Meditation-content

29

**SUBJECT: Your Most Powerful Enemy Is Trying To Kill You, <firstname>. Will You Fight It?**

What or who do you consider to be your most dangerous enemy on this planet? Is it the criminals waiting in the shadows to rob you? Is it a dark supernatural creature that comes to you in the nights? Is it poverty?

There is one thing that can do you more harm than anything else in the world. It is failing to watch your thoughts. Let me remind you why.

Unguarded, uncontrolled thoughts create chaotic, unplanned realities. When you allow yourself to weak, and not take control of your own thoughts, then you are, in effect, inviting your own doom to destroy you immediately.

That’s sounds powerful because it is. If you want wisdom, then you have to meditate. You have to follow your breath. You have to anticipate and deny temptations. You have to intend to rise or you cannot.

If you wish to rise, then choose it. Control your thoughts. Namaste.