

Remembering The Greatest Truth..

KNOW 'THAT ONE THING'

SPECIAL REPORT-PART III

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Know "That One Thing"

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The Secret Of Getting Back To The Source

SPECIAL REPORT-PART III

If you did not get a chance to read the earlier reports you can get them by visiting www.knowthatonething.com

What is that makes atoms unite with atoms, molecules with molecules, and causes planets to fly towards each other? What is that attracts man to man, man to woman, woman to man, and animals to animals, drawing the whole universe as it were towards one centre? It is called love.

Swami Vivekananda

Enter The Magical Force

Consider this example. There is a pretty woman in your workplace. Everyday you see her and you're infatuated by her appearance. You end up thinking a lot about her. In your thoughts you date her, marry her, and make love with her. You fantasize being with her every single moment. After a few weeks both of you are put on the same project and have to fly out of the city. While at the hotel out of town she comes to your room to have a chat. No one else is in the room. The same thoughts of dating her, marrying her and making love with her circle your mind. However something magical happens... Your body doesn't move in the direction of your thoughts. Your body doesn't attempt to make love with her instead you end up discussing project work.....

Which of the two forces below is real and authentic?

- a) The force of attraction which drew you towards her and made you think all those fantasizing thoughts about her

OR

- b) The magical force which stopped you from attempting to make love with her

The Force of Goodness

We're all loving beings first and then human beings. We're all connected to the golden thread, "that one thing" which is all love. We're spirits first and then minds and bodies. Two forces operate within each of us. The force of attraction and the force of goodness. The people that you meet, the places that you visit, and the things that you read, watch and hear influences your thoughts and forces you to react. This force is called the force of attraction which made you think all the thoughts of dating her, marrying her, and making love with her. However, when you were all alone with her and the same thoughts were circling in your mind, your body did not move in the direction of the thoughts. Another force far superior to the force of attraction stepped in and you found yourself discussing project work.. This force is called the force of goodness.

The force of goodness isn't influenced by what you think; it isn't subject to change, and it can't be acted upon by anything. It's silently working its grandeur in the background while giving you an opportunity to evolve every single moment. The force of attraction might seem real when you allow your minds to be influenced by the pull of the outside world. However, this force beats a retreat the moment "that one thing" -- lying latent in you -- explodes into your being and fills you with the force of goodness. You might find the old thoughts still hovering around in your mind but they lack the power to act, something else grander and majestic would have occupied your being.

The force of attraction isn't your real identity. It exists only in relation to your thoughts. The force of goodness is your real identity – "that one thing" shining in true splendor within waiting to fill you up with love and light. Every single day you have a choice either to succumb to the force of attraction or allow the force of goodness to surface and work its liberating qualities into your life and helping you evolve into a loving and peaceful being.

The Path To Glory

Let's do another simple exercise. Take a notepad and divide the page into two. On the right hand side write "Thoughts on Love" and on the left hand side write "Love." Now come up with six different

ways through which you communicate your love to your partner or significant other every day. Write down these six methods on the right hand side of the notepad.

Love

Thoughts On Love

By embrace

By kissing

By making love

By giving gifts

By giving a party

By a gentle word

Think about this. You get up everyday and you communicate your love to your partner through words, through action, and through gifts. A gentle embrace, a sweet kiss, an act of making love, a kind word, a memorable gift... What are all these? **These are all your ideas of love and chances are they might have nothing to do with love at all.** You should never forget that all your thoughts on love spring from your mind and the mind can be acted upon by anything. You might think that all your ideas of love are natural, but if you look deep you might find that most of your ideas of love are influenced by something that you had watched, read or heard earlier. It could well be possible that all your ideas of love have nothing to do with love at all. We can verify this right now.

Sit cross-legged on the floor, close your eyes, and relax. Enjoy the moment. Now think about your partner or significant other whom you dearly love. Roll back in time and recall memorable times between you., those joyful and funny moments, the strange coincides which brought you together. Bring them all in and cherish these moments. How do you feel? Do you find a pleasant feeling building up, a gentle force opening up the doors of your

wide heart? Do you notice a song and dance waiting to find expression with you. Love it all as they come, Welcome it all as they appear. Drink it all as they pour in. Keep allowing the events to come in thick and fast, the experiences to fill in nice and sweet. Relish the sweet memories and moments. Continue to roll back in time and watch as your body drops off, your thoughts and words disappear far into the horizon, your spirit rise in its true splendour. The heart meeting the heart, the soul meeting the soul. The union of the kindred spirits, the blending of the force of goodness, the oneness of the beloved...The true magic of love. No clash of two bodies found here. No madness of two minds seen here. Experience a genuine connection between spirit to spirit, love to love, heart to heart, feeling to feeling. Love in its pristine nature devoid of any thought, action, name or form. Enjoy this moment and revel in this experience. Now gently open your eyes and record all these intense feelings on the right hand side of your notepad.

