Meditation-content

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**SUBJECT: Wake Up, <firstname>. You’re Not Dead Yet!**

Life can be tough for those with unprepared minds. A very wise man once said that wakefulness is the key to wisdom and happiness. He said that the fool relishes sleep; like one already dead.

If you find yourself wanting to remain in your dream worlds when you should be up and living, then you may be depressed. Depression is a direct result of misunderstanding.

When you do not properly understand what makes you happy, then you are bound to experience bouts of depression. When you see the truth about the meaning of your life, then you will instantly become too engrossed in your purpose to want to lay sleeping any longer. Your depression will melt away in an instant - and it will never be able to return.

So, how do you reach this point of instantaneous bliss? It is so simple: you watch yourself. You watch your breath. You watch your thoughts. You watch your words. You watch your actions. You watch others too. You are a watcher - and watchers are never depressed. Namaste.