Meditation-content

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**SUBJECT: Do You Give In To Desire, <firstname>? Meditate Constantly To Stop That…**

The world is filled with temptations. When I speak of temptations, I don’t necessarily mean the old biblical types, but those still apply too. Temptations come in many forms.

There are the physical temptations of drugs and unbridled sex. There are the intangible, yet incredibly powerful temptations of riches and fame. There are more subtle temptations for some, like the incessant desire to sleep and waste life away.

No matter who you are, or what level of practice you are at, there will always be temptations surrounding you. And if you are not watching, then you too will fall victim to them.

When you give in to temptations, in any forms, you sacrifice part of your integrity. When you watch and anticipate temptations, and then deny them, you increase your integrity.

By being intentionally mindful of what tempts you, you are able to see them coming, and sidestep them completely. It takes practice. It takes a yearning to live purely. It takes meditation, constantly. Namaste.