Meditation-content

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**SUBJECT: How Watertight Is Your Mind, <firstname>? Can You Stand The Storms Ahead?**

“An unreflecting mind makes a poor roof. Passion, like the rain, floods the house. But if the roof is sound, there is shelter.”

Those are some of the many wise words of Buddha. He came, through much contemplation, to understand that people are not really as deep as they make themselves out to be. In most cases, people need the same things to make them feel contented in life.

**Do you know what they are?**

What people can hugely benefit from is to have their minds “watertight”; like a well-thatched roof. When the inevitable storms of life rain down hard upon your mind, you need for it to be ready, solid, prepared. That’s watertight.

Meditation is the act of constantly “checking” yourself to ensure that you are thinking, speaking and acting in the ways that you dictate.

When you meditate, you make yourself aware of the possibility to be kind, sensitive and compassionate. With a watertight mind, you are a true force of betterment.