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Mindfulness Meditation: A Beginner's Guide Finding Happiness and Peace Through Meditation and Living in the Moment: Finding Happiness and Peace Through ... Stress Reduction, Mindfulness for Anxiety)

Jaydon Taylor

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Mindfulness: A Beginner's Guide. Discover How to Find Happiness and Peace Through Meditation and Living in the Moment without Anxiety.

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As individuals, we try to fix our problems with everything from prescription medicine and positive thinking, to psychotherapy or mindless television. We have a tendency to want a quick fix, and usually don’t want to expend a lot of energy or shell out a great deal of effort. Meditation takes dedication and practice; it is as simple as that. Even so, more and more people are willing to close their eyes, breathe, relax, and meditate than ever before in history. Mindful meditation can lead to heightened performance, leadership and productivity. While it’s true that these are all possible advantages of meditation, they are a stretch from what was originally intended. As Buddha so wisely once said: “I teach one thing and one thing only: that is, suffering and the end of suffering.”

That said, the one thing that will become ultimately clear as you read on, is that meditation is neither a competition nor a contest. Meditation is a practice. It is not the same for everyone, and not everyone will reap the same benefit(s).

“Dedicating some time to meditation is a meaningful expression of caring for yourself that can help you move through the mire of feeling unworthy of recovery. As your mind grows quieter and more spacious, you can begin to see self-defeating thought patterns for what they are, and open up to other, more positive options.” — Sharon Salzburg

For thousands of years, people from all walks of life have relied on mindful meditation to move beyond stressful thoughts and emotional baggage to find the peace and clarity they so long for. The variety of meditation traditions and techniques is immense, but the fundamentals of meditation is specific — continued or extended thought; reflection and contemplation. The many, many benefits of meditation are, in essence, gifts; to be opened and appreciated day after day, for a lifetime. People begin meditating for all sorts of reasons; be it health concerns, seeking relief from anxiety and stress, or simply the need to find balance in their lives. Still others may take that first step to find greater understanding of self, and the world around

them. It is accurate to say that anyone who dedicates themselves to meditate will receive profound benefits on many levels.

“In mindful meditation we discover our inherent restlessness. Sometimes we get up and leave. Sometimes we sit there, but our bodies wiggle and squirm and our minds go far away. This can be so uncomfortable that we feel’s it’s impossible to stay. Yet this feeling can teach us not just about ourselves but what it is to be human…we really don’t want to stay with the nakedness of our present experience. It goes against the grain to stay present. These are the times when only gentleness and a sense of humor can give us the strength to settle down…so whenever we wander off, we gently encourage ourselves to “stay” and settle down. Are we experiencing restlessness? Stay! Are fear and loathing out of control? Stay! Aching knees and throbbing back? Stay! What’s for lunch? Stay! I can’t stand this another minute! Stay!” ? Pema Chödrön

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