

Title: Conversations

Subtitle: What is Easy Meditation?

Second Subtitle: What is Easy Meditation?

Author: wizanda

Date: 1486492865

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Found the best is just to switch everything off, lie in bed, and because it allows you to hear your own thoughts for once....

Fair enough you might fall asleep; yet even in that deep power sleep, the things out.

Learning that mindfulness meditation, isn't to do silly mantras, breathing catch every bus journey, regardless if it scares us...

Eventually once all the buses have been caught and explored, there is the space in the bus station.

Whereas many people seem to think you've got to do the opposite, and so frantically, and wonder why they keep coming back again, because no one goes.

Also recognizing that the brain is like an older PC, it needs defragmenting process all the things that have become fragmented, the only way to do this is to stop doing everything, and allow it to sort its self....

If we listen, it tells us what things are bothering it, and we shouldn't fight the process.