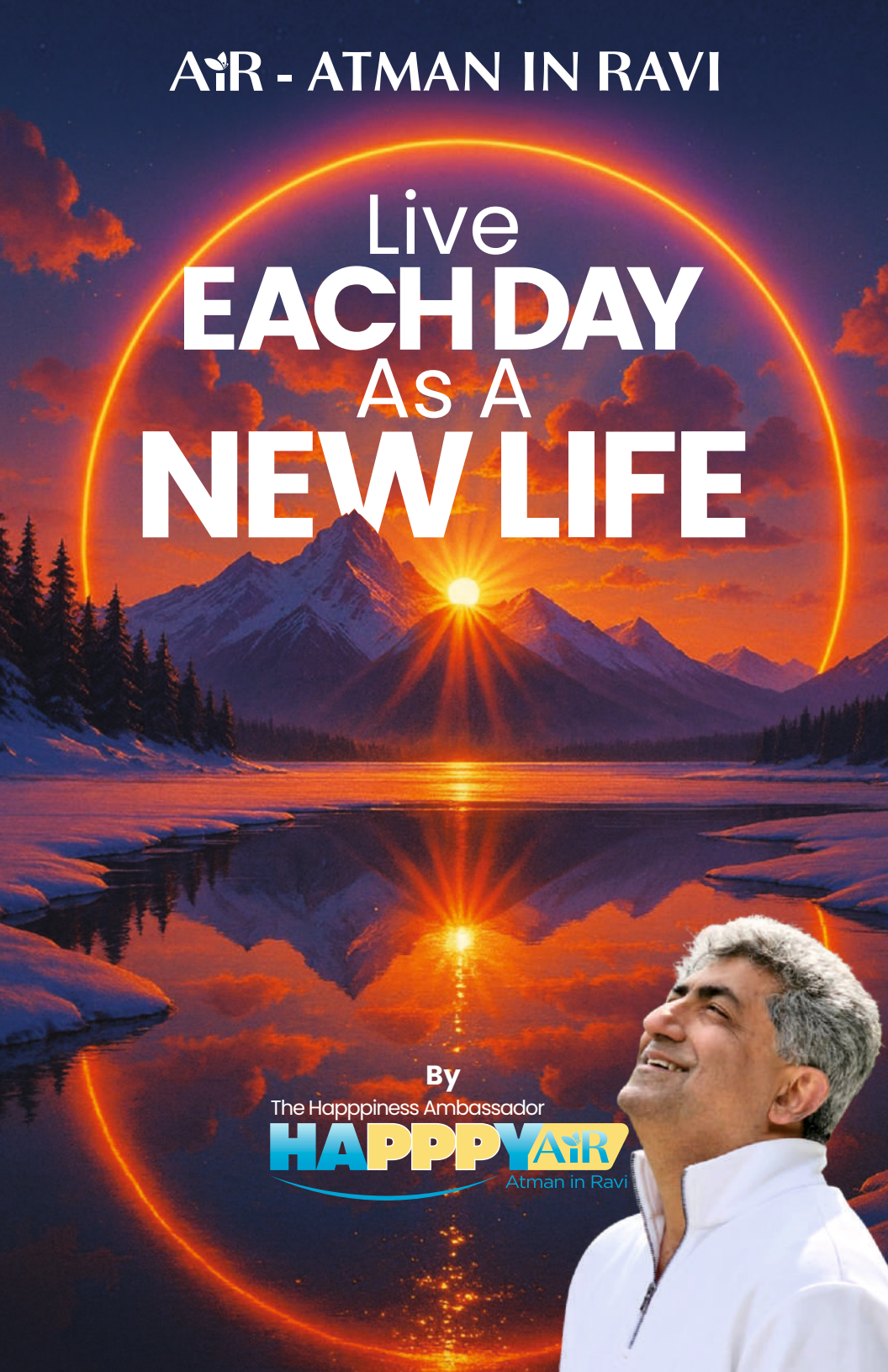
AiR - ATMAN IN RAVI

Live EACH DAY As A NEW LIFE



By

The Happpiness Ambassador

HAPPPY AiR

Atman in Ravi

Live EACH DAY As A NEW LIFE

By

HAPPPY AiR

Atman in Ravi

Ravi V. Melwani

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Today is a New Day, today is a New Life,
Why let the Future and the Past create Misery and Strife?

A New Day has Started, Yesterday is Gone,
Why worry about Tomorrow, which is not yet Born?

We Can't Change what's Over, but we Can Change what's happening Now,
By Living Today as a New Life, we can make our Life Wow!

Each Day is a New Canvas to Paint, a New Picture, a New Start,
With Vibrant Colours of Happpiness, make Each Day a work of Art!

Each Day is a New Chapter of Life, as Life is like a Book,
Live Each Day Afresh, renewed with a New Outlook!

Discover something New in Each Day, don't just follow the Herd,
With Joy, with Grace, with Surrender, fly like a Free Bird!



Don't Drag through the Day, it's a New Day that you must Seize,
Make the Best of Today, enjoy the Breeze and the Trees!

Each Day is a New Opportunity to Learn, to Grow, to Thrive,
Don't Repeat the Day that is Done, rejuvenate, be Alive!

Each Day is not Just a Day, it's a New Life, a New Beginning,
Be Conscious of the Minutes that Pass, be Alert to what's happening!

The Days that are Gone are Over, but Life Today is Brand New,
You can Achieve Anything, Be Anything... Believe! It is True!

Life is not about Days, Weeks, Months, that Fill Up a Year,
Life is about Filling Today with Peace, Joy, Love and Cheer.

Each Day is a New Life, to its Fullest, you Must Live,
Be Happpy, make others Happpy, Give and Forgive!

By

The Happpiness Ambassador

HAPPYAiR

Atman in Ravi



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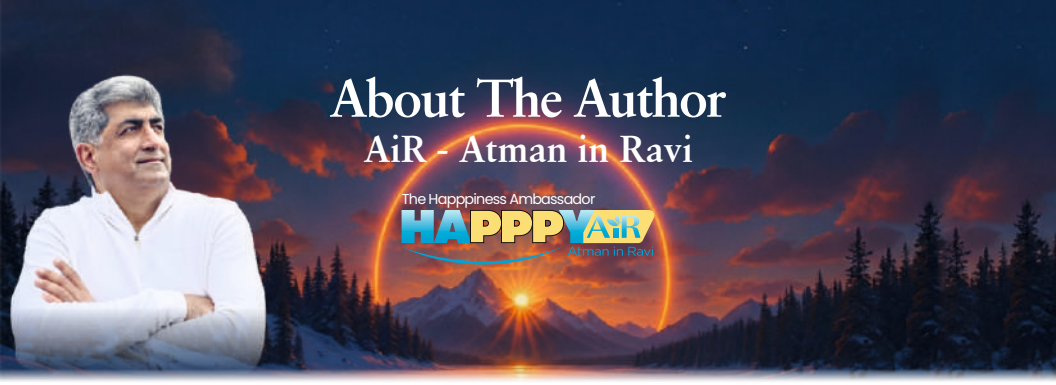


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AiR — *Atman* in Ravi, globally known as Happpy AiR, the Happpiness Ambassador, is a transformational author of over 100 books, lyricist and singer of more than 1,500 life songs, a philanthropist for over three decades, and an Awakened Soul on a mission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

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

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 Happpiness 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 Happpy, 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 Happpiness, many remain unhappy. Through his 3Ps, the 3 Keys to the Happpiness Secret, he aims to Touch, Trigger and Transform lives. He has addressed audiences globally on spirituality and Happpiness, dedicating his life to helping people discover Peace, the very foundation of Happpiness 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 Happpiness. He has been honoured as the Global Happpiness Ambassador by the World HRD Congress, recognizing his dedication to spreading peace, purpose and true Happpiness 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), Happpy AiR goes live on Zoom for 'Ask AiR', answering questions on Happpiness, life and spirituality, guiding people towards peace, joy and purposeful living.

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



Preface

We all live but life escapes us. Before we know it, the day is gone. Months pass by. Years seem to disappear into oblivion. We want to make our life amazing but how can we do it? There is too much to do and too little time! So many problems and challenges! So many desires and dreams! How can we put all these together to make the best of our life?

Nobody taught us how to live life. We learned so many things — languages, sciences, art and so much more. But the most important of all —life – nobody paid attention to it! How should we live our life? How can we be happpy? What is the purpose of human existence? These critical questions, the most important of all, have escaped our focus and attention.

As I discovered the true meaning of life, I transformed the way I live. I realized that life unfolds day by day. Each day is a new life. Yesterday is gone. We can do nothing about it! Tomorrow is not yet born. There is no point in worrying about it. But 'Today' is in our hands. Today is alive. It has started. What are we going to do with 'Today'? That is the most important question. If only we learn to live each day as a new life, our life will be rejuvenated. We will be able to rejoice and celebrate life. But if we add regrets of the past

and the worries of the future to our Today, we will lose the beauty of the present moment which is life itself!

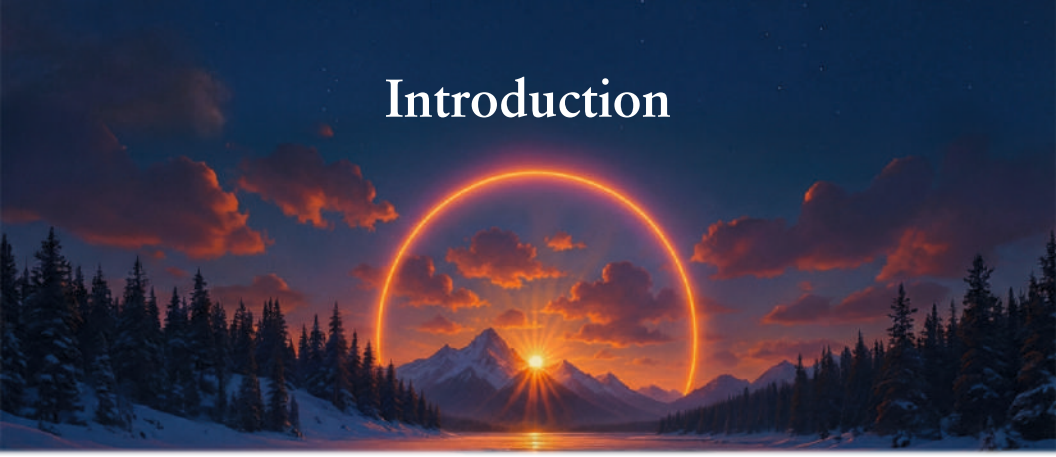
After writing about 100 books on life and Happpiness, I chose this title, '*Live Each Day As A New Life*', because I believe that the most important challenge of life is to live each day, and there is no better way than to think of each day as a new life. After we wake up in the morning, we should not slip into Yesterday or Tomorrow. We should not be attacked by miseries and sorrow. We should start with a clean slate, a fresh new day, as a fresh new life. Then, we can make Today the best day of our life. If we do this with every day, we can create an amazing life. Unfortunately, we all worry about what happened in the distant past and we carry the burdens of the future that may or may not come. Let us cross the bridge when we come to it. For the moment, let us enjoy Today. Let us make the best of the day in hand, for this is all that is humanly possible to do. Nobody can go back into the past and change it, just as we cannot dive into Tomorrow. Tomorrow is not yet born. Yesterday is gone. Why not seize Today and live it the best way that we can!

If we learn the art of living 'Today' as a new life, we will be able to make the best of 'Today' and repeating this day after day, we will be able to make our life fulfilling, happpy, peaceful and blissful. Unfortunately, we don't enjoy the pastry of Today because we are lost in the history of Yesterday and the mystery of Tomorrow! Let us stop and live each day as a new life.



We can celebrate Today. It's a new Life!
Let's eliminate Tomorrow and Yesterday that create strife!

Introduction



Can we change Yesterday? Nobody in the world can! Can we go to Tomorrow or tweak the next week that is going to come? Nobody in the world can! Even the millionaires and the billionaires of this world or the dictators that control large countries and continents can do nothing to change the hour that has passed by or the minute that is about to come. But we can take charge of Today. We can take charge of every minute and make the best of it and by doing so, we can make the best of life.

What is life all about? Life is a journey. Nobody can escape the fact that one day, we all must go. But what is the purpose of this show? Why do we come to earth? Not many of us understand the meaning of this human birth. We all want pleasure but we land up in pain again and again. We live in vain, dreaming about Tomorrow and wondering about Yesterday. Alas, we lose the present moment of joy!

Can we be happpy in Yesterday? How can we? Yesterday is gone! Can we create joy in a Tomorrow that is not yet born? Whatever we can do, we can only do in Today, in this moment. We have to take charge of Today if we want a better Tomorrow. But if our 24 hours are lost as we nurse, curse and rehearse the past, we will lose life itself. Today,

we can reverse the things that are possible to change. But whatever we do, we can only do in Today. Therefore, we must learn to live Today and make each day a new life. Yesterday is over. It may impact Today but if we live Today as a new life, we can let the past be. So also, the worry of Tomorrow need not impact our Today. If we learn to live each day as a new life, we can put our best efforts in the 24 hours that we have, to make Today so amazing that it will lead us into a better Tomorrow. However, nobody knows what Tomorrow is going to be. But Today, we are free to do what we want to do. Today is in our hands. We must learn to live in Today. Today is a new life. And when the day ends, we must let it go, allowing it to unfold into a new day, another dawn, into a new life that will be born. If only we learn to live life day by day, we can stop the worries of Tomorrow and the regrets of Yesterday from spoiling our Today.

In this book, together, we will discover how to live each day as a new life. By living in day-tight compartments, we will not let life escape us. We will not wake up in a Yesterday or a Tomorrow. Instead, we will choose peace, love and bliss and not misery and sorrow. We will learn to seize the day, and by living each day as a new life, we will take charge of our life, day by day. We will choose to be happpy, enjoying every moment. We will celebrate Today without worrying about Yesterday or Tomorrow. Why carry the burden of Yesterday, the stress of Tomorrow and make a mess of Today? Whatever we can do, let us do our best and then surrender the rest. This is the best way to live.



Today is a new Life. Forget Yesterday. Forget Tomorrow. Celebrate Today. Don't let the past or future create sorrow.

1. What Is Life In Reality?



Life is a beautiful journey from our first breath till the ultimate moment of death. We arrive on this planet, a unique world of peace, love and bliss. Each of us lives but neither do we have control over how, when and where we are born, nor do we control when we will be gone. However, while there is no control over our arrival and departure, we have been blessed with the willpower to live and to choose what we want to do. This is a special gift to every human being.

While life appears to be just as described above, the fact of the matter is that life is not understood by most of us. We don't understand the simple truth of who we are and why we are here. Why did we come to earth? What is the purpose of this human birth? We come, we go and we want to enjoy the show. But while we desire pleasure, we suffer pain. We want to enjoy our life but we cry in vain. Every living creature experiences pain of the body, misery of the mind and agony of the ego. While we want to celebrate life and we do, we all have a fall as we grow tall. Then, there is fear, worry, stress and anxiety, just as we experience anger, hate, revenge and jealousy. Little do we realize that a life with all these is a choice. We can be free from this triple suffering on earth if only we understand the truth about our birth.

We live, we die, we suffer and we cry but we don't understand, *'Who am 'I'?'* We don't realize that life is not about living a 100 years, which is our life span. Some of us live only up to 75 years of age, which is a little higher than our average life expectancy, while some may even cross a century! But is this life? The truth is that we cannot live life as a chunk of 7 decades. The first decade escapes as a child. In the second decade, we learn. But thereafter, life unfolds year by year. Each year has 12 months — 365 days — and the truth is that life unfolds day by day. We forget that life is this day that we are alive. Life is neither the past that is gone, nor is it the future that is not yet born. Life is just about Today. Imagine we lose Today, and like Today, if we continue to lose life day by day, ultimately, we will lose life itself. We live oblivious to this truth.

Life is just about Today. This is the ultimate truth and because we don't realize this, our life escapes us. We are trying to live in a Yesterday that is gone, and in a Tomorrow that is not yet born. By doing so, we are losing Today and so, we are losing life itself. Most of us have big dreams about our life. But these dreams cannot be lived because they are just dreams. What matters is the dream that we dream Today. What matters is the scheme that we think Today. The beams that we put under our dreams and the teams that we create Today will decide whether there will be a gleam in our dream and in the life that will unfold. But every dream depends on how we live Today. Otherwise, dreams will remain just dreams!

