get up to return to the minute of their choice. However, if you learn to live life by the minute, you can come back to it. If we don't come back to the minute, we don't come back to life. Not only are we losing minutes but we are also losing life. Come back to the minute. Be conscious of the priceless value of a minute and don't let a minute pass in vain. Gain control of the minute and live life, minute by minute. This is the way to live.

How many of us are strong enough to come back to the minute? The mind is a monster and chews our minutes and eats them up. If we do not protect our minute, our life will be swallowed by the dragon called the mind and soon, we will find that we have lost our minutes and our life. It's not too late, come back to the minute now! Don't regret the minutes that are gone. You can do nothing about that! Come back to the minute now.

*Have you lost many Minutes and are regretting in vain?
Come back to the Minute, and your life regain.*



28. Don't Zoom From Womb To Tomb

*We have millions of Minutes before we reach our tomb,
Live Life Minute by Minute, don't just zoom!*

It's time to realize what life is all about. It is made up of years that are ultimately made up of days, each day having 1440 minutes. Life is nothing but a minute. But if we don't live it, if we just zoom through the minute, we will zoom from womb to tomb, living with gloom. We must learn to pause and look around the room — Where are we? Who are we? Why are we here? We must enjoy every minute and let it bloom. Ultimately, we will all reach the tomb. But why zoom?

Life is not a race. Everybody is trying to be an ace. Instead of enjoying life, we are busy in the chase. Most of us are stuck in a maze! When will we learn to live this race with grace? It will happen only when we learn to live life, minute by minute. Spend a minute today asking yourself the questions — Why are you just running through life? What are you trying to collect and accumulate and for whom? When you came to this world, what did you bring? When you leave this world, what will you take? The story of money is very funny. We cannot take with us even a penny. Still, we are consuming life, minute by minute, just trying to earn. We don't realize that what we earn, others

will burn! Why are we making life an emergency? Why do we make life a mess because of stress? We have lost control of life because we have lost control of the minute. If we truly want to take charge of our life, press the stop button now. Learn to be. Don't buzz like a bee. Be free from this roller coaster called life that is meaninglessly zooming you from womb to tomb!

Life is about living and living is experiencing and experiencing can only happen if we can witness and observe the minute that is passing. Of course, we can be doing things. But what if we don't experience the minutes that have gone by? We have just consumed them. Then the gift called life has escaped. Life is not about rushing through. The destination for all of us is the same. The challenge is to enjoy the journey before we reach the end. Every movie will be over. But if we don't enjoy the movie while it is playing, why go for the movie?

Many of us go for a holiday, a long-awaited getaway to the mountains or the beaches. Now, instead of being there and enjoying the exotic destination, we are so busy doing things, taking pictures, videos, eating, playing, that we forget to enjoy the destination. Soon the whistle will blow and it will be time to go. But we did not do justice to the place that we so keenly wanted to visit. The same happens with life too. We arrive on the planet and are meant to live life, to enjoy and experience life. But we hurry and worry and forget to enjoy the curry called life. We rush and we push, trying to achieve, when in reality, it is not achievement that is life, but rather fulfillment.

One day, life will be over and we will not even know why we came to this world, why we got these millions of minutes. And now that we are going, where will we go?

What will happen after death? Why do we lose our breath? We do not pause. We do not find out the cause of why we came to earth, why we got this human birth. We are so busy that all we do is to zoom. Right from the time we come out of the womb, till the minute we reach our tomb, there is no time to think. All we do is blink and ultimately, we sink! Stop and think. The time is now. Hold the minute from passing. Don't zoom. Pick up a broom and sweep out all the ignorance that has filled every minute of life. You still have time to live. You still have breath. Before your death, live life. Discover its purpose. Enjoy the circus with the 3 keys, the 3 Ps of pleasure, peace and purpose that create true Happiness.

Most people don't find peace of mind because they do not switch *off* their mind. Therefore, I write it as peace '*off*' mind so that I consciously switch off the mind to live each moment in Consciousness, with awareness. Then, I enjoy the minute with peace, love and bliss. This is our privilege and our right. But because we sprint through life, it becomes a storm. There is no calm. It's time to stop the acceleration so that there is Illumination and Realization. We speed through life with our greed which we don't even need. Life escapes us!

Don't hurry through life. Don't worry through life. Don't zoom. Realize that life is just one minute that has 60 seconds in it. It is precious. Don't lose it. Live it. With peace, love and bliss, fill it!

Life is not an emergency, not a crisis!
Live Life beautifully in the Minute, do justice.



29. The Minute Is Life

*The Minute is Life, let's make the most of it.
Let's not lose the Minute and then regret it!*

Do you want to make the best of your life? Then, here it is. Your life is unfolding in the next 60 seconds. That's all there is! If you want to live, be alive now, thrive now, revive now, arrive now, drive now. If you don't strive to live in the minute, life will escape you! Life is nothing but a minute.

By now you must be clear that life is not about yesterday, which is gone, and not about tomorrow, that is not born. It is about the minute, and this goes on and on. One minute, then another, then yet another, and this becomes life! The present minute is life, no doubt, absolutely, it is just one minute at a time. But we lose our life because we fill our minute with so much history and so much mystery that the minute bursts and life escapes us. Stop now. Don't fill the minute with junk. Live like a monk — peaceful, mindful, aware, in Consciousness and you will make the best of the minute. By doing so, you will make the best of life. In fact, there is no other way to make the best of life.

When I discovered that the minute is life, I was flabbergasted. How can the minute be life? The minute is

after all, just a minute. You too will be surprised when you first digest this truth that the minute is life. But when you start to live life minute by minute, and you enjoy it, not only will you accept it but you will also celebrate every minute. Of what use is it to waste the minute in miseries of the past? Life is not to rewind, we can't! Why let the mind drag us into past regrets, into shame and guilt? Why not live the minute? Why waste a minute in the future that is full of fear and worry, stress and anxiety? It is a choice. Let us be wise. Let us not let the mind slip into the coming year and steal our cheer. We can be happy now. Let's celebrate the minute. Why fill it with stress and make it a mess? We will cross the bridge when we come to it. Today is the tomorrow we thought about yesterday. But we lost yesterday thinking about tomorrow. Let us not lose today again. Let us live today, in the minute, minute by minute. That way, we will live life.

