

November 2024

Thought for the month: "It's time: I will establish the practice of meditating daily".

1. "You are really high on meditation, aren't you?"
2. Yes, I think that learning to meditate is the most important thing you can do in life.
3. "Why is it so important?"
4. In meditation one can achieve a direct connection with God--daily!
5. Many people believe in God, but they don't "experience" God within them.
6. Meditation focuses on experiencing God within you.
7. "I've tried to meditate, but I haven't been very successful." Why not?
8. "It's very difficult to stop the thoughts going through my mind."
9. Yes, this is called the "monkey mind"--always chirping.
10. That's why it takes a teacher to help you get started.
11. "What does the teacher do to assist you?"
12. First, the teacher will give you the confidence that you can learn to meditate.
13. Secondly, the teacher will give you some practices to calm the "monkey mind".
14. Third, the teacher will give you the various purposes of meditation.
15. "What are some of these purposes?"
16. The primary purpose is to connect your soul with the God-Spirit within you.
17. This first purpose is the most important one--to experience God within you.
18. Secondly, meditation will give you an incredible inner peace.
19. Isn't inner peace what everyone wants?
20. Third, meditation will assist you to deal with challenges in your life.
21. Whatever challenges you have, meditation will resolve.
22. 'How do I go about contacting someone to teach me to meditate?"
23. Did you read the ad in last Sunday's newspaper (email)?
24. The ad said that you can contact me, and I will assist you.
25. "You must think meditation is very important to place such an ad."
26. I do--meditation is the most important thing you can learn in life.
27. Please do not hesitate to call me (330-783-0387) or text me (330-727-0703)
- 28. Today is Thanks giving Day--please join us for our services at 10:00 a.m. and 7:00 p.m.**
29. You can also go to our website, and click on "Special Meditations".
30. Meditation is the absolute best thing that you will ever do.