Life is ticking by, not just day-after-day but hour-after-hour. Each day has 24 hours, which unfold as 1440 precious minutes. If we let these minutes go to waste or even if we live in haste, our life will escape us. Those who

realize that life is about Today, grab hold of each day. They live life moment by moment. They are the ones who truly live life. We all live but either we are living in the past or in the future. Most of us are not living in Today. The few who have realized the truth that life is about Today are truly alive. They wake up in the morning with a resolve to make Today a beautiful day. They are the ones who truly live life. By living life day by day, not only do they make each day amazing but their life also becomes amazing. Life is made up of days. These days create weeks, months and years that are together called Life. Little do we realize that far more important than life is Today.

What can we do with life? Nothing! We can only do something with Today. If we want to make the best of our life, our focus must shift away from life to Today. *What am I going to do Today? How am I going to live Today?* If we can start living in the present moment and give each day our best, our life will turn out to be amazing. There is no use spending time regretting the past. What is the point in worrying about the future? Both are beyond our control. But Today is in our hands. If only we live Today as though it is our life itself, we will be successful in living life. Today, let us live as though it is life itself. Let us not think about the future or the past. Let us put our best effort into living Today. Then, our life will be transformed and we can make every dream come true!



Life is about Today, not many years!
What matters is how we live Today — with cheer or fears!

2. We Can Only Live In Today



Can we go back and change Yesterday? If somebody offers us millions or even billions, is it possible for us to go back into the past and relive what is already done? Impossible! The past is finished. It's gone! The mind may take us there. It may make us nurse, curse and rehearse what is done and dusted but in reality, we cannot go back into the past. It is impossible to go into Yesterday. We cannot even rewind Today. Such is life!

Can we go into a future that is not yet born? Can we go into Tomorrow or next week or next year? Just as it is impossible to go to Yesterday, it is not possible to go to Tomorrow too. Why then, do we worry about Tomorrow? It is because of the mind. The mind is like a monkey. It is constantly swinging into Yesterday and Tomorrow. We don't realize it but it is stealing our Today.

What is the truth? The truth is that we can only live in Today. In fact, we can only live life moment by moment, as it unfolds. But to be practical, we can't live life every second because seconds disappear as soon as they appear. If we want to value life, we must think of it as a minute at least. Each day has 1440 minutes and each minute is precious. But if we don't live each minute, the minute escapes us.

Life is very different when compared to money which we can save in a bank. We cannot save our minutes or days in a bank to be reused later. If we don't use a minute, we lose it. So it is with every day. Little do we realize that we have lost so many days and by doing so, we have lost life itself. We worry about Yesterday and Tomorrow and fill our life with misery and sorrow. We don't realize that we are wasting life. Life is about Today. We can only live in Today.

When we live each day as a new life, we change our paradigm about life. Yesterday does not matter for we can do nothing about it. So it is with Tomorrow. When we can't control the future, why waste time thinking about it? We can do whatever is possible Today, that can lead us to a better Tomorrow. But unnecessarily worrying about Tomorrow won't change it. Unfortunately, we spend a lot of our Today thinking about Yesterday and Tomorrow. We waste our day. We waste our life.

How often have you been lost thinking about what people said or what somebody did in the past? Will that help? Whatever is done is over. But what we don't realize is that thinking about it is wasting precious moments of Today which we can use constructively to live. Why live Today and give in to Yesterday, which is etched in stone? We can do nothing about it. But Today is in our hands. We can change Today. We can live Today. Why waste it in rehearsing Yesterday?

Most of us worry about Tomorrow. What's the problem? First of all, we are unhappy as we live with worry and fear. Anxiety and stress make our life a mess! But beyond these, there is something more deadly. Worrying about

Tomorrow steals our Today. It destroys life itself. Therefore, if we are living in Today but shuttling between Yesterday and Tomorrow, we will not only create misery and sorrow but we will also lose this precious gift called life. We will waste life in a past that is gone and a future not yet born, and soon, there will be another dusk and another dawn, and this will go on and on. Life will escape us and all that we will be left with will be regret and shame. And then, worry and stress will be our life-game.

The solution is simple. Live in Today. Refuse to live in Yesterday or Tomorrow because you can't! Be smart and intelligent. Refuse to exchange Today with Yesterday that can't be changed or a Tomorrow that can't be controlled. Live Today as a new life.

'*Live Each Day A New Life*' is a philosophy that will help us truly live. We can celebrate life in the moments that are in our hands. When we make the best of Today, there will be no regrets of Yesterday. And as for Tomorrow, we will deal with it when Tomorrow becomes Today. The Truth is that there is no Yesterday and there is no Tomorrow. But when we waste Today in Yesterday and Tomorrow, we are wasting life itself. The best way to live is to live each day as a new life. In fact, there is no other way to live!



Can you live in Yesterday? No, it's gone!
Can you live in Tomorrow? No, it's not yet born!



3. Why Do We Slip Into Yesterday And Tomorrow?

As you read this book, just pause and reflect on how much of Today has slipped into Yesterday and Tomorrow; how much time has been wasted thinking about a past that is gone and a future that is not born. Somehow, we are constantly slipping into Yesterday and Tomorrow. What is the use of wasting Today in a past that we cannot change or a future that we cannot control? Unfortunately, it seems like it is beyond our choice. It is not that we want to live with our history or that we enjoy the mystery that is going to unfold. It's just that it happens. It is constantly happening. But why?

Each one of us seems to have a monkey in our head, the monkey mind. It is this monkey that makes us blind. It fills us with ignorance and thus the truth, we leave behind! The monkey mind holds our hand and takes us into Yesterday. Then, we are lost! It may take us back to some entertaining memories but surely it locks us in the past and steals our day. If we are smart enough, we will break out of the past and come back to the present. But soon, the rascal mind will jump into Tomorrow. It will create fear, worry and soon, we will be in gloom, in sorrow. As we get trapped in anxiety and stress, and we feel our life is a mess, we will naturally come back to Today. But by the time this

happens, what has happened? We have lost such a large chunk of Today. In fact, we have lost life itself!

Each day, it is natural for us to slip into Yesterday and Tomorrow. Each day, we celebrate the present moment but inadvertently, we regret Yesterday and fear Tomorrow. Why? Why do we let the mind make us grind? Why do we let the mind drill us and kill us with toxic thoughts that are not only stealing our day but stealing our life itself?

It is sad that we have not understood the meaning of life. We do not treasure life enough to still the mind and kill the mind. If only we realize that the MIND is nothing but Misery, Ignorance, Negativity and Desire, we will beware of the mind, for where there is a mind, there is no life because the mind is corrupting our Today. As we lose precious Today, we lose life!

If only we live each day as a new life, knowing that there is an enemy that is trying to destroy our present moment that is life itself, we will live in Consciousness, in awareness about this rascal, this thief – our mind! We will make it a habit not to slip into Yesterday or Tomorrow. We will realize the reality that none of us can go into the past or the future and understand that it is futile to waste the present, which is in our hands, living in the past or the future that is beyond our control.

But yes, we can do one thing. We can control the mind. If only we block it and lock it, then, the mind, which is nothing but toxic thoughts, will neither push us forward into a fearsome future nor pull us back into a dreaded past. We will start enjoying life as we will live it, moment by moment. Then, we will live life, day by day. Each day will

become a new life, a life that has no trace of what is done and dusted and no flavour of an imaginary life that may or may not unfold.

We must live each day as a new life. We must block Yesterday and Tomorrow and let Today be Today. When the mind appears and Today is about to disappear, we must kill the mind before the mind kills our day and our life. On our own, it is impossible for us to go into Yesterday or Tomorrow. Nobody in the world can. It is the mind that takes us into the past and the future. It can swing like a pendulum. It jumps like a monkey from one branch to another branch. Soon, we wander like a cow into the 'then' and the 'now'. We must make a vow to be happpy now, and not let the mind recreate unhappiness that may have existed in our Yesterday or may appear in our Tomorrow. We need that resolve, that commitment. This will happen only if we replace the mind with Consciousness, with awareness. Then we can be established in the present moment, in Today, and by living each day at its best, we can truly make the best of our life.

Although none of us can live in the future or the past, we are losing our life so fast, as we swing with the mind away from the precious moment, which is life itself. When we start living each day as a new life, we will block the past from entering just as we will stop the present from slipping into Tomorrow.



Don't live like a monkey.
Live like a peaceful Monk.
Or else, the Mind will slip into the past
and the future and collect junk!



4. How Can We Make The Best Of Life?

Our greatest treasure is Life. But we lose life running after other treasures and other pleasures. We don't realize that life is unfolding, moment by moment, day by day. In the anxiety to make a better Tomorrow, we lose our peace and tranquillity. Instead of making the best of Today, we waste time in Yesterday. There is only one way of making the best of life. It is by living every moment the best way we can. It is about being peaceful and blissful, joyous and enthusiastic, grateful and positive in the moment, and *in the day*. If we don't control the day, it will just sway away and so will life. Therefore, unless we tightly lock the past and the future, we cannot remain in the moment, in the day, and make the best of our life.

Life is all about moments. It is moments that create hours, days, that ultimately create life. The mind fools us into believing that we have to plan a great life ahead of us. So, we keep on planning, strategizing, visualizing and manifesting a future. Little do we realize that every day spent in dreaming of a greater future is stopping us from living life at its best. There is no future. The future will appear as Today. When it appears, we cannot be busy thinking about the future. In reality, only Today exists. In fact, just the moment. And if the moment escapes us, the

day escapes. Therefore, we must not exchange our Today for Tomorrow. A Today well-lived is surely going to make a great Tomorrow, because when Tomorrow arrives as Today, we will be making the best of every moment.

It is strange but we think of life as a long journey to reach an ultimate destination. Many people question, *'Is life a journey or a destination?'* but not many enjoy life, moment by moment. Life must be a celebration. But there is so much desperation dealing with what has gone and what is not yet born. We can only celebrate the 'now'. If there have been moments of depression, we must bury or burn them, for we can do nothing about them. So also, we cannot celebrate our dreams that are still in our imagination. We may be excited in a vision but when we get our feet on the street, we face the reality of Today. Therefore, life is nothing but Today. Life is nothing but the present moment.

Look around and you will find the whole world is busy working so hard and is stressed and worried about what will happen in the years ahead. All the people who have worried before us have departed from the planet. Life goes on. But because they were so concerned about the future, they lost the present, that precious gift that never returns. Learning from them, we should pause and make the best of our life. We must not let life escape us while we are chasing an imagined future that may never come. We must not let the precious gift of Today pass by unnoticed.

How many of us enjoy each moment of life? Do we wake up to watch the dawn breaking the skies before the sunrise? Do we have time to watch a beautiful sunset? We are so caught up in our projects and the deliverables that

create deadlines, that we soon die without enjoying the gift called life! Many people who are in the twilight of their life tend to regret how they lived. They wish that they could have done things differently— they could have done this or they could have done that. They wish that they could have lived their life enjoying the moments rather than wasting moments. Most people lose their health making wealth and then, spend their wealth to regain health. In doing so, life escapes them.

What is life all about? Life has a purpose. It is not just a circus. Of course, we must have fun before life is done. But Happpiness is not just about accumulating treasures and trinkets that we will ultimately leave behind. Alas! Most of us are caught in this illusion and life escapes us. We must enjoy pleasure but we must not lose our peace. And ultimately, if we don't discover our purpose, we will just live and die. There will be pleasure and pain but we will not get to living life at its best.

Do we even know that there is something called Eternal Happpiness? Do we know that we can live every moment with peace, love and bliss? We have no time to experience this because we don't realize that Happpiness is about living in the moment. And if we lose the moment, we lose life itself.



If you want to make the best of Life, there is just one way. Live in the moment and make the best of Today!



5. Why Suffer The Past?

Don't we all suffer? Of course, we do. Is there a way of being free from suffering? Yes, there is. Suppose we have a fall and break a bone. We will experience pain but more than the pain, is the suffering we will experience because we will remember the fall again and again. We will curse, nurse and rehearse things that happened in the past - things that we cannot change. We can take some medicine now, some pain killers to reduce the pain. But instead, we suffer living in the past that cannot be changed.

It's not just physical pain and suffering. Very often, we live with regret, shame and guilt. Something may have happened 10 years ago but we cannot get it out of our head. We dread that memory and we suffer. What we don't realize is that we have let the thief enter our system and steal our Happpiness. Every night, we lock the door of our house because we don't want robbers to ransack or burgle our home. But every day, we leave the door of our life open for the biggest thief, the mind, to pull us into the past, which is way behind. It drags us into memories that steal our present moment. We waste our day regretting things that we might have done but are way beyond our control now. We lose the day in wasted regret. Soon, we lose life itself!

It's not only about things that happened years ago. Something may have happened yesterday and we feel so ashamed that the shame spoils the game of Today. Today, we could have been happpy but we are unhappy because we are trading the present moment, which is in our hands, with a Yesterday that is no more in our hands. Why do we do this? It is because of the mind that makes us blind! We remain a fool because we were taught in school about regret, shame and guilt. But nobody taught us how to eliminate the mind where these toxic emotions are built. We waste our precious life in rehearsing past moments, instead of reversing them. If only we spent the 'now' to do something positive, something constructive, it could take us forward and give us fulfillment in the present moment. By repeating something that cannot be undone is wasting precious life that waits for no one.

Life doesn't have a pause button. The clock will continue to tick. But every time we look at the clock, we must realize that it's not time that is passing. Life is passing and if we want to live our life at its best, we must remember that each day is a new life. We must not let our Yesterdays spoil our Today. They often do. If only we build a dam that stops the gushing river of toxic regret, shame and guilt, we can change the way we live.

Why suffer the past? It's gone. Forget it! Sure, we all have made mistakes but every deed that we have done in the past becomes a seed that will bear fruit. Instead of wasting the moment living in the past with suffering and regret, it's better that we spend the moment planting a new seed, a new deed that will bear positive fruit. We have a choice. We can live in Yesterday and suffer or we can eliminate the past and live in the present moment with a smile. If we realize that the past is beyond our reach, we will not waste

our present trying to get there. Nobody can! We all know it. But still, most of us waste our present life thinking about our past.

Each day is a new life. Whether we accept it or not, it is true. Because what we do Today will soon become a Yesterday, which we can't change. Now, we have a choice. We can make Today so amazing that there is no regret when it becomes Yesterday. Or we can live Today wasting our precious moments with shame, regret and guilt — but when the day is over, we would have only built more of these toxic memories. Just like we flush our toilets once done, learn to wipe out the past that is not productive. Our good memories will then automatically be saved in the gallery of our life. But we should auto-delete all the negative moments from our hard disk. If we don't, these regrets will reappear and haunt our Today and steal it away!

Let us resolve to never suffer the past that is gone, never to be reborn. Let us rather take charge of Today, take charge of the moment, and live each day as a new life. Soon, we will become oblivious to the heartaches and heartbreaks of our Yesterdays as we do not permit them to clutter our memories. We must be so busy enjoying Today that we don't give Yesterday an opportunity to make us suffer. Remember, this is a choice!



If we continue to live in Yesterday, we will suffer the past! Rather, live Today as a new Life, for Happpiness to last!

6. Can We Live In Tomorrow?



Are you enjoying Today? Are you making the best of it? Are you spending every minute as though Today is the only day you have, or are your minutes jumping into a Tomorrow, which doesn't exist? Pause and take stock of how you are living your Today. Chances are that you are letting Today slip into Tomorrow, which doesn't exist. Inadvertently, you are wasting your life because life is all about Today. There is no Tomorrow!

Whatever we imagine could happen Tomorrow, may or may not happen. There is no guarantee! We may imagine going to some place, being with somebody or even travelling somewhere. As the date in the calendar changes, a new life unfolds. Unfortunately, by living in Tomorrow, we are not only imagining things that don't exist but we are also losing something that exists – the present moment.

Today is in our hands. We can do whatever we like with it. We can celebrate. We can dance. We can go anywhere. We can take a chance! It is all happening in real. But unlike Yesterday, which was real, Tomorrow is not. Yesterday is a day that we can't go back to, and so is Tomorrow a day that we cannot enter Today. We all know it. But still, we live in Tomorrow and lose Today. Should we not change this?

