

Even Easier – Mindfulness Made Awesomely User-Friendly

You don't have to meditate. Forget all that cross-legged, mind blanking, spiritual striving stuff. You don't have to do anything difficult or otherworldly. In fact, you don't have to do very much at all.

Simply sit down, relax, breathe, and take a few minutes for yourself. That's it. Just sit, let go, and tune into who you are.

Start by focusing on your breathing. Let yourself breathe freely. Soften your face and body, and let your chest and belly rise and fall gently. Close your eyes if you wish. Feel your breathing as it gradually calms you down.

Settle into this moment, into here and now. Let go of rehashing the past – right now it's not important. Let go of worrying about the future – it isn't here yet. Make this an island of time. It exists by itself, apart from past or future. Right now you're okay and you're just sitting here. Be aware of what's happening in this place, at this moment.

So what's happening? What do you see? What do you hear? What do you smell, taste, touch? Pay attention to the place you currently inhabit.

That's part one, tuning into what's around you. Part two is becoming aware of what's inside you. What are you thinking? What are you feeling? What's going on in your body? Don't try to change anything. Accept what is, as it is. Just become aware of how you're doing. Simply take note of what's taking place in your head, heart, and body.

You're sitting and relaxing, tuning into yourself and the surrounding world. That's all. That's the whole job. Merely taking a break and hanging out with yourself and life. Now that's what I call an easy assignment!

For how long? Not very long...a few minutes. As long as is pleasant. Don't make this a chore. It's just quietly paying attention.

Why do this? Try it and you'll find out. You'll discover: a) It feels good. It's a relief to let go and "just be" for a while. b) You get some insight. You find out what's on your mind and in your heart. You become aware of how your body's feeling and what it needs. You get clearer about who and how you are. c) You practice self-acceptance and acceptance of life – just noticing things without denying or immediately trying to change them. Even if what you experience is painful, at this moment you can accept it. d) You appreciate life a little more. You feel the feelings, see the colors, hear the sounds, smell the scents. You come out of your preoccupations and get in touch with where you are and what's in and around you. e) You like this way of being, so it tends to carry over into the rest of your day. You find you're tuning into yourself more often, letting go and breathing easily more frequently, looking at your surroundings every once in a while. You're extending your peaceful awareness into a more relaxed and present passage through life.

So, mindful awareness gives you a lot of return on your investment. And, to review, what do you invest? A little of your time, in which you:

1. sit down
2. breathe easily
3. pay attention to what's around you
4. tune into your head, heart, and body

Mindfulness is simply relaxation plus awareness. What could be more user-friendly?