Meditation-content

12

**SUBJECT: Control Your Flopping Thoughts, <firstname>. It’s What Matters Most**

Like a fish out of water, stranded on the shore, our thoughts shake and quiver, for how can they shake off desire?

Think about a flopping fish, gasping reflexively for water; needing submerged. It flips and flops and won’t hold still. It is slippery when you try to grab it and help it by throwing it back in the water. It seems that it is trying to stop you from assisting it. Crazy fish!

That’s how your thoughts are when you are led by attachments and desires. Your thoughts cannot focus. You cannot think straight. Like a flopping fish, about to die, your desire-filled thoughts are very tough to reign in.

That’s is why meditation is so important to all humans. In this world, there are more things than ever trying to pull our thoughts away from us. It takes diligence and dedication to train your thoughts. It takes a lot of fighting with strong fish to bring them in.

Take control of your thoughts and begin to experience the wisdom you seek. Namaste.