

The background is a soft-focus, painterly illustration of a city street scene. It features tall buildings on either side, with a red flag visible on the right. The scene is hazy and atmospheric, with several figures walking in the distance. The overall color palette is muted, with greys, blues, and earthy tones.

Exploring **ILLUSIONS**

**Illusions that made you live half-hearted without you
even knowing. Break illusions and live, finally!**

Prashant & Ena

MOMENTARY LIFE

EXPLORING ILLUSIONS

**Illusions that made you live half hearted without you
even knowing. Break illusions and live, finally!**

Prashant Baghel & Ena Roy

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MOMENTARY LIFE

Life within you longs to live...

“Seeing reality as it is is necessary to live effortlessly. But it is as rare as it sounds logical. For most of the time, we live to fulfill the desires of our mind and the needs of our body. We interpret reality as per our own conditioned lenses of mind which is the core of all human sufferings.

We neglect our innate voice by putting logic coming from the same conditioned source, i.e., memories of our mind collected from our lived experience in society. When we take actions based on those limited logics, suffering becomes the natural outcome. This is the way of most of the people around us.

When we observed this closely, we started questioning these logics as a natural instinct against the sufferings caused by living in the false reality created by the mind.

We just couldn't help ourselves but find out the reason for the endless suffering and got consumed by searching for ways to get out of this permanently.

In the journey of finding truth and understanding life, we found there is a way out, a way out of ignorance, a way out of this endless suffering.

When we observed the lives of people around us filled with the same ignorance and suffering. We realized they are also not living their life; they are just waiting to live, till they die. And, during the wait, they suffer greatly.

Then, we naturally started to share our learnings, understandings, and realizations with people around us to make them live finally, to make them realize the shortness of life, to show them the possibility of freedom from all their sufferings and for the first time give them the taste of living. Since we've been doing this work in different capacities offline for more than five years, we've made the decision to share it online with as many people as we can.

This pursuit eventually took a name – Momentary Life.”

— **Prashant & Ena, Co-founders**

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ABOUT THE BOOK

This book exposes one to the illusions humans have and live with during their precious life. These illusions produce suffering as a side effect. If one is comfortable with the side effects, one may continue living with illusions. The one who wishes to see the truth, reality, and true perception of things, as it is, may read this. In this book, we have explored illusions around achievements, society, success, parents and the core of problems.

What our mind perceives slowly becomes our reality. Distorted perception leads to illusion and its effects. True perception and understanding of the true nature of things give one freedom from unnecessary suffering.

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ACHIEVING THE TRULY VALUABLE



We like to achieve things.

We like to sacrifice almost everything we got to achieve those achievements.

But how valuable are achievements, if one has to sacrifice almost everything for them?

What is the outcome of it?

Why is it so valuable to achieve things in this world?

If it is valuable all over the world,

then it also means that as a society we value sacrificing today for an imaginary tomorrow,

we like to sacrifice this moment for some 5 mins pleasurable moments in an imaginary future,

But, we never ask what is the point of it.

What one would get if he sacrificed this precious moment (which is the only thing one actually has) and gained the world?

It means nothing.

The need for achievements comes from a need to fill the emptiness within us,

which can only be filled by positive compliments and the idea of achieving things,

Achieving things like awards, prizes, rewards, medals, and status.

Why do we believe that we have an emptiness within us?

Why can't we live naturally and completely?

We have been surrounded by the masses who have been following these ideas for centuries and keep transferring this from generation to generation.

They have made people believe this is the ultimate truth,

that one has to achieve, gain, prove oneself to others, gain prestige and high social ranks.

Let us discuss where the problem comes from in the first place,

Achievements,

Achievements start from ambition,

ambition comes from desire,

desire comes from what the senses perceive,