



Overview of Mindfulness/Meditation

Mindfulness is the basis for building a more resilient life. This does not just mean surviving and facing, overcoming and integrating adversities and uncertainty. At the day to day level it also means to live with a greater sense of wellbeing and connection.

Mindfulness is not simply another trick, technique or shortcut to happiness. It is a different way of relating to your life. It is a conscious decision to move out of the unconscious, often compulsive autopilot “doing” mode of the Rational Mind and shift into the conscious, connected, spacious, “being” mode.

Emotional difficulties cannot be solved by thinking as usually it is the thinking itself that is the problem.

Remember: Most suffering is caused by too much thinking.

Remember: What you resist persists.

Essentially this means:

When we don't try and force pleasant feelings, they are freer to emerge on their own.

When we stop trying to resist unpleasant feelings we may find that they evaporate by themselves.

When we stop trying to make “something” happen, a world of fresh and unanticipated experiences may become accessible to us.

The approach:

Intentional: We consciously keep a gentle and kind pressure on ourselves to bring our attention to what is really going on in this moment, rather than reacting and acting unconsciously, automatically out of our “autopilot”.

Experience: Experience the present moment instead of being lost in our mental chatter about the past and the future.

Without judgment: We see things as they are in the moment and we allow them to be as they are in the moment without believing that they “should” be or “ought” to be different.

Every moment of your life is an invitation to be fully present/mindful, to appreciate the miracle of your life, of being here, alive, conscious and with the ability to appreciate. Wherever you might be and whatever you might be doing: driving, drinking, eating, walking, listening to, seeing people in your life. The opportunity is there.

We can think of these moments of consciously returning to the present moment as stepping stones to cross the (sometimes turbulent) river of our daily lives. As we practice so we learn to listen to our bodies and take better care of ourselves.

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