

More
Heart
Less
Mind

My Little Book of
Life's Greatest Lesson

Ramesh Sood

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Less Mind**

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Greatest Lesson

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Dedicated to
Every thinking heart,
a total figment of my imagination.
If some thoughts
resonate or match with some
other thinking heart,
I can only apologize and say, that
it is a matter
of great coincidence
and shows how the world of
thoughts is connected.
Do bear with me for
this unique flight
I undertook into the realms of
another world in October 1989.
Yes, where I met God.

I have always wondered about my relationship with God. He has always been by my side - whispering in my ears, guiding me, holding my hand in times of difficulty and invariably helping me out of some real testing situations. Whenever an answer to a question about life eludes me, God quietly steps in and gets me the right answer. There is some chemistry between God and me. God knows what exactly it is!

My relationship with God took its roots much before my coming to this planet. Some of the moments we spent together are quite

vivid in my mind. My interaction with God increased about the time I was to leave heavens for my own quota of life on earth. Let me specifically share one interaction, which truly shaped the life I was to lead as a human being.

It was a little before the date fixed for my checking out of heaven,(I presume it was heaven only) that I was suddenly summoned by God. On my arrival in God's chamber, without any prelude I was given this wonderful news of my selection for a sojourn on earth. Oh ! what a great delight ! I just couldn't wait. I had always loved earth. It

looked so much beautiful glowing in the light of Sun. At that time it was very difficult for me to comprehend that earth could be so fragmented. I thanked God and wanted to leave as a lot of preparation was to be done. But, God's voice halted me in my steps:

“ Why are you running like this? Something very important remains. Follow me,” God commanded.

Holding my surprise, I obeyed. Very Soon I found myself at the entrance of a beautifully decorated room. God clapped his hands and suddenly out of nowhere appeared four glass

windowed cupboards.
Each cupboard had a label
on it. Starting from the
cupboard next to the door
the four labels read

- SMALL MIND SMALL
HEART, BIG MIND
SMALL HEART, SMALL
MIND BIG HEART, BIG
MIND SMALL HEART. I
was really bewildered. Still
in a state of mild shock I
asked,

“ What’s all this about ?”

God looked at me for a
couple of seconds, which
seemed like eternity and
then answered,

“ Each and every soul who is chosen for a visit on earth is given the option to make a choice for any of these combinations of Heart and Mind. A human body must carry with it a heart and a mind. Before you ask me this question let me tell you that I don't allow a choice of physical features because that gets decided the moment I select parents for a particular soul.”

“ Do you mean to say that I have to necessarily have a heart and mind to go to earth and without these two I won't be able to play my role,” I wanted to get fully convinced before venturing

into something about which I didn't know much.

“ You have rightly guessed. You will have to take a heart and mind with you. How to use them will be left entirely to your own discretion. Let me assure you that whenever I find you using them for wrong reasons, which I don't approve of, I will give you a hint through a soft but very clear voice, which the human beings know as the voice of the conscience. If you hear it, do obey, or else you should be prepared to face the consequences. Let me caution you, here. Living on planet earth in the form of human body is not

an easy task. At each turn you will find great difficulties. Just be alert enough to hear my voice, which will always guide you," God made himself quite clear.

Left with no other alternative, I immediately opened the cupboard with the label BIG MIND BIG HEART as it seemed to be the right choice. But I was utterly disappointed and amazed to find it empty. I protested. God smiled and said, " This is a rare combination for those rare souls whom I send to planet earth as my own manifestations for some very specific missions. And

at that particular time I put this combination in the cupboard and lead them to choose the same. I am sorry but you are not among those rare souls therefore I am not offering you this very special combination of BIG MIND BIG HEART."

Taking it as a clear hint for me, with great reluctance, I made a choice of SMALL MIND BIG HEART. While opening that cupboard I looked at God who had a very meaningful smile with a kind of an expression which is very difficult to explain in words. So I won't.

Suddenly a thought flashed in that small mind which had already started thinking for me and I raised a very valid doubt.

“ Why offer this combination of SMALL MIND SMALL HEART when none is likely to go for it ?”

“ That’s not quite right. A large number of souls get highly excited hearing about their deputation to earth. They just can’t wait to get into a human body. They seem to be in great hurry to taste earthly pleasures because they are convinced that basic duty of a human being is to seek

pleasure in materialistic form. They don't even look at the labels on the cupboards in their own rush, they just open the first cupboard in sight and lift the combination of SMALL MIND SMALL HEART and out they go. You will find plenty of them there. You should be happy that you have not chosen to be amongst them," God was more than willing to explain in great details and his last sentence was quite reassuring for me.

And thus equipped with a Body, a Small Mind and a Big Heart, I opened my eyes on this unique planet on April 01, 1960 (a special day

for my kind of a person). Journey from childhood to adolescence did not require much thinking as I found many others taking the liberty to think for me and I too didn't really object. But the transition to adulthood really called for a lot of independent thinking. This need continued to grow as the time passed.

