Meditation-content

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**SUBJECT: Persevere In Your Meditation Practice, <firstname>. Happiness Awaits You.**

There is only one way to ever experience real happiness; happiness that lasts without ever fading for even a second.

Of course, you may be happy for a good while if you won the lottery. You would smile, and smile, and smile…

But eventually, the thrill of the win would diminish, your life would stabilize, and although you and yours were now loaded with cash and assets, you would still find yourself wanting. You would still be empty for something that all the money in the world could never even begin to buy for you.

You would cry out for inner understanding. You would need to feel genuine contentment. You would come to know that all real contentment comes from within your own mind.

When we meditate, we go past the limitations of false happiness. Sure, we can still enjoy something highly improbable, like winning the lottery, but we would already know when we won it that it could only be a way to produce positive change for others - that it would never bring happiness to our cores.

Only getting to know your thoughts, breath and true intentions can you find happiness. Start right now. Namaste.