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!