Meditation-content

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**SUBJECT: Are You Bright, Clear And True, <firstname>? Then You Must Teach Now!**

The road to mental clarity and defined parameters of behavior is a long one for many, but it is always so very worth the trip for those who complete it! Life hits us hard; knocks us down over and again. It does that until we learn how to make it stop.

We must meditate and check ourselves as often as we can so that we can intercept temptations before they put us off our chosen paths.

When we learn to control our breath, our thoughts, our words and our actions, then we have gained brightness. We can see the road where we need to travel, and it becomes very difficult to shake us from our paths.

But there are so many that have no control. They do not foresee temptations. They do not yet understand the ways of wisdom. And without teachings, they may well never develop.

You see, everyone is suffering. Everyone wants to be happy. And those that have developed to a point where they can see what others cannot, well, they have the new responsibility to teach those in need.

So, <firstname>, do you foresee and forego temptations? Do you control yourself? Then go teach…