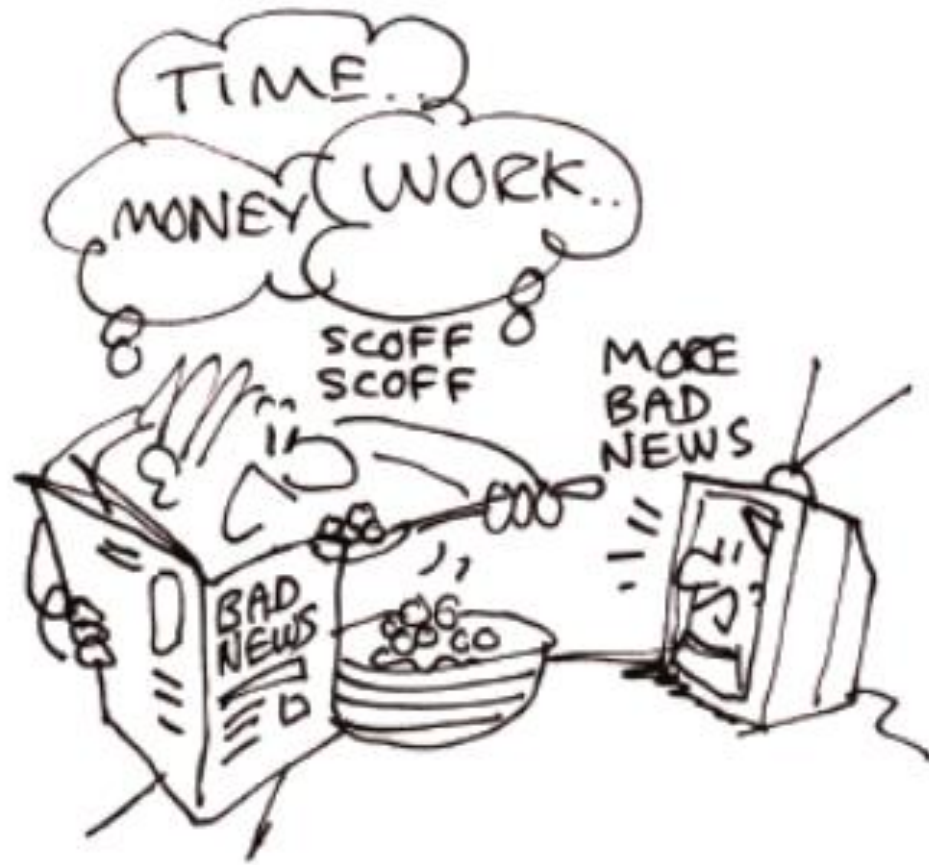


Living in Reality

being present where we actually are

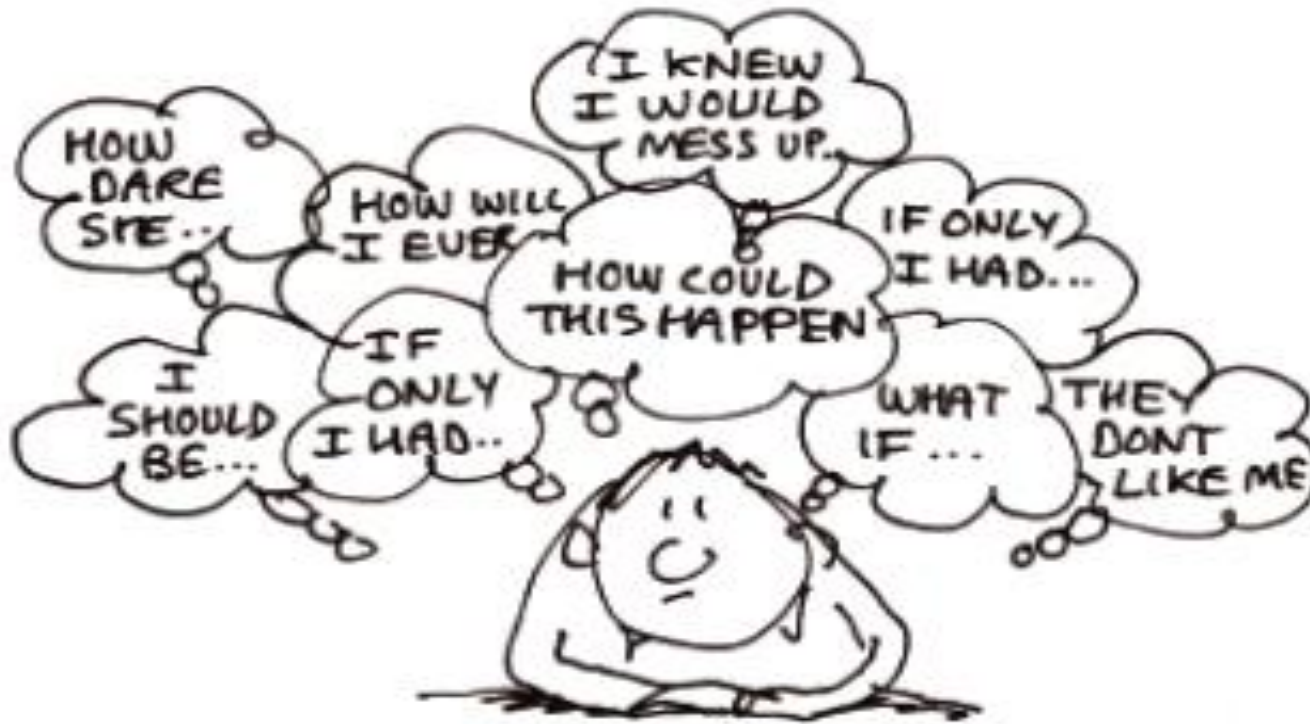


