

Three States Of Mind

Mindfulness meditation has been shown to increase the production of antibodies that combat the flu virus. The purpose of this awareness is to prevent us from being controlled by these events. This awareness must be nonjudgmental and passing, that is, we focus only on the facts and accept them, avoiding our own evaluations or opinions, and then we let them go. Suppose your boss has severely criticized you about the work you've done. You know that you do not deserve it, both the criticism and the way it was delivered, and so you become very angry. However, instead of letting your emotions dictate your response, you take a step back and mindfully think about the situation. You say to yourself something like this, My boss is under a lot of pressure right now, cranky and easily angered. His criticism of me was unfair. I did not deserve it, and so I got furious. And then you move on. There are different psychotherapy skills associated with mindfulness, and the above example is only one application of them. Those who are learning these skills complete exercises, like meditation and mindful walking. But from this example alone, we can now easily understand and appreciate the benefits of mindfulness. There is what is called the Wise Mind, which is one of the three states of our mind. The Wise Mind, or the practice of using our wisdom, is actually the first of the mindfulness skills. More importantly, when we are mindful, we also get to experience life more fully. Mindfulness skills also train our minds, so we get the added benefits of improved memory, sharper focus, and faster mental processing. Our anxiety is also reduced, and we gain more control over our thoughts. And so, what exactly are these mindfulness skills? Wise Mind, the what skills, and the how skills. As explained above, this is the middle state between our Reasonable Mind and Emotion Mind, where we recognize both our reason and emotions, and act accordingly. To observe is nothing more than to experience and be aware of our surroundings, our thoughts, our feelings, and the sensations we're receiving. This is stepping back and looking at ourselves, especially for reorientation when we are too preoccupied with our problems. For example, we say to ourselves, my stomach feels hungry, or I'm thinking about my mother. Doing this lessens distraction and helps our focus. We forget ourselves in it, and we act spontaneously. This is about maintaining our focus and increasing our concentration. Practicing mindfulness effectively is keeping our goals in mind, and doing what is needed to accomplish them. We do our best, and we do not let our emotions get in the way. These core mindfulness skills are central to Dialectical Behavior Therapy, and they support all the other skills. They are called core mindfulness skills because there are a few other skills or perspectives on mindfulness that are less commonly practiced. We will not talk about them in detail, but among these other perspectives is one taken from a spiritual point of view, designed for those who need further help in mindfulness in light of their spirituality. Now that we know the skills, it is time to apply them to exercises so that we can see them in action. To practice meditation, find a quiet place where you won't be disturbed. The goal is daily meditation of at least 30 minutes. For beginners, 10 minutes is advised. Sit on a chair or a cushion on the floor. Sit with your back comfortably straight, with your arms at your side, and your palms on top of your thighs. Try to do this for the entire duration. Your breathing is what you are using to ground yourself in the present moment. Your mind will soon wander, and that is all right. Simply acknowledge your thoughts without judgment, and then return your attention to your breathing. You may also experience some uneasy feelings while

meditating, and that is all right too. Simply acknowledge your feelings without judgment, and then return your attention to your breathing. Do this again and again, always returning to your breathing whenever you are distracted, until the time is up. Mindful walking is simply practicing mindfulness while walking, to observe one's own physical body and surroundings. Take note of how your body moves and how it feels as you take your steps. Notice the pressure on your feet, and the aches in your joints if there are any. Notice the increased rate of your heartbeat. Then, expand your awareness to what is around you. Do you feel the wind or the heat of the sun on your skin? This is about using your five senses to observe your present moment. Notice at least one thing that you see, feel, hear, smell, or taste. If the time and place allow you to sit in a lotus position, do it, if not, no problem. You just need to ensure that you are focused on your breathing for at least 60 seconds. Begin by slowly breathing in and breathing out. One cycle of breathing must last for about six seconds. Remember to inhale through your nose and exhale through your mouth. Allow your breathing to flow without any struggle. While doing this exercise, make sure that you can let go of your thoughts. Learn to let go of the things that you have to complete today or pending projects that require your attention. Let your thoughts flow their own way and focus on your breathing. Be aware of your breathing, concentrating on your consciousness as air enters your body and gives you life. This is also effective in training our brain to be less distracted by preconceptions and previous experiences. The majority of what we feel is affected by our previous experiences. For instance, we may hate a specific song because it triggers bad memories of a moment in your life when you felt really bad. Choose music or a soundtrack that you are not really familiar with.