

CD outline of commentary by Neena Patel

[Track 1]

Mindfulness is being aware of everything that is happening around you and within you at every Moment. Being Mindful means one is aware of his Surrounding, his Feelings, his Thoughts, and the Sensations in the body.

Meditation is not reaching out to some state of mind. That state cannot be permanent. Meditation is, however, being YOU, 24/7. Meditation means “To Be”, without objectives or a place one wants to reach. Anything that is added to the “I Am” is not you. That addition is outside yourself and cannot be you.

It is “yourself” that is the problem because we have preconceived ideas of who we are. We identify ourselves as man-woman, husband-wife, parent, career person, etc. We have to find who we actually are. Meditation are techniques to take us to that place or state of who we actually are.

Anything you can “objectify” cannot be you, (I am not the book, I am not the body. I am not the mind). The image you see in the mirror and declare to it how beautiful it is, is not you. There is some entity that is looking at the body and declaring how beautiful it is, is not you. You can not be the body. There is another entity different from the body. You, the body and the emotions are SEPARATE ENTITIES. You are a WITNESS to the body and the emotions, so you are not the Body nor the Emotions.

If you are thinking of something, there is some OTHER ENTITY that knows that you are thinking the thought. Therefore, you cannot be the thought. There is an entity that is separate from the thought. If you are not the body, the thoughts, the emotions, or the environment . . . then, who are we?

All we can say is “I Exist”. Anything you add to it becomes not you. The “I am” is non-descript. You cannot describe your own self. We have heard and read that you are a ‘conscious being’. But how do we come to that conclusion if you don’t feel it. How do we really know?

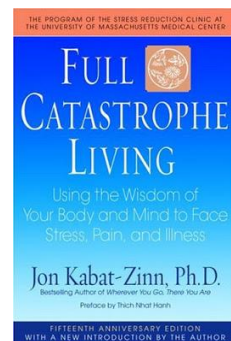
All the techniques that we do in meditation are trying to get you to that place where you are not identified with anything. . . . And you can be yourself! Real meditation are techniques to ‘just be’. The techniques are a means to get there, but not the end means.

The difference between Intuition and Impulsiveness: Impulse is something that is short-lived. Intuition comes from a much