

Always Think of God

B. Sadhu on the purpose of human life

quitting a heroin habit.

becomes crazier when

blindfolded.

It's like a buzzed monkey who

Even as we were experiencing the

greater pleasure of thinking about

God, this terrible mental backlash

higher pleasure and pulls us down

excessive harmful indulgence on

It's as if we can't stop ourselves

Still, we go ahead and scratch it

anyway for no other reason than

sheer amusement, even though it

ends up being a terrible wound.

Even when we have reached the

very shores of the limitless ocean

There are many slips between the

goes. By the way, this is one of my

cup and the lip, as the saying

How to End the Mind's

So again, the only permanent

quality and quantity of our

solution for this is to intensify the

remembrance of God before, after,

and during the weakest moments

of our day, which normally arise

during our outward activities as

of making us forget God.

they carry the highest probability

Keep in mind that a chain is only

And prevention is always superior

as solid as its weakest point.

As a result, setting aside time

each day to deeply think about

God is like receiving a vaccination

that protects us from both these

kinds of harmful thoughts for the

makes it much simpler to think of

God in our background awareness

later while performing external

tasks, as our mind gets tuned in

thinking of God via this time spent

in intense exclusive meditation on

It's important to remember that

only the sustained higher pleasure

relished in the divine thoughts of

God can keep these two types of

dangerous thoughts at bay and

progressively eliminate them.

When all of these negative

thoughts have been totally

eradicated from our subconscious,

our minds will no longer hold us

back from continuously savoring

transcendental thoughts of God.

The mind will then truly become

our greatest friend at that point

and demand that we continue to

keep giving it the immense joy of

So which is better? You forcing the

mind to think of God or the mind

pleading you to give it more and

more divine pleasure in the

Therefore, if you'll simply train

certainly attain this platform of

the rest of your life, while still

remaining very effective in your

It's just a question of getting the

regards to thinking of God.

Perfection always awaits those

who practice thinking of God daily

You eternal spiritual well-wisher,

Why to Constantly Meditate on God?

Top

right amount of mental practice in

uninterrupted thoughts of God for

your mind in this way, you'll

thoughts of God?

daily tasks.

without fail!

B. Sadhu.

हिन्दी में यह लेख पढ़ें

Original English link

forgetting God throughout our

thinking about and never

whole lives.

the endlessly delights in the

the thoughts of God.

This dedicated practice also

to treatment and cure.

rest of the day.

favorite quotes.

Rebellion

of ambrosial nectar in God's

thoughts, this rebellion of our

mind may somehow draw us

away.

from scratching an itch even when

ends up depriving us of that

into the disastrous results of

our bodies and minds.

we don't really need to.