

Short No. 43, VCD - 393

Topic - The simple way to become disease-free

If you remain only in the remembrance of the Father, no kind of disease will come. When do you become diseased? What was the main reason mentioned for becoming diseased? Apart from the remembrance of the Father, the remembrance of others also comes in between. If there is an adulterous (*vyabhichari*) remembrance, if adulterous thoughts emerge, then diseases will also certainly come. If you become constant in the remembrance of the One, all the diseases will start ending.