

Vipassana — Mindfulness

This is a classic *Buddhist meditation*. Monks practice this method for years and often people who are busy in their careers will go to a retreat center for two or three weeks to practice this one meditation technique. There are many levels of *vipassana* meditation and variations in its practice.

How to Practice

1) First do your deep breathing. As you breathe deeply, put your mind at the rims of your nostrils. Feel that you are watching the breath coming in and going out from the vantage point of your nostrils. Watch the breath coming in and going out for a few minutes.

2) When you are also aware of negative thoughts or negative feelings, keep your mind on the flow of the breath. Now mentally and calmly say "Farewell," or "Not this, not this" or "Goodbye" to each negative thought or feeling and let it go away. Don't hold onto it. Let it pass.

Don't struggle to do it. All meditation is more of a knack — like riding a bicycle — than a concept of thoughts or a mighty effort.

Benefits

You will discover that more and more you'll begin to have a particularly pleasant, mellow feeling, a deep calmness, and a very satisfying sense of wellness and wholeness. It progresses in time into a deep peace, serenity and ecstasy. You will find these benefits spill into your daily life.