How often do we spend our day thinking, planning, scheming and dreaming of Tomorrow, next week, next month and next year? We go beyond to decades ahead, when there is no guarantee of Tomorrow. Still, we live in Tomorrow. We are trying to build our Happpiness in a future which is beyond our control. Today is a Tomorrow that we thought of Yesterday. How many things changed? Yesterday, we thought that Tomorrow we will go hiking but we did not know that it would pour cats and dogs Today. Nobody knows about Tomorrow. There may be weather predictions but can we guarantee it? No Tomorrow is guaranteed but Today is.

Today is in our hands. We can live Today the way we want to. Today is alive and unfolding and we can be happpy. We can make Today a great day. But unfortunately, we can't say the same about Tomorrow. Tomorrow will be a new life. But when we take Tomorrow and mix it with Today, then, Today becomes a life which is beyond our control.

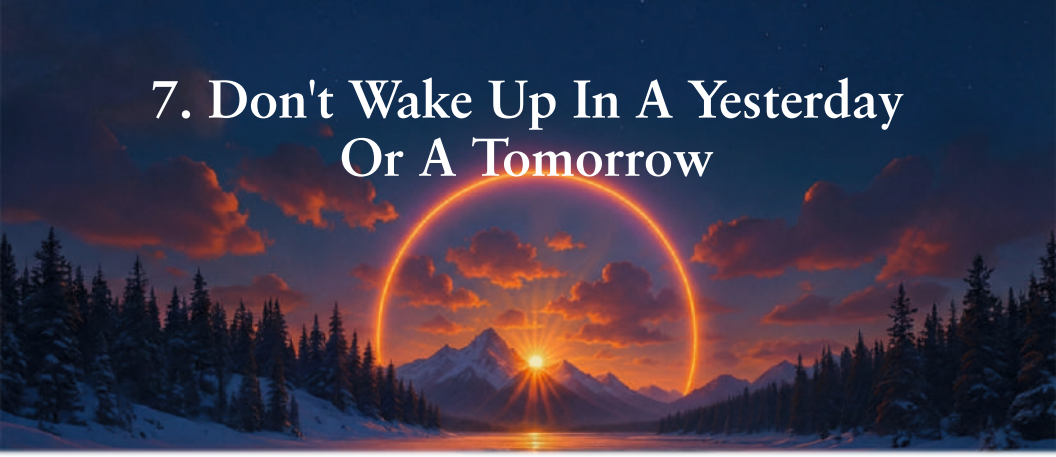
We must live each day as a new life, disconnecting it from the future. We must not live Today as though Tomorrow will be what we expect it to be. Of course, Tomorrow will be. But we don't have a control over Tomorrow like we have a control over Today. If Today escapes our hands living in Tomorrow, then Tomorrow will also escape and before we realize it, life will escape. We must build a wall that is so tall that we don't fall into Tomorrow. We must live Today as though Today is our last day. Then, our life will be amazing! When we let Yesterday and Tomorrow interfere with Today, before we realize it, we will lose our Today.

Tomorrow has fears and worries which are not real. When we open the door to Tomorrow, we bring in stress and anxiety that rob our peace and tranquillity. FEAR is a False Expectation Appearing Real and when we let Tomorrow enter, it makes fear appear like a danger. There is no danger, in reality. There is no need to fear Today. But we lose Today in the fear of Tomorrow, which doesn't exist. We overthink and worry about something that may never happen. Today, we are sure that there is no problem in life but still we worry about a problem that exists in the future. Why live in Tomorrow and spoil Today? Isn't it utter foolishness? There is no stress Today but we make a mess of it by letting Tomorrow take over our thoughts, our feelings and our life.

We have a choice. We can live Today with peace and bliss, or we can live in Tomorrow with thoughts that create unhappiness. Tomorrow may have unlimited problems and dangers. But Today, those problems don't exist. Our life is about Today. We will deal with Tomorrow when it comes. If there is something that we need to do Today, that we need to do now, let us do it giving it our best. But imagining that something may happen Tomorrow makes us lose our precious Today. Let us live Today as though there is no Tomorrow and when Tomorrow becomes Today, we will have the energy, the courage and the resources to live each day at its best. But if we waste every Today in Tomorrow, we will waste our life.



Today has Joy, Peace and Bliss; there is no sorrow!
But we lose all of this when we open the door to Tomorrow!



7. Don't Wake Up In A Yesterday Or A Tomorrow

Every morning, we wake up from sleep. But what do we wake up with? Do we wake up grateful that we have a new day to live? Are we excited about the 24 hours that each day brings as an opening balance to us? We have 1440 minutes credited to our 'every day life account' at the stroke of midnight, when the date changes. By the time we wake up at sunrise, 25% of the day seems to have gone! Just to set that part right, suppose we imagine that our day starts at sunrise. It doesn't change anything. We still have the same 24 hours, from one sunrise to another. The question doesn't change. What do we wake up with at every sunrise?

It seems so natural that we wake up with thoughts of Yesterday or Tomorrow. What happened Yesterday appears as news on the television, internet or mobile phone. Good news or bad news, it's still about Yesterday, which is over. Some of us wake up with dreams, unreal fantasies of the mind that linger on after we open our eyes. Sometimes, it is just thoughts that fill our Consciousness. By the time we wake up, our day has started and before we know, the day is over! We all experience this.

However, haven't you experienced some days which are very special? It may be your birthday, Christmas or

Diwali. Maybe, it's a day that you are meeting friends for a picnic or getting ready to catch a flight for a holiday. Aren't days like these different? How do we feel on special days like these? We are excited, enthusiastic and charged. We get out of our bed with a different kind of energy. There is optimism and positivity in the day. But these days are few and numbered. Why can't every day of life be like this. '*Oh, how is this possible?*' we will question, '*How can every day be special? How can every day be a festival or a birthday?*'

The truth is that every day is a birthday. Every day, we are born fresh. Every day, we are rejuvenated after our sleep. It's a new life. But alas, we don't live each new day as a new life. We wake up and let the day dissolve into Yesterday and Tomorrow. We don't snap out of bed with the thought that '*Today is going to be very special. It's not just going to be another day.*' And so, it becomes another day. Each day becomes just another day in the calendar of our life. Apart from those few special days, where there is so much cheer and excitement, most days end up with the same routine.

In fact, many of us spend each day in exactly the same way. We sleep at the same time, wake up at the same time and repeat our rituals exactly the same way. Very few things are different. If every day was different, life would surely be more exciting! What is unfortunate is that there is hardly any difference between Today, Yesterday and Tomorrow. They seem to be like beads in a rosary that flow one after another.

But there is something worse than this. Sometimes, we wake up in Today but we are still in Yesterday. We have not snapped out of the day that is finished and gone! At other times, we wake up in Today but our thoughts are in

Tomorrow. Before we realize it, we spend the whole day shuttling between Yesterday and Tomorrow. In the bargain, what happens to Today? It just disappears into nothingness! This is our biggest problem in life. Today is Today. It has nothing to do with Yesterday nor should it be controlled by Tomorrow. Today is a beautiful day and we must take charge of Today without the past or the future destroying it. The choice is ours. We can make Today exciting. We can make Today a new life or we can let the problems of Yesterday and the fears of Tomorrow take over our precious Today.

Ultimately, Yesterday and Tomorrow have no relevance. What is real, is Today. What is important is the present moment and while there is some reference to the past and the future, nothing is more important than the present moment of Today. If we learn to live each day as a new life, we can make each day exciting. Each day can become a celebration. This is provided that we don't wake up in a Yesterday and a Tomorrow. We have to create a habit of sealing the past and not letting it creep into the present. The future may have challenges and problems but those do not belong to Today. Today is a beautiful day. Today is a gift. The 'present' is in our hands. If we don't use it, we lose it. Let's wake up in Today, every day and make each day great!



Today is a special day. Let's make it a Celebration!
Why wake up in a Yesterday and a Tomorrow in desperation?



8. Each Day Is A New Life - We Must Live It

Life can be amazing only if we make each day a new life. This is our greatest challenge. Whoever we are, whatever we do, if life is not renewed every day, we cannot make the best of this gift called life. We are not like a river that must flow till it reaches its destination. We must not just live till we die. We must grab hold of each day and make it worthwhile. Every day is a new opportunity. It is a new life to live. It is not the same as Yesterday. That is finished! It's gone. Today is not Tomorrow for which we must worry and struggle. Today is different. It is fresh, new and completely different from the past and the future. That is why we must think of Today as a new life.

How can we live Today as a new life? It is only when we drop all preconditions, everything that is indoctrinated in our head. If we want Today to be new, we must have new thoughts, new dreams and new actions. If Today was an exact copy of Yesterday, how could it be a new life? So also, Today must not be filled with the imagination of Tomorrow, because then, Tomorrow will consume Today. If we have to live Today as a new life, we must completely disconnect it from Yesterday and Tomorrow.

For each day to be a new life, we must imagine that we have a new life Today. It is like waking up in the morning

after being dead Yesterday. If we had died Yesterday, our life would have been over. But imagine Today, we have been given a new life, a new chance, a new opportunity. How would we live it? Just think hypothetically that last night you were in a plane that crashed and everybody died except you. Would life be the same Today? You would have been transformed because life would have given you a message that your life could have been over. But it isn't. This day is a new life. You would live it differently, completely different. The only challenge is that we are not going to escape a plane crash every day. But that's how we must think when we wake up in the morning. *Today is a new day. Today is a new life*. Then, we will make the best of Today.

Unfortunately, we are unable to live each day as a new life. Why? Because we are carrying the baggage of Yesterday. How can Today be new and fresh? Unless we offload Yesterday, we cannot upload a fresh new day in our life. No doubt, we have to live with responsibilities and relationships that connect us with Yesterday. But each day must bring into our life, a fresh set of 24 new hours. We must accept the hours of each new day as a gift, not just to consume but to live; not just to exist but to celebrate; not just to breathe but to be happpy. We must be excited about each new day that is born. It's not just another sunrise and another sunset. We must make each sunrise and sunset a unique and spectacular experience. Then, life will become something that we look forward to.

We must be excited to wake up in the morning. We must look forward to the 24-hour gift which becomes the present day and to make it a new life, in a new day, we must wipe out all traces of regret, shame and guilt. We

must not permit fear, worry, stress or anxiety, steal the peace and tranquillity of a new day. This is possible only if we make each day a new life.

Imagine waking up in the morning without any problems and challenges. Imagine that the day is free from all worries and anxieties. Imagine starting with a day that is clean, pure and fresh, then you can fill the day with whatever you truly like. Each day can be a new life if we start painting the canvas of each day without any stains or images of the past and future. Then we can take a palette of colours and splash it on the canvas of Today to create a beautiful painting every 24 hours. The next day, we have a new canvas, a new life. At sunset, we tie up the day and finish it without carrying it forward to the next. If we can start each day as a beautiful new day, then our life can be truly amazing!

Unfortunately, we human beings carry misery in our memories. We let our mind become our boss. It rides our life-horse. It does not let us start each day as a new life. Unless we leave the rascal mind behind in Yesterday, it will surely spoil every new day from being a new life. It will not let us live Today, because it will push the garbage of Yesterday and the toxic thoughts of Tomorrow into Today. In fact, we cannot go to Yesterday and Tomorrow. Only the mind can. If we want to live each day as a new life, we must leave the mind behind.



Each day is a new Life but this truth we forget.
Instead of celebrating, we regret and remain upset.

9. Living In Day-Tight Compartments



If we want to live a life of peace and Happpiness, we know by now that we must make each day a new life. If we don't and we permit Yesterday's regret, shame and guilt to seep into Today, we will have no peace left. So also, if we permit the fears, worries, stress and anxiety of Tomorrow, the future, to flood our life, we will undoubtedly sink. What is the solution? It is to live in day-tight compartments, to build Today into such a tight compartment that the toxic thoughts of the past cannot enter. We make Today so day-tight that it is impossible for the future to enter our Today.

Where did this concept of a day-tight compartment come from? We can trace the concept of a day-tight compartment to as early as the 12th century in the context of ships that would sink. Whenever a ship would crash against any object, another ship or an iceberg, it would sink. The ship-makers found a creative solution — making watertight compartments in the ships. What were these watertight compartments? The ship's hull is that portion of the ship that forms the outer body of the vessel. It protects the cargo, the machinery and gives the ship its fundamental shape. Watertight compartments were engineered into the hull of the ship. These complex structures kept the water out. While this was technical knowledge, simply put,

watertight compartments were vertical walls called bulkheads. These bulkheads prevented water from spreading into the ship or flooding the ship if the hull was damaged. These watertight compartments also ensured the ship's buoyancy and stability. Imagine if there were no watertight compartments in a ship. Many more ships would have sunk. But thanks to the watertight compartments, there was safety on the seas. And this practice continues.

These watertight bulkheads, therefore, are very strong vertical walls that separate different sections of the ship. In case there is a collision, these bulkheads or tall vertical walls that make the ship watertight, act as a protective barrier and contain the water. They stop the ocean water from going beyond the damaged compartment or a few compartments. By doing so, the ship continues to sail without the entire ship sinking.

Just like watertight compartments are a prerequisite for the safety of a ship, day-tight compartments are essential for the sanity of human beings. Today, there is so much mental illness because there is no stillness of the mind. The mind that acts like a monkey, jumps into Yesterday and Tomorrow, creating so much misery and sorrow. The reality is that none of us can go into the past or the future. Still, we don't live in day-tight compartments because the monkey mind swings to a Yesterday that is gone and a Tomorrow that's not yet born. If only we learn to live in day-tight compartments, we can live each day as a new life. This will prevent Yesterday from seeping into Today, just as it will stop Tomorrow from making the ship of our life sink. If we don't have day-tight compartments, we will be attacked by fear, worry, stress, anxiety, regret, shame and guilt. We can also become the victims of anger, hate,

revenge, jealousy, pride, greed and selfishness. Therefore, we must do our best to create day-tight compartments that seal our life into individual days and don't carry miserable memories into each Tomorrow. We will also be saved from fears and worries that are a product of the overthinking mind. There is no real danger in Today but when we don't have day-tight compartments, fears and worries will flood our present moment and make us miserable.

Therefore, we must learn to live in day-tight compartments. Those who find this concept a bit high-tech, may look at modern day containers that are airtight. Don't we use airtight containers for our food? Why do we do so? If we permit air and moisture to enter containers that we keep food in, we know the result. The food will get spoilt due to bacteria or fungus and will no more be edible.

While we take so much pain to buy airtight containers to keep our food fresh, isn't it a wise idea to live in day-tight compartments and keep our life free from the miseries of Yesterday and Tomorrow? If the safety of ships is dependent on watertight compartments, should we not establish ourselves in Consciousness and use our intellect to live each day as if it is a new life? Those who do, enjoy peace and bliss. Others overthink, blink and sink!



Like ships use watertight compartments so that they don't sink,
Live in day-tight compartments so that we don't overthink!

10. 24 Hours Is All That We Have!



We all know that we have only 24 hours in a day. But do we realize that we only have 24 hours in life? Life is just the 24 hours that come into our hands every morning. When we wake up from our bed, we have no more than 1440 minutes from one sunrise to another. The world has done well to break it into seconds, minutes and hours. But do we have more hours in our life? The truth is that each day is a new life and if we don't live each day in the 24 hours that we are gifted with, not only do we lose the day but we lose life itself.

If we live life as though life is 24 hours only, we will make the best of this journey. But because we believe that life has thousands of days that will unfold in the many years that we will live, we let the day slip out of our hand. Those who resolve to live each day as a new life, treasure every minute of it. There are many who want to pass time in frivolous things. They don't know what to do with their life. They have no mission, no vision and no purpose. And so, life keeps ticking by. Before they realize it, their life is over. But look at the winners of the world. The successful people make the best of their time. They realize the simple truth that with money, they can't buy time. However, with time, they can create money. Regardless of our aspirations, wasting time is not the way to a good life.