We don't have much of a life when we are lost in thought...



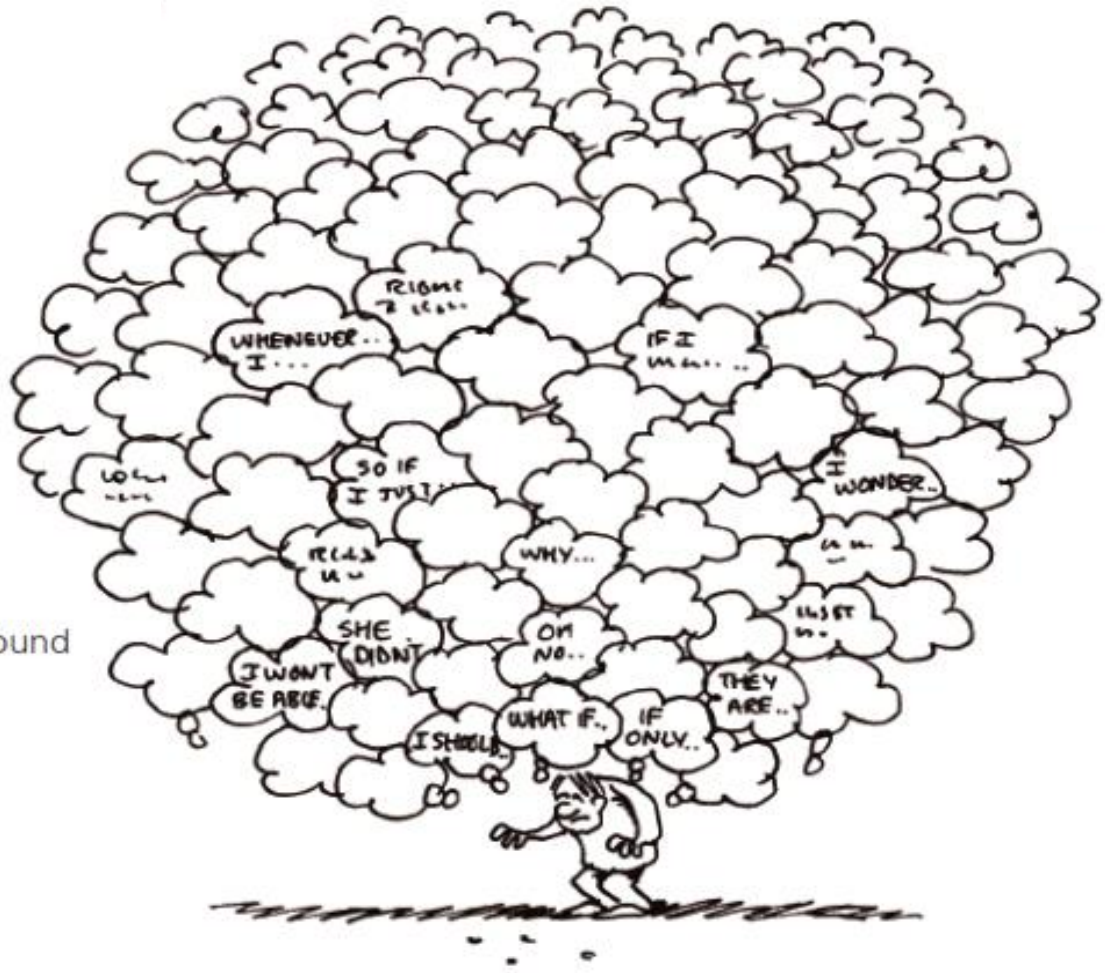
We have a better chance of experiencing
life when we are present and mindful

