

CHOOSING TO CREATE A QUIET MIND

By Lynne Mitchell

Do you find that your mind is constantly wandering? Perhaps there are many things on your mind and it seems hard for you to focus? I find that the more I set out to accomplish in my life, the more I do, the more my mind tries to keep tabs on it all. I have found certain tools help me to create a quiet, focused mind.

Perhaps you will read something here that sparks a realisation of how you choose to live your life. I hope my sharing will be helpful for you. It may give you an opportunity to take stock of your direction - are you being swept away by circumstances or feeling stuck? Can you feel gratitude for everything you do and resolve to make new choices? We choose to do everything we do.

I've recently realised that when my mind becomes quiet, I tend to fall asleep and this is not in my best interest in choosing to be aware, grounded and alert. Incessant thinking and worrying also takes me out of the present moment. So, I'm developing the ability to still my mind while being present and conscious.

When I become scattered, I feel a sense of urgency, like I haven't enough time to accomplish what I want. I often take on new tasks before completing previous ones and get in even more of a mess with papers, books and folders - here, there and everywhere. Then I judge myself for being scattered.

I know I can choose to be centered and I can also see how being scattered has served and assisted me to choose this new centered way of being. I can still have variety in my life in order to gain knowledge and experience and be centered. For example, I have studied and learned from many healing modalities. Through acknowledging my behaviours, self discovery, I am discovering and understanding more about other people.

I feel such relief when I come quietly into my centre, totally in the flow and without the monkey chatter of my mind. Through coming to terms with scatteredness being my own creation, I can release the judgment of it and I am then able to develop positive strategies to transform it.

To be more focussed and clear I have found dialoguing, journaling, meditation and an introspective nightly review are great tools. Other tools I've found helpful for stability and clarity include establishing good eating habits, regular exercise and engaging with my physical body elementals, the angelic energies, who assist running my body.

Journaling can simply be writing whatever comes up. One way is to sit comfortably, breathe easily and connect with your feelings in the moment. Then

let the words flow allowing yourself to be in your heart, rather than in your head. This gives you a way to reflect on and acknowledge all you are feeling.

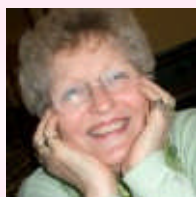


Dialoguing can be done in many ways. You can move about or sit in a chair, voice dialogue or write. Choose an aspect of your behaviour, or an archetypal expression, to dialogue with. Then ask that aspect by name, for example the 'Scattered One', how it is feeling and what is its intention? Then repeat this with the 'Centered One'. Have them talk to each other. Allow your conscious mind to share with both of these aspects how it is affected or what is going on for it. You might go back and forth, until you all understand and agree how to be on the same team. Finally, you can make friends with each other and install an empowering strategy to move ahead. For example acknowledging the Scattered One is distracting the Centered One, without judging that scattered aspect, so it can now cease this activity and you can be even more successful in your goals and accomplishments.

Sometimes an aspect of our behaviour merely needs to be acknowledged and given a new direction. When you feel yourself going into scattered mode, you can plan to imagine a serene picture or to 'tap yourself on your shoulder' so to speak, as a reminder to choose the sacred qualities of Clarity of Attention, Serenity or Calm Assurance. Really feel the quality you choose with all of your senses, so as to make it real and integrated into your very being.

I wish you well and as always, lots of love from me to you.

Lynne



©The Insight Foundation

Lynne Mitchell is a student of the Insight Foundation and lives in Melbourne, Victoria. She is a Life Coach, Laughter Therapist and Meditation Teacher.

lynne@lm4success.com.au