When we discover that the minute is life, what happens? We are peaceful and blissful, cheerful and playful. We are grateful and positive. We are blessed to fill each capsule of 60 seconds with what we like. We can pull Happiness triggers and smile. We can be aware and conscious. We can eliminate the joy stealers that normally make us cry all the while. All this is possible if we are present, in the minute, protecting it and making it what we like. We can shape our minute if we stop the ape, the monkey mind from destroying it. We can make the best of our life when we grab hold of the minute and fill it with peace, love and bliss. But this is a choice. Your life is passing. Every minute is ticking. Are you alive? Strive to thrive in the minute. Make the best of your life.

*The Minute is ticking, strive to be alive!
If you make the best of the 60 seconds, you will thrive.*



30. Don't Lose Life!

*Don't lose Life, Minute by Minute.
Every time you lose a Minute, you lose your Life with it.*

We all treasure life. Life is precious. We value it and we wouldn't exchange our life for anything. If somebody told us that they would offer us the entire world in return for our life, would we accept it? Of what use is the entire world, if we don't have life itself! While we treasure life, it is sad that we do not treasure the minute, which is life itself. When we are losing minutes, we are, bit by bit, losing life.

If we don't want to lose our life, we must resolve not to lose a minute. Unfortunately, we can't hold it, we can't catch it, and we can't latch it! The minute is passing, second by second. You can't even pause the second. Before you can wink, the second is gone! But the minute is waiting. 60 seconds are in it, and it offers itself to us. This is not just a minute. It is life itself. But we don't realize it and we let the minute escape. Minutes go by. Hours go by! And before we realize it, life escapes us. The only way to capture life is to capture the minute. *Carpe Minutum*, seize the minute. If we don't seize the minute, we cannot seize life.

Somehow, we have not been taught that the minute must be caught before it escapes. We must choose not to lose the

minute, for if we do, we will lose life. There are many who are in the sunset years of life. Now, when they reflect, they feel that they have not lived life the way they wanted to. 'Oh, how I wish I had!' They regret how they 'could have' and they cry that they 'should have.' None of this can help them relive life again. Therefore, it is for us to learn and treasure every passing minute and make the most of it. There is no sense if it escapes us and we regret it. Our life is in our hands. But it is given to us, minute by minute. If we live the minute, we live life. But if we lose the minute, life escapes us.

From this minute, let us learn to treasure life. From now on, let us resolve that we will not waste time. Let us become aware that life is nothing but a minute. Let us treasure the 60 seconds that are in it. Let us not go before it, we can't! Let us not go after it, it's impossible! But surely, if we are not conscious, the minute can escape us and so will life! Life is too precious to lose, and we have been losing it minute by minute. No more! Each minute is life. We must be alive! We will be alive, aware, mindful and conscious that our life should not be lost in the minute. Our life is in our hands. We can either make it or break it and if we take it by the minute, we can celebrate it and we can make the most of it! Once the minute is gone, our life is gone! Don't miss the bus. Once it leaves, it won't return. Neither will life! Let us aspire to live and be inspired to live each minute to its best, as we choose to live our life with peace, love and bliss.

***Life is appearing by the Minute! Life we mustn't lose!
What we do in every Minute is Life, this, we must choose.***



31. Live Every Minute

*Live every Minute, before the precious Minute is gone.
Life is escaping. Listen, it is blowing the horn!*

Life is telling us, 'I am going by the minute,' but we are not listening. The clock is ticking. Alarm bells are ringing. The sun is rising and setting. All these are warnings that life is passing by. It is for us to wake up and take charge of life. Life is not going to wait for us. Even if we are sleeping, the clock is ticking. It is for us to live every minute, to grab hold of the day and not let a week pass by in regret that we forgot to live life.

Life has its own ways of reminding us that soon it will be over. The minute is the simplest unit of time that is knocking at our door, day after day. But days pass by and soon we say, 'Happy New Year.' People wish us, 'Happy Birthday!' How many years have gone by! Have we lived life or has life escaped us?

Life has its own signals. Our hair starts becoming grey, but we colour it to escape the truth that life will soon be over. Our sight goes bad but instead of remembering to live, we just use contact lenses or spectacles. Several signs remind us that life will soon be over. But we are so busy in the world that we forget to live. Isn't this the real problem — that we are distracted by the mind and attracted by the

world? And so, we are ultimately extracted from life. Those who have attempted to live every minute have actually attended to life as it is passing by.

'*Live Every Minute*' is the message that we must read every day for life is nothing but a minute. If we don't live every minute, for sure, we are not living life because there is no other way to live life than to live every minute. The minute comes and the minute goes. Everybody knows that life flows. But are we living every minute? We are so busy in the race of life that we are caught in the maze. Little do we enjoy the breeze and the trees. Do we take time off to look at the rose, the beautiful snow, to bask in the light of the sun that glows? We are so busy in our chase that there is no time to live with grace, peacefully, moment by moment, enjoying the gift called life, in Consciousness.

There is only one way to live life. It is to live every minute. We must be present in the minute, accept gracefully what life has offered us, and do our best in the minute. And having done that, each minute must be surrendered back to the Divine. This is to truly live. We are all Divine instruments and when we live consciously minute by minute, we are able to live soulfully with peace, love and bliss. However, if we don't live every minute, we will rush through life and gush through it like a raging river but most of life will escape us. Such is life! Let us treasure it and live each minute with pleasure, peace and purpose.