You would have noticed a strange thing in the above exercise that when your love for your partner became deep and intense and took the form of a gentle feeling there was no longer the impulse for a body to body experience; there was no more a need for you to express love through the medium of words. The body and the mind had given way for “that one thing” to rise in its true glory. You discovered that spirit to spirit, heart to heart is the language of love.

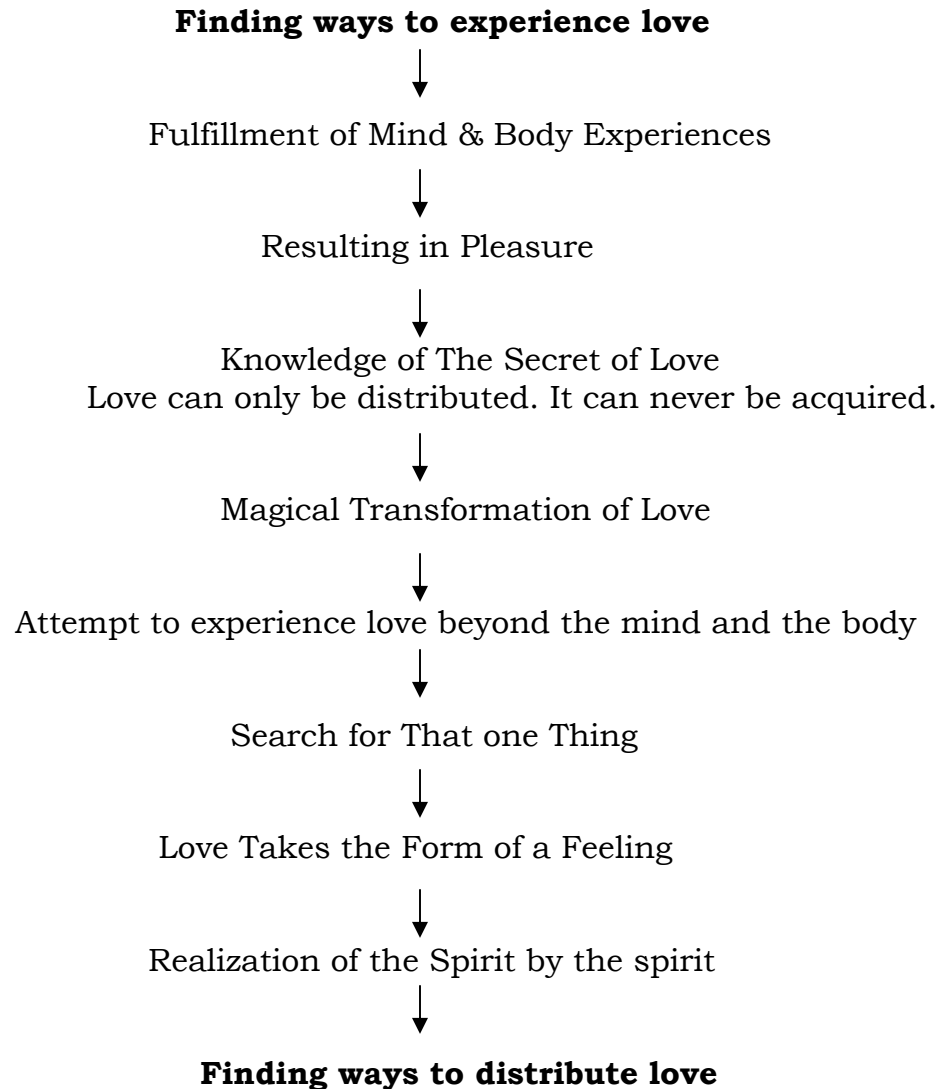
The Secret of Love

Love can only be distributed. It can never be acquired.

