GETTING UNSTUCK

MEDITATION BENEFITS

- 1. Prosperity and success
- 2. Fruitful and rooted unaffected by what goes on around you
- 3. An excelling understanding
- 4. More wisdom and profit
- 5. A joyful and rejoicing heart
- 6. Become a more spiritual person
- 7. Train your thought life to be acceptable in God's sight (God's cognitive therapy)