***Live every Minute, Minute by Minute, before Life goes.
With every Minute that goes, this treasure of Life just flows!***



Afterword

*I was trying to live Life, but it was slipping away.
Then I learned the secret to live every minute of today.*

Like you, I too wanted to make the best of my life. But I always found that there was no time. I was passionate and worked 18 hours a day, 7 days a week, but despite that, I always felt that I had no time. I had dreams, goals and passions that kept me running the material race and while there were many achievements, there was no contentment, no fulfillment. For 25 years, I ran like a mad man and then one day, I stopped. I decided to pause and find the cause of my existence. And then, I was Awakened and realized the truth of life.

I realized that I could not live life all at one go. It would be like trying to eat an elephant in one bite. And so, I first discovered how to live in day-tight compartments and how to live each day as a new life. That became the title of one of my books. It happened when I discovered that none of us can go to yesterday or tomorrow. We can only live in today. But even today has 24 hours. It has 1440 minutes. How can we live each of these at one go? Then came the 'aha' moment that life is nothing but a minute. All we can do in life is to live in the minute. That minute is life. And if we don't live the minute, it won't wait. It will just pass by.

But if we grab hold of the minute, we can grab hold of life. This is what I did when I discovered the simple Happiness trick to pick a minute and live it and then, another minute, and another minute. In this way, one has total command over life. But if the minutes slip by, then life itself will slip away.

This discovery is not some theory that I preach. I, now, live my life by the minute. Each minute is so beautiful, so peaceful and blissful. I make it cheerful and playful, just as I am grateful and positive. This simple art of living life minute by minute, makes me the happiest man in the world because in the minute, I eliminate the mind. And so, with it goes away all my fear, worry, stress and anxiety. I don't let the minute entertain regret, shame and guilt. It's very easy to live the minute in Consciousness with the Realization that *I am a Divine Soul*. Thus, living as the Enlightened Ego minute by minute, I live as the Divine Soul without anger, hate, revenge or jealousy because there is no pride, greed or selfishness. Then, I repeat this, minute after minute to enjoy Eternal Bliss.

If you really want to live life to its best, learn the art of living life minute by minute because that's what life is. Life is served on your plate minute by minute. It is not a tap that pours. The fact is that it flows by the minute and if only we make the best of it, we can truly live it. Don't let your mind rob your minute. Be established in Consciousness. Grab the minute. Hold the minute. Seize the minute and you will have complete control over your life.

*If you want to take charge of your life, live every minute.
If you lose the minute, you will lose your life with it.*



Poem

Life IS NOTHING BUT A Minute

*There is no doubt that Life is nothing but a Minute
It may seem like many years but there are only minutes in it
If we don't live in the Minute, then we will lose Life!
We will have no option but to face misery and strife!*

*A Minute is not long or short; it has 60 seconds in it
It is up to us to use it or to lose it
The Minute won't wait. It is ticking and will be gone!
Even before we realize it, a new Minute will be born*

*Can anybody in the world go before the Minute?
Or is there anybody who can go to the next Minute?
The fact is, we have to live in the Minute, there is no choice!
We have to live Life this Minute, we must be wise*

*We are all alive, aren't we? We know it!
But if we don't live the Minute, then we lose it
Not only the Minute with it, our Life will be lost
Imagine losing the Minute, what a great cost!*

*But why did we get this Minute? Did the Minute we choose?
But it's funny, isn't it – along with it, Life we lose!
Let us not rush, take a Minute and pause
Why were you born? Stop and find the cause*

*Can we say 'no' to the Minute? We can't, we are stuck!
It seems we have no choice. A new Minute we can't pluck!
We have to accept and live life by the Minute
There is no option, we can't even refuse it!*

*The Minute is thus, so precious, when will we realize?
The Minute is nothing but Life, we must open our real eyes
Life is to kill time – we believe such real lies!
With every Minute, remember, it is Life that flies!*

*The Minute is Life, fill it with cheer
It is now that we must be Happy, not later this year!
With smiles and laughter, fill each Minute with joy
Don't run after pleasure, looking for a new toy!*

*Don't lose the Minute and then regret it
For with the Minute, Life is gone. Realize it!
Happily and joyously, each Minute we must live
We must be Happy as we give and forgive*

*If we want to fill our Life with bliss
The only way is to live the Minute with Happiness
We must live with peace, and we must live with love
Every Minute, we must spend with the one above*

*Let's remember that with the Minute, Life will be gone
 For with the Minute gone, a new day is born
 Minute by minute, our Life is moving away!
 Let us not lose a single Minute of the day*

*So, seize the day and grab the present Minute
 Seize the 'now' before our Life goes with it!
 For those who are busy and who let the Minute slip
 They will lose Life and return in another life, another trip!*

*Life is nothing but a Minute, let's wake up to it!
 Let's live joyously in the Minute, don't lose it
 It may look like Life is long, but it's just a Minute
 Pause in this Minute and learn to live in it*

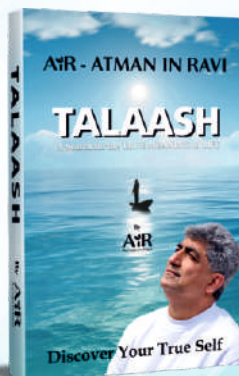
*For if we don't live Life Minute by Minute,
 Not only will we lose it, but our life will also go with it
 So, let us get hold of the Minute and live it
 A Minute well-lived makes our Life truly worth it!*

