

# What is mindful meditation

Training the brain to be present



# Mindfulness Meditation



- Training the brain to be present
- Paying attention to your breath on purpose, non-judgmentally and in the moment
- Acknowledging the other thoughts and gently pushing them away



***Do you feel that you have everything in life... but it's still not enough?***

- **Being distracted in loss of negative thoughts, worry, anxiousness or not being present in the moment**
- **Your mind tends to be negative by nature because it's easier for your brain to latch on to the negatives. The concept of negative bias is not new. The amygdala uses approximately 2/3 of its neurons to detect negative experiences. Positive experiences have to be held in our awareness for more than twelve (12) seconds in order for the transfer from short-term to long-term memory.**





## So let's give it a try

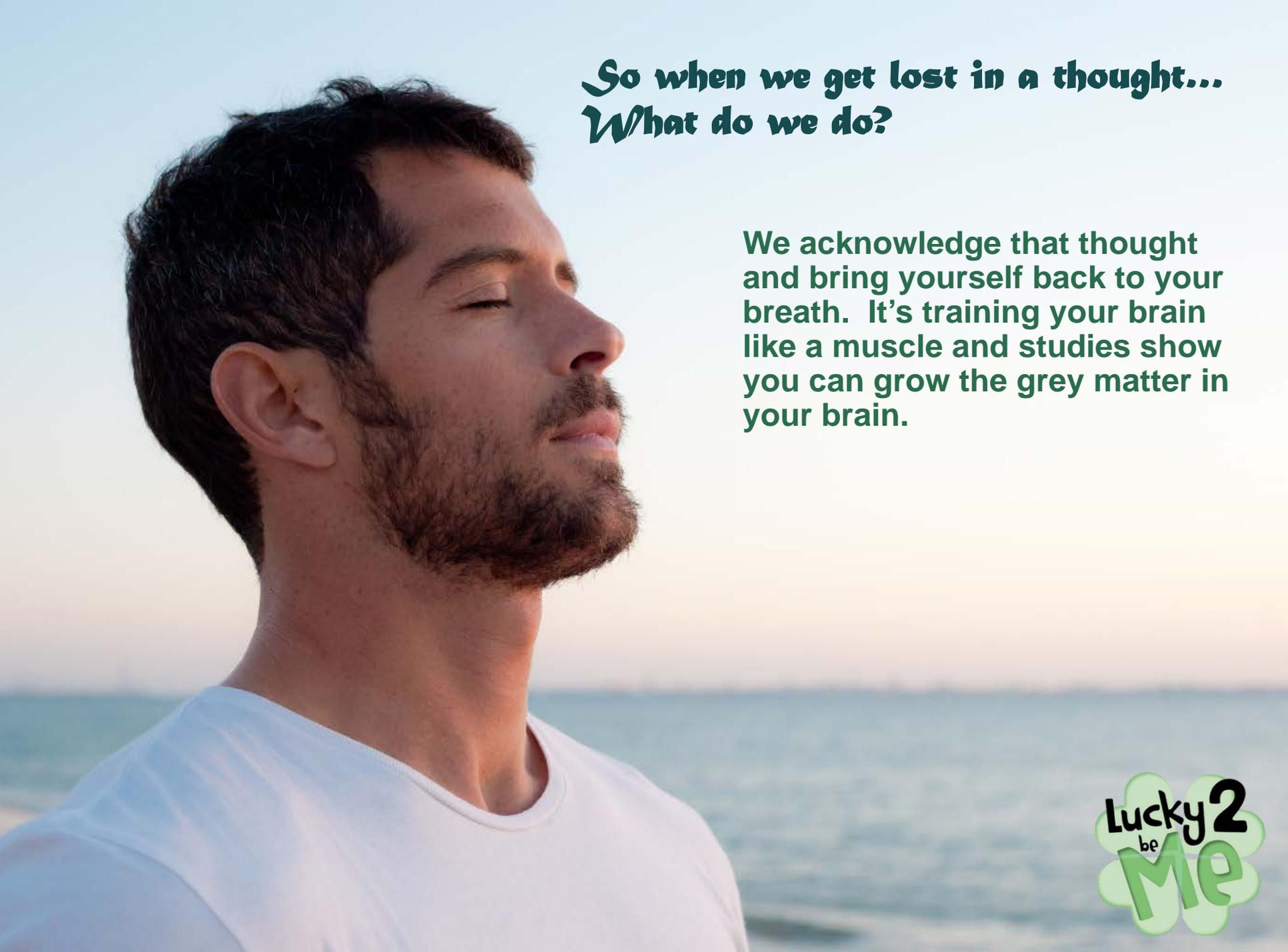
Hold one of your hands on your stomach with eyes closed. Now take a deep breath in for a count of two and exhale for a count of four.

Did you feel that breath?

I'm sure most of you had thoughts or emotions in your head that you were feeling or thinking during that breath. The key is not to get lost in those thoughts but to gently put them away, acknowledge them and then gently drift back to acknowledging your breathing and focusing your attention on your breath.

Every time we do that we're strengthening the muscles in our brains.



A man with dark hair and a beard is shown in profile, facing right, with his eyes closed. He is wearing a white t-shirt. The background is a soft-focus view of the ocean and a clear sky, suggesting a peaceful outdoor setting. The lighting is warm, likely from a low sun.

**So when we get lost in a thought...  
What do we do?**

**We acknowledge that thought  
and bring yourself back to your  
breath. It's training your brain  
like a muscle and studies show  
you can grow the grey matter in  
your brain.**



So let's think of a pitcher of water and imagine for the moment this is your mind. It's calm and life is going along normal. Then all of a sudden out of no where, you get a negative thought.



