

How to live alone without Thoughts

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LIVING WITH THOUGHTS IS THE GREATEST OF COMPANY. So we should strive to avoid all thinking except of God – recite, pray loudly, meditate, read, write about Lord, watch your breath or thoughts – but shake off thoughts.

Otherwise it is worse than living with people. For that, forget all events, incidents and persons whom we saw, heard or experienced within 5 minutes. Never again in life bring the memory back nor talk on that with anybody. The moment an event happened say, "Now for 10 minutes I shall think about it and then dig a grave for it – NEVER TO RETURN." Forgetting everything of the past that very day and never to recall will help in living alone without thoughts.