

MindfulLiving™ Module 3

Mastering Mindful Thinking

Chapter 9 - Reading

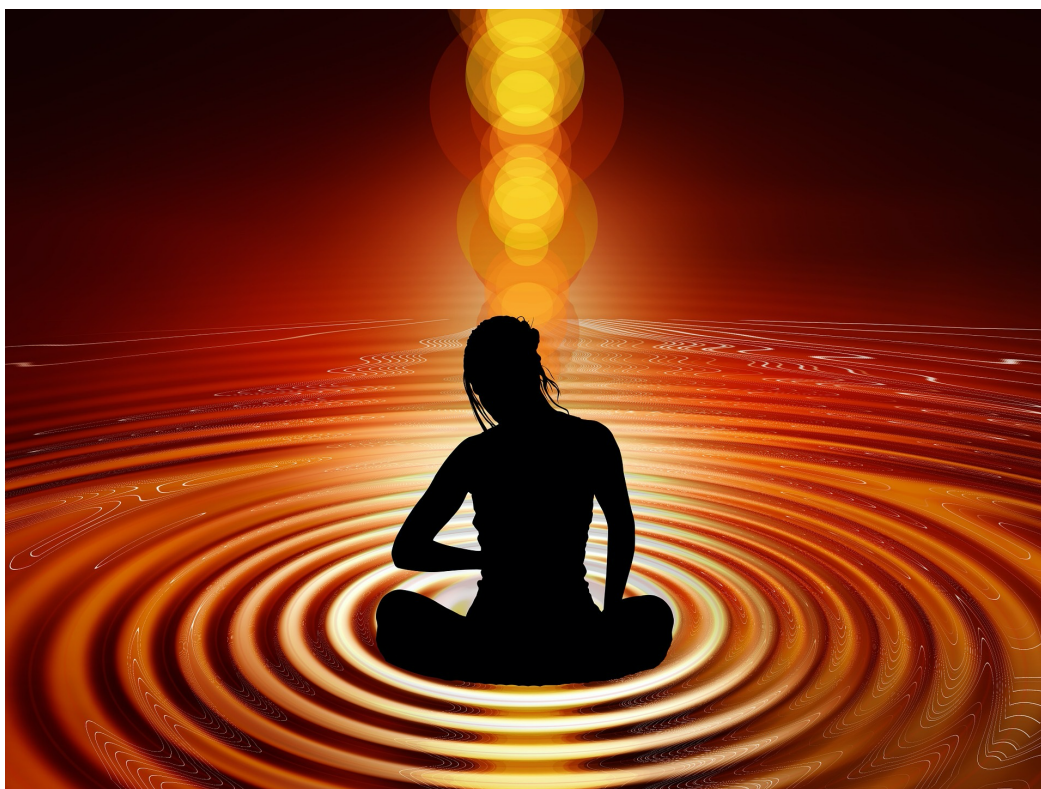
Meditation: It's Not What You Think

Adapted by Shery Clein MindfulLiving™ Coach



It's essential to clarify a few common misunderstandings about meditation. First, meditation should be understood as a way of being rather than merely a technique or a collection of techniques.

Let me emphasise that meditation is a way of being, not just a technique.

