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**SUBJECT: Your Body Is A Fragile Jar, <firstname>. Make A Fortified Castle Of Your Mind!**

A lot of people treat their bodies really well. They eat organic foods. They work out every day. They ensure proper hydration. They do many things to elongate their physical health levels and develop longlasting cardiovascular fitness. And that is wonderful!

However, many of those same people fail miserably when it comes to nurturing, pampering and catering to the development of their minds; their intended spirituality. They can dedicate endless hours to the elliptical machine at the gym, but never pay a single thought to developing wisdom.

If you are one of the fortunate that chooses to develop your mind, your wisdom, then you need to begin working your inner self out too. The mind controls the body. The mind spawns thoughts - and thoughts create our realities.

The Buddha says that our bodies are fragile jars, designed to break and fail eventually. To transcend the boundaries of your fragile, finite physical body, you must endeavor diligently to develop your mind.

We control our thoughts, watch out breath and develop wisdom through regular meditation. Begin right now. Namaste.