Meditation-content

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**SUBJECT: How Are You At Turning Away Temptations, <firstname>? Are You Awake?**

Temptations lead us away from our philosophically-based intentions - and that is a serious bummer. Everywhere you look, there are temptations of unhealthy foods, non-virtuous sexual opportunities, Hollywood falseness and a general lack of morality.

The world is a place of endless temptations, at least it is for those who are able to be tempted. Those who understand that wisdom has to be gained over time know that they must act intentionally to resist temptations. Further, they must always be on the lookout for temptations.

By becoming awake to the costs of falling to temptations, we begin to convince ourselves of how important it is to steer clear of them in the first place. By avoiding the things that would cause us to stray from our chosen paths, we empower ourselves to expand our consciousness.

Are you awake to the possibilities and the costs of falling to temptations, <firstname>? We all need to be in order to gain contentment.