When we value each day as being life itself, then each hour becomes a treasure because what is a day, other than the 24 hours that come and go? Of the 24 hours, we can't live them all. Some hours are needed to rest. Some people may sleep for 5-6 hours, while others may sleep for 8-10 hours. It is an individual choice. But how much time do we need to sleep? While we will discuss this later, the fact is that if we treasure each day as a new life, each hour becomes too precious to be wasted in extra sleep or any non-productive work. We will not waste our hours because we will realize that a day gone only means that life has escaped us. Therefore, to make the best of life, one must make the best of every hour of every day. Little do we realize that each hour has 60 precious minutes, and each minute is zooming away with 60 seconds. Sure, we can't do much in a second but a minute is a long time to live if we grab hold of it. An hour can change somebody's life. An hour well spent can transform life itself, provided we use the 60 minutes effectively. If we lose 60 minutes, hour after hour, day after day, we would have effectively lost life.

So, 24 hours are precious but each hour is independent and comes to us as an opportunity to live life. Some people plan their hours. Others fail to plan. But if you fail to plan, you plan to fail. We must make the best of every hour, every day that we live. If only we can do this, we can celebrate life and make it a destination of our dreams.



To make the best of Life, give your life, Power.
And the only way to do it is to make the best of each hour!

11. Life Is A Choice



Many people think that life is predestined. We are mere puppets. We come and we go. We have no control over this show called life. Few understand that life is a drama which is unfolding as per Karma. If there is some trauma, it is not luck, serendipity or chance. Every deed that we do becomes a seed that must bear fruit. Therefore, everything that happens in life is not some random unfolding of natural phenomena. This world is governed by an intelligent power that has created such an amazing universe. What we don't realize is that we have a choice. We can make our life a celebration or let it be filled with misery and strife. It's our choice. We can let days pass by and let life escape us or we can grab hold of each day and make it a new life! We must make this choice.

Happpiness or unhappiness? It's a choice! But the choice must be made Today. Our life cannot become blissful, peaceful or stressful all of a sudden. If we choose to fill each day with joy and peace, we can have a happpy life. But what if we choose to live with worry and stress? Obviously, our life will become a mess! Each day decides whether our life is going to be a happpy life or an unhappy life. Life is not a magic show that suddenly unfolds. Just like a building is built, floor-by-floor, our life grows tall

based on the layers of choices that we make. When we live each day as a new life, we are conscious of every brick, every action that we do. Layers of bricks build strong walls of the building and so, our choices decide our destiny. Choosers or losers, it all depends on the choices that we make every moment, for it is these moments of Happpiness or unhappiness that decide the destiny of our day and our life.

As we live, we have a choice. We can live in a state of mind that creates misery and sorrow. We can live with fear, worry, stress, anxiety, regret, shame and guilt. Or we can move to a state of Consciousness in which we become the master of our life. Some of us don't realize that it is a choice. We can let the mind inflate our false ego and create pride, greed and selfishness. But as a result, we will experience anger, hate, revenge and jealousy. What happens when these monsters take charge of life? Is there any doubt that we will be unhappy? Of course not! But we have a choice. We can throw them out, if only we learn to flip from mind to Consciousness. It is a choice!

Every day, we are given the opportunity to choose. We, human beings, are the only ones who are blessed with the most powerful tool of discrimination, the intellect. What if we choose not to use it? It is just like wasting days and wasting life. Every decision that we make will take us forward in this journey called life. But every time we choose to let the mind become the boss, it will ride our life-horse, and we will be at a great loss! We must choose to put the intellect in charge of our life. Do it Today, for if we fail, we will remain in jail and suffer through life.

Our life is a choice. But the choice must be made Today. We can be happpy or unhappy, peaceful or stressful. We

can live with fear or faith. It's our choice. But the magical truth is that the choice of our life has to be made Today. We can't go back to the past and change the choices that we made Yesterday. Those are etched in stone. We also can't go into Tomorrow and choose what we will do. We can only do it Today. But if we fail to make the choice Today, we will fail to choose what we want our life to be. Today, we have a choice. We cannot reach Tomorrow and regret that we did not make that choice.

Every Tomorrow is the result of the choice that we make Today. But if we choose not to choose, we lose the opportunity to create a destiny of our choice. Each day is a new opportunity, a new life, and these opportunities will create our destiny. Even those who believe in Karma must be absolutely clear that our past Karma is something we cannot change. It is done! But our present Karma is in our hands. We can make the right choices, take the right actions and change our destiny. Therefore, for those who wonder whether we are mere puppets who are dancing through life, the answer is, '*No!*' Each day is an opportunity for us to think, to choose and to act. But if we blink and don't choose, we will sink! It's a choice! Everything happens in Today. Life is Today. Our choice must be made Today. There is no Yesterday. There is no Tomorrow. There is only Today!



Life is a choice. We have an opportunity to choose.
If we let Today escape, then this opportunity, we lose!



12. Fill Today With Peace, Love And Bliss

If Today were a basket given to you in an orchard and you could pick whatever you liked, what fruits would you pick? Would you fill your basket with oranges and peaches and the juiciest fruits or would you fill it with leaves, twigs and branches? Of course, this is a no-brainer! But why do we fail to fill the basket of our life with peace, love and bliss? Every day, we are offered a basket and we have a choice. We can fill our life with joy, bliss, peace, love and Happpiness.

Unfortunately, instead of choosing peace, love and bliss, most of us are chasing pleasure and lust, and are driven by the desire to be the best. In this pursuit of power, name, fame, money, success and achievement, what we don't realize is that life escapes us. Each day, we fill our life with anxiety and stress, hoping that Tomorrow we will be happpy. But we make our day a mess! Again, Tomorrow, when Today arrives, we try to fill it with dreams and goals and passions that will bear fruits at some later point in time. But Today escapes! Slowly, our days are gone hoping that a future will be born that will give us Happpiness. If only we learn to fill our life with peace, love and bliss, each day will be filled with Eternal Happpiness and we will be able to rejoice through life.

Somehow, we don't get the picture clear that life is about Today, not Yesterday or Tomorrow. Each day is a new opportunity to be happpy. If we value each day as a new life, we will develop the art of living with peace, love and bliss. We will not postpone these to a future date and imagine that Happpiness lies in Tomorrow. Today, we have an opportunity to fill the basket of our life with Eternal Peace, Divine Love and Everlasting Bliss. If we don't do it, the basket of Today will be empty of all these, only to be filled with fear, worry, stress and anxiety. If we don't fill Today with Happpiness, regrets of the past will create guilt and shame, and create unhappiness. Therefore, we must learn to consciously fill our life with positivity and enthusiasm, choosing to be blissful, peaceful, cheerful and grateful, without leaving any space for negative toxic emotions of the mind and ego to steal the Happpiness from our life.

Peace, we don't have to find. Peace is within. We have to still our mind. Because if we don't choose tranquillity, our life will be full of anxiety. Anxiety doesn't exist in Yesterday or Tomorrow. It only exists in Today. But if we don't choose tranquillity, we are opening the door and inviting anxiety. We must make a conscious choice to be peaceful and blissful. Otherwise, effortlessly, we will become stressful.

Today, we can choose to make life a celebration. Today is in our hands. We can rejoice but if we don't, the aggression of the mind will create depression. The truth is that we can fill our life with Happpiness but when we don't, the emptiness gives unhappiness an opportunity to flow in. We must be so busy being happpy, smiling, laughing and working that the enemies of Happpiness will stay away

from us. When we are still, we should be locked in Consciousness with an attitude of gratitude, as we count our blessings every moment we live.

The basket of our life must not only be filled with peace and bliss but we must also enjoy the ecstasy of Divine love each day. Love is not lust that we must enjoy from skin to skin. LOVE is Longing, Of the Soul, Very passionate and an Ecstasy of Joy. When we don't understand the meaning of True Love, our heart breaks and aches and our day becomes unhappy. But if we learn to live with Divine Love, the rainbow of love that has 7 colours — Violet Love for parents, Indigo Love for friends, Blue innocent romance, Green Self-Love, Yellow Intellectual Love, Orange Emotional Love and Red Physical Love — our day will flow with the ecstasy of Divine White Love that flows from the Soul.

Each one of us is blessed with peace, love and bliss that flows from the Soul. Unfortunately, because we are prisoners of the body, mind and ego, we let the day pass without encashing on the Divine emotions of peace, love and bliss that can fill each day and thus, make our life beautiful. If we want to fill our life with Eternal Peace, Divine Love and Everlasting Bliss, we must do it Today. If we miss the opportunity, we will have no option but to let negativity fill our day and our life. It's a choice. We must consciously live each day with positivity and peace, with laughter and love and experience bliss.



If we don't fill Today with Peace, with Love and with Bliss,
Our life will be filled with unhappiness!



13. Life Is About Today, Not Tomorrow

Do we realize that life will be over Today? It sounds strange but it is true. The mind tells us that life is not getting over Today. We have a long way to go. But the truth is, if Today is gone, life is gone! Tomorrow will be a new life. If we don't understand this, life will escape us.

What is life all about? It is made up of many Todays, not Yesterdays and Tomorrows. Therefore, when life is over Today, for all practical reasons, life is over. Sure, another Today will be born but it will only be Today. It will only be the 1440 minutes that we have in the 24 hours that will offer us the opportunity to make the best of our life. Whether we are glad or sad, whether we live with fear or faith, whether we hurry and worry or enjoy our curry — it's a choice that we must make in Today. The choices of Today become the choices of our life. This is the absolute fact that life does not offer itself to us in a past that is over, that's gone. Life does not offer itself to us in the future that is not yet born. Today, life is and Today life will be over! If we grab hold of every Today and make the best of it, we can make the best of life.

Tomorrow will be a new life. Tomorrow will be another Today that appears in our hands. If we let Today escape, it will be a lousy Yesterday in our memory. Every day is one

great gift to live our life. We can make the best of it or we can waste it. But we must know that if Today is gone, life is gone.

How many of us truly live in Today? How many of us are in Consciousness of the present moment? We swing like a pendulum into a life that is gone and then, worry about so many things about a life that is yet to unfold. We have a great gift — the gift of imagination which, unfortunately, we misuse, filling ourselves with fear and stress. Imagination is a creative faculty of our super-consciousness that we must use for the present moment. Our creativity and imagination are not to forecast a disaster and let the mind become our master. We must use our creative powers in the present moment to create peace, love and bliss.

We all have a 'memory' but what good is it if we let our mind fill our memory with miseries of the past? If we live with regret, shame and guilt, we are wasting a precious Today that will soon be gone. Therefore, let us use our memory constructively, in Today, so that we can produce the best in our life that is at hand. Together, if we let our memory and imagination be controlled by the rascal mind, we will let the present escape and soon, not just Today but life itself will be over.

We live with fears, worries, stress and anxiety but how many of those belong to Today? They don't exist in Today but our mind swings us into a Tomorrow and steals Today away. Today is too precious to be handed over to the mind. We must be established in Consciousness, otherwise, the mind will make us blind with its toxic thoughts. Instead of us living in Today, it will push us into the past and then,

not only will Today be over but life will also be over, as we live in the past and the future.

Life is about Today, not about Yesterday or Tomorrow. Yesterday is gone. We can do nothing about it. But if we don't do something about Today, Today will be gone only to become an unproductive Yesterday in our memory. Every Today must be so lived that when we reflect on life, we must celebrate the beautiful days that we have lived and be inspired and live making Today another great day.

Life is ticking away. It waits for none. With every breath and every heartbeat, a moment of life is passing. And if we don't live consciously in the moment, in Today, the day will escape. If we let several days slip from our hands, soon enough, life will be over. When we are taken into Tomorrow, we must instantly return to Today, knowing that Tomorrow will be a new life, and we will make it a great Today when the sun rises. For the moment, we cannot do anything about it. But we can do everything that is humanly possible in Today. Those who take charge of their days, take charge of their life. They know very clearly that life is only about Today. Those who don't spend Today efficiently, live a life of regrets which they can do nothing about. What about those who make each day amazing? There are no regrets but instead, there is hope and optimism, not just in Today but in every new day that will unfold as our life. Today, life will be over. Let us not think of Tomorrow which is a new life. If Today is gone, life will be gone!



Life is not about Yesterday and Tomorrow.
It's all about Today. Celebrate. Eliminate sorrow!

14. Carpe Diem – Seize The Day!



The whole world talks about *Carpe Diem* — seize the day! But how many of us truly do it? Before we can seize the day, the day ceases to exist! We all know the importance of the 'day' and several philosophers have reminded us about it again and again. But unfortunately, when it comes to living life, we fail to follow the philosophy of living in the day.

The phrase, *Carpe Diem,* is an ancient Latin phrase; it can be traced to around 23 BC. Even 2000 years later, we haven't learned to seize the day. The Roman poet Horace is credited with the phrase, *Carpe Diem*. Horace inspired people in his times to live in the present moment, and not shuttle between the future and the past. According to him, we must enjoy life's pleasures in each day, living with the trust and the hope that the future will take care of itself. Horace said that life is very short and unpredictable and if we let the day escape, life escapes. Opportunities don't come to us in life. They come to us in Today. Alas, many of us are waiting for life to give us great opportunities, ignoring the many opportunities that surround us now. Like Horace said — *seize the day, Carpe Diem,* seize the opportunity. Don't let the day pass, for if you do, the opportunities will be gone, never to return.

Back then, 2000 years ago, people would also worry about what would be in the future and waste life on what was done and dusted. Life is no different Today and the call from Horace to seize the present moment, seize the day, is as relevant Today as it was during his times. Horace had a philosophy which conveyed that life waits for no one. It is fleeting and short. And Today will soon turn into a Tomorrow.

Carpe Diem by Horace literally means 'pluck the day.' You pluck the day, not just to accept it but also to seize and enjoy it. Those who look deeper, realize that Horace is telling us that if we don't pluck the fruit when it is ripe, it will be wasted. So, each day unfolds as moments, and as for each moment, we must use it before we lose it! Unfortunately, many people have interpreted *Carpe Diem* only to mean — seize the pleasures of life. Several philosophers also have gone beyond and interpreted, 'seize the day' to mean 'Let peace be in the day.' When we seize the day, it is not only pleasure but also peace, and it is also purpose. We must not forget that it is in Today, in the present moment that we can find peace, for if we still the mind, peace, we will find.

Some people misinterpret *Carpe Diem* and chase the pleasures of life only to end up with disappointment and unhappiness. Let us understand that to truly live with *Carpe Diem,* we must make the best of our day by valuing the 24 hours that come to us before the day is over. Each day comes to us with 24 hours but we can't seize all 24 hours. We even need to sleep in peace but we can't sleep through the day. To truly seize the day, we must think of each day as having 3 parts - 8 hours to rest, 8 hours for our work and duty, and the balance 8 hours to decide how we

will seize the day. If we do not plan our day with 8+8+8, we will unfortunately, let the day escape and so will life escape us.

The modern world, probably inspired by Horace, has a new similar terminology, YOLO – You Only Live Once. While YOLO expresses similar sentiments as *Carpe Diem*, the modern generation has made it a justification for reckless living. Instead of seizing the day, YOLO often makes people behave irresponsibly without planning for the future. However, one must appreciate the concept of YOLO, and knowing that life is just one great opportunity, we must *Carpe Diem*, seize each day and make the best of it. Sure, you only live once! But what is this life all about? Unless we introspect and contemplate, life will escape us! Together, both *Carpe Diem* and YOLO should inspire us towards meaningful living. We must live in the present and make the best of each day, without losing our focus on each day that will unfold.

Embrace the day! Don't worry about Yesterday! And don't just dream about Tomorrow! Do it and make every dream come true. Let *Carpe Diem* remind us to seize the day, each day, before it is gone. Each of us will have a different way to *Carpe Diem* but ultimately, what is the purpose of human birth? Why did we come to earth? We all must seize that purpose and not let our life be a circus. Those who live extraordinary lives make each day extraordinary. They seize the day.



Carpe Diem, seize the day before the day is gone!
Do it now and let that habit go on and on!



15. Don't Contaminate Today With Yesterday

We are careful not to eat contaminated food or drink contaminated water because it will cause illness and lead to our sickness. But far more dangerous is the contamination of Today with Yesterday. Yesterday is over, it's gone! But when the mind takes us back to Yesterday, we are sure to become sick. Toxic thoughts of the mind create regret, shame and guilt. Of what use is this? When Yesterday is done and dusted, then why live in the past that is gone?

