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**SUBJECT: If Your Mind Is Disturbed, <firstname>, Then You Cannot Find The Way To Wisdom**

Have you ever thought of a wise man or woman? If you would, just do it right now.

See the wise person in your mind? OK, good.

Now, I bet that your vision of the wise person was not up jumping around, hootin’ and hollerin’ like an idiot. Right?

More likely, you envisioned a peaceful, benevolent person, probably sitting quietly and representing all good characteristics. Right?

OK, so since we agree that wise men and women are not normally enraged with madness, or overburdened with drama in their lives, then we must also agree that it is not possible for a person who is majorly disturbed to gain wisdom.

First, the disturbances must be quelled. Whatever forces are acting on you to keep you disturbed in your daily life, even to the point where you can’t control your own thoughts anymore, need to be quelled from your life.

Free yourself from disturbances by meditating on the reality of those disturbances. Choose to love yourself enough to stop being negatively affected by them. Namaste.