



How to live alone without Thoughts

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 GOD, WATCH YOUR BREATH OR THOUGHTS – BUT SHAKE OFF THOUGHTS. Otherwise it is worse than living with people. For that, forget all events, incidents & persons whom we saw, heard or experienced within 5 minutes – NEVER AGAIN IN LIFE BRING THE MEMORY BACK NOR TALK ON THAT WITH ANY BODY. The moment an event happened say "Now for 10 minutes I shall think about it & then dig a grave for it – NEVER TO RETURN." FORGETTING EVERYTHING OF THE PAST THAT VERY DAY & NEVER TO RECALL WILL HELP IN LIVING ALONE WITHOUT THOUGHTS.

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.