We must learn to live each day as a new life. When we start a day, miserable memories of Yesterday, last week, last month or last year must not spoil Today. The present moment is a fresh day. We can't let beautiful Today be a continuation of a miserable Yesterday. Yesterday, something might have gone wrong. But that is over. Today is a new life. We can't change what happened Yesterday but we can change what is going to happen Today. If we contaminate Today with Yesterday, we will continue to suffer.

What do you do when you start cooking? Do you take a dirty vessel and start filling it with ingredients? If you do, you are sure to spoil your meal. We clean our cooking dishes thoroughly to ensure a healthy meal. But we are quite careless when it comes to 'the day'. We permit the mind to pull toxic memories into our day to contaminate our thinking process of a beautiful new day. We must

make a conscious effort to stop this. Don't contaminate Today with Yesterday.

We, human beings, understand the importance of newness and freshness. It could be our clothes, footwear, accessories, food or water. We take so much pain to ensure that our glass or bottle is clean but we don't take pains to block Yesterday from contaminating Today. *Somebody said something. It is still in our head. Somebody did something wrong and we harbour that hurt in our heart.* What somebody said and what somebody did is history. It should not spoil Today. If we want to do something Today which relates to the past, we can be in Consciousness and do it, realizing that there is no going back. Nobody can ever turn back the clock. But we can do something Today to improve what happened in the past without it spoiling our day.

Most people suffer regret, shame and guilt. They worry about what happened years ago. They feel guilty for something that they had done. Somebody died and we wonder whether we were directly or indirectly responsible for the death. This only poisons our day. Definitely, if there is something that we can do Today to make amends for our past deeds, we must do it. But replaying and overthinking the past is only going to destroy a beautiful present. We must make it a habit to live each day as a new life. We must distinctly stop the overflow of Yesterday or the past to seep into the present moment of Today and spoil it. Today is precious. Live it!



It is foolish to permit Yesterday into Today;
it'll lead to contamination.
We must resolve to live in Today with determination.



16. Don't Fill Today With The Fear Of Tomorrow

Today is precious. It is pure, clean, new and fresh. But if we let that 'thief' enter our life, we will lose our peace, bliss and joy. That thief is the mind. The moment the mind enters the door, it will push us down on the floor and we will be happpy no more! What does the mind do? It brings with it the monsters of fear, worry, stress and anxiety. It leads us into a state of depression and even suicide. It destroys our life by destroying our day. It is for us to lock the door. We should not let the mind fill Today with the fear of Tomorrow.

We all experience fear. But what is FEAR? FEAR is a False Expectation Appearing Real. It is not a real danger. But the mind creates STRESS. It brings in thoughts that are Sad, Toxic, Repetitive, Exhausting, Sadistic and Suffocating. This makes us worry. What is WORRY? WORRY is Wasting the day, Overthinking, Repeating the fear, Rehearsing the problem and Yearning.

The MIND not only creates fear, stress and worry, but also misery, ignorance, negativity and desire. These desires make us yearn and so, we burn in a Tomorrow that does not exist. Pause and look at the cause of miseries that fill our day. The root cause is the mind. Because the mind fills

Today with fear and other toxic thoughts of Tomorrow, we lose our Today.

Don't fill Today with Tomorrow because in Tomorrow, there will always be fear, worry, stress and anxiety. When we say, Tomorrow, we don't just mean Tomorrow but the many Tomorrows that become the future that the mind wants to attack us with. When we live in the mind state, we live in Tomorrow. But if we live in Consciousness, we will live in Today, in the present moment. The truth is that there is no Tomorrow! We know it. But still, the mind drags us into Tomorrow. In the bargain, we lose Today. We fill Today with so much poison that life itself seems so futile.

Live each day as a new life. This can change everything. If we lock the door on Tomorrow and don't let the mind enter, there shall be no fear. We will not worry and create stress, and our anxiety will be replaced with peace and tranquillity. This is the way to live life. Live in Today! Each Today as a new life will eliminate the mind, pushing us into the present moment. We must do this every day, for the moment we slip into Tomorrow, we will not only lose control over Today but we will also lose control over life itself.

Even though we all know this so well, don't we all slip? Even though we know the difference between fear and danger, don't we let Tomorrow create fear? Today, we can be positive, but the moment we open the window to look at Tomorrow, the winds of stress and worry fill our Today with anxiety. Still, we do it! We foolishly let the mind fill our Today with Tomorrow and destroy our day and our life.

If we want to live each day as a new life, we must tame the monkey mind to make it a monk. The word 'monkey' has a tail EY, which is Ever-Yelling and Ever-Yearning. It creates so much junk in Today! When we cut the tail of the monkey mind, it becomes a monk. Then we are able to live in Today. Each day becomes a new life. There is no space in Today for a Tomorrow. We eliminate fear, worry, stress and anxiety and there is no sorrow! But to live each day as a new life, we must eliminate the mind. We must still it and kill it, only then can we live as a peaceful monk, enjoying every moment of each day.

When you see Tomorrow entering your Today with fears and worries, creating stress and anxiety, become aware and flip to Consciousness. Flip from negative to positive. Negative Energy has Poison. Positive Energy has Power. Choose Positive Emotions that have Power – PEP, over Negative Emotions that have Poison – NEP. Then you can be established in Consciousness, in the moment, in Today—living each day as a new life, without giving Today's space to any trace of Tomorrow and its toxic thoughts. If we fail to protect Today, we will remain in the jail of Tomorrow. Then, we will suffer and cry, till we die. It's our choice!



If you open the door of Today to let in Tomorrow,
Fear, worry, stress and anxiety will fill it with Sorrow.



17. Celebrate Today – It's All That We Have

We all want to celebrate life but unfortunately, we can't. We can only celebrate Today. By now we know that we can't go back to Yesterday. There is no question of celebrating the past. If we want to celebrate some moments of past achievements, we must do it in Today.

Can we celebrate a dream that has not yet been realized? We may have a great idea, a great plan but any celebration of that can only happen Today. What if we lose Today? We lose the opportunity of celebrating, not just Today but celebrating life. If we want our life to be a celebration, there must be a simple illumination in our head that every day must be a celebration. If we don't have this Realization and there is procrastination of the celebration to Tomorrow, we won't celebrate at all!

Do you celebrate life? If you do, your every day must be a celebration. What are you celebrating Today? What are you excited about? What are you jubilant about? There must be something to celebrate. If your life is boring and there is nothing exciting to celebrate, you can't celebrate life.

If we are really making each day a new life, it will appear in how we are celebrating each day, how happpy we are,

how joyful and enthusiastic we are in celebrating the day. We must make the day exciting. We must fill the day with things to celebrate. Each day may not have big celebrations but every small celebration will add to that celebration of life that we all seek.

How do you celebrate life in Today? It's very simple. Look for small achievements that surround you. Appreciate yourself and others in every little way you can. Find opportunities to sing, clap, laugh and mark achievements. This will make Today, a day of celebration. Don't focus on the negative. It steals the celebration from Today. Focus only on the positive. Look for opportunities to celebrate and appreciate. If you don't end each day with some celebration, be careful not to fill it with desperation, for this will lead to depression and a sad meaningless life.

Today is all we have. We must celebrate Today. Many of us wait to celebrate Tomorrow. We may be thinking of a big event that is going to happen in the next year. We are imagining that party after 6 months. Between now and those celebrations, there is a vacuum that fills our life. Sure, we may have those big celebrations, those special days and festivals but how would it be if every day was a festival of joy? Isn't it a great idea of celebrating each day as your birthday? In fact, the truth is that it is!

Every day we are born but in fact, it is a new life. When we enter Today, we leave behind all the Yesterdays. Isn't it a reason to celebrate? Another day to live, another 24 hours to be happpy, another 1440 minutes and opportunities to make our dreams come true. Yesterday is over! The past is gone. Let's forget about it. Let's celebrate Today. It's a new life. If only we realize the truth that we were not born on

the birth date that is on our certificate, we will be able to celebrate each day as a new life, each day as a birthday. Contemplate! You were conceived 9 months before your so-called birthday, when there was no body, just one cell called the zygote. You and I are Sparks Of Unique Lives — we are Souls. One day, the body will die. But we are immortal. Isn't that reason enough to celebrate?

Every day is a new life opportunity. Isn't it true that we are not sure of Tomorrow? Each day is a new gift to live. That's why we call it the 'present'. If we waste the present day, if we don't celebrate, ultimately, life will be over. But if we celebrate Today and celebrate each day as a new life, our life will become a celebration.

Today is all that we have to celebrate. No Yesterdays, no Tomorrows. We must celebrate Today and if we lose the opportunity, our life will be devoid of celebrations. Of course, those occasional celebrations will appear by default — our birthdays and some festivals. But life will be great if we make each of the 365 days a celebration. And the good news is that we can! If only we make a paradigm shift and live each day as a new life, we will find ways to celebrate Today, being jubilant, joyous, enthusiastic about whatever the day brings to us. This is the way to a happpy life.



Don't let Today escape. Make it a celebration!
Today is all we have, get that Realization.



18. Life Is Like A River That Is Flowing

A river flows till it ultimately empties into an ocean or a lake. But what about each day? Each day begins and ends. Then, there is a new day, a new life. Of course, just like beads in a rosary, our days are beaded too, into a beautiful necklace called life. But the river doesn't stop flowing. It is the same with life. Can you pause your life like you pause a YouTube video? You can't. It's like a live event. Just because you go to the washroom, the event won't stop. It will go on. So does life!

However, while life is like a river that flows, each day that comes and goes is in our hands. Days don't appear and disappear. But if we zoom from womb to tomb without paying attention to each day, then like the river empties into the ocean, we will also reach the twilight of life regretting how we lived. Can we rewind life? We can't! We can't rewind our life. We can't relive our life. But we can live Today.

If we want to stop a river, we can build a dam. But we can't build a dam in life. If we want to save money in a bank, we can. But we can't save minutes anywhere. Minutes come and minutes go! If we don't make the best of each minute, minutes will just flow! A ticking clock is actually reminding us that life is passing by. It's up to us how we live through the river called life.

If we live each day as a new life, we will be jumping into the river with fun and excitement. We may be swimming, boating or rafting. But if we don't flow with the river called life, we will be sitting by the riverbank and the river will flow by. So will life! If we don't jump into life and make the best of each day, life will escape us. Each day is a new opportunity to live. Each day, the river of life will flow by us. It will not call us. It will not wait. It will flow. So also, each day will flow with its 24 hours. 1440 minutes will not wait for anybody in the world. One may be the president of the mightiest nation but even they will get the same 24 hours with 1440 minutes, and their river of life will flow just as yours and mine. Yes, each one of us can live each day to its best. We can wipe out the toxins of Yesterday and filter the fears of Tomorrow. But Today is the river that we have, not the river that has flowed in the past, nor where the river will flow in the future. It is up to us to wake up and make the best of each day, knowing that the river of life is flowing away.

Those who don't value the river of life, accumulate lost opportunities and regrets. *Oh, I would have, I could have, I should have!* It's of no use! It's what we do that matters. Life comes to each one of us as a beautiful new day. The sun shines for all but if we live within our cave, whine and pity ourselves, the world will not stop for us. If we laugh, everybody will laugh with us. But when we cry, nobody will cry with us. So, let's pick up our oar and row through the river of life, one day at a time, making each day a great voyage!



Life is passing by like a river that is flowing.
Each day is an opportunity, grab it for it's going!



19. You Can't Eat An Elephant In One Bite!

Life can be overwhelming if we let everything that's happening in our life attack us in one moment. It's like eating an elephant in one go. But the famous idiom, '*You can't eat an elephant in one bite,*' reminds us to live each day at a time. In fact, we should live life moment by moment. But for this, we must first learn to live life day by day.

There may be something happening in our personal life that needs our attention Tomorrow. We may have a doctor's appointment next week. A legal case may require that we go to court next month and that big office project submission may be weeks away. Should all this rob us of Today? Today, if we want to enjoy a sports event in the evening before which we have 3 important meetings, why should we spoil these 3 meetings and cancel our favourite sport worrying about that huge elephant that will attack us and tell us that we have so many things lined up in the future? Surely, if we must do something Today regarding that pending court case or take care of our health, we should do it. But trying to deal with all the future challenges Today, which is unnecessary, only fills Today with an elephant which we can't handle.

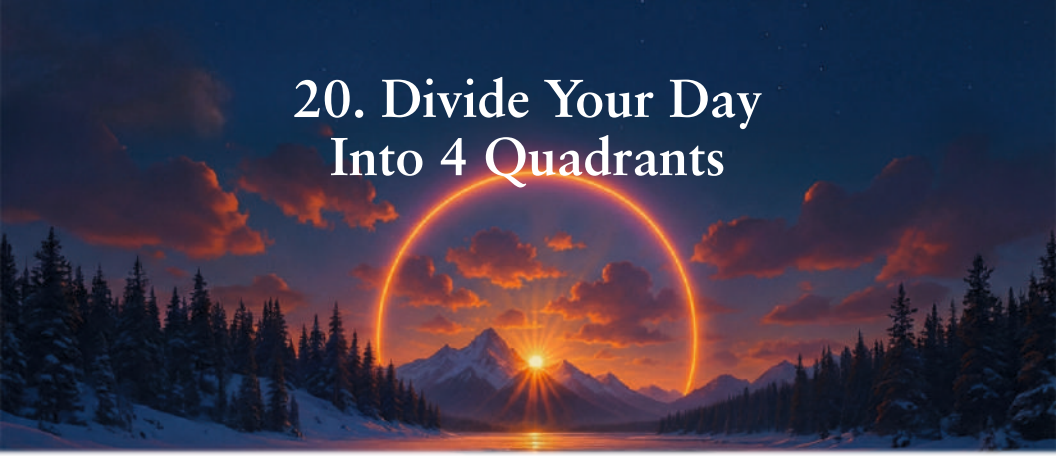
Let's eat our elephant, one bite at a time. Let's live our life, one day at a time, and for this, the best way is to live each day as a new life. When we let the elephant enter our head,

we are dead! The mind is an expert in accumulating hundreds of things that await our attention in the future and attacks us as though all these things must be done Today, now! This is the imagination of the mind. We don't have to do everything Today. But when the elephant fills Today, we can do nothing else. Let us eat that bite of the elephant that we need to eat Today. Tomorrow's bite will be taken care of Tomorrow and before we realize it, the elephant would be no more!

Somehow, our mind tries to create stress and so, our life becomes a mess! We all have many things to do but there is no point in worrying about something that we must do Tomorrow and something else, the day after Tomorrow. Let us enjoy Today and do what must be done Today. What may be done Tomorrow may change when the sun rises. The world is constantly changing. Some things get solved by themselves. Some people come and some people go. Many problems and challenges die a natural death. What is important is to take charge of Today. Let us put only as much on our plate as we can eat.

Suppose we go to enjoy a lunch buffet. We can only eat a limited amount of food. If we fill our plates with far more food than we can digest, just because it is free, we will not enjoy the meal. We must sensibly pick what we like to eat and enjoy the meal. Most people do otherwise and then, land up with an upset stomach. Let us not upset our day by filling it with so much regret, shame and guilt of the past, so much fear, worry, stress and anxiety of the future, that we are unable to digest it. Remember, just like we can't eat an elephant in one bite, each day, we can do only as much as we can do.

Enjoy Today. Don't make your life so tight!
Don't grab everything. Do things, bite by bite.



20. Divide Your Day Into 4 Quadrants

Every day, we need to decide what we must do and what we must not do. Sometimes, we get so caught up in things that we don't need to do that we end up not having time to do the things that we must do. Then, we don't enjoy the day. Life becomes stressful and we are unable to accomplish and achieve what we want to. It's a good idea to follow the 4-Quadrant Day to make the best of life.

Every day, when you start, be clear of the 4 Quadrants of your life Today.

Q1 – I must do Today. It's urgent and important.
Q2 – I must plan Today. It's not urgent but very important.
Q3 – It's urgent. But not important. I must get somebody to do it.
Q4 – Things that are neither urgent nor important, I must delete them from my day.

Very often, we let Q4 fill our day. There are things that are neither important nor urgent but we let them occupy our table. It could be an unnecessary email or message, some piece of news or social media, that is not even entertainment but gets us into an entanglement. Soon, our day is gone.

