

# Meditation

Though the mind often asks for what is visible or material, its needs are deeper and cannot be met by anything superficial or short term.



Meditation leads to a meeting point with all that is true and eternal.

From:  
<https://sannebild.eu/> - **Sanne Andi Bild**

Permanent link:  
<https://sannebild.eu/meditation>

Last update: **12.08.2025 09:19**

