

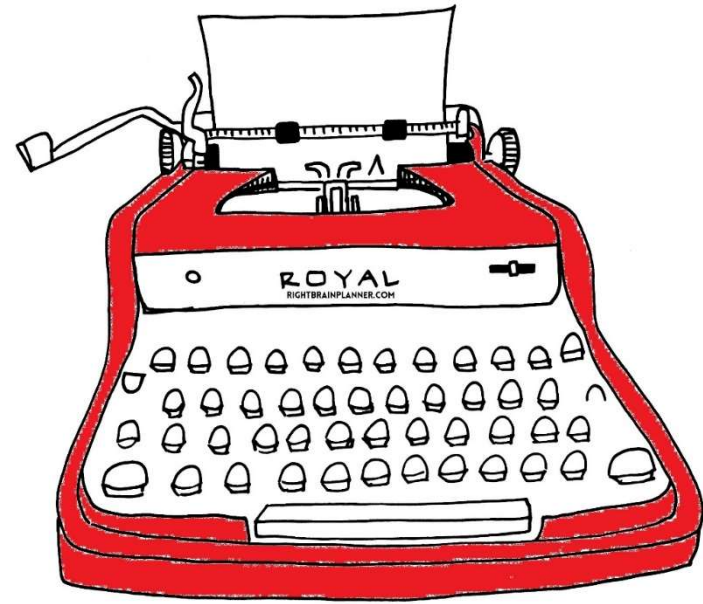
[MEDITATION] IS SIMPLY A TOOL FOR RECONNECTING WITH LIFE, FOR EMBRACING THE EBB AND FLOW OF THE WORLD, AND FOR COMING TO A GREATER UNDERSTANDING AND ACCEPTANCE OF LIFE'S ETERNAL FLUX. ... MANY PEOPLE ALSO MISTAKENLY BELIEVE THAT THE AIM OF MINDFULNESS IS TO INTENTIONALLY CLEAR THE MIND OF THOUGHTS. RATHER, IT IS ABOUT UNDERSTANDING HOW THE MIND WORKS. TO SEE HOW IT UNWITTINGLY TIES ITSELF IN KNOTS TO CREATE ANXIETY, STRESS, UNHAPPINESS AND EXHAUSTION. IT TEACHES YOU TO OBSERVE HOW YOUR THOUGHTS, FEELINGS, AND EMOTIONS RISE AND FALL LIKE WAVES ON THE SEA. AND IN THE CALM SPACES IN BETWEEN, LIE MOMENTS OF PIERCING INSIGHT.

WE ARE ALL NATURALLY MINDLESS. IF WE ARE LEFT WITH OURSELVES FOR MORE THAN A FEW MOMENTS, WE CAN EASILY LAPSE INTO MINDLESSNESS. ... WE LIVE ON AUTOPILOT. FORTUNATELY, THERE IS A SIMPLE ANTIDOTE: PAY FULL CONSCIOUS ATTENTION TO WHATEVER YOU ARE DOING. ... WHEN YOU ONCE AGAIN BEGIN PAYING ATTENTION, YOU KICK-START PROFOUND CHANGES THAT RIPPLE ACROSS YOUR WHOLE LIFE. YOU BEGIN TO SEE THE WORLD WITH ALL OF THE EXCITEMENT, FRESHNESS, AND JOY THAT YOU DID AS A CHILD. ANXIETY, STRESS, UNHAPPINESS AND EXHAUSTION SIMPLY MELT AWAY IN THE FACE OF SUCH AWARENESS. -DANNY PENMAN



Chapters download: Meditation | Content, graphics, design for these templates are copyrighted. © 2020-2024 Star Garden Designs, LLC Quoted material is provided for educational purposes only and copyrighted by respective sources.

