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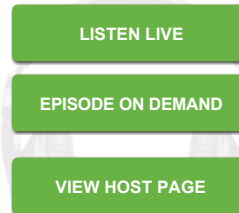
October 04th 2019: Divine Explanation of Meditation Risks and Benefits

Meditation is a time-honored Eastern practice that is growing in popularity. Some spend decades developing the discipline and self-control to do it well. Can it be simplified to make it truly rewarding and more productive? What are its real benefits, and does it come with risks? Through the blessing of being able to communicate with the Almighty directly, Get Wisdom is here with a divine update for today's world. Creator explains why most meditation attempts fall flat, how to reach its true potential, and why there can be grave risks in meditating without suitable precautions. Join us!



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