



Meditation

Meditation has been around for thousands of years, and practiced by people from all walks of life all over the world. Meditation encourages and develops concentration, clarity, emotional positivity, and a calm seeing of the true nature of things. By engaging with a regular meditation practice you learn the patterns and habits of your mind, and the practice offers a means to cultivate new, more positive ways of being. Such experiences can then have a transformative effect and can lead to a new understanding of life.

There are a common myths about meditation:

Meditation is supposed to calm the mind.

Or, correct meditation will lead you to stop thinking. False!

A feeling of calm, and a quieter mind is sometimes a result of meditation, but the purpose of meditation is not to calm the mind or your self. You have not failed when your mind continues to generate thoughts during your practice.

The nature of the mind is to keep generating thoughts, endlessly, whether meditating or not.

The purpose of meditation is not to change the nature of your mind, but rather, the purpose is simply to observe what is happening within your own mind and your own self. That's it!

What changes as a result of meditation is not necessarily the speed and frequency of the thoughts. What happens as a result of witnessing our own mind (observing without judgment) is that, over time, we realize that we are actually not that mind, nor the thoughts, beliefs, ideas, etc. We realize that the mind will happen on its own, generating content, with or without our participation. What meditation helps us to realize is, who we are, our very identity.

You are successfully meditating if you meditate. If you take one moment to see what is occurring inside your own mind without getting involved in its contents, without engaging in the dialogue, just looking, then you are doing it 'right'.

I highly recommend creating a regular meditation practice. I have been meditating regularly now for over 10 years, and as a self-care practice, and I have found it enormously helpful for my life.

Happy Meditating!

Love Tracey



We do not see things how they are. We see things as we are.

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