Today, in a world where social media thrives, many people complain that they get caught up in watching reels. The reels are not important, they don't need urgent

attention — they only have some entertainment value. But reel after reel, hours go and people's screen time goes way beyond their budget. They don't have that kind of time to waste. But it has become the Quadrant 1 of their life. Obviously, whatever is urgent and important gets less time because what is not urgent nor important has stolen many hours.

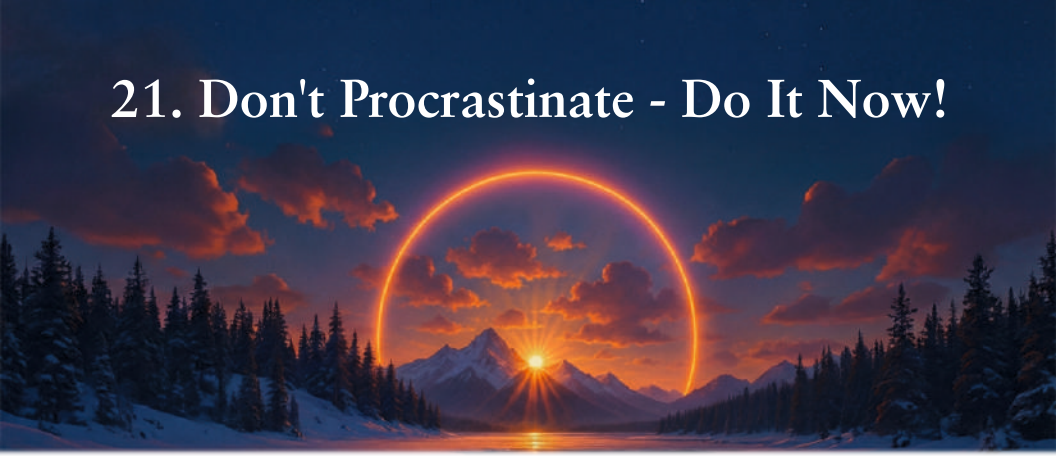
The problem is that we did not create these 4 Quadrants. If we had, we would not let our day be wasted. It is only much later, when the day is coming to an end, that we start regretting and lamenting that we didn't do the many things we were supposed to do Today! Many of us face this problem that our day escapes us doing routine, irrelevant matters. We could have either done those things Tomorrow, or we could have delegated those tasks to others. We wasted our precious time without attempting to finish the urgent and important things for Today, the first Quadrant.

To make the best of each day, we must start our day with a clean slate and fill the day with what we want to do. We must create our 'To-do' list being very clear about what our priorities are for the day. If we don't do what is urgent and important, we will end up creating an emergency scenario. Not just Today but when a new day will be born Tomorrow, we will be zapped by the things that we didn't do Yesterday and land up in a crisis. Let's divide our day into 4 Quadrants and live each day, day by day, as a new life. This habit will help us take charge of our life. We will become the master of our day, and eventually, our life.



Today, if we keep doing things that don't matter,
When will we have the time to do things that do matter?

21. Don't Procrastinate - Do It Now!



Procrastination is a dangerous disease. When we procrastinate, we delay doing things that we must do and then land up with negative consequences. It is a common bad habit, a behaviour that can be attributed to various reasons. Sometimes, it's depression, lack of motivation or simply, no inspiration! The result is failure in achievement of desired objectives.

When we don't realize that each day is a new life, we push away things that must be done Today to a Tomorrow that doesn't exist, especially if there is something very important to do but it's not pleasant to do. Unless we learn to eat the frog, we will continue to procrastinate.

What does the phrase, 'Eat the frog' mean? It describes a technique to manage time, which addresses our most difficult task first, the dreaded frog. Then, we are free because we finished dealing with the frog. This often helps us overcome procrastination. Procrastination is the act where we put off doing things to a future time. We delay things beyond their deadline. We don't value time and thus, we fail in living rationally. It is so logical that we must do something now, Today. But we don't! We let that task expand and attack us. We could have easily broken up that task, delegated someone with some parts and done a

part of it to avoid it becoming a mountain. But procrastination has now magnified the challenge into a humongous task.

Those who live each day as a new life, don't know the meaning of procrastination. They believe in the dictate – *Do it now!* Whenever they have something to do, they respond with the auto suggestion – *Do it now! Do it now!* Unfortunately, most people don't realize that each day is a beautiful new life and if we don't finish Today's things Today, the Today that will appear Tomorrow, will be impossible to manage.

Procrastination is dangerous and it gets into our blood, not just our head. Those of us who have this bad habit cannot live each day as a new life because each day will carry the residue of a Yesterday that we procrastinated. We don't experience a beautiful fresh day because of the tasks not done, the unfinished work of Yesterday. Therefore, Today, we have double the tasks to do. Obviously, we can't finish everything and there is such a backlog of tasks that we have stress and our life is a mess! It is time to eliminate procrastination. It is time to take charge and not delay what we must do. Let us be motivated and inspired to live each day to its best. For this, we must neither make Today's 'to-do' beyond our capability, nor should we let a day be so empty that our life's challenges get accumulated into a Tomorrow. When we learn to prioritize our day, we will live with good mental health, and we will be happpy, excited and cheerful. Our inspiration will eliminate the chances of depression.



Either we can be Happpy by doing it now.
Or we can procrastinate and wander like a cow!



22. The Secret Of Making The Best Of Life

Life is a beautiful gift. But unfortunately, we take it for granted. We don't value the gift of each day and so, life just flows by. The secret of living life is to live life day by day. It is such a simple secret that it doesn't seem to be a secret at all. Unfortunately, very few people in this world actually live in the day, when the truth is that there is no other way to live life.

This world is such a beautiful world. But we are caught in rotten thoughts. The MIND — Misery, Ignorance, Negativity and Desire — creates Rottenthoughtitis, a disease most people have, but are unaware of. The mind swings to the past which is gone, and then to a future which is not born and stops us from making the best of life. To live the secret of a good life, we must eliminate the mind and be established in Consciousness.

What is the state of Consciousness? Consciousness is a state where the rotten thoughts of the mind are under our control. It is a state where we activate our intellect and make it the boss! The mind is not riding our life-horse. We start to live in day-tight compartments without any worry of Yesterday and Tomorrow. We believe that the 24 hours each day are all that life has to offer. Our entire attention is

on making the best of Today. This is the secret to making the best of life.

Knowing the secret is not living the secret. The secret of making the best of life is living each day as a new life. Every day, when the sun rises, we must start completely afresh without a trace of Yesterday and Tomorrow. What are we going to do Today? What do we want to do? What is it that we must do? That is all that matters. We must make Today, SMART – Specific, Measurable, Realistic, Achievable and Time Bound. So, to make a SMART day, we must know specifically what is in Today. We should measure it and not let it be something vague. What we set out to do Today must be achievable for the day. It should be realistic. It is only what we can complete in 24 hours. A smart day is about Today, not the day that is gone or the day that will come. If we live each day as a smart day, we will be living the secret of a great life.

Life is a choice. We can make whatever we like of it. The raw material is the time at hand. The body is an instrument. Our intelligence is the Director. It is for us to concoct something great out of life every day. Only then can we look back at life with a sense of accomplishment and know that we have truly lived. Otherwise, we will reach our end with regrets and shame.

The secret is simple. Don't try to live all of life in Today. Let Today be Today. Forget about everything else and live Today as though there is no Tomorrow. Make this a habit and you have truly lived life.



To make the best of your Life, make it SMART.
Don't slip out of Today and then tear it apart!



23. Sleep Is A Process Of Restoration

To live each day as a new life, we must learn to sleep well. We must understand that sleep is a process of restoration, rejuvenation, to re-energize our body and our life. It is during sleep that the body repairs its cells, which is very necessary for biological functions to continue to function smoothly. Throughout the day, we are active and our energy is depleted. That is why, if we do not sleep for at least 6 hours a day, we can't maintain a healthy life.

To live each day as a new life, we must sleep well. We must switch off everything in the body so that the process of body restoration lets us wake up to a new day, a new life. Biologically, sleep has its own necessity. But philosophically, sleep is needed to rest the body and the mind.

Throughout the day, the toxic thoughts of the mind are active. In fact, the mind, which is nothing but a bundle of toxic thoughts, does not even sleep when the body sleeps. We dream, sometimes fantasies, sometimes nightmares, both of which are beyond our control. However, a healthy mind management when awake is definitely a way to control our subconscious thoughts when we sleep and dream. If we don't sleep well and we have a disturbed

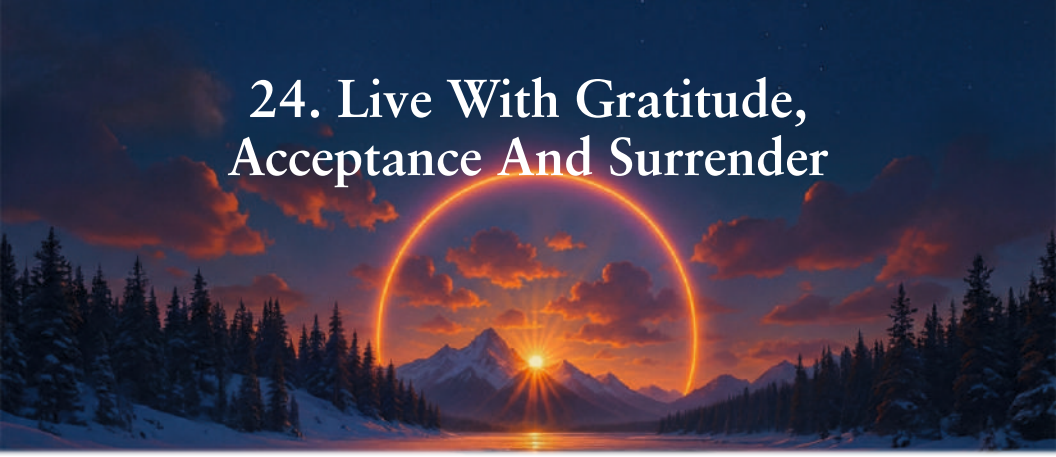
sleep, most likely, we will not be able to wake up to a new life. Lingering negative thoughts of the mind can disturb the start of our day. We must learn to avoid this. We must learn how to go to sleep peacefully and blissfully and wake up refreshed and rejuvenated. Of course, we might have some dream but it should not enter a new day as a reality. Dreams are just dreams and we must leave them in our bed before we put our feet on the street to start a new life, in a new day.

We must learn to sleep well if we want to live each day as a new life. Some people find it a challenge to fall asleep. The least we can do is, lie down in a comfortable bed and switch off the lights and everything that is in our head. We may play a little music or follow any trick that makes us fall asleep. The body needs rest and most likely, our conscious function of being awake will turn into sleep. Those who are able to eliminate the mind, will enjoy deep blissful, peaceful and dreamless sleep. This deep sleep is a gift as it restores and rejuvenates us completely. If only we can train ourselves to experience deep sleep, we can kickstart each new day as a new life.

Let us not underestimate the importance of sleep just as we must not waste hours in sleeping more than what is needed. Some people sleep for over 8 hours, even 9 to 10 hours. While it's an individual opinion, it's up to us to train our body to sleep for about 6 hours only. More than the 'quantity' of sleep, it is the quality of sleep that matters. The challenge and purpose is just one — to be restored, re-energized and rejuvenated to start the day.



To live each day as a new life, learn to get good sleep. Otherwise, if not restored and rejuvenated, we will weep.



24. Live With Gratitude, Acceptance And Surrender

The GAS Formula is a great way to live each day as a new life. We must fill our day with GAS — Gratitude, Acceptance and Surrender. Unfortunately, we only pay attention to the gas in our car as we drive! We are deeply concerned about not running out of fuel in the middle of the road but we pay scant attention to filling GAS in our life. We must fill Gratitude, Acceptance and Surrender into each new day. If we want to make the best of life, this GAS must be topped up on a daily basis.

To make a day great, we must live with an attitude of gratitude. We must be constantly grateful, as we count our blessings, through every moment of each day. There are people who are counting, not their blessings, but their troubles every minute. They are cynical, pessimistic and negative and are unhappy most of the time. But the day has started! It's a new day! Our focus must be on gratitude. We must live with optimism and appreciation of what we are blessed with. This will help us kick start each day as a new life. Ultimately, we can do nothing about where we were before the day started. But we can do everything about what we do after the day starts. This is in our hands and if we live with GAS, we can live with the power to make each day an amazing day and thus, live an amazing life.

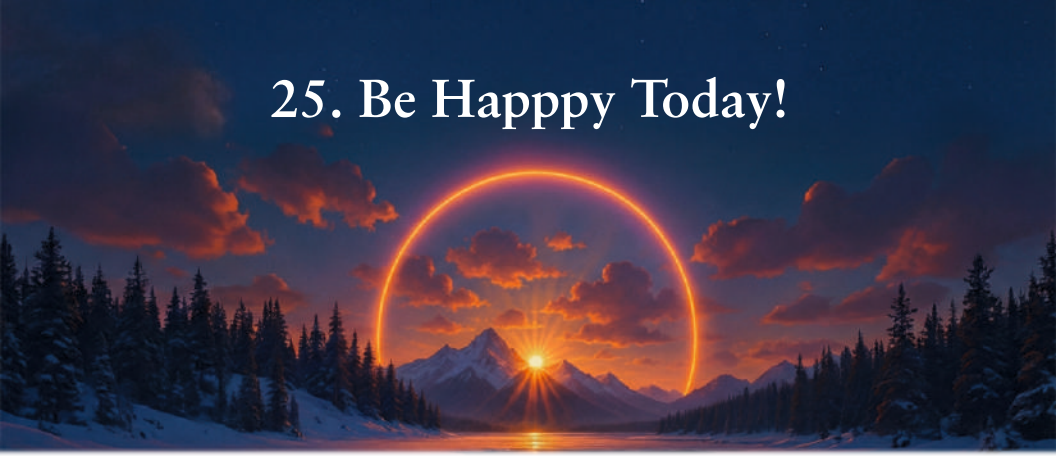
Acceptance is key. Some people don't accept. Instead, they expect and because they are constantly expecting, they live with disappointments. They wonder why this happened and why that happened. They don't understand the Divine Law of Karma. The universe is governed by several universal laws, and one law very specifically states, *as you sow, so shall you reap*. Therefore, whatever is happening in life is not some magic. It has Divine logic. It is an effect of some cause. It is the result of our past actions. Therefore, we have no option but to accept. We must not wonder what happened but accept with gratitude, what Karma is giving us. Unless we do this, we will not be able to start our day with enthusiasm and energy.

Surrender is the third most important value in our life. Along with gratitude and acceptance, it completes the GAS we need to live each day with fulfillment. What is surrender? It is to let go, not to worry and fear tomorrow. It is the trust that whatever will be, will be good. Whatever will unfold, will be great. With this attitude, one can do their best as they surrender the rest to a Divine benediction. Ultimately, we can only do our best, nothing beyond that. Once we have done our best, then surrender makes us rest in peace. This is to live each day as though there is nothing beyond it. Each day is a new life and when we live each day with Gratitude, Acceptance and Surrender, we are always full of GAS to live life.



Living each day with GAS, Gratitude, Acceptance and Surrender,
Teaches us to accept, not expect. And not hope and wonder!

25. Be Happpy Today!



We call Today, the 'present'. It truly is! It's a present. It's a gift. But this gift has an expiry date. It expires Today. If we want to make the best of Today, we must do it now. Otherwise, Today will be gone, never to return. Each day is a new opportunity, an opportunity to be happpy, blissful, peaceful and cheerful. We can't postpone that to a Tomorrow.

Be happpy Today! If you want to be happpy, remember, Happpiness is in the present moment. *Happpiness is a state of being*. We may be doing many things but if we want Happpiness, we must be happpy, and *being* belongs to the moment, being belongs to Today. Therefore, it is simple – Happpiness belongs to Today. Nobody in the world can go back to Yesterday and be happpy. Nobody can go to Tomorrow and be happpy. One can only be happpy Today. If you lose Today, you are choosing to miss the opportunity of being happpy.