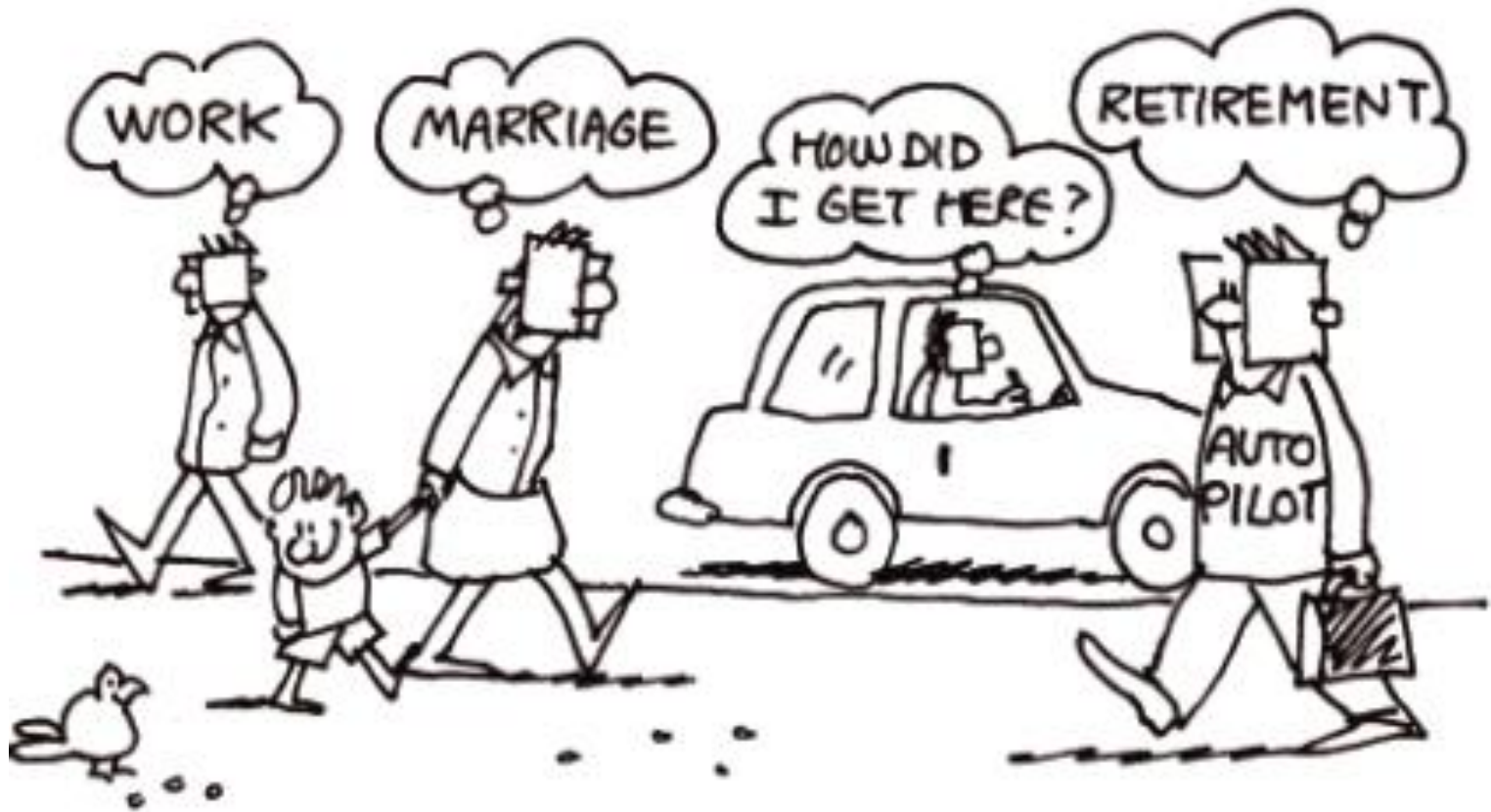




Thing is, we have all these thoughts...

It is estimated that the average person thinks around 60,000 thoughts every day!





Thoughts are with us quite a lot...



And with thoughts come emotions...



Emotions come from being caught by thoughts



Which of these persons are you more likely to trust?
It's not hard to recognise how calm works better than agitation.



No-one is deeply evil or bad, but if we look, what happens to all of us is that we get caught and trapped by patterns of thoughts that bring expectations, judgements, worries, anger, etc. etc. and we know how these agitated states of mind influence our actions.

Yet... with some skill, we could learn to not get caught and trapped in these thoughts. We could just see them for what they actually are: thoughts.

