

Meditation

Meditation can be defined as a gentle narrowing and focusing of one's attention on a neutral or meaningful subject, such as paying attention to your breathing or a personal affirmation. Mindfulness meditation is about paying attention and being fully present in the moment. You simply observe whatever thoughts, images, or feelings that come into your awareness in a passive, non-judgmental way. The most practical benefit is to still or quiet the mind, and to refocus your attention on something other than habitual worries or fears.

An informal practice of mindfulness is really a lot like the idea, "stop and smell the roses." When you're sitting by a fire and watching the flames dance; when you're sitting on the beach watching the waves roll on shore; when you're watching a sunset, listening to music, or doing anything you love in this passive way, this is a form of meditation. In this process, a common occurrence is to experience a connection with something larger than ourselves, and a deep sense of peace and joy. It is a state of consciousness where you experience the blending of your personal soul with the universal soul or God or Divine Source.

Excerpted from *Why Love Heals* by Dean Shrock, Ph.D.