



How to Use the Internet So That it Does Not Stop Us from Thinking of God

Traditional wisdom holds that even deeply frozen butter melts very quickly on coming in contact with heat.

There is additional evidence to suggest that our likelihood of repeatedly indulging in harmful thoughts is exponentially increased if the sense-objects that entice us into these thoughts are readily available to us, particularly when we are alone like we are while accessing the internet.

People who are serious about always thinking about God fall into one of these two categories:

1. The first category includes those who don't have to use the internet so much for their professions or those who are already retired from material work. They use the internet only as a source of spiritual inspiration and for communication.

2. Then there are others who are compelled to be online for long periods of time each day for discharging their job responsibilities and provide for themselves and their families or for assisting others remotely.

People in the first group can download all the written and recorded spiritual media to read and listen to offline. And occasionally check the internet to download whatever else is new.

If at all possible, these individuals should stay away from high-speed internet; large-screen laptops and desktops; TVs; newspapers; excessive family responsibilities, worries, and possessions; violent entertainment; time-wasting content consumption, etc.; since these may serve to distract and pull them away even more from their innermost thoughts of God.

However, this will not be an option for the above second group of individuals who have their occupations online.

In such a case, they will need to spiritually vaccinate themselves with the exotic higher pleasures of thinking of God before and after their work.

And, if at all feasible, while working, they can softly play on speakers in the background or listen on earbud-type open-back half-in-ear-phones, etc. the divine sounds of someone who has recorded them while vividly dwelling in the thoughts of God oneself.

This background listening of such powerful spiritual sounds will keep their minds subtly anchored in God's presence and thoughts even if their attention needs to remain fully focused on work-related tasks.

Your eternal well-wisher,
B. Sadhu.

इंटरनेट का उपयोग कैसे करें ताकि इंटरनेट हमें ईश्वर के बारे में सोचने से न रोके

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