Let's reflect on our life. We have spent so many years but what were the happpy moments of our life? They were those moments where we experienced bliss. Those moments are now beautiful memories of Happpiness. We treasure those moments where we celebrated, we enjoyed the ecstasy of joy and bliss. If we want those moments to be

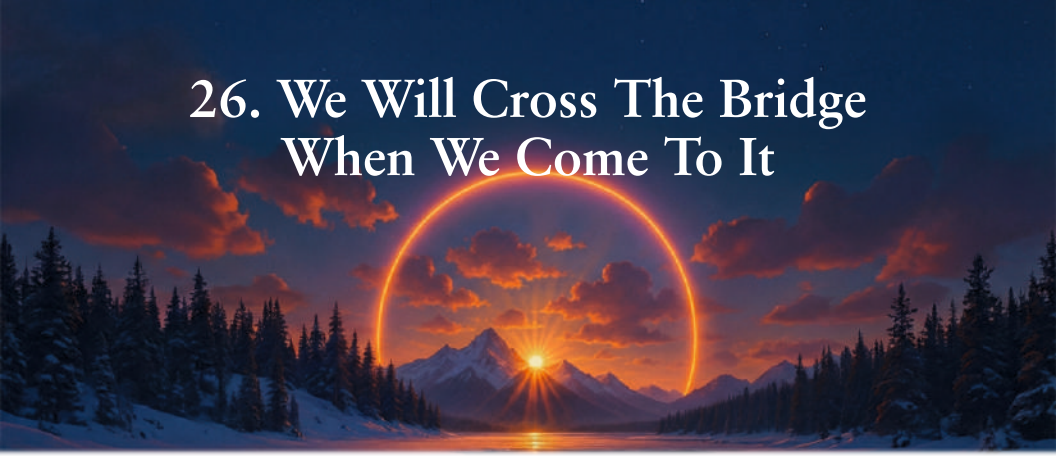
repeated, those moments are in Today. Those opportunities are now. If we are truly seeking a happpy life, we must take the initiative of being happpy now because time is ticking away. If we lose Today, we will lose the opportunity to be happpy and so also, creating memories that will make us revel in peace, in joy and in bliss.

Are we happpy today? That's what matters. If we lose Today, thinking we will be happpy Tomorrow, when we celebrate a function or we will be happpy next month, when we go sailing, that is just our imagination. When Tomorrow arrives as Today, it is in that moment that we can be happpy. When we are sailing and feeling the spray of the ocean water, we can be happpy. But if we spend Today imagining a celebration Tomorrow, or visualizing the boat ride one month hence, we are only wasting Today and losing the opportunity of being happpy Today.

The secret of Happpiness is to be happpy Today. It is to be happpy now. Let us not waste Today wandering like a cow. If we lose Today, the opportunity to be happpy that we had will be gone. Tomorrow may or may not exist. But Today exists. We must resolve to be happpy Today. We must be happpy now. No memories of the past or no fears of the future must stop us from being happpy. The ultimate goal of life is Happpiness and Happpiness has 3 Ps, not just pleasure that is momentary but also peace that is bliss. And when we live with purpose, we complete the Happpiness cycle and lock ourselves in an ecstasy of joy. But all this is only possible in Today. Happpiness is in the now.



Happpiness belongs to Today, not Yesterday, not Tomorrow. Don't exchange this moment of Joy with misery or sorrow!



26. We Will Cross The Bridge When We Come To It

Most of us are trying to cross the bridge of life that has not yet arrived. We are thinking of a big project, of a meeting that will happen after 45 days. We have already done our bit and it is only after 45 days that we will know what the next step is. But we waste 45 precious days of our life, worrying, anxious, fearful and stressed about something that we can do nothing about. Let us cross the bridge when we come to it!

Most of us waste our Today, in Tomorrow. We let so much of Today escape in thinking how we will deal with the problems that may arise in the future. These problems may or may not arise. Life is like a flowing river and circumstances are bound to change. If we have to plan something Today that can help improve the future, we must do it now. But thinking about something that may happen in a distant Tomorrow, and wasting precious moments of life is foolish. We must live each day as a new life. Before the day starts, we must know what is in our day. Of course, there will be new challenges, new developments and we need to allocate time to deal with all the emergencies of life that will appear without warning. But if we are crossing a bridge in our mind, trying to find a solution for a problem that we can do nothing about Today, we are wasting Today in Tomorrow. Let us not cross the bridge till we come to it.

If we really have to live each day to its fullest, we must live each day as a new life. We must tightly shut out the past — it is done and dusted. It's over! It's gone! Just like rehearsing the past is meaningless, living in the future is pointless too. But the mind will bring several bridges that it will want us to cross in our Today. We cannot cross these bridges. We have not yet arrived there. But the mind is capable of bringing Tomorrow, next week, next month and next year, into Today!

By bringing the challenges of the future into our Consciousness, the mind fools us into crossing bridges that do not exist in our life. This is meaningless, a complete waste of time. We don't have a problem but the mind creates an imaginary one. Most of these problems won't arise. They are like fears which are not dangers. Fear is a False Expectation Appearing Real but the mind makes it appear as a danger. Alas! By doing this, our own mind becomes our biggest thief as it steals from us, precious moments and precious days. '*Oh, what if I lose my job? How will I pay my bills? How will I feed my children?*' The mind has already created these bridges although we have a stable job and enough money to take care of our needs. Let us learn to live in Today. Each day is a new life. Let us learn to live in each day. Let us have FAITH - Full Assurance In The Heart; HOPE - Having Only Positive Expectations; and TRUST - Total Reliance and Unconditional Surrender To the Divine, and live Today with joy. Then, the bridges of the future will disappear.



Let us not create problems that do not exist!
Let us live with Faith and cross the bridge
when we come to it.



27. Enjoy The Pastry! Forget The History And The Mystery

The past is history. Events that are over are in the past — we cannot change them. Still, we study past events. We analyse. We interpret. This is done more for a positive construction of the future. There is political history just as there is social and cultural history, written and documented. But how does it help us live our life? No doubt, the world will learn from history and we too can pick up some learnings from our past. But living in the past is meaningless. Instead of pondering history, we must enjoy the pastry that is in front of us. The pastry is the present moment, the bliss, the joy and the peace that is offered to us in Today. But when we forget Today and live in Yesterday, our pastry becomes history! Our present becomes our past. Our Today is lost living in Yesterday. Therefore, people often say, *Yesterday is like a cancelled cheque and Today is the cash in hand.* Let us make the best of Today!

Of what use is it living with regret, shame and guilt of the past? '*I could have, I should have and I would have,*' only steals from us *what I can, I will, I must and what I should do now.* What matters is Today. Each day is a gift. It is the present that matters. When we live each day as a new life, we don't waste precious moments rehearsing the unchangeable past. Let us relish the pastry that is on our plate and not imagine the chocolate of yesterday or reflect on the rotten

food that we ate last week that caused a bad stomach. We must resolve and make each day a new life.

While the past is history, the future is a mystery! What does this mean? It indicates that the future is uncertain. Nobody in the world can guarantee the future. We may forecast the weather based on climatic conditions but worrying about the future is meaningless. We can't live in Tomorrow. We can only live in Today. But when the mystery created by the mind of a Tomorrow that does not exist, fills our day, we don't enjoy the pastry that Today offers. Today is a delicious pastry. We must enjoy each bite of it. Every minute of the 1440 minutes is an opportunity to live a happpy life.

When we let our mind create mysterious fears, worries, anxieties and stress, the pastry that is in our hand Today, loses its taste as our life becomes a mess! Today is beautiful. Today is amazing. Today, everything is possible. Just as we handled all the Todays that have become Yesterdays with courage and strength, we can manage Today too. Each one of us is given the energy to deal with the challenges, the possibilities and the opportunities of Today. But when we let the mystery of Tomorrow and the history of Yesterday occupy Today, we are unable to enjoy the day anymore. Let us focus on the pastry that we have Today.

Each day is a new life. It has nothing to do with the history and mystery of our life. Enjoy each day for this pastry is what will create victory in our life!



We defeat Life, sinking in the history and the mystery!
We must live each day as a new life, enjoying the pastry!

28. Be Inspired By The Hourglass



Have you heard of the term '*tempus fugit*'? We all use the term but we forget the meaning of the Latin phrase. It means, *Time flies!* We must remind ourselves that every moment that is gone, is gone forever – *tempus fugit!* The best way to remember this is to keep a little hourglass on our table. The grains of sand in the hourglass drop from one chamber to another reminding us that time is flowing, life is flowing and if we don't live the life that is passing, we will lose it forever!

The hourglass symbolizes the truth that life is finite. Just like the grains of the hourglass flow, life, too, will soon go! We must grab hold of life and make the best of it, living each day at its best!

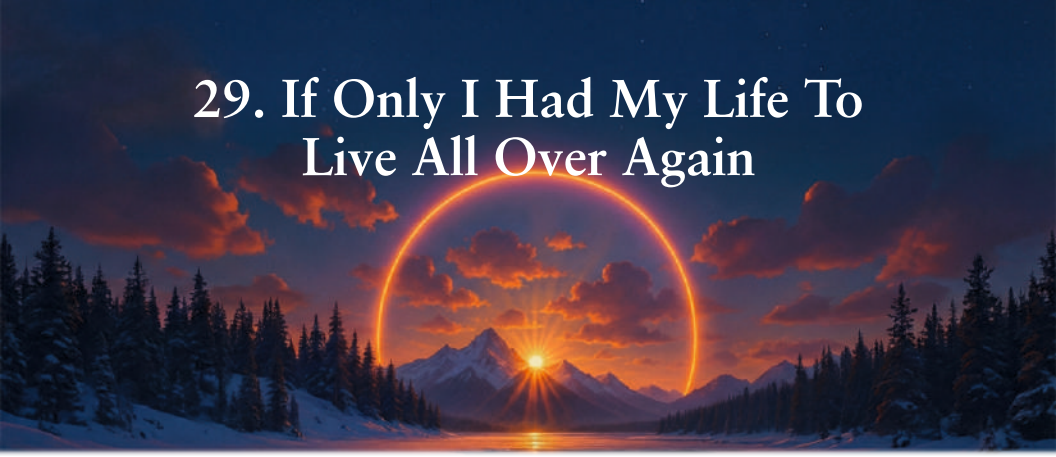
Every present moment will soon become the past. The sand flowing in the hourglass reminds us that life will not last forever! Just as we cannot stop the sand from flowing, we cannot stop the clock from ticking and the days from passing by. When we look up in the sky, we see the sun moving from the east to the west. Though we know Today that it is an illusion, it reminds us that the sun will soon set and we must do our best with the hours of the day that are in our hand. If we are not inspired by the hourglass to live each day as a new life, a new day

will soon be born, only to be gone. Life is precious. Time is the most expensive commodity. You can't buy time, even though you may be a millionaire or the most powerful political leader in the world. Every human being has limited hours in a day, limited days in a year and limited years in a life. *We can't add years to our life but we can surely add life to our years*. This is only possible if we live each day as a new life.

Tempus fugit - not only is time flying but life is also flying. When we begin our life, our life cup is full. We empty it and fill the cup with money, success and achievement. Soon, our cup is full of material wealth but our life cup becomes empty. Of what use is such a cup if life itself is over? The top empty chamber of the hourglass that shows us that the day has passed, inspires us to turn over the hourglass and start a new day. However, day by day, the hourglass should remind us that life will be over. What can we do? Can we stop life from passing by? No, we can't! But we can be inspired to live each day as a new life, as the minutes in the clock are ticking, as the grains of sand in the hourglass are dropping and *Tempus fugit*, time is flying! We are blessed with everything needed in this beautiful life to make the best of Today. So, before the day escapes, let us live it at its best. It's a new life. It's pure, clean, fresh and we have every right to fill each day with peace, love and bliss. This is to truly live. Before the grains of sand of our life pass by and are over, we must be in Consciousness to live a life of our dreams.



Time flies. Be inspired by the hourglass!
Sing and dance! Live fully; don't let the moment pass!



29. If Only I Had My Life To Live All Over Again

Many of us live with regrets. *How I wish I had not wasted my life just working. Now, my life has escaped me! I wanted to learn to play the guitar but never had the time. I would have, I could have, I should have but now I can't!* There are many people who live their life with regrets. Of what use is this regret? We can't undo the past. Life has no rewind buttons. We can't go back and change the way we lived. But it's not too late. Today, we can choose to live life the way we want to. Whatever be our circumstances, we still have a choice. But if we don't choose to do what we dream of doing, then, Today will be gone. Life will be gone, and we will end up being one of those who says, '*If only I had my life to live all over again!*'

These profound words from an elderly man who was on his deathbed, battling for life in the ICU of a hospital should urge us to make the best of life. The old man had spent his life going from peak to peak, from success to success. Ultimately, after achieving a lot of money, name, fame and success, he was unhappy, for he had not lived his life the way he wanted. He used to tell people, '*If I had my life to live over again, I would travel the world and explore all the continents. I would trek more mountains. If I had my life to live over again, I would watch more sunsets, catch more butterflies, and enjoy more of the beautiful rain that I missed throughout my*

life. If I had my life to live over again, I would learn to play the guitar, I would learn to sing and I would make people happpy. If I had my life to live again, I would have eaten every type of food, tried every possible cuisine. Alas! I have eaten the same food throughout my life and know nothing of the delicious world cuisines. If I had my life to live over again, I would read more and realize what life was all about. But Today, I have reached a stage where I have not lived my dreams, not done what I wished I should have done. Today, I realize that I have wasted my life, not doing what I love and not loving what I do. I have just consumed my life. If only I had my life to live over again! But unfortunately, I don't! I can't!'

Life doesn't wait for us but life offers itself to each one of us, one day at a time. Day after day, life gives us the opportunity to choose. But if we just repeat our life the same way every day, soon our life escapes us. Each day is a new life. Each day is a new opportunity. We have the power to choose, and we must not lose this and then regret why we lived the way we lived. It's not too late! As long as we have breath till our death, we can live each day as a new life and do what we dream of, do what we love to do.

There was a multi-millionaire who lay on the bed of a hospital with more money in the bank than he could spend in the next 5 lives. Full of regret, of shame and guilt, he told his best friend who came to visit him in the hospital, 'If only I had lived my life spending my money, rather than just making it, I would have died a happpier man.' We all want to be happpy. But we lose the precious day which carries in it the opportunity of peace, love and bliss.



Let us not live our life with regret and pain...
Thinking that we will have the opportunity to live all over again!



30. Today, Be Still To Hear The Divine Voice

Each day of life, we are so lost in the world's noise that we do not hear the Divine voice. Every day, we have an opportunity to realize the truth but we don't. The truth reveals to us who we actually are and why we are here. But because we are not still, because we are not in the moment, we do not renew our thoughts and our Realizations.

What is the ultimate goal of life? The ultimate goal of life is to realize the Divine Truth that we will never die. This body will die but that's not 'I'. Every day, day after day, year after year, life escapes us and we fail to open our real eyes, to overcome the real lies. Today, we must realize the truth. The past is gone. Let it be. We cannot wait for the future for the Realization of the Truth. We must do it Today. Today is a new day, a new life. But when will we be renewed? We must be still. We must tame the monkey mind Today, live like a monk, and eliminate all ignorance, the junk! The only way to hear the Divine voice is to cut the toxic noise of the mind. Then, we will be able to live each day as a new life.

We suffer the pain of the body, misery of the mind and agony of the ego, all because we don't realize we are none of these. Today, we must ponder the truth! Today, we must overcome ignorance. Today, we must discover at

least a little bit of who we are. We are the Divine Soul, the Spark Of Unique Life. It is in Today, in Consciousness, that there can be this Realization, the 'Aha' moment of Awakening. Such Awakening can only happen in Today. We haven't done it in the past and we cannot let it be for the future. If it must be, it must be Today and for it to be Today, there is only one way — stillness to eliminate all mental illness, and to wipe out fear, worry, stress and anxiety. The mind will bombard us with toxic thoughts, and we will be lost in the pandemonium of the myth of this world. Day after day, we are so lost in this world that we don't find the truth. Today, we must realize the truth. Today we must be still. Today, we must spend some time in meditation and introspection, in contemplation, to attain the Realization that will take us to our ultimate destination. But that's only possible Today and that is only possible if we are still.

