

"What I choose in this moment creates the next experience becomes this moment and I choose and create, perpetually. This is my life. I create it!" - Jen Hall



“Trouble shooting” 😊 Meditation and Mindfulness practice

- “Getting it right” – You can’t really get it wrong. Trying too hard can cause rigidity in thinking and physicality. If you notice yourself “trying to get it right” just smile and go back to attention on your breath. Think “softening”....
- Maintaining intention to be gentle and kind is helpful.
- When you notice your attention has drifted, just come back to the breath.
- Feel sensations of breathing rather than think about it happening.
- If you feel yourself becoming tense, anxious and rigid stop, open your eyes and look around, look out and stop struggling. Go back to noticing your breath.
- It’s not about sticking to a set of rules. There are only guidelines.
- It is a path of awakening without a destination.
- Let go of expectations even though there may be beneficial side effects. 😊
- As in life – meditation and mindfulness is a continual process. Each meditation will be different from the one before. Let go of “good” and “bad”.
- Like playing the piano, riding a bike, getting fit - practicing meditation regularly (daily) is how this can become an integrated normal part of life.
- Meditation is the training ground for mindful being all day.
- Awakening is more than just experiencing gratitude and love. It’s also about awakening through our pain and suffering. We can learn compassion through understanding our own joy and suffering and knowing what it is like for others to have joy and to suffer.
- Practice returning to awareness of breath anytime, many times throughout the day as you engage in life. 😊
- Focusing any time of day, during any activity, on taking three mindful breaths is also a meditation.