

## Three Minutes - 31 Always remember step 1

Today, it is just a reminder of the minimum to remember. It needs only 30 seconds.

A. **Reality (tattvam)** shrIman nArAyANa is the ultimate brahmam and *we are helpless* souls

B. **Means (hitam)** To reach the Lord, *He is the only means*. Prapatti is a request.

C. **Ends (puruShArtham)**. *He is the only objective*. We yearn for that eternal enjoyment.

### **Moral**

We are useless and full of sins; He is the only means and ends.

*We hold on tight to His feet faithfully; He will definitely show mercy.*

**Lord shrIman nArAyANa,  
thank You!**