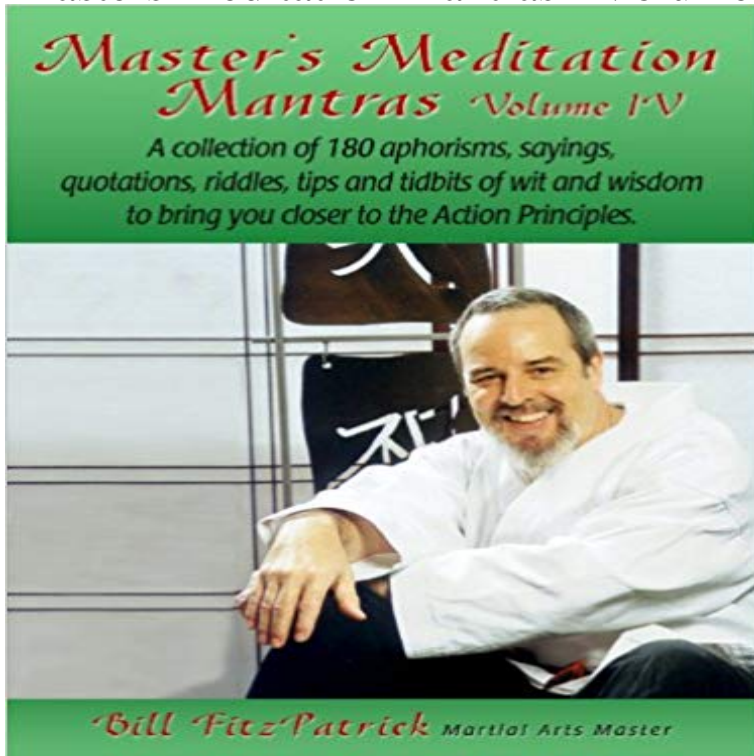


Masters Meditation Mantras - Volume 4



The Masters Meditation Mantras are a collection of 180 aphorisms, sayings, quotations, riddles, tips and tidbits of wit and wisdom to stimulate discussion and to help you develop your personal success philosophy. Their intention is to take us outside of the hectic routine of our daily lives to put our brainpower, our mindfulness, to work. They are sometimes cryptic. They are sometimes amusing. They are sometimes wise. They are always thought provoking. You may be challenged to consider the larger issues of society: poverty, abundance, human rights, freedom, and prejudice to name a few. You may be challenged to consider the life enhancing issues of: sunrises, flowers, art music, theater, food, wine, travel, and smiling faces. If you are a teacher, counselor or parent, these mantras can be a starting point for discussion. The teacher writes the mantra on the board. Everyone has a minute or two to reflect. Everyone expresses an opinion. An honest debate and discussion follows. From this dialogue, prejudice and mean spiritedness and the exclusive thinking may give way to less selfish, kinder and inclusive thinking. Give yourself the benefit and joy of studying, practicing and teaching.

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