

Let It Be



Contrary to popular belief, meditation doesn't always entail the suppression of distracting thoughts. In fact, "mindfulness meditation" involves quite the opposite.

This practice in focused awareness has become one of the most popular meditation techniques and research suggests that it may be beneficial to your mental and physical health. It decreases stress, improves your mood, boosts your immune system and enhances your feeling of connection with the world.

Said to be the meditation taught by Gautama Buddha, mindfulness basically involves focusing on all sensations as they unfold in the present moment. To be mindful is to allow thoughts and feelings to come and go, without getting entrapped in them, and without judgement. With this practice, you can train your mind to achieve calmness without being disturbed by outside forces. As calmness is a natural aspect of the mind, by strengthening it, you gratify it.

Steps to Mindfulness Meditation

- Start by meditating ten minutes in the morning and ten minutes in the evening.
- Create a favorable environment by choosing a place to meditate that is quiet and has a certain sacredness to it.
- Sit comfortably with legs crossed and hands resting palm-down on your thighs. Make sure your shoulders and hips are level.
- Try to put aside all thoughts of the past and the future and stay in the present.
- Use your breath as an object of meditation. When you find yourself drifting and starting to think about something, awareness of breath will bring you back.
- Keep in mind that it is normal for thoughts to arise. No matter what kind of thoughts or emotions come up, don't suppress them, remain calm, and acknowledge them without judgement. Just let them go and come back to the breath.

Sometimes letting go and letting be is the most powerful thing you can do!