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The Devil's House.

Do you know where the Devil lives? May be many of you might have heard about it that, "Empty mind is the Devil's house." But, why do we say that? Is it bad to sit idle? Let, let us know one by one the answer to each question.

There are numerous kind of thoughts going on in our mind at a particular moment. We never know that which thought will strike our mind at the next moment and this enables us to concentrate on a particular topic. Not only thoughts now a days digital devices like mobile phone diverges us from our work.

So, first of all we should have a control on our mind. Like for example: If you are a student and doing your homework and suddenly a notification pop up on your phone, this deviates you from your work. So, first make the notifications of your mobile phone silent and then continue your work.

Now, if we are sitting idle i.e. we are not having anything to do, then other than sitting alone and thinking nonsense we can have "discussion" with someone as mentioned in my previous article { Named as "Discussion" }. This will make you relax.

If you are idle then it is obvious that you will overthink and this leads to stress which results into several diseases. According to Psychologists if you are facing a lot of stress in your life then you may own a dog or a cat so that you would be busy in their work and their presence would not make you feel alone.

If you can't afford it then you can write about your day other than thinking anything. Just make yourself ~~for~~ busy everytime when you are free. You can also help you mom in household work. So, be happy and live your life to the fullest.

Thank you.

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