By

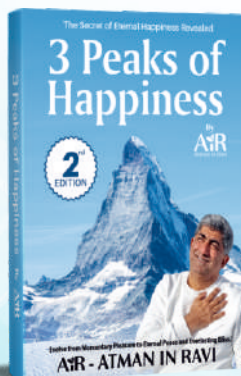
The Happpiness Ambassador



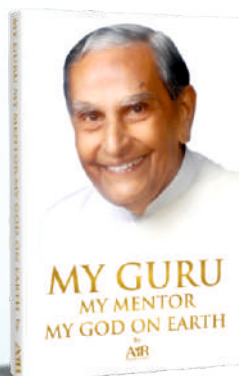
Other Books By AiR



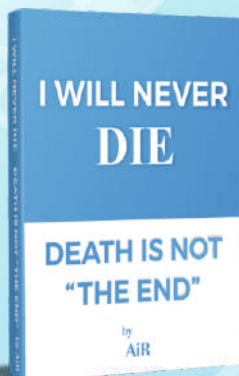
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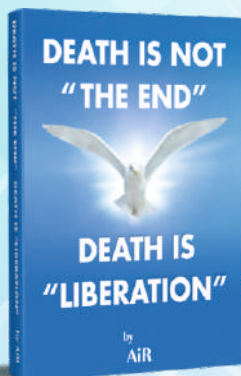
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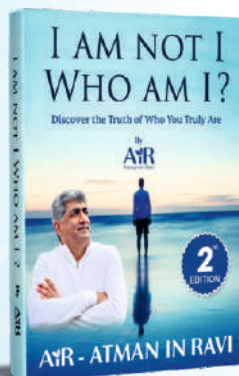
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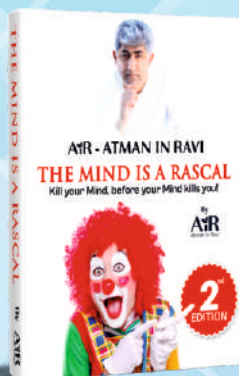
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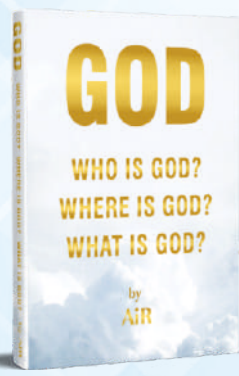
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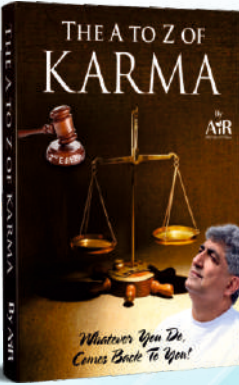
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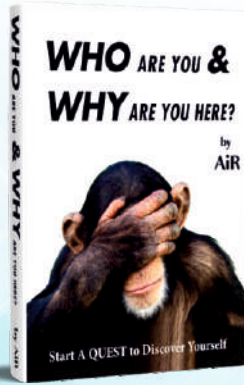
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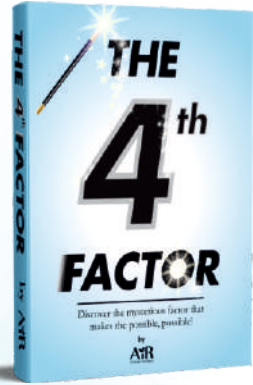
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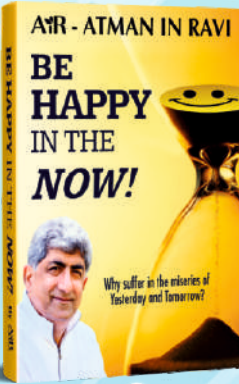
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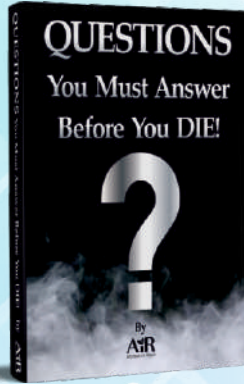
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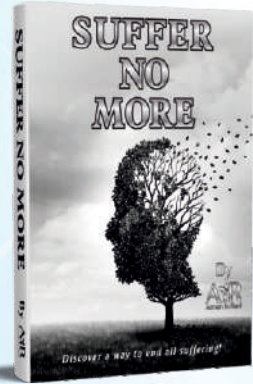
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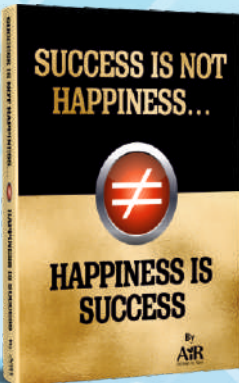
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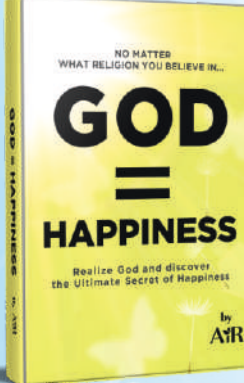
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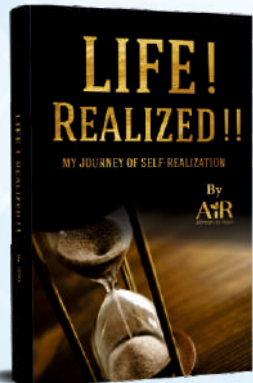
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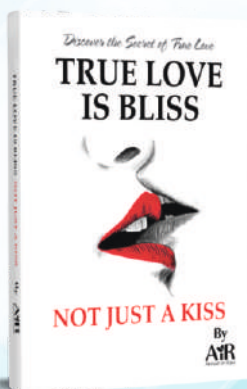
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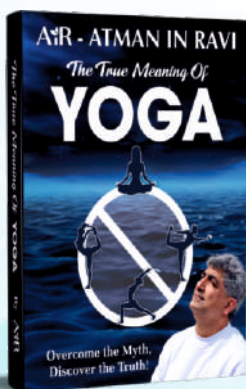
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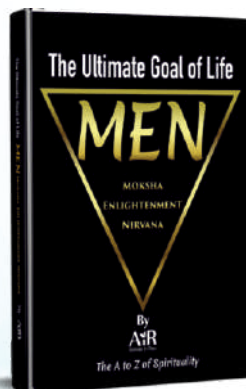
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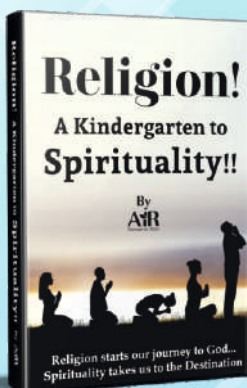
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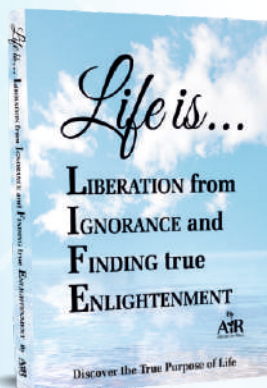
