

## Peace of Mind — Self Awareness

Yogis found a pattern in the way the mind chases. First, one thought chases another forever and ever until there is an interruption. When there is an interruption, the mind then chases the interruption. We can't have peace of mind while the mind is constantly chasing. That's the nub of it. A chasing mind is trying to focus on so many different matters in the course of a day, to direct its energies in so many different, often conflicting directions, that it becomes very muddled, if not bewildered.

The chase not only preoccupies the mind, it disperses the mind, shatters it a thousand ways. Peace of mind occurs when the mind 1) stops chasing and 2) becomes collected or settled. Even a little success in relaxing the mind from chasing bestows clear and definite dawns of peace. Yes, you can know and enjoy peace directly and personally.

### How to Practice with Open Eyes

Sit where you can look out the window or through sliding glass doors. Better still, go outdoors and relax on a park bench. Sit calmly and comfortably. Now, tell your mind to relax and enjoy these precious moments of life, that it doesn't need to chase after any thing. Indeed, that you would appreciate enjoying these lovely moments and would prefer not to do any chasing at all.

When a bird sings, let it sing, but leave your mind collected. Relax. Don't send your mind out and gaze into the trees to find the bird. Stay aware of happily sitting on the chair or park bench. If cars or children rush by, let them go. Don't run after them with your mind and attention. Let them come and let them go. Stay physically and mentally where you are, where you choose to be.

Likely, the bird's song, the car and the children, will next tempt your mind to go into a cycle of inner chasing. Automatically, without any noticeable thought, you would normally chase inner memories of other birds, trees, parks, happy times, sad times, other cars, other children, your car, your children...but relax! Tell your mind it can let go. It doesn't have to chase any related thoughts and memories. It can stay right here, enjoying the view and your present well-being.

If at first you fail and find your mind caught up in a cycle of chasing, don't be perturbed. Just say "Relax. Stop chasing," and bring your awareness back to your pleasant contemplation. It does take practice and there will be many distractions and numerous wild chases but your mind does want rest and truly loves peace. In a little while your mind will likely surrender its automatic chasing. It will begin to get the knack of remaining settled despite distractions and all manner of sensations. As soon as this happens you will begin to feel peace of mind and heart.

### **How to Practice with Closed Eyes**

Now do the same process with closed eyes. Let your mind become free from chasing sounds and other kinds of non-visual sensations. Focus first on relaxing the mind from chasing sounds. When sounds fill your ears, let them. Just tell your mind to relax and relinquish its chasing mania. Let the sounds come and go. Tell your mind it doesn't have to speculate about any sound or what is causing it. Remain at one, in harmony. Enjoy being mentally collected.

If a bug lands on your cheek, wave your hand and shoo it away, but relax your mind from mentally chasing the bug or chasing related present and past thoughts. Stay collected. If smells or tastes parade by your awareness, that's fine. Let them come, let them go on down the street and out of range. You stay where you have chosen to be — happily here and present.

These are the processes and simple techniques for finding and developing peace of mind. The less your mind chases, the more it remains collected and is filled with peace. Yes, peace is already here within your great mind. People don't find peace — or think peace even exists — because they are always disturbing it! People who know no peace are chasing and scattering their minds constantly. Perhaps if they were cited by the Peace Patrol for "disturbing the peace," they would stop racing around the world seeking satisfaction where it cannot be found.

### **Benefits**

Fifteen to thirty minutes of Peace Meditation will give you results and prove that you too can have peace. Moments of informal practice will refresh and renew you, instilling your brain and body with the power and strength which come with peace. Regular practice will likely do wonders for your mind, emotions, and the quality of the days and years of your life. Peace is a major part of your being.