Meditation

Promo 17

**SUBJECT: Why Do What You Will Regret, <firstname>? Why Make Yourself Sad?**

Every single act that you perform matters. If you do something positive, then you are likely to feel good about it. If you do something negative, then you will suffer.

You are the only person alive or dead that can choose what you are going to do right now. You have an amazing power to self-dictate and act in ways according to your belief system. Right?

So why bring tears upon yourself? Why do anything that you will surely regret?

Many times, various forces of society pressure us. We have to make money to pay bills. We need to maintain a certain style of life that we feel is indispensable. We compete to keep up with others. We need to be sharp, look tight and shine above the others. Right?

INCORRECT!

All that you need to do is meditate about what your are thinking, the words coming out of your mouth and the actions that you perform. If you just become aware of yourself, then there will be [no more confusion](http://www.the-guided-meditation-site.com/affiliate-program.html) or sadness. Namaste.