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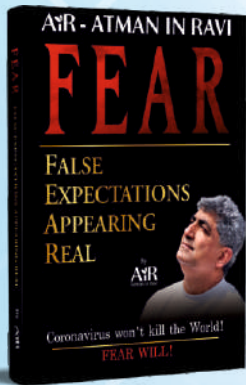
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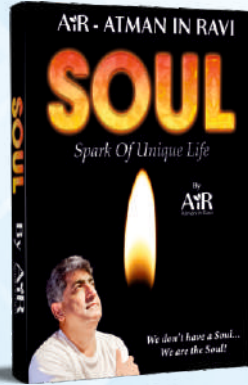
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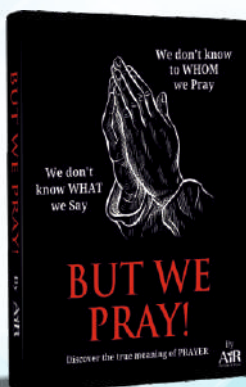
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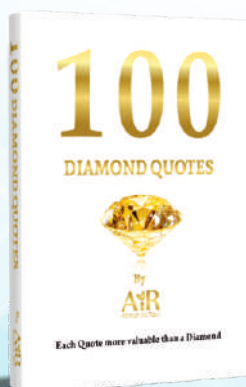
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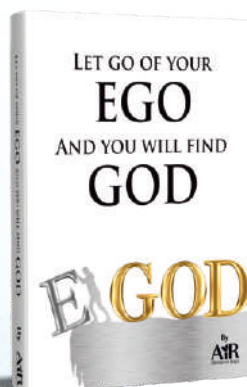
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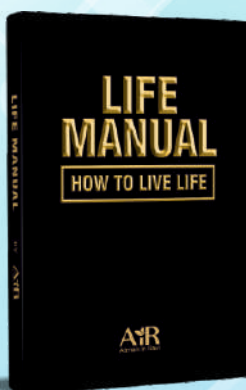
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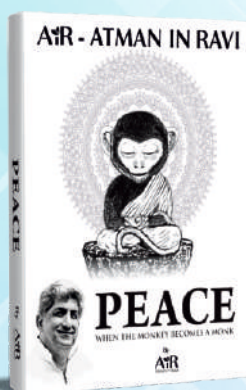
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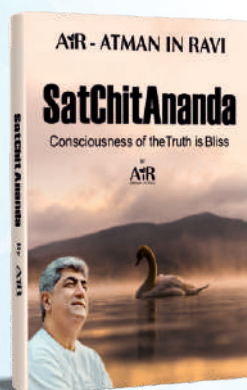
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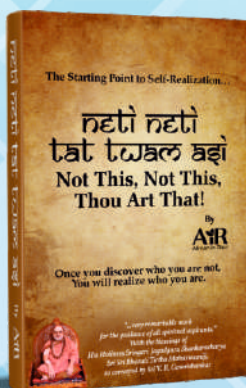
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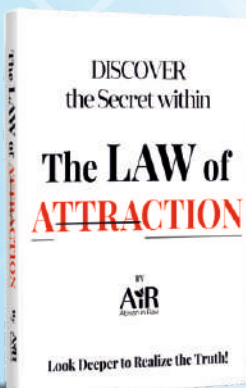
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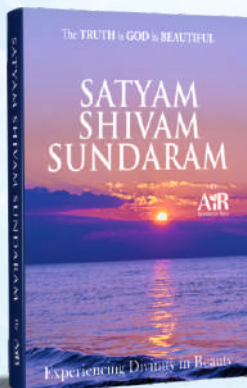
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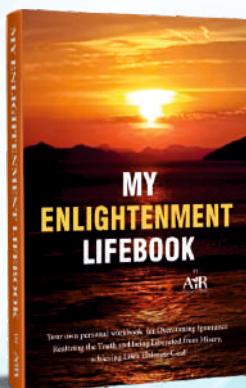
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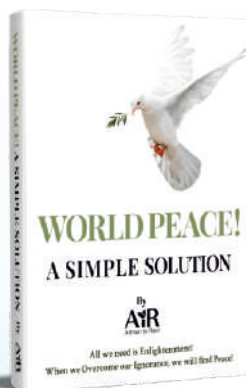
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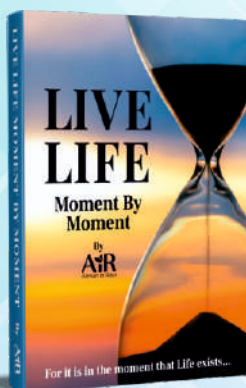
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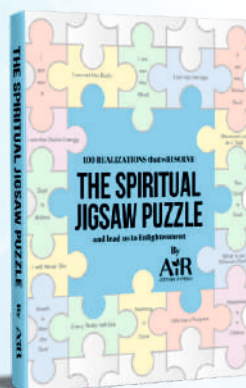
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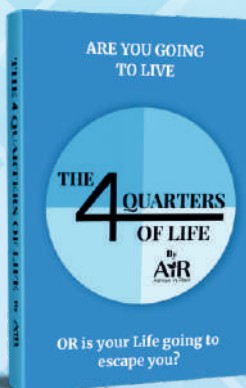
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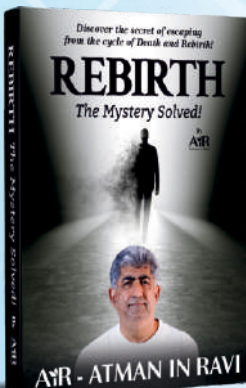
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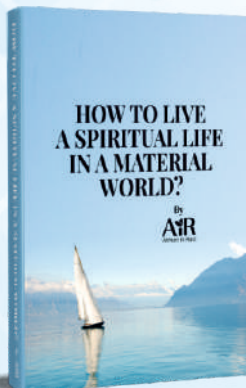
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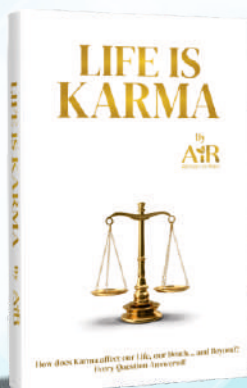
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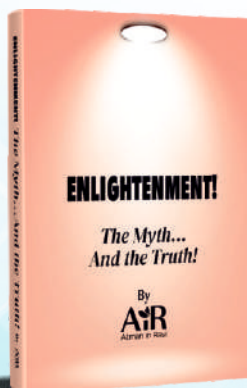