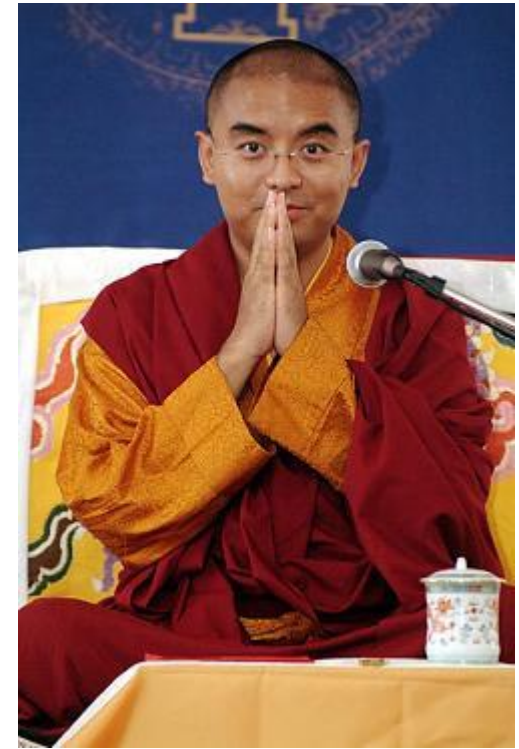




*"Yesterday is history, tomorrow
is a mystery, and today is a gift;
that's why they call it the present",
Eleanor Roosevelt*

The undeniable truth is that, whatever thoughts and emotions arise, we experience them within the present moment. Reality is that we are right here, right now, choicelessly present. This is an empirical fact, and has nothing to do with beliefs or philosophies.

But where we go from here is our choice. Whether or not we tag along with our thoughts and emotions is up to us. So the present moment could be the key to the solution...



We could make friends with our reality in the present.

Our present moments could be full and dignified.

We could have some perspective, some sense of humour and joy.



