

HEALTH – WEALTH – HAPPINESS

BY
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HEALTH – WEALTH – HAPPINESS ARE THE THREE ESSENTIALS OF LIFE.

MEDITATION IS THE WAY TO IMPROVE ABOVE AND ULTIMATELY TAKING YOU TO THE ABODE OF GOD. REGULAR MEDITATION INCREASE LONGEVITY AND QUALITY OF LIFE; INCREASE CLARITY OF THOUGHT AND INTELLIGENT ACTIONS.

HOW TO PRATICE MEDITATION:

FIRST THING IN LIFE YOU HAVE TO KNOW WHO YOU ARE ?
YOU ARE NOTHING BUT THE SEED OF GOD. YOU ARE HERE FOR A PURPOSE. YOU WILL GROW AND BECOME GOD. MEDITATION IS A TECHNIQUE OF BECOMING GOD.

MEDITATION IS NOTHING BUT ART OF RELAXATION. SITTING QUIETLY AND DOING NOTHING. FOR MEDITAION THERE IS NO TIME, NO PLACE, NO POSTURE. SIT QUIETLY, RESTING THE BODY AND THE MIND. YOU ARE JUST RELAXING – YET ALERT. YOU ARE NEITHER IN THE PAST NOR IN THE FUTURE, SIMPLY IN THE PRESENT MOMENT.

STREAM OF THOUGHTS ARE COMING BUT DON'T INTERFERE. LET THEM GO. JUST RELAX. LET THE MIND SETTLE DOWN. PRACTICE THIS PROCESS DAILY MINIMUM 20 MINUTES REST OF THE LIFE. WHEN YOU DO THIS REGULARLY, ONE DAY THE SEED OF GOD – THE CONSCIOUSNESS SPROUTS, AND START GROWING.

ALWAYS PLEASE REMEMBER, YOU ARE NOT PUTTING ANY EFFORT. IT IS EFFORTLESS PROCESS. . MEDITATION IS SIMPLY A NATURAL WAY OF DEVELOPMENT OF CONSCIOUSNESS – THE SPRITUAL PART OF THE HUMAN BEING. ONE FINE DAY YOU WILL START RECEIVING THE FRUITS OF GOD AS **BLISS**, THE STATE OF ENLIGHTNMENT. YOU HAVE RETURNED TO YOUR ORIGINAL STATE OF **TRUTH - LIGHT - BLISS**, THE BIRTH RIGHT OF EVERY HUMAN BEING.

SO PRACTICE MEDITATION- BE STILL AND KNOW YOU ARE GOD.

GOD IS EVERYWHERE. IT IS WITHIN YOU & OUTSIDE YOU. START EXPLORING FROM TODAY BY MEDITATING. . IT IS WORTH SPENDING 20 MINUTES OF THE DAY FOR THE PURPOSE OF GOD REALISATION AND IMPROVING **HEALTH – WEALTH – HAPPINESS**.

IT IS BASED ON MY EXPERIENCING THE TRUTH

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