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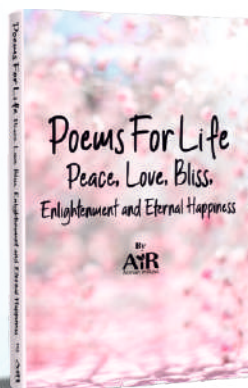
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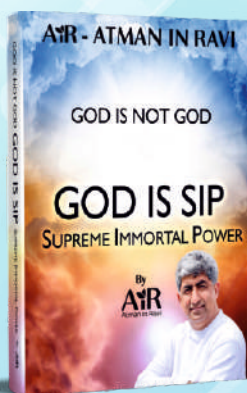
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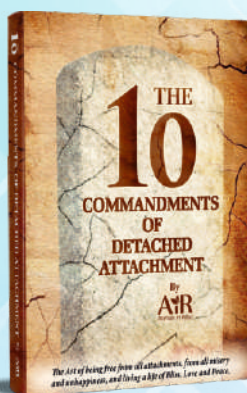
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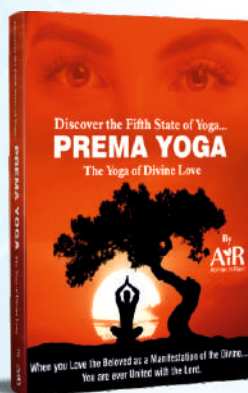
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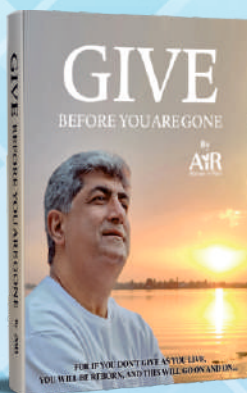
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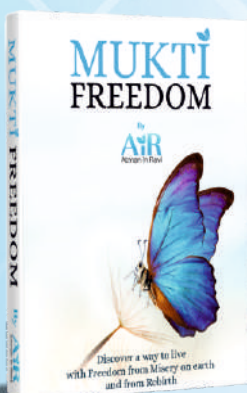
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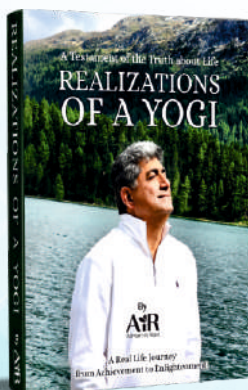
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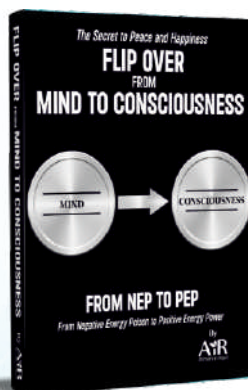
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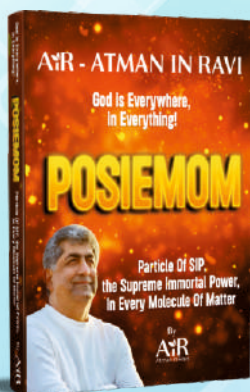
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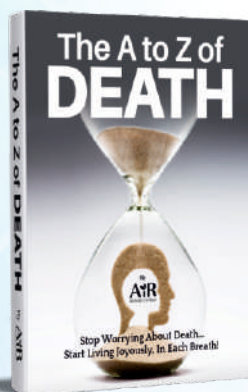
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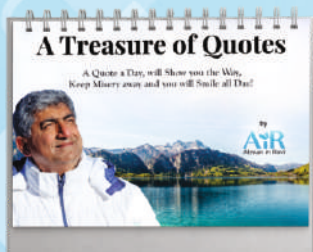
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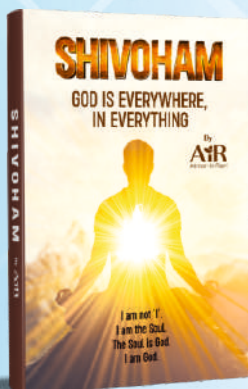
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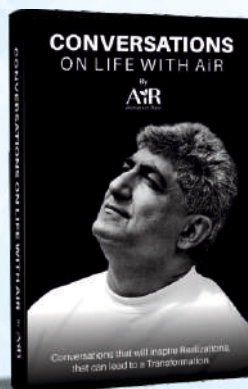
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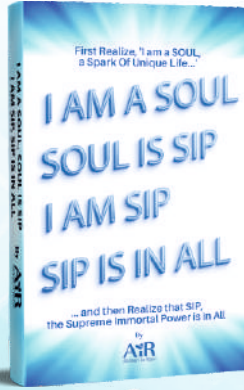
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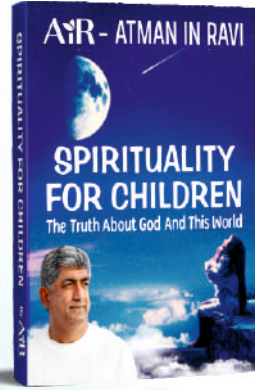
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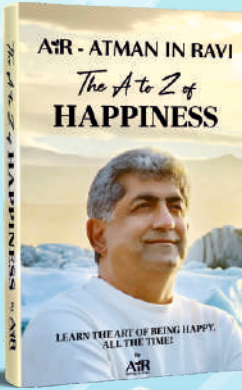
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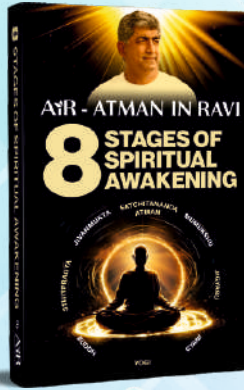
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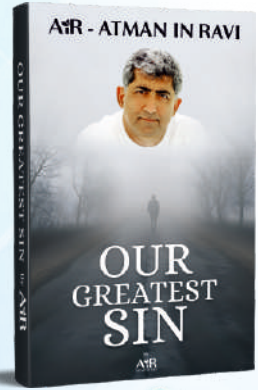
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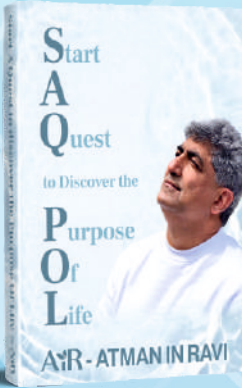
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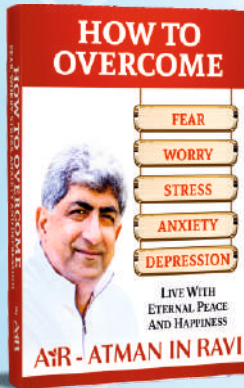
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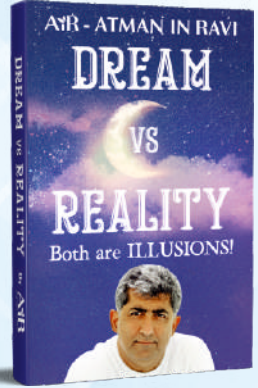