How exactly?

To experience being present, it helps to be calm.

And to be mentally calm, it helps to create a calm physical structure.



Keep the eyes a little bit open, no need to shut the world out. Enjoy the view!
Sit on a chair if you like.



Mindfulness Meditation Practice

(find somewhere quiet if possible)

JUST SIT

BACK STRAIGHT / EYES OPEN (but relaxed)

BE OPEN TO THE ENTIRE PRESENT MOMENT

WITHOUT JUDGEMENT OR MANIPULATION

GENTLY be aware of / open to

Body / Breathing

Environment / sounds / objects / colours /
shapes / textures

The space around you

Imagine life beyond the room

Allow any thoughts or feelings to be as they are

Notice how thoughts come and go

Rather than judge emotions mentally -

experience how they feel physically in the here and now
just observe without judgements of 'good' or 'bad'

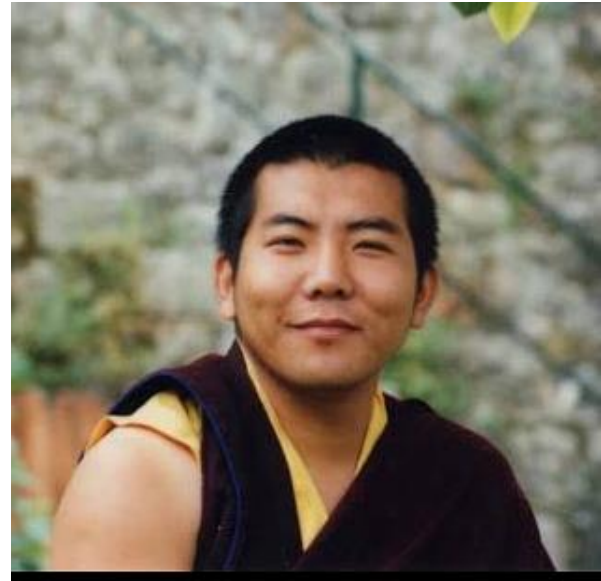
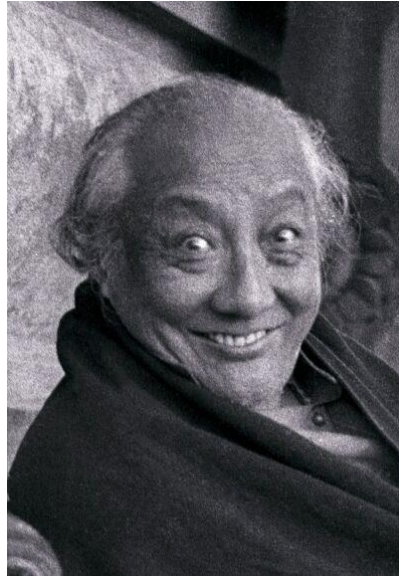
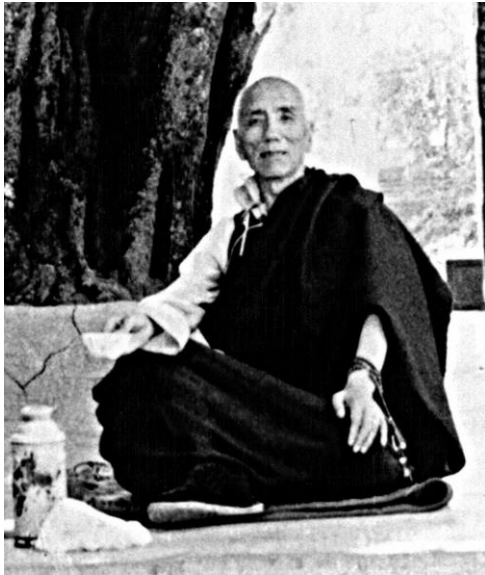
If you get lost in thought

