

# Meditation



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# Meditation

What is meditation?

Meditation is a state of awareness that rewires our subconscious to be at peace and being at peace heals our soul.

Meditation is about you....it's about peace and serenity and quieting the mind.

Meditation can be anything from walking (labryinth) walking in the woods, walking along a beach, Riding your bike Swimming (especially in living waters, listen to the waves crash on the shore)

Exercise can be a form of meditation Dancing Reading Listening to music

Anything that brings you joy and immerses you in the activity can be a meditation.

Meditation can be 2 minutes, it can be 5 minutes, 20 minutes, 1 hour, and so on. Just paying attention to your breathing can be a form of meditation. It's being present with whatever it is you are doing. If you are walking in the woods or the forest or along the beach, it's about being present to all that is around you. The smells, the sounds, the activity.

When I first started meditating it was brutally painful.....I was under the understanding that in order to meditate you had to quiet your mind and sit still for at least an hour. Well in my world at the time, I was lucky if I could sit still for 2 seconds let alone an hour. Are you kidding me, there were dishes to be done, reading books, listening to music....any distraction would do.

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It took me many many years to quiet my mind to a point where I could sit for more than 15 minutes. Over the years of studying and actually doing guided meditations, I learned that anything you can do to quiet your mind (and that doesn't mean being silent) it means quieting your mind so that you can hear, see, smell and touch that which is all around you. Smell the flowers, touch the leaves, see the activity around you.....smell the coffee, feel the warmth of the cup, taste the ahhhhh of the exotic beans.....

Listen to your baby laugh, smell the newness of their bodies, touch their soft skin and kiss and hug them..... Hold your husbands/wife's hand, feel the roughness/softness, look at the hands and let them tell you a story.

Hold your grandmother/grandfathers hand and do the same.....listen, see and touch the stories that they have to tell you. Breathe, listen to your breath, feel it as you inhale and then exhale.....see how your chest and abdomen rise and fall as you breathe.

Be one with your activity, smell it, touch it, feel it, experience it as only you can experience it.....this is your time. Give yourself permission to be present with you and all the beauty around you....even in turmoil there is something to be grateful for, and beauty in it as well.....Namaste'