Meditation

Promo 10

**SUBJECT: How Do You Even Get Through Your Days, <firstname>? Are You Meditating?**

Are you feeling more and more stressed in your life? Do you keep waiting for the days to get easier to handle, but they just seem to keep getting more difficult? Why isn’t life getting better?

Meditation affects us on many levels. It also affects everyone and everything around us, at all times. When you direct your thoughts with extended focus, you create positive energy streams that brighten the entire world. It’s true!

It may seem impossible, but meditation is magical. It puts you into a mental space where you are always happy and productive. This occurs because when you watch yourself, you see what you’re about to do incorrectly. You see when you’re being lazy. You see your procrastinations - and you become compelled to behave better.

Many people think about meditation as something you do for short time periods, like 30 minutes each morning, or whatever. That’s not enough. You have to check yourself all the time if you ever want to [know yourself](http://www.mindpowermp3.com/affiliates.html), and therefore be naturally more productive and contented. Namaste.