

The One Friend Who Never Misunderstands You: Why Only the Supersoul Truly Knows Your Heart

written by Bhaskarananda | July 23, 2026

We Think We Know People – But We Don't

Let's be honest.

We spend a lot of time trying to guess what others are thinking:

- *What did he mean by that?*
- *Why did she say this?*
- *Is my son hiding something?*
- *My friend must be upset.*
- *They probably think I'm wrong.*
- *He must be jealous.*
- *She must be judging me.*

We assume. We guess. We project. We overthink.

But the truth is simple:

You cannot know exactly what another person is thinking – not even your own child, spouse, or closest friend.

And here's the deeper truth:

You cannot fully know your own mind either.

Our thoughts change. Our emotions shift. Our desires contradict each other. Our mind surprises us every day.

So why do we try to play God by assuming we can read hearts?

The Gītā's Gentle Correction

Krishna gives a profound reminder in the Bhagavad Gītā:

"I am seated in everyone's heart." (Gītā 15.15)

This one line destroys the illusion that we can truly know another person's inner world.

Only Krishna – as **Paramātmā**, the Supersoul – knows:

- every thought
- every fear
- every desire
- every intention
- every struggle
- every prayer
- every secret
- every pain

We don't.

We can't.

We never will.

And that's okay – because **He** does.

The Closest Friend You Will Ever Have

Krishna says:

“I am the benefactor and well-wisher of all living beings.”
(Gītā 5.29)

Not a distant friend. Not a symbolic friend. Not a philosophical friend.

A **literal, personal, ever-present** friend sitting in your heart.

He knows you better than:

- your parents
- your spouse
- your children
- your best friend
- your therapist
- your own mind

He knows your past, present, and future. He knows your intentions even when your actions fail. He knows your sincerity even when your words stumble. He knows your heart even when you don't.

Why Trying to “Read Minds” Creates Suffering

When we try to guess what others are thinking, we fall into:

- misunderstanding
- overthinking
- suspicion
- false expectations
- unnecessary anxiety
- emotional drama
- ego battles
- hurt feelings

- broken relationships

Because we are trying to do something **only the Supersoul can do**.

Trying to be God always leads to frustration.

Letting God be God leads to peace.

The Freedom of Letting Go

When you stop trying to read minds, something beautiful happens:

- You stop misjudging people.
- You stop assuming the worst.
- You stop creating imaginary problems.
- You stop carrying emotional burdens.
- You stop trying to control relationships.
- You stop expecting perfection.
- You stop playing God.

And you start trusting the One who actually knows.

You start living with humility. You start relating with compassion. You start listening more. You start loving more. You start forgiving more.

Because you finally understand:

Only Krishna knows the heart. We are simply meant to love, serve, and trust.

The Supersoul Is Your Anchor

In a world where:

- people misunderstand you
- people misjudge you
- people hide their feelings
- people change their minds
- people disappoint you
- people confuse you

Krishna remains steady.

He is the witness. He is the guide. He is the friend. He is the knower of all hearts.

And when you turn to Him, you stop drowning in assumptions and start resting in truth.

Final Thought

You don't need to read minds. You don't need to guess intentions. You don't need to play God.

You only need to remember:

The Supersoul in your heart – and in everyone's heart – knows everything perfectly. He is the closest friend you will ever have.

And when you trust Him, life becomes lighter, relationships become sweeter, and the mind becomes peaceful.