GENTLY return to the here and now

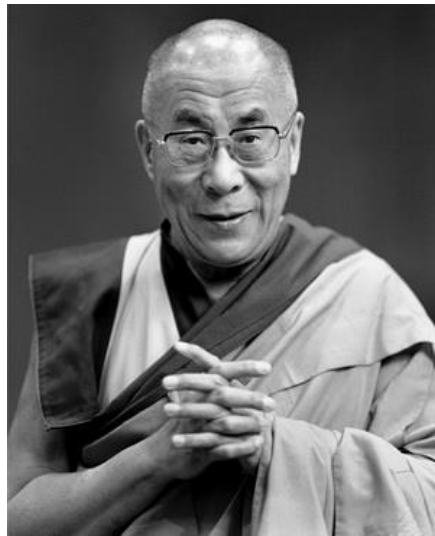
See the thoughts as part of that experience

Don't try to get rid of them or change them





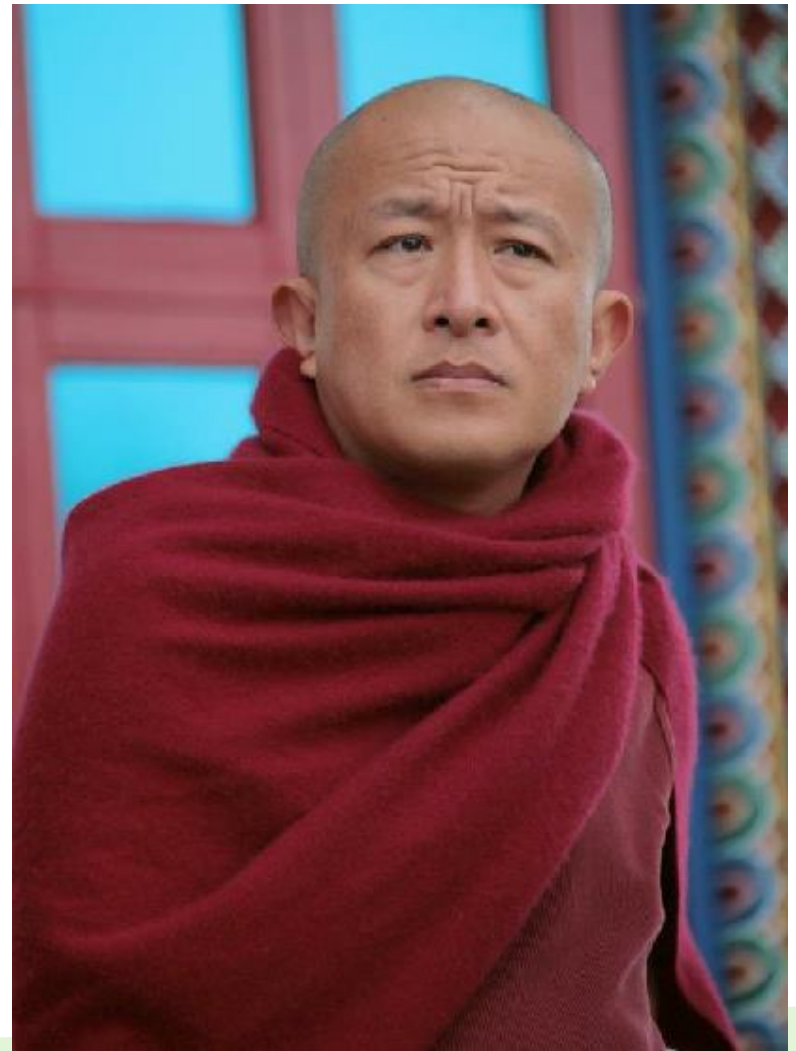
Its no secret that meditation makes you feel good.
But it's more than that...



Being present takes us out of our own little circles.

It makes us aware of our world.

Being present brings compassion.





We are never alone.

