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SYNERGISTIC EMERGENCE IN THE 21ST CENTURY

Yoga Readings

4th of July 2006

Meditation ... Action from Inspiration vs. Desperation

Webster's dictionary defines **inspiration** as "the action or power of moving the intellect or emotions." Webster's further defines **desperation** as, "loss of hope and surrender to despair."

The power of having meditation as a daily practice, and meditation in this context is being conscious of where one's attention goes, is that one's actions in word or deed are primarily influenced from inspiration.

