MINDFULNESS AND INSIGHT

Meditation for Beginners
Doing the opposite of habitual actions is a meditation: doing nothing intentionally instead of acting automatically, being self-aware instead of being unaware and sitting tall instead of slouching.

Meditation and School
In school, learning begins with the alphabet. In meditation, learning begins with discovering what one's body and mind are doing.

Focused
Focused sunlight brings heat. A focused mind on the breath brings transformation.

Breath and a New Beginning
Each breath provides a new beginning.

The Wonder of Breath 7
Being with one's breath transforms the ordinary into the extraordinary.

Actionless Action
Meditation is an actionless action. It can change your body, mind, life and the world around you.

Intentional Nondoing
It is liberating to realize that you do not have to do anything in your meditation even though you have urges.

Meditation and the Mona Lisa
You do not need to eliminate your thoughts to meditate, just as you do not need to eliminate the background of the Mona Lisa to appreciate the painting.

Meditation and Mona Lisa 2
The background of meditation provides deeper insight, just as the background of the Mona Lisa does.

Beneath Mental Chatter
Mental chatter is both an obstacle and a doorway to profound insight.

Beneath Mental Chatter 4
Meditation is hindered by the surface of mental chatter but deepened by its depth.

Impacts of Daily Life on Meditation
How you live your day significantly affects your meditation. Intentional living helps it while spending your day on autopilot hinders it.

The True Value of Meditation 3
The fundamental benefit of meditation is inner growth- realizing and transforming our contraction that the things we try to eliminate in our meditation and our lives are often our own creations.

Automaticity
Breaking free from habitual automatic thinking and acting is profoundly transformative.

Meditation and the Stranger
Meditation is a process of getting to know the stranger within: oneself.

Fundamental Knowledge 2
Understanding what our bodies and minds are doing is fundamental knowledge. Without it, we become our own greatest obstacles regardless of how much we know.