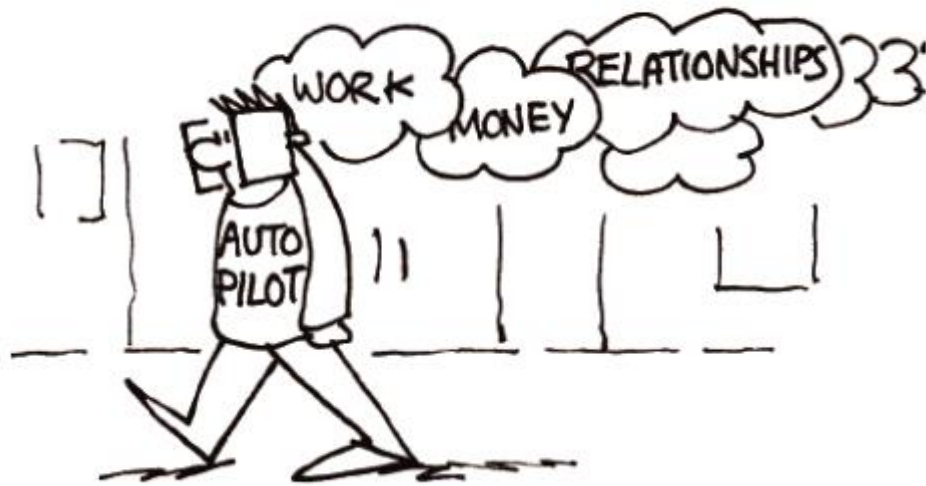




We might feel alone...

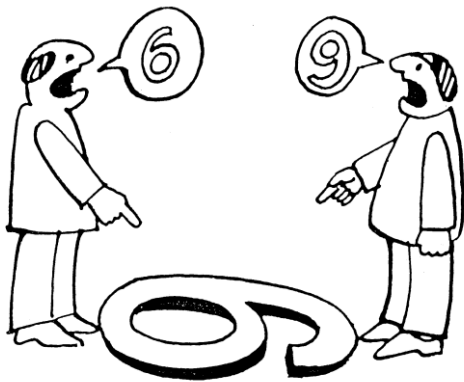
But this makes us
aware of others'
loneliness and
suffering...





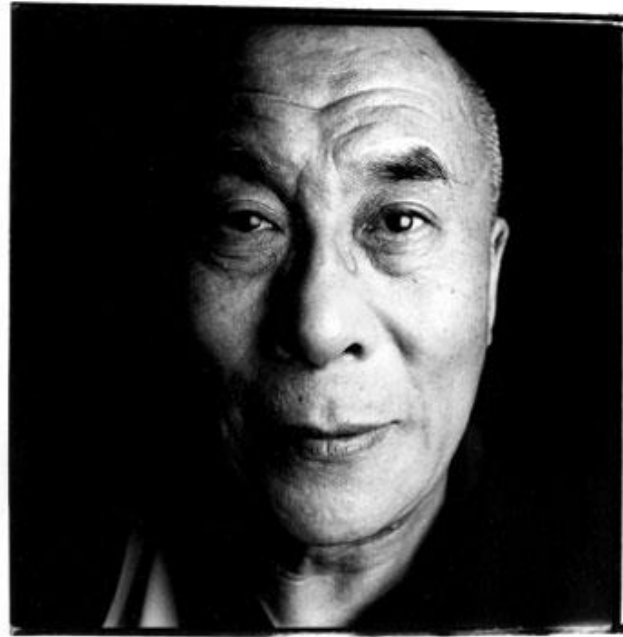
When we are mindless, we are caught in bubbles of self-involvement





On the other hand, when we are mindful, we pop that bubble. When we are present, we begin to listen to the world, and become kinder and more compassionate. We see how a lot of suffering is unnecessary.

three supreme methods when practising meditation



1. When you begin meditation, think of others
2. While you meditate, simply stay present
3. After meditation, dedicate the benefit to others



Mindfulness is being aware of, and present in, our actual reality

If we ignore this reality, we not only miss out, but we suffer in confusion

If we are present in reality, we will discover how our reality is naturally extraordinary



Through actively cultivating wisdom and compassion, we shall, as a result, come to enjoy peace and happiness, and have the ability to benefit others.