Meditation-content

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**SUBJECT: Turn The Other Cheek, <firstname>. Become The Teacher Now.**

Various philosophies teach the importance of non-violence. Of course, you have heard the old adage about turning the other cheek when you are smacked in the first. You turn your still-smacked cheek to the smacker and offer to get smacked again. That seems a bit nuts, right?

Why is it good to offer to let an attacker attack you repetitively? Why not punch the attacker out?!

The answer to that becomes crystal clear just as soon as we learn one simple truth: **Everyone is suffering.**

Everyone wants love and acceptance. Everyone desires happiness. Some people are really limited because of false beliefs and incorrect foundational teachings. They learn to rely on violence, hatred, intimidation and other bullying methods to gain their desires.

The truth is that hatred can ONLY be overcome by love. That has always been and always will be the simple truth. And that is why we must adopt a non-violent mindset: To Preserve Benevolence. Learn more at XXX today. Your contentment awaits…