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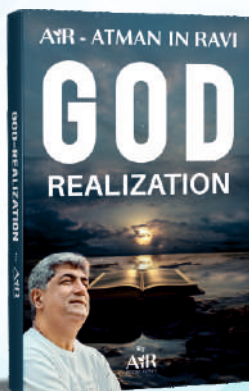
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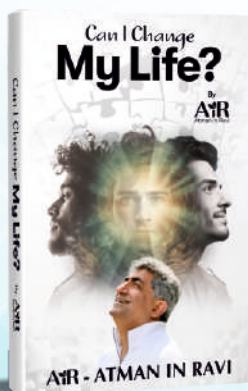
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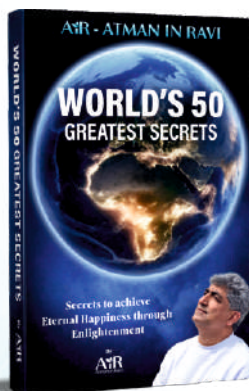
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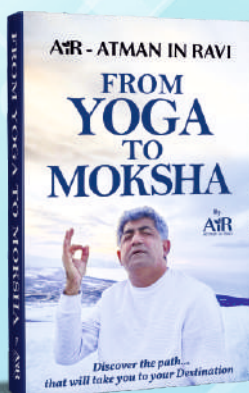
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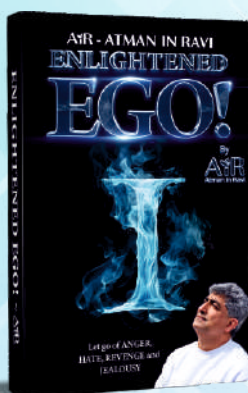
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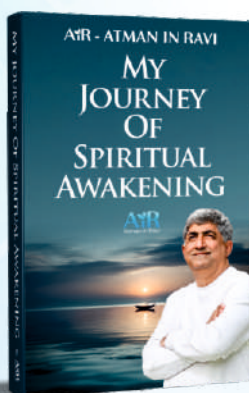
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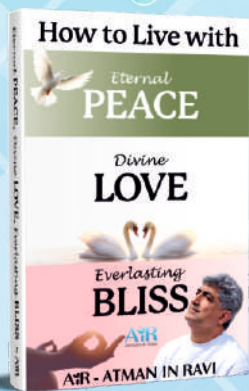
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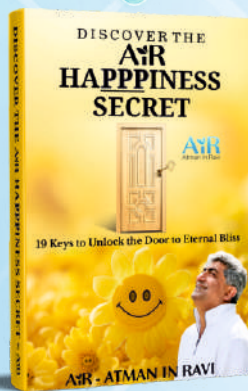
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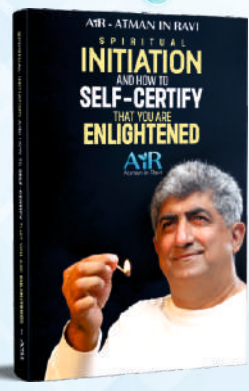
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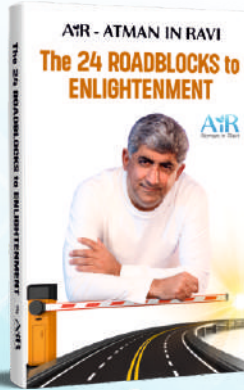
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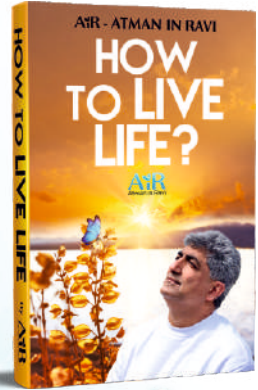
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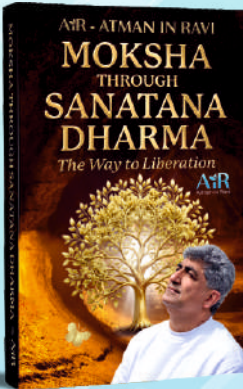
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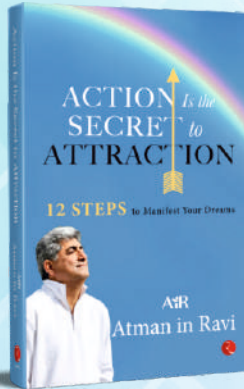
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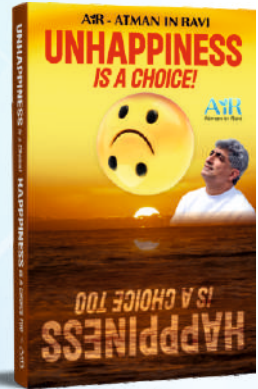
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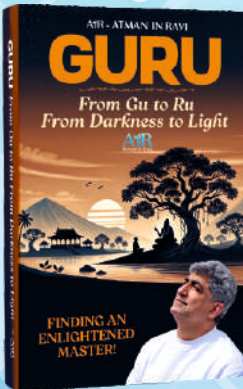
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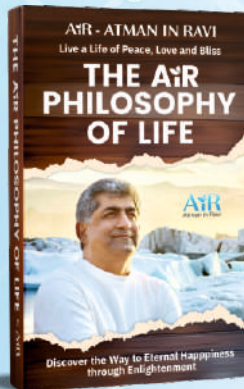
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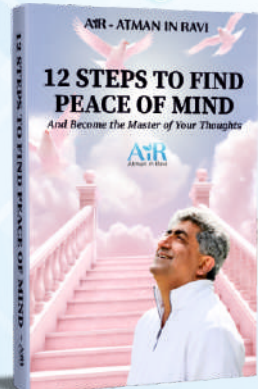
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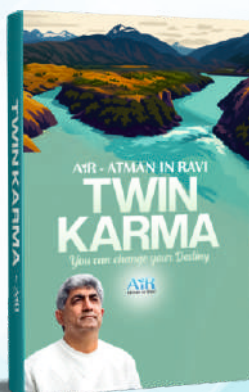
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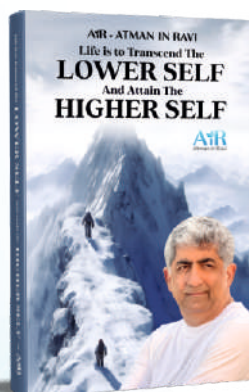
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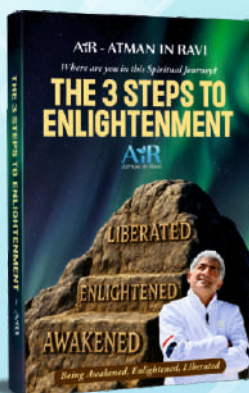
