

A DAILY PRACTICE: FOR TRANQUILITY & STRESS RELEASE

50 % OF ATTAINING A STILL MIND IS PRACTICING CERTAIN FORMS OF MEDITATION AND SELF CONTROL IN THE MIDST OF STRESS AT HOME, SCHOOL, AND IN THE WORKPLACE. THE OTHER 50 % IS LEARNING TO RELEASE THE AGITATION CAUSED WHEN OUR EMOTIONAL BUTTONS HAVE BEEN PUSHED BY EVENTS OR BY RELATIONSHIPS IN OUR LIVES. WHEN OUR MENTAL CLARITY AND STILLNESS IS DISTURBED, THE FOLLOWING PROCESS CAN BE USED TO RELEASE OUR INNER AGITATION, TO RETURN BACK TO A STATE OF TOTAL TRANQUILITY, CLARITY, AND PEACE.

(It is recommended that you do this process out loud, where no one will hear you)

Step 1: On a 0-10 scale, if 0 = “the tranquility of a crystal clear alpine lake whose surface is placid and still without a single ripple, mirror-like, reflecting the moon – like a mental landscape, without a single thought wave (pause visualize this) -- in sharp contrast, how much agitation and ripples are there disturbing my mind and body when I open up unarmored like a 3.y. to the pressures and effects of all that I’m dealing with, past, present, and to come?”

Then rate how agitated you feel on a 0-10 scale = X

Step 2: Using this number, fill in the blank to create the following sentence ...

“I’m feeling a X level of agitation”

Step 3: Repeat this sentence over and over ...

Stay connected with the feeling -- repeating it over and over, until either at least a minute passes or the “X” level of agitation fully subsides.

Return to Step 1: *Continue with these steps until you’re happy with how much your mind has been freed of it’s waves of agitation, or until it has returned to a state of total stillness, tranquility, and clarity.*

... It may be helpful to remember the adage ...

“The agitation I am willing to face will erase...

The agitation I try to avoid just keeps me annoyed!”

A Spiritual Solution

When we finally breakthrough to feeling total stillness of mind, we will notice that nothing will have changed in our outer life, but everything will have changed in our inner life—which is the true source of our inner peace. Most people are seeking a worldly solution to their problems: they try pursuing this or that, attempt to acquire more things, or they try to run away from (or avoid) whatever pushes their buttons and causes them some degree of pain or upset. This process offers, instead, a “spiritual” solution to our difficulties in life. By releasing our inner mental-emotional agitation, our outer world completely changes and we can experience heaven-on-earth right here and now.

So How Can We Maintain a Tranquil Mind?

We know life is likely to present us with challenges every day, so how can we keep a tranquil mind in the midst of all the challenges which keep coming our way?

We take showers or baths every day to keep our bodies clean – even though we will surely get dirty again. We brush our teeth every day – even though they will probably be in need of a brushing after our next meal. Some of us do physical exercise regularly, despite so many forces – including ageing and even gravity itself -- which are constantly acting against us.

But what do we do for letting go of our mental agitation? Regularly doing a process such as this to clear the mind of unnecessary waves is important, especially in the face of so many forces in our day-to-day lives acting to disturb it.

Events and relationships issues only make waves when they are perceived as disturbing in some way. Meditation can be used to transcend our thought waves and agitation, and it is very important and useful to give us a glimpse of what a still and tranquil mind feels like.

This process, however, can be used to transform the underlying cause of our mental agitation. By facing -- instead of avoiding -- what causes our mental turmoil or disturbance, our emotional buttons are healed, making it less likely future waves will be propagated by similar circumstances to come.