Today, will we spend some time just being still? Today will we spend some time in Consciousness? We must live Today as though Today is the only day that we have to realize the truth. Each day is escaping us. Today is a new life, a new opportunity to be new, to be transformed. Today, we must start that journey of metamorphosis, from the ignorance of what we are not, to that intelligence of what we truly are. It is not enough to get knowledge that is available in any college. We need Realization. We must spend Today in contemplation, for if Today escapes us, if we don't cut the noise to hear the Divine voice, life will escape us. We will have to return to this earth in a rebirth, again and again.



What is the purpose of our Life? We need Realization.
To hear the Divine voice, cut the noise through contemplation.



31. The Simple Secret Of Living In Today Is ABCD

If we want to live Today as if it is a new life, nothing to do with Yesterday and no connection with Tomorrow, we must adopt the Mantra – ABCD. What is the **ABCD** Mantra?

A – **A**ccept
B – **B**est Efforts
C – **C**omplete Surrender
D – **D**ivine Instrument

We must learn to Accept everything that happens today without protest. We must realize that this life drama is unfolding as per Karma. Then, there will be no trauma. We must joyously Accept whatever is happening Today because it is neither good nor bad. It is perfect. It is the Divine Law of Action and Reaction. Everything happening Today is an effect of a cause. These are fruits of seeds that we have planted in the past. Therefore, if we want to be happpy and connect with the Divine, we must Accept. If we live regretting whatever has happened till Today, we will only rehearse and curse and spoil our day! Whatever has happened till Today is over and settled, and whatever is going to happen Today will happen whether we like it or not, for the action that is going to cause the

reaction Today has already been done by us. Today, we can do nothing but Accept it.

Can we do nothing? No, we can! We can change what will happen Today if we do our Best Today. It is the B of the ABCD Mantra. First, A - Accept, then B - do your Best. Don't do anything less than the best, for this is the final test. Karma is like a river, which is a result of two tributaries merging, the past Karma, which we cannot change and the present Karma, which we can. By doing our Best, we can change our Karma which would otherwise result in negative consequences. Therefore, not only must we Accept whatever is happening Today but we must also do the Best that we are capable of Today. We can't do it Yesterday which is over, nor can we do it Tomorrow which has not yet arrived. Today is in our hands. We must do our absolute Best. What next?

After A - Accept and B - Best Effort, next comes C - Complete Surrender. If Today has to be a new life, we must not carry the burden of Yesterday and the load of Tomorrow. Accepting what is over, and then having done our Best, what else can we do? There is no point in worrying about anything. What will be, will be! After A and B, it's time to C - not just surrender but Completely Surrender. Once we Accept, do our Best and Completely Surrender, each day will blossom into a life of peace, love and bliss. We will enjoy each day for we are doing our best with Acceptance and Surrender. Is there anything else we can do?

To complete the formula, after ABC, we must add D - Divine Instrument. What does this mean? Living each day as a new life calls for us to live as a Divine Instrument, to realize that we are ultimately, not the body that will die,

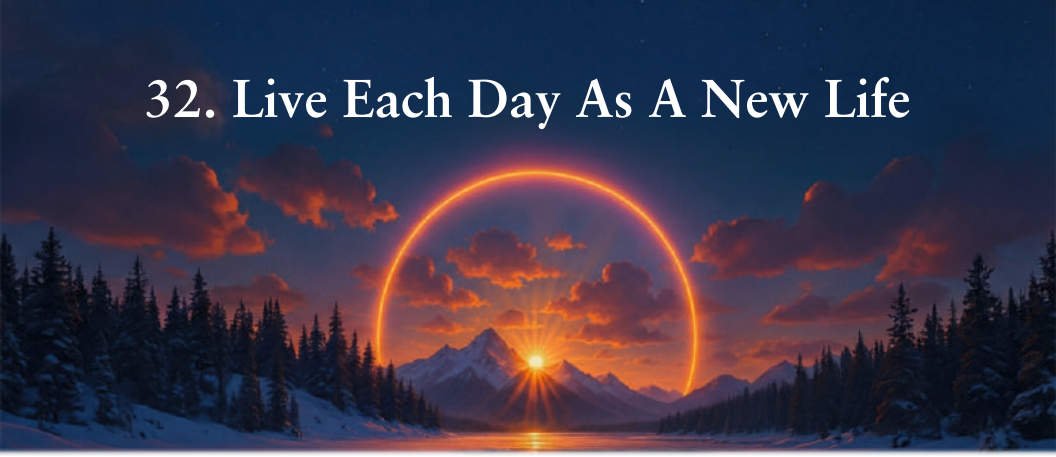
not the mind we cannot find but we are the Divine Soul, that Spark Of Unique Life, which is none other than SIP, the Supreme Immortal Power. Therefore, when we live as a Divine Instrument, we accept and surrender in this drama called life, knowing that we do nothing. Everything is happening as per a Divine Will. The Divine Will will take charge of our life only when we eliminate the mind that bombards us with toxic thoughts. Then, the ego is Enlightened. We realize, '*I am nothing. I am but a manifestation of the Divine. Therefore, Today, I live not as me, but as that Divine energy that flows through me. This gives me the energy to live the ABCD formula.*'

We are all, in reality, Divine Instruments but unfortunately, we have not realized this. Therefore, we struggle to achieve things that we will ultimately leave behind. We want to become happpy but we become unhappy. We continue to resist, and make things persist. We don't understand what we can change and what we can't! The ABCD formula is a perfect way to Eternal Happpiness. We may live with ABC, Accepting the Divine Will, doing our Best in Complete Surrender but we will not enjoy the magic of each day being an amazing day till we add D, and live as a Divine Instrument. Once we start living with the ABCD Mantra, life will become perfect. It is unfortunate that we don't start each day with the resolve that we will do our best in acceptance and surrender. We don't live with GAS – Gratitude, Acceptance and Surrender. We forget we are a Divine Instrument. We don't live life with ABCD.



Each day can be new life with ABCD.
This formula will make us Happpy, and from stress,
we will be free!

32. Live Each Day As A New Life



What are you doing Today? You are alive. You are living. But are you living or are you just existing? Are you making the best of your life or are you just consuming it? By now, you would have realized what life is and how living life is all about Today. Without Today, there is no life. Yesterday is gone and Tomorrow is not yet born. There is no point in living in the past and the future. The truth is absolutely clear. Life is about Today. Are you living life? The only way to live life is to live Today and the best way to live Today is to live Today as though it is a new life. It has nothing to do with Yesterday. That life is over. It has nothing to do with Tomorrow. There is no Tomorrow. Unfortunately, while we must live in Today and the truth is we can only live in Today, most of us are living in Yesterday and Tomorrow. We have allowed our mind to hijack our life and take it to a place of misery and sorrow. Not only has our mind stolen Today but our mind has also stolen our life itself.

But what has happened is over! Today is new. Today is a fresh day. Today we are in command. There is no mind. It does not exist. If we live with awareness, with Consciousness that Today belongs to us, we can grab hold of the 24 hours of Today and make it a great day. Yes, we can make Today amazing and if we make it a habit to do

this every day, we can make each day amazing. For this, we must wake up every day, completely refreshed, completely renewed. It's not just a new day. It's a new life! Then, we will make our life amazing, as we make each new day an amazing day.

To start this life journey of each new day being a new life, we must snap out of our life history and eliminate all mystery. Today is a reality. It stands before us. We must resolve that we will do our best Today, for Today is ours. We must resolve that we will live each day as it unfolds, day by day, without contaminating it with what is not Today, and we must start that Today. If we live Today as a new life and enjoy Today, we will be inspired to repeat this every day. Each new day will appear as a new life, and we will be able to make the best of life.

There is only one way to live life. It is to live Today and it is the best way to live. Nothing matters when it comes to the past. Nothing about the future should rob our peace, bliss and joy. And this is in our hands because it is we who live our life. Today belongs to us. If we let others steal our day, we cannot blame them. The day is here. *Seize the day!* Celebrate Today and fill it with joy, peace and love. We can! And nothing can stop us from making Today very special. There is only one enemy, the mind. Still it, and kill it, so it does not take you to the past or the future. Don't let the mind rob you of your Today! If only we do this, we can truly live each day and our life will be renewed, rejuvenated every day as a fresh new opportunity to live. Let us start this from Today. It's a new day. It's a new life. Let's live Today and every day as a new life.



Each day is a miracle. It's a new life. Live each day! Don't let the day just pass—seize it, live it. Start today!

Afterword



For several decades, I lived a life of stress. My life was a real mess! It appeared that I was enjoying pleasure. But I had not discovered the real treasure. Sure, my life was all fun and excitement and there was so much entertainment. I was going from peak to peak, success to success. For 25 years, I considered myself to be the best. Of course, there was competition. But that's all life was about — success, achievement, money, power and fame. Even before I realized it, I was 40-years old.

In hindsight, I did not live these past decades. I just consumed them. All I did was zoom from womb and I knew that soon, I would reach my tomb. I stopped! I changed. I transformed my life. There were things that I loved to do, that I wanted to do. But there was no time! Suddenly, I gave it all up. I shut shop, shut my business to pursue my passion. It was then that I discovered the true meaning of life. Slowly but surely, I started living each day as a new life.

I evolved from a life of achievement to a life of fulfillment — from a life of making money to a life of making a difference. There was great joy as I started to touch, trigger and transform lives. As my new life evolved, I discovered the true meaning of life. I discovered the truth of who I am.

I transcended the Lower Self and evolved to my Higher Self. Then, I received the greatest gift of my life – Eternal Peace, Divine Love and Everlasting Bliss.

Today, this book, 'Live Each Day As A New Life', is a testimony to my own life. It's not just a philosophy. It's not just a thought process. It's a true submission of how I live my life. We all are attacked by our Yesterdays and our Tomorrows. Somehow, there is fear, worry and sorrow. But I found a way to eliminate all this mess! Now, I have no stress. I live as the happpiest man in the world as I live each day as a new day. I live each day as a new life.

When a day starts, we all have a past that wants to gush into our day. We all have a future that steals our present moment. But the one thing that I have learned to do is to live in Today, without a trace of the past and the future. I can see my history if I want to. And I don't let any history or mystery spoil my pastry of Today. Today is mine. Today is beautiful. Today, I live with peace, love and bliss. This is what I have learned to do and I am enjoying each day so beautifully. I rejoice, I celebrate and I live my mission, day by day, day after day, one day at a time. It's the best way that I have ever lived life. I fill each day with peace. My tranquillity eliminates all anxiety. I am happpy as I accept, live with gratitude and surrender. Having discovered the Divine within me, I love the Supreme that manifests in all. My life is an ecstasy of joy, all because I live each day as a new life. You can, too, make your life a celebration every day, day by day!



Each day, a new sunrise is a new Life.
Forget Yesterday. Ignore Tomorrow. Live Today.

Poem



Live each day as a new life
We can't live in Tomorrow, it's not yet born!
We can't live in Yesterday, Yesterday is gone!
Make the best of Today, it's a new life!

Live each day as a new life
Today is a new life. With Yesterday, there is no connection
Don't fear and worry. Don't create congestion
Today is beautiful. Make it a new life!

Live each day as a new life
Life is not about the many, many years
Life is not misery, sorrow and tears
Wipe out everything. Today is a new life!

Live each day as a new life
Some people are trying to add years to their life
Others think that it is better to add life to their years
Years don't matter. Today is the only life!

Live each day as a new life
Why do we slip into Yesterday and Tomorrow?
It's the rascal mind that creates misery and sorrow
Still the mind, kill the mind Today, and live life!

Poem

Live each day as a new life
We only have Today to live. Don't let it slip
24 hours are passing. Don't lose the grip!
Every hour is precious in Today. It's your life!

Live each day as a new life
Life is about this moment. It is about now
Don't wander like a cow, make your life, 'wow'
Make Today amazing, and you will have a great life!

Live each day as a new life
Don't live with regret, with shame, with guilt
The past is not on what life must be built
Today is a fresh day. Start a new life!

Live each day as a new life
Why live with fear, worry, anxiety and stress?
Why worry about Tomorrow and make life a mess?
Today has none of these. Make it a great life!

Live each day as a new life
Don't wake up with thoughts of Yesterday and Tomorrow
Wake up refreshed with joy, without sorrow
Then, you can start your day as a new life!

Live each day as a new life
Make it a habit to live in day-tight compartments
Don't carry forward your accidents, your arguments
Today is a different day. Make it a new life!

Live each day as a new life
We have 1440 minutes to make it great
We have 24 hours in a day that won't wait!
Time is passing. Make it a great life!

Live each day as a new life
Life is a choice. It's up to us to choose
Life is passing. If we don't, life we will lose!
It's up to us to live. It's our life!

Live each day as a new life
We can live with peace, with love, with bliss
Or we can choose to live with unhappiness
Make Today a celebration and live life!

Live each day as a new life
Today will be over. Life will be over!
Tomorrow will come again, a new life, a new flavour
Each day is a new life. Make it a new life!

Live each day as a new life
Don't worry about Tomorrow. It will be a new life
There may be joy, celebration, misery or strife
Let Tomorrow come when it comes. Today is a new life!

Live each day as a new life
For if Today is gone, life is gone!
Tomorrow may or may not be born
Today is ours. Make Today a great life!

Live each day as a new life
To do so, Carpe Diem! Seize the day!
Don't just let Today flow away
Today is life. Seize it and live life!

Live each day as a new life
Don't let Today be contaminated with Yesterday
For Yesterday is not life. It has long passed away!
But Today is in our hands. Live this life!

Poem

Live each day as a new life
Don't fill Today with the fear of Tomorrow
Don't imagine and worry and be anxious with sorrow
Eliminate all toxic thoughts. Live a positive life!

Live each day as a new life
Make each day a celebration
Make your life an inspiration
Today is amazing. Rejoice in this new life!

Live each day as a new life
For life is like a river that is flowing
But Today is in your hands, a diamond that is glowing
Don't lose precious Today. Make Today a great life!

Live each day as a new life
Don't let Today escape with things that are not important
Choose what is important. Don't be ignorant!
Today is life. Don't waste this precious life!

Live each day as a new life
Don't procrastinate, don't delay. Do it now!
Today is precious. Make it 'wow'!
Life is about Today. Grab hold of life!

Live each day as a new life
Sleep well and wake up with restoration
Sleep is important. It gives rejuvenation
Wake up each day refreshed. It's a new life!

Live each day as a new life
Live with Gratitude, Acceptance and Surrender
Don't protest, don't complain, don't hope, don't wonder
Count your blessings, Today. It's a new life!

Live each day as a new life
To make Today a new life, kill your mind!
To make the best of life, still your mind!
When you live in Consciousness, it's a great life!

Live each day as a new life
Don't wake up each day saying, 'I want to be Happpy'
Get out of bed saying, 'I choose to be Happpy!'
You can be Happpy Today. It's a new life!

Live each day as a new life
Fill your day with laughter and cheer
Smiles and joys must fill each day of the year
Each day, lived Happpily makes it a Happpy life!

Live each day as a new life
Today, spend some time in silence, be still!
Cut the noise. Hear the voice. It is the Divine Will!
Start your journey with the Divine, a new life!

Live each day as a new life
Can you live in the past? No! It's gone!
Can you live in the future? No, it's not yet born!
The only way to live is in Today. That's life!

Live each day as a new life
We will cross the bridge when we come to it
Don't worry about the future. Don't waste a minute!
Today must not be lost in Tomorrow. Don't waste life!

Poem

Live each day as a new life
For Yesterday is history and Tomorrow is a mystery
Today is in your hands. Enjoy the pastry!
That's the way to live. Enjoy life!

Live each day as a new life
Like the hourglass that passes grains of sand
Life is passing. You must run, don't stand
Life will be over. Live Today. That's life!

Live each day as a new life
Don't live saying, I would, I could and I should…
You can't rewind life. Don't brood!
Life is in your hands Today. Live life!

Live each day as a new life
Life is a drama, life is a show
We are just actors, we come and we go!
Make the best of this drama called life!

Live each day as a new life
Death is certain. We will all be gone!
If we don't realize the truth, we will be reborn
Today is an opportunity to discover life!

Live each day as a new life
Don't just live each day as another day!
Today is a new life. Learn to play
Decode and win the game of life!

By

The Happpiness Ambassador
HAPPPYAiR
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