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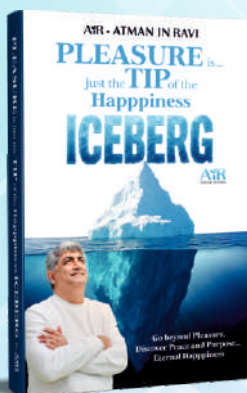
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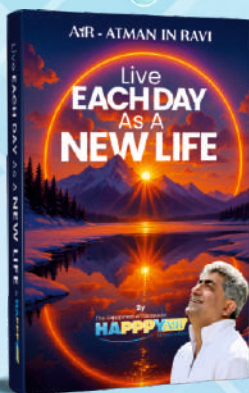
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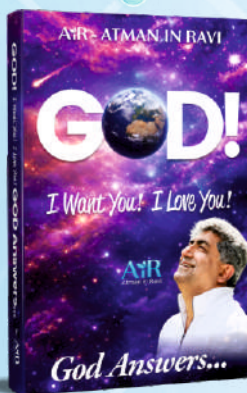
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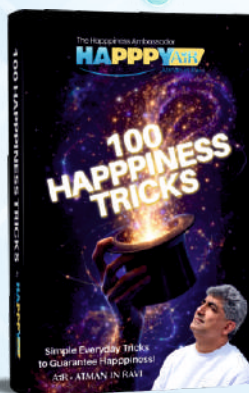
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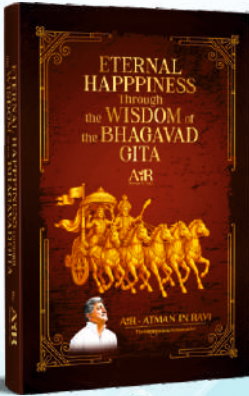
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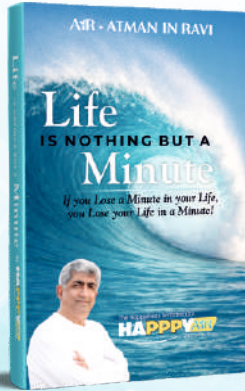
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Life IS NOTHING BUT A Minute

The Happiness Ambassador



What is life all about? We think life is about the many many years that we live with joy and tears. We think of the beautiful memories of life and the exciting goals and dreams that we will soon encounter. Little do we realize that life is not about yesterday, which is history. It is not about tomorrow, which is a mystery. Life is about today. That's the real pastry, and that's what life is.

Some of us do understand that life is about today, but how many of us have woken up to the truth that life is nothing but a minute? It has only 60 seconds in it. Can we stop the minute? We can't. We can't stop the clock from ticking. Life is happening this minute, and if we want to live life, we have to live the minute. For if we lose the minute, we lose life.

We can't go before this minute or after this minute. There is no tomorrow. Neither can we go to yesterday and change anything. The only way to live life is to live minute by minute. Not many of us realize it but the truth is life is what is happening now — this minute. That's all we have.

We can choose to live the minute or lose the minute and lose life. The choice is ours!



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