Most of our ideas and expressions of love are driven by a **desire to experience love rather than to distribute love**. Love is complete in itself. It doesn't need a thought or an action to complete it. It's a very deep and grand feeling which comes out of knowing “that one thing” manifesting itself in its true glory inside our being. All love is within us and all love is the essence of the spirit and not of the body and the mind. You're free to have as many ideas of love as you're free to express your love in whatever way that you choose so long as you know the eternal secret that love can only be distributed. It can never be acquired. All the misery, pain and suffering in relationships starts with attempting to experience love

outside of us instead of finding the right ways for distributing this reservoir of love existing within us.

The Magical Transformation Flow Chart



We all start with finding ways to experience love and end up with finding ways to distribute it. This is the way of life. This is the way we evolve. Love and pleasure are always inversely proportional to each other. We begin with ideas of love which result in mind and body experiences and keep us preoccupied with pleasure activities. Then there comes a time in our life when we want to expand our spirits and outgrow the limitations of the mind

and the body. Our attempt to experience love beyond the mind and the body results in the search for “that one thing.” This leads us to the discovery of the secret of love: Love can only be distributed. It can never be acquired. As we begin to recognize the abundance of love within us, we start to express our love more through our deep feelings and less through our body and actions. As we progress in this direction we recognize that the spirit can be realized only by the spirit and through the spirit. Then there comes a time in our life where we no longer need to express our love through a body action or a spoken word. Our love would have taken the form of a quiet feeling expanding its reach to fill up every single person in need of such a experience. We would have given love its rightful position.

The Three Magic Potions of Love

Consider this story. A great king went to hunt in a forest and met a sage. The king was so pleased with their conversation that he asked the sage to accept a present.

“No” said the sage, “I am perfectly satisfied with my condition. These trees give me enough fruit to eat, these beautiful pure streams supply me with all the water I want, and I sleep in the caves. What do I care for your presents, though you be a king?”

The king said “Simply to satisfy me, please come with me to the city, where I may give you a gift”

The sage finally agreed to comply with the king’s wishes, and went with him to the city. They arrived at the king’s palace, which was covered in marble, and one could see gold, jewellery, and the most wonderful things in abundance.

The king then asked the sage to wait a minute, while he went into the corner and began to pray, “Lord, give me more wealth, more children, and more territory.”

In the meanwhile, the sage began to walk away. The king saw him going and went after him. “Please, Sir, do not go yet without my gift.”

The sage turned to him and said “Begger, I do not beg of beggars. What can you give? You have been begging yourself all the time”

Magic Potion No 1: Love Knows No Shop-keeping

There have been great men and women who rarely struggled in their life because they didn't not go out with begging bowls trying to find ways to experience love. That was never the language of love. Love knows no shop-keeping. There's no body to body attachment, no mind to mind madness in real love. It's a spirit to spirit connection, heart to heart talk, feeling to feeling communication. It takes less than five minutes to kindle your spirit and you can verify this through an exercise.

Exercise No 1

After getting up in the morning go to a quiet place and relax. Gently open both your palms and massage them softly. Keep both the palms wide open and close to each other. Imagine that your loved one resides in the right palm and you in the left. Blow a sweet kiss to your loved one on your right palm and place a bigger kiss on the left one. Close both your palms and hold them together like offering a prayer. Be in this moment for some time. Now close your eyes and send a wave of feel good energy towards your loved one. Pray that the universe grants your loved one everything that he/she wishes. Pray that your sweet heart be filled with love and light at all times. Continue your prayer for your loved one. Ask nothing in return; keep giving and distributing your love. Now gently open your eyes and place a soft kiss on both your palms and you're done.

How are you feeling? Are you filled with love and light? Do you feel complete? Is there a joyful feeling, a special twinkle in your eyes? Did you notice a gentle calmness, a ray of hope, and a rainbow of serenity? How could all this happen in five minutes? How can you be filled with love when you never went out to seek love?

Love knows no shop keeping. **Love can't travel much distance sitting on a spoken word. Love finds it amusing when people use the medium of pleasure to experience its glory.** Love is a force of goodness and its vehicle is a deep feeling. We are loving beings first and human beings later. It takes only five minutes

everyday to discover the greatest secret of love. One simple exercise after you get up in the morning could significantly pave the way for that one thing to explode in its true glory and set the stage for marvelous things to manifest itself in your life.

Stay tuned for more fantastic videos and powerful exercises which you can implement in the rush of your daily life to attract abundance, love and peace to your life

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