

Meditate Yourself A Clean White Sheet

by Louie Hessemann

Meditate yourself “a clean white sheet”, warm and freshly pressed on a bed, with a wonderfully soft (or firm) mattress (of your choice), in a center of a room filled with nothing.

Only you and that bed and maybe some soft music that only you can love and appreciate.

A room with the temperature set exactly where you want it. With maybe a beautiful painting (or two) that you love.

All this luxury you can probably afford...as long as you don't hoard!