A deliberately chosen small mind was creating a lot of problems for me. While I had always been alert to that clear voice of God, still at times I failed to pay attention due to tremendous pressures and temptations. I was really finding it very hard to

match the capacities of other bigger minds around me. In some very trying times I would even curse myself for having chosen this combination.

I often felt that I should have chosen BIG MIND SMALL HEART. The world appeared to be having quite a few people who had made that choice. Many of them were hugely successful yet most of them often confessed in private and also occasionally in public that for some strange reasons they found something lacking somewhere and that they were not really very happy

in spite of their achievements.

As the years passed by, I found that my small mind was incapable of generating such thoughts, which will help create happiness for me. I found that I was not able to appreciate people for their good work. And my mind was more than willing to enjoy thoughts of criticism for others. I would often conveniently refuse to see other person's point of view. I wanted everything to happen my way. Naturally, bigger minds around shunned me. In fact my small mind had turned into a small factory which produced large stocks of

negative assumptions. I almost became a mental wreck; expert in generating dislike for myself in the minds of others.

One fine evening as I was trying to pull myself together sitting in a park quietly watching sunset, my eyes shed a couple of tears. Suddenly a small child touched my hand and asked,

“ What happened? Why are you crying?”

I knew that revealing my problems to him wouldn't really mean anything. But then I had some one with whom I could talk without

any risk. So, I told him everything. I told him how my small mind was incapable of thinking beyond certain limits. I explained how this was affecting my whole life. After listening to me with total attention and concentration of an adult that little child smiled and said,

“ Then why don't you think from your heart? Won't it compensate for the limitations of the mind?”

Just one simple sentence, that! The words struck me.

It was correct that I had a much bigger heart, which

mostly remained unused due to my own ignorance. I looked at that child who slowly walked away. The smile on his face looked very familiar to me. But I couldn't place it .

With some kind of enlightenment I reached home. My son immediately complained about a neighbour's child who was troubling him. Wife expressed her displeasure over the innovative excuses being made by the maidservant almost every alternate day. And then there was a letter on the table received from across the seas filled with stinking language. Sufficient

materials for a person like me to fly off the handle and begin to curse the whole world. But to my utter surprise nothing happened. I didn't react. I just waited. Nothing really appeared to be a problem needing a reaction or a response. I felt very different and relaxed.

A strange feeling, that! It was quite unfamiliar. And then suddenly I realised that I had already put my heart to use for thinking. And right from that moment I started enjoying the struggle between my Small Mind and Big Heart. I always celebrate whenever the heart wins. Believe me, such celebrations are

becoming quite frequent now. And I don't regret the choice I made while being a part of another system any more.

Life had completed changed in 1980 with loss of my mother.

1982 left home to start from a zero.

And life began once again in full earnest sometime in 1993. Collapsed once more in 2010.

Now it appears to have just restarted.

Gratitude!

I am thankful to life and the way it has unfolded itself, making me think all the time.. This small book comes out of a flood of thoughts to the question WHY? Why it was happening to me? And one day I got the answer..

Thanks to you, dear reader, for reaching here! Trust , you liked this small book.

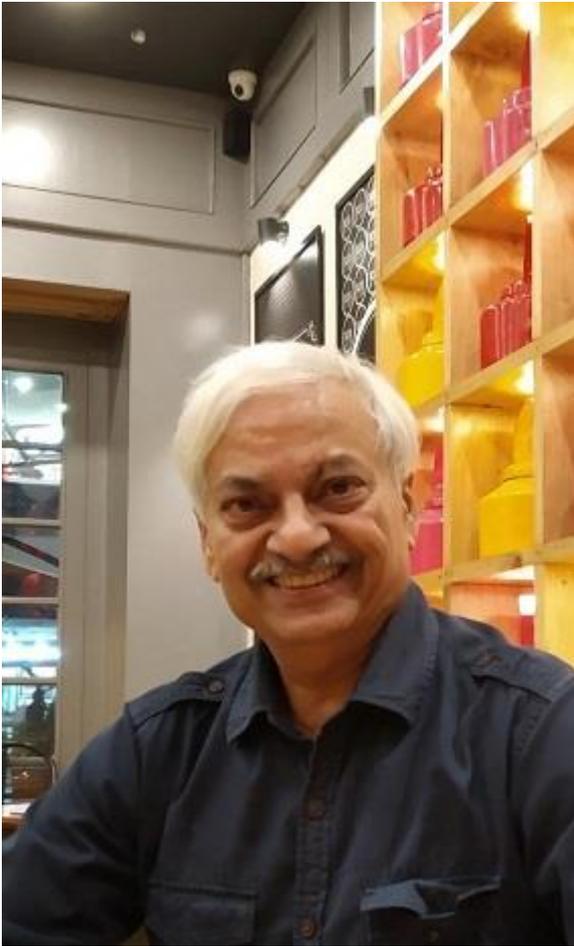
If you liked this small experiment in thinking then do let your friends know about it...

In gratitude

Ramesh Sood

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