Meditation-content

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**SUBJECT: Your Brain Has Incredible Power, <firstname>. Are You Using It Wisely?**

All that we are arises with our thoughts, <firstname>. With our thoughts, we make the world. Imagine how your life would be different today if you had consistently driven thoughts of negativity and doom into your mind. If you had practiced repetitively how to become a monstrous human, then you probably would be.

Meditation is largely about checking your thoughts, as often as you can remember to. The idea is to be checking your thoughts **at every second.** At each moment in life, you want to be monitoring your thoughts because those thoughts determine what comes out of your mouth, and what your body acts to do.

If you direct your mind with intention, then you will be very effectively able to become exactly the person you choose to become. If you have negative characteristics about your person, then know that you can change. And be sure that change can only occur if you begin checking your thoughts, words and actions as often as you can. Visit XXX to share your experiences with other sages.