i.) we think that if we can get enough money or have enough sex then we will be able to satisfy our needs

ii.) we desire to control everything, which is impossible

iii.) The idea is that you should be able to control these desires

f.) Meditation and Being Happy

i.) A well disciplined mind brings happiness

ii.) Civilization changes a person on the outside, meditation changes everything about him

iii.) Meditation changes you, invites faith and love

iv.) The only way to see if it works in you is to learn how and do it

2.) What Meditation isn’t

a.) Some things it is not

i.) no contemplating your navel, chanting syllables or conquering demons or shaving your head, etc.

ii.) If things in your life are pretty simple, you can start right away

iii.) This specific type of meditation is awareness

b.) Misconceptions

i.) Meditation is Just a Relaxation Technique

1.) Relaxation is not the end goal, rather a key to reach a higher goal

ii.) Meditation means going into a trance

1.) that is not the case for this type of meditation, but can be for others

2.) a certain trance like state can happen for some, but it only allows for more concentration and control rather than hypnosis

iii.) Meditation is a mysterious practice that cannot be understood

1.) There is some truth, some states of meditation cannot be put into words

2.) It “can” be understood, by doing it

iv.) The purpose of meditation is to become psychic

1.) the goal, again, is awareness