Meditation-content

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**SUBJECT: Are You Really Led By Pure Thoughts And Intentions, <firstname>? Are You Sure?**

“Whoever follows impure thoughts suffers in this world, and in the next.”

That’s what Buddha said in the Dhammapada. If you think about that, it is actually quite deep. So, let’s begin by asking what impure thoughts are.

**Example 1: Impure Thought**

I want to steal my neighbor’s wife away from him - and his money! He pissed me off when he wouldn’t move that damn tree from the edge of my driveway. Now< I have bird crap on my car every time I leave it parked in the driveway!

**Example 2: Pure Thought**

I hope that my neighbor is doing well today. He and his lovely wife seem very happy - and they’re such nice people. Why, he was even kind enough to plant that beautiful tree near our property line. Now I can see the birds every morning (just have to watch where I park!)>

OK - NO Brainer right here: Which way would you rather think like? Which example do you think would be better for you, your neighbor, his unsuspecting wife and society in general?

The answer is obvious, right?

So, ask yourself, as often as you can possibly remember to do so: Are my thoughts pure at this moment? Am I thinking, speaking and acting appropriately according to my own beliefs?

Now just be honest and try to check yourself more and more often.