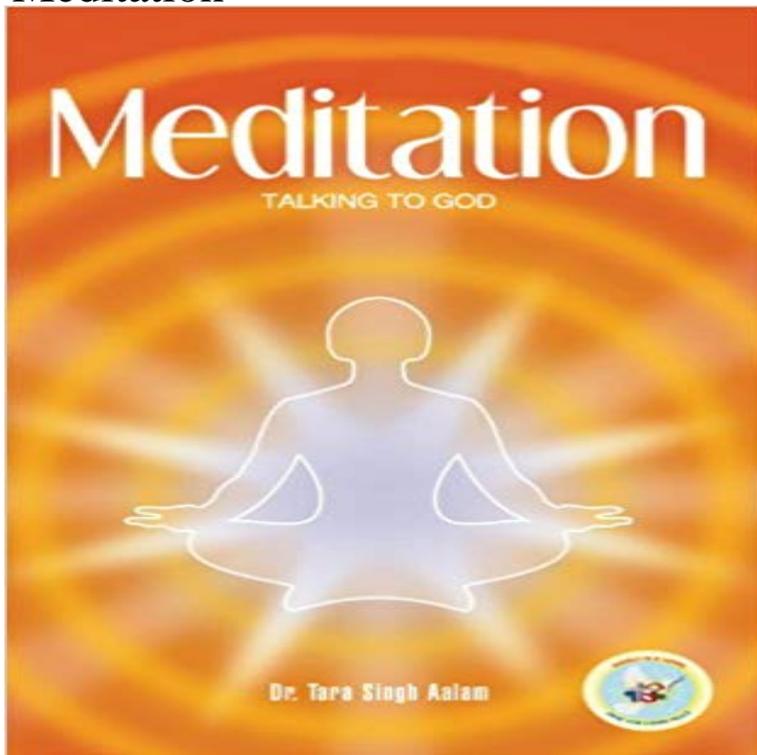


Meditation



This is a challenge: Money is perhaps the next most powerful force after God, and the way this energy is utilised is actually critical to world peace. The use of money by countries for weapons and military armament and the amounts spent on weapons of mass destruction will only lead to further conflict. Yet when used for societal benefit, for the development of third world countries and for the helping of poor and needy, then this energy takes one towards a Godlier path a path of love and peace. It is a challenge that if we follow this path then there will be no more wars in the future. If there is only one God, and God has no religion, we are worshipping our own self made techniques. That's why there is so much fighting and conflict amongst humanity. If we study all the scriptures and religious texts then it becomes clear that the universal religion of mankind and the attainment of God is through the Love and devotion to God. In fact, it is a very simple path where one lives a life in constant and loving remembrance of God's Name, earning an honest living and sharing with the poor and needy. The author, a well known interfaith writer and poet emphasises that above all religions and spiritual methods is that God, who belongs to all, is ONE. He believes love, affection and peace is the simplest yet most desirable form of meditation. Meditation is not about sitting with your eyes closed, but about how you live your life from moment to moment, and a rhythmical part of your very being, as is your breath.

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