Meditation-content

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**SUBJECT: End The Troubles In Your Mind, <firstname>. Watch. Meditate. Understand.**

An untroubled mind, no longer confused between what is right and wrong, a mind beyond judgments watches - and understands. But how does one get to the point of not being confused about right and wrong.

In most cases, it is the “wrong” which creates the “right”, or the “right” which create the “wrong”. The same goes with “incorrect” and “correct”. When you show favoritism, you create bias.

If you want your mind to truly be without troubles and repetitive disturbances, then you have to sit in meditation. You have to walk in meditation. You have to wake up meditating and go to sleep meditating. Meditating is watching - and watching is everything.

Watching, meditating: they simply signify intentional, concentrated awareness. When you intend for your mind to observe, without judgment, and learn, without fear, then your world, and your consciousness open up. Namaste.