CHAPTERS OF LIVING

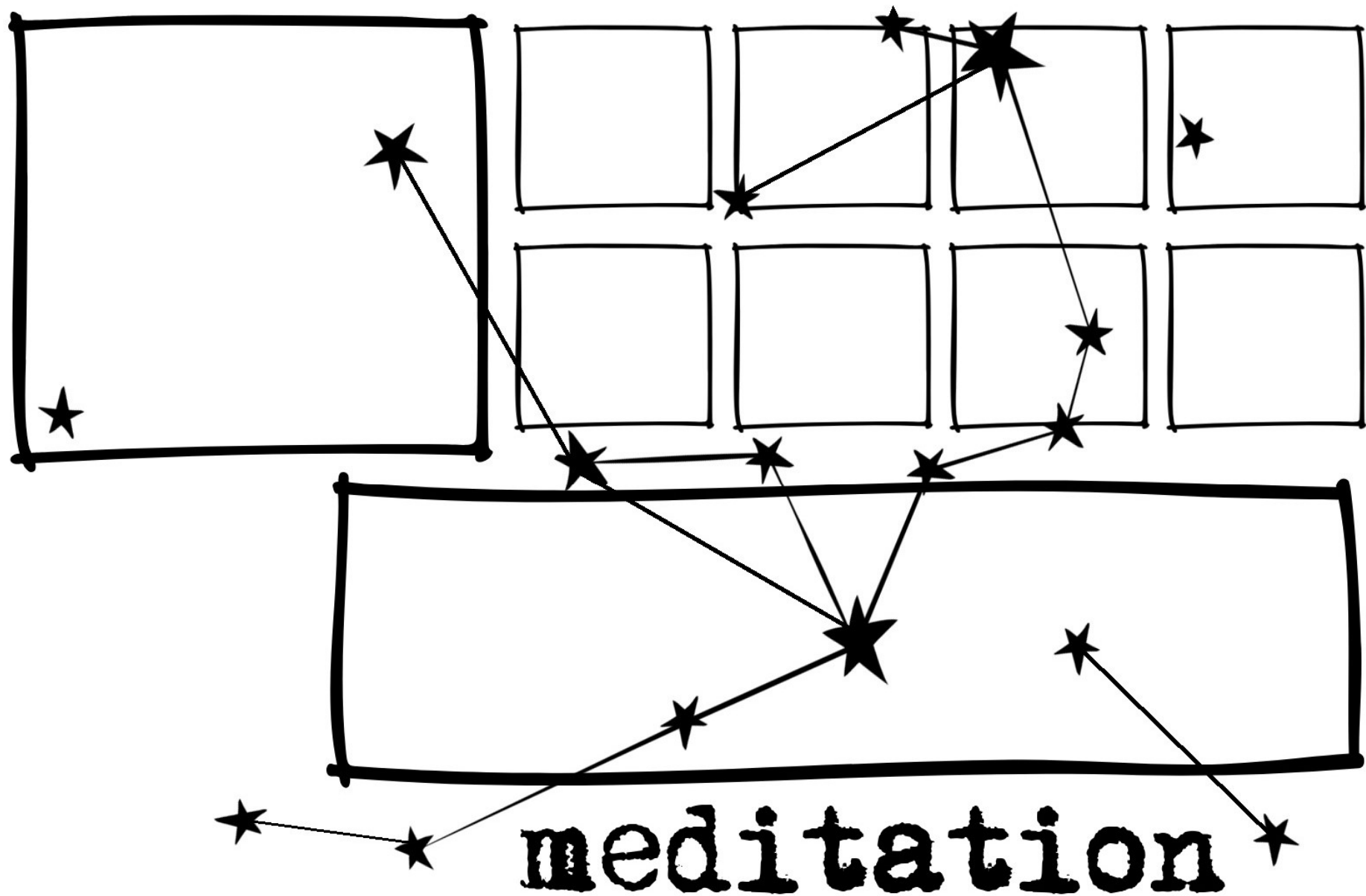


*Rewriting your Narrative
with meditation*

I saw a direct connection between consciously expressing our creativity and healing our lives. -Jacob Nordby



Chapters download: Meditation | Content, graphics, design for these templates are copyrighted. © 2020-2024 Star Garden Designs, LLC Quoted material is provided for educational purposes only and copyrighted by respective sources.



★ **PAYING FULL CONSCIOUS ATTENTION TO WHATEVER YOU ARE DOING**