Meditation-content

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**SUBJECT: Are You A Strong Oak Tree, <firstname>? Or A Weak Little Weed In The Wind?**

Do you have deep or shallow roots? When the winds of life blow against you, can you brace yourself and not be blown down? Or are you weak in your foundation; able to be easily toppled by adversity?

What you intend to be, you will become. If you truly wish to become a person of strong foundational integrity, then you’re going to have to be honest with yourself. You’re going to have to ask and answer some tough questions.

And you’re going to have to give up certain behaviors and thought patterns that are making you falter in your intentions.

Becoming an oak that can withstand high, potentially damaging winds is not something that can happen overnight. You’re going to need to make the decision, and then diligently pursue that intention - for the rest of your life.

If you chase the pleasures of possessions, sex, drugs and the like, then you will eventually become uprooted. To be strong requires planning and intention. Anything less will stagnate you on your journey to gain enlightenment, even in the smallest degree.