

## The Mindful Now — Mindfulness

This is a classic technique taught by Buddhists throughout the world and through the centuries. Essentially, you strive to become very aware of what is happening in the now.

### How to Practice

You can use the technique with most any activity. For example, when you sit for breakfast, you pay attention to everything you do and mentally chant what you're doing in order to be as completely aware or mindful as possible. As you eat your porridge, chant as you lower the spoon 'lowering, lowering, lowering.' As you dig the spoon into the porridge, you chant 'digging, digging, digging.' Then as you raise the spoon of porridge into your mouth, you chant 'lifting, lifting, lifting' until you touch the spoon to your lips. Then you chant 'touching, touching, touching.' Strive to notice and chant every action.

### Benefits

You will find through this mindful meditation, this coordination of action and deep centering, that you'll be more mindful of everything else you do the rest of the day. There's a great enrichment and enchantment to the life that it's more conscious, it's more aware of the beauty and glory of life and what is going on. Often we're so distracted or experiencing so much turbulence that we hardly notice other people or hardly do a good day's work.

A little mindfulness leads to a lot more satisfaction, and mindfulness is designed to have you experience your higher consciousness and that consciousness out of which we all live, move, and have our being. In being mindful we lose our short-sightedness wherein we think we're just a body or just a particular person who sells cars for a living or who is a lawyer or accountant. We go beyond the appearances of life to *nirvana* — *nir* meaning *without* and *vana* meaning *stain*. We live as free, wholly conscious beings.