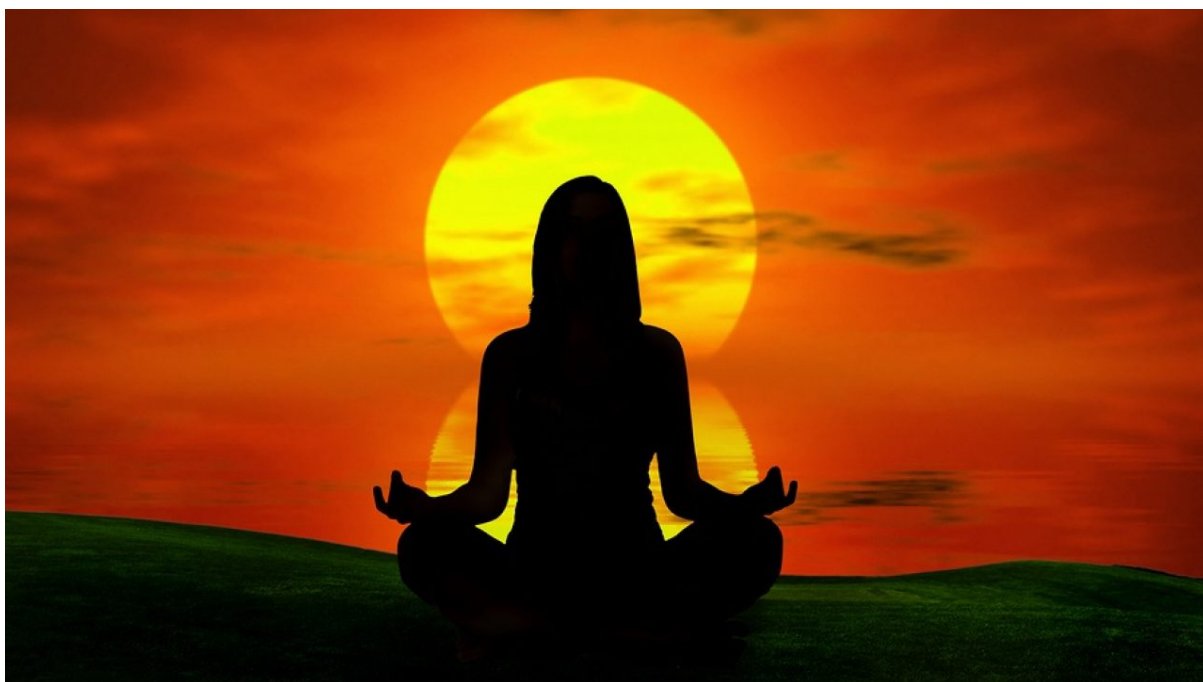


This doesn't mean that methods and techniques don't exist—they do, and we'll be exploring some of them. However, it's crucial to understand that these techniques guide us toward a more profound way of being in the present moment, interacting with our minds and experiences. Without this understanding, it's easy to get lost in techniques and mistakenly believe that meditation aims to achieve a particular state or result.

Second, meditation is not just relaxation with a different name. Meditation is not relaxation spelt differently. While mindfulness meditation can lead to profound relaxation and well-being, it's more than that. Mindfulness meditation involves embracing all states of mind with awareness, whether painful, anxious, or uncomfortable. These experiences are as valid as feelings of calm or bliss. Each state is an opportunity for insight and growth rather than an indication of failure if we don't achieve relaxation or bliss.

Meditation is about being present and engaged with whatever arises at the moment. If we're preoccupied with our thoughts, we're not fully present. Meditation, especially MindfulLiving™ meditation, isn't about escaping to another place or erasing thoughts; it's about attuning ourselves to the present moment as it is, accepting whatever arises.

Rather than seeking to change or improve our state, meditation invites us to be fully present with what is. This can be challenging because our minds often resist accepting things as they are. There's usually a desire to make things different, improve our lives, or address global issues, but meditation encourages us to embrace the present moment without an agenda.



In the realm of awareness, every mental state is valuable. Emotions like anger, sadness, or fear are as essential to explore as feelings of joy or enthusiasm. They provide insight into our experiences and help us understand ourselves better. Even dullness, doubt, and confusion offer opportunities for self-discovery. The key is to stop, observe, and be present with what's happening at any moment. By letting go of the need for something special to happen, we might realise that the extraordinary is already present in the ordinary flow of life and awareness.

Thank you for your valuable participation in the MindfulLiving™ program. We appreciate your dedication and commitment. Our goal is to help you navigate any challenges and obstacles. Most importantly, we hope you enjoy the process, relax, and have fun. Feel free to reach out if you have any questions or need assistance.

Blessings. Stay Healthy & Safe ❤️ Love, Shery

The logo for Shery Clein Mindfulness Coach features a stylized 'S' and 'C' in blue and green, followed by the name 'Shery Clein' in blue and 'Mindfulness Coach' in a smaller blue font. Below this, the word 'MindfulLiving' is written in a large, bold, blue font with a trademark symbol. Underneath the logo, the text 'Mastering Mindful Thinking: Clarity in Every Moment' is written in a green font. At the bottom, contact information is provided: '+27 824 588151 | shery@sheryclein.com | www.sheryclein.com' in a blue font. The entire logo and text are set against a white background with a subtle orange and yellow gradient border.