

Being Mindful of the Mind

When you stop feeding the mind it appears to get worse because of:

Momentum - You can take your foot off the accelerator, but there is no brake. Just go slow and wait, try not to get on the accelerator; feeding thoughts or reading new information.

Regurgitation - Even when you stop ingesting you continue digesting. It's not uncommon to feel like you're watching a television rerun, repeating over and over, with adverts! Much of our lives we are overloaded by information, it takes time and patience to let this escape us.

Agitation - Our body-minds are not accustomed to stillness. We are trying to go deeper than our habitual rush. In stillness we can contact greater spaciousness, bringing problems into perspective and loosen constrictions. In the beginning, and at every level deeper that we sink, our body-mind may jolt, complain or over-rule. To make the transition easeful, relax as much as possible and move when it is necessary.

Some always applicable responses:

Relaxation - Especially the jaw, around the eyes, shoulders.

Centering - Connecting to this moment, the body is always present on most levels of awareness.

Anchoring into presence - Use body sensations if you need something concrete and stable, the breath if you need something that transcends, yet is located in, the physical being, sounds if you require something more transitory and ephemeral.

Perspective - You are not alone. We don't know why we're here, we don't know that this matters, and we sure don't know it's serious.

Patience - Go at your own pace, this is not a race. There is no "where" to get to. Everything is here, explore this life as much as you can, and then a little bit more.

Remember: Nobody said it was easy; this incredible journey. Little by little the infinite is met by the finite, until the finite is lost in the infinite.

Smile - Does a lot of all of the above in a pleasant response to life.