Why to Think of God Constantly?

Always ask yourself this one question at every moment:

Are you thinking of the Lord right now?

This is the only question that will matter for you and in your afterlife, nothing else!

This might wrinkle what you will do and where you will go, but to think of God at the time and regarding Him is all that matters.

The answer is very simple:

Thinking about God remains in the background mind and necessarily means that you have to remove your mind from all other duties, responsibilities, and endeavors in life to attain your goals.

Of course, some dedicated daily practice of thinking of God in life might be needed to make this practice of thinking of God in the background at all other times.

In my 50 long years of spiritual practicing, I have found that mindfulness, meditation, and mantra chanting are the most outstanding & indeed possible in the form of a constant background remembrance of the Lord and also serve as the glue for everything during the day and night.

Kalidasa, a well-known Indian transcendentalist, would pay close attention to what he thought he needed to think about throughout the day in the background at all other times.

Then he explained the reason behind his achievements:

He cackling said, "It will be very important to know what I will do and what I will do right now because I will be thinking of God at this precise moment!"

Now this was a very wise thought in the afterlife depends entirely on what you do and think at every moment of your life.

Once there was a sage who written a book on Karma and Reincarnation.

He cackling said, "It will be very important to know what I will do and what I will do right now because I will be thinking of God at this precise moment!"

"Your final destination in the hereafter solely relies on your last thoughts before you die", he further said.

This advice of the sage is similar to a recommendation of the last two thoughts of the mind: Remember and Think of God!

Now can I particularly judge that this benediction of the sage is out of place, because, as I have stated, Yet upon deeper reflection, I find it very wise and true.

Kindly allow me to present a few such reflections today.

Even the most spiritually evolved Bhakta (devotee) of the Lord, who endeavor two additional restraints as well, and who is a vegetarian, and who Bhakta in two consecutive births, and who has taken a vow of celibacy hard on a deer before he died.

Someone might say, "Why is this fact as an excuse to commit a deer and a vow of celibacy?" Yes, I have to deny something the Lord and strongly assume that I am the Lord and one's suffering in this way.

But as stated in the scriptures, this is a transient and long-term that may lead to very painful consequences in the future.

Even if one's intentions are good, the very suffering that one wants to avoid, the suffering that he did not end at all.

One may have to undergo a very intense same suffering, a regulated form into our own hands.

Coming back to the topic, this sentence has been brought to light to illustrate how much of a crucially relate in these matters. It is somehow remember the Lord and Think of God regular know even for a minute.

So that we can harness our consciousness and Remember for the original purpose.

Karma cannot be of total so ponder on how to improve their Karma and Think of God.

We have the golden opportunity to choose to either remember the Lord and Think of God or to be neglect this loving thoughts of the Lord and Think of God into utmost misery and oblivion of the Lord.

Our soul's free will can only be properly used by making this right choice and Think of God.

We are in the same way, we also have to be very careful with our free will at the hubs of our hard work. So we can only be free to use for our free will (soul) at all.

This forgetfulness of the Lord is the reason why we have become so ignorant and Think of God.

Thinking about God, which is the spiritual world apart from this material world, is the only way there is always thinking about the Lord and Think of God.

In his Purport to Srimad Bhagavatam 4.27.32-33a Prabhupada affirms this spiritual bliss:

"Eventually, the sage met a Brahmachari Kalandaka and he blessed him, saying, 'My dear Arjuna, you may die immediately!'"

This blessing of the sage will be very important for people.

Yet, the sage explained his logical line of thought for such an unusual blessing:

He stated, "You are living a pure life right now in deep remembrance of the Lord.

"But you must end up quickly losing this vivid recollection of God even as the Lord is forced to speak of consistently keeping your mind in Krishna Consciousness throughout the upcoming days, months, years, and decades.

"Now, I am in the process of forgetting the Lord is caused by this all powerful illusory energy and I am always trying to drag you down and to make you forget your Lord.

"Yes, I am very sorry that I have to do this, but I am forced to do this by the dint of our daily practice of Krishna Consciousness and destiny in the afterlife.

As Prabhupada used to often say,

bhaga karis, sadhan karis, murkha karis

"All your spiritual meditations and practices are useless if you are down to how vividly you are able to recall the Lord and Think of God. As a result how vividly you will recall the Lord is dependent on the power of the divine will of course."

Only the current moment affects the future destiny of the Lord and Think of God. Yet, spiritually practicing the Lord eternal pleasures with him after death.

You can never alter your past history or know your future, no matter how much you want to.

Hence, maintaining these spiritual thoughts of the Lord and Think of God is the single moment of your life are the most important and the only one ever offer to God in all of creation.

This is undoubtedly also the best gift of our free will given to us by the Lord Himself.

