Meditation-content

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**SUBJECT: Discover True Happiness, <firstname>. Hint: It Is Found Only In Your Str…**

Do you know how to be happy? Not like you just found a hundred dollar bill-happy, but like you are just truly contented on the inside; not nervous or worried about life at all. Do you understand what it takes to be happy forever, with no chance of sadness left in you?

Wise people teach that genuine happiness comes only from the strength of an individual's resolve to advance in compassion and detachment. When you understand that all things, all people and all ideas of society are in fact utterly empty and void of meaning, you learn happiness.

This is because you then understand that all people, all living things want to be happy and secure to. Even a bug will hide from danger. It doesn’t want to be killed because it has a need to advance!

To discover everlasting happiness with no chance of sadness ever returning, learn how to define your standards - and then develop your strength to never lack resolve. Namaste.