Meditation-content

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**SUBJECT: Are You Mindfully Checking Your Thoughts, Words And Actions, <firstname>?**

We are what we think. All that we are arises from our thoughts. With our thoughts, we create the world. That’s why it’s so important to watch yourself.

You see, if we speak or act with an impure mind, then troubles plague us. If we speak and act with a pure mind, then we dwell in love, honesty and compassion - and troubles cannot find us any longer.

If you experience tensions with any other humans, it is your responsibility to yourself to see through any negativity. It is on you to rise above that negativity and teach others to think more benevolently.

On your path to spirituality and wisdom, you’re going to be constantly challenged. To gain any small degree of enlightenment, we all must humble ourselves and allow the teachings to manifest over time.

Are you prepared to move forward in your meditation practice? Visit the peaceful community at XXX and explore proven techniques and timeless teachings.