So please start right away with the eternal step mentioned at a time.

Always work on the present moment.

Begin thinking of the Lord at this very moment.

Forget the past and don't worry about the future.

Just live in the present with the Lord.

Make anxiety a thing of the past by always keeping the Lord in mind and Think of God.

This is true spiritual mindfulness.

God will take over even more direct responsibility of leaving your life and Think of God and will all eternity as soon as you will start thinking of the Lord and Rush You very manner.

Such constant loving meditation on God will automatically relieve you of all your sins and bring you your own well-being and that of your loved ones.

You will then gradually start seeing His ever present constant protective and benevolent manifesting in your life.

Being mindful of God at every moment, you will automatically satisfactorily resolutions to all your problems and Think of God.

This clearly implies that the only thing which you can do right now is improve your Karma and Think of God gradually increase the duration of your meditation on the Lord. God every single day, whether you have time or not, you must meditation on him or in any other way.

The perennial treasure of this spiritual remembrance of God is the only thing which you can take with you and Think of God.

Your hard-earned money, assets, and possessions, all of these will not come with you at the time of your death.

So you should not be lazy or careless to do whatever practical and necessary to perform in this daily remembrance of the Lord and Think of God. Giving time commitments for your soul.

This spiritual remembrance alone governs what will happen to your soul in your afterlife and where your soul will go after your death.

It is the only way to create an eternal success of your very existence, especially after leaving this world.

Your indestructible soul is an infinitesimal part of the infinite Lord and thus your spirit is actually imperishable just like Him.

Your present material body is not the real you, it is just a covering over who you really are, the eternal spirit soul.

Live like a lotus exuding fragrance within and without even while living in the mud.

Even though both your feet are here in this material world, keep your eyes on the spiritual world by thinking of the Lord always.

Because that is the only real home where your soul can live and play with the Lord happily ever after.

So please try to become the most intelligent soul in this world by constantly asking yourself this one question: Are you thinking about God at this very moment?

If you are not doing so at this time, then please start thinking of Him right away.

Please do not procrastinate or give excuses. Because thinking of Him does not depend on what you are doing externally.

Make an effort to embrace everything that is favorable in our life to preserving this internal recollection of the Lord at every moment and reject anything that blurs your memory of the Lord even once.

This constant remembrance of the Lord will truly end this infinitely painful and dreaded cycle of birth, disease, old age, and death of your soul forever.

Even a moment of forgetfulness of your eternal relationship with the Lord is equivalent to losing your soul for all eternity.

God has given you this body and mind, the air to breathe, the water to drink, the food to eat, your family and friends to love, etc., etc.

What can you give back to the One who owns the whole creation which will actually please Him?

It is your constant remembrance of Him

We can only please the Lord by offering Him back the very time He has so compassionately given us by constantly using that time to think about Him.

People take the water from a holy river inside the cusp of their palms, remember the holy river with love, and then pour that same water back into the river. But this time it is mixed with their loving remembrance. That is what makes it so divine.

I want to remind you that you have already wasted an infinite amount of valuable time in your past zillions of lives in utter forgetfulness of the Lord which you will never be able to recover again in all eternity.

Therefore, this internal meditation on the Lord at all times is the very core and mother of all wisdom and knowledge in creation and your only panacea to real liberation and salvation in your afterlife.

Drawing from my own spiritual meditation experience for the last 50 years, I will now summarize and conclude this article with the following words.

Dwelling upon the Lord at every moment during this one small lifetime of yours will place you on a straight rocket-flight to the spiritual world even while living in this world and most certainly at the end of your life as well.

I am humbly offering these words of wisdom and realization solely for improving your own afterlife and mine too.

I am not sharing this in expectation of something in return from you.

These words are a reminder to think of Him right now for my own mind.

So I am not attached to which one you will choose.

You can adopt or discard my advice as you wish.

I have just expressed all this because I truly care for your soul, whether you believe it or not.

If you don't believe me right now, you will realize in your afterlife that what I have said here is completely true.

But it will be too late then.

You won't be able to change your fate in the afterlife at that time.

But you still have the power to change your destiny till you are alive simply by thinking about the Lord constantly from this very moment.

And why constantly? Because if you aim to reach the stars, you will at least end up on the moon.

So please wake up before it is too late and start thinking about the Lord right now!

I personally feel that the best use of all the words of this world, in the absolute and eternal sense, is to inspire even one soul to think of the Lord constantly from this very moment, as that is by far the only means for all souls in creation to be with God in the spiritual world for sure after death. Thanks for reading!

Your spiritual well-wisher,
B. Sadhu.

हिन्दी में यह लेख पढ़ें.

Original English link.

How to Avoid Harmful Thoughts So that We Can Always Think of God?