Meditation-content

24

**SUBJECT: Stop Picking Those Beautiful Flowers, <firstname>. Let Others Enjoy Them Too Please**

Do you like beautiful, fragrant flowers? So do I. I like to smell them. I like to view them. I like to enjoy their beauty. But I never pick them. Let me tell you why.

It’s a meditation techniques. The story goes like this:

There’s a woman out in the forest, enjoying nature, looking for exotic, lovely flowers. She wants to pick them, to severe their lives and take them home to wilt in darkness on her living room coffee table. She intends to mar their beauty.

That’s the meditation: Marring avoidance.

Wise men also enjoy the beauty of flowers, and of nature in general. But they wish not to mar that beauty by taking it away from nature and trying to “own” it. There is no value in destroying the natural path of something so that you can manipulate and control it. That will lead to your imbalance. Namaste.