Now let's take a thought we call "pain or worry" and toss it into the water and add a little red dye to it and stir it up. What happens next?





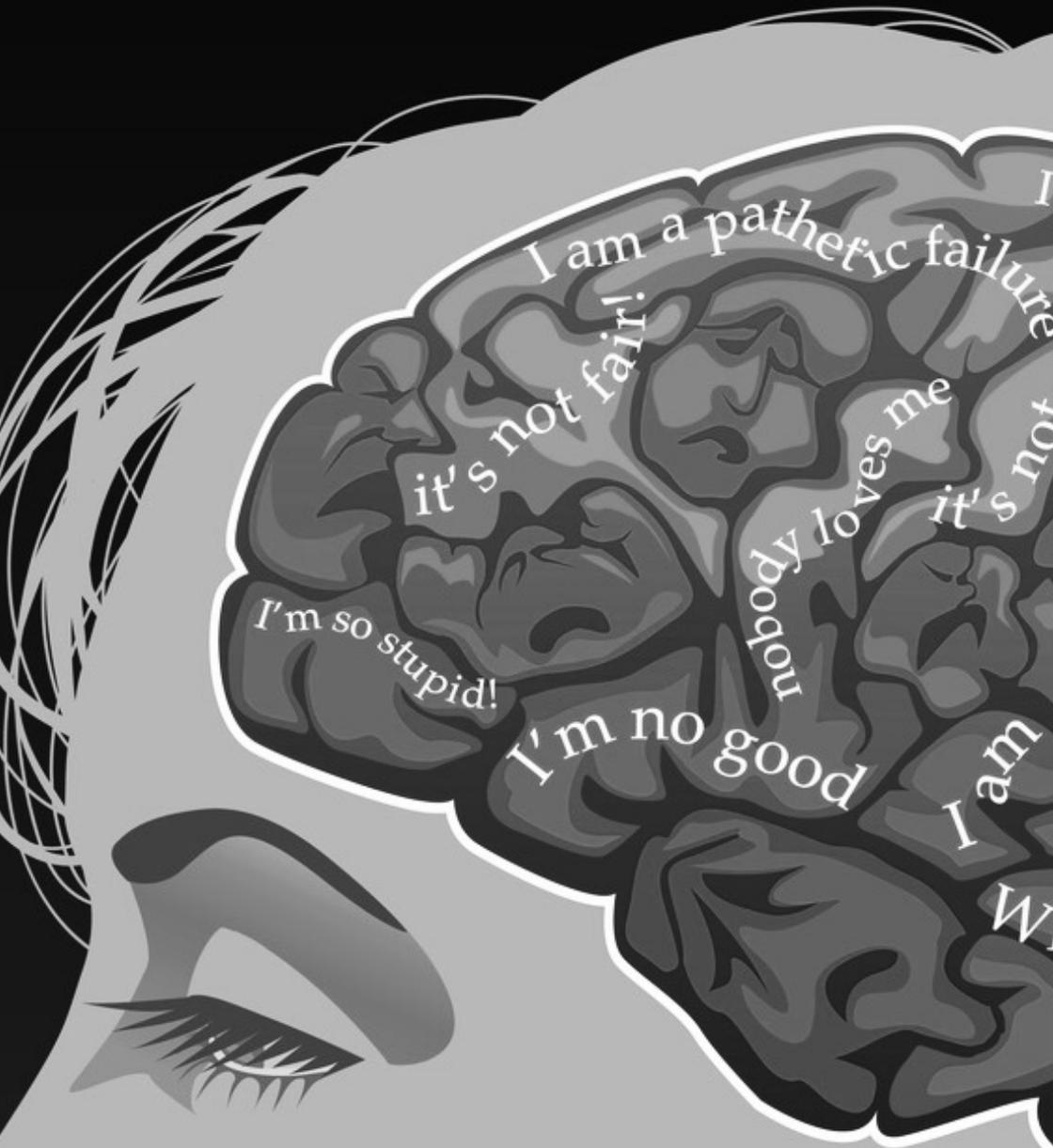
What seems to have been calm in the beginning is now starting to get agitated and we wish that the feeling wasn't there.

Then what do we do next? We stir it all up with negativity, why me, why is this happening,

**THE WHAT IFS OR IF ONLYS** start taking control of our minds .

And before you know it, thoughts of worry, guilt & anxiety are racing through our minds and the storm begins to take place which leads us to our internal storm.





When you fight the pain or resist the reality, it only gets worse...

We all have those thoughts. We fight the battles because we choose not to use our minds. The mind is the battlefield and unless we are going to train on the positives, the brain will latch on to negatives. This is what mindfulness meditation is all about, training our brains, focusing on our breaths and not letting the positives slip away.

The storm creates the suffering and suffering is a choice.

Life begins to change when you look at pain as pain and begin to tell ourselves it's our mind that is creating the suffering. We can choose to be mindful even in the eye of a storm and we can guard our minds and hearts and watch it all pass moment by moment knowing that there is freedom in trusting the stability of being positive. Then we hold on to our pain with great compassion because it's painful already...

You don't need to hate it, you just need to be with it.





Choice is a freedom we all have. It was given to us at birth. We can choose to be mindful and present in any moment of the day...  
But it's up to you to choose it.

Happiness is not in the distant future, its actually available for all of us in this very moment and the most important part is that you already own it.

Let's make the choice together, right now today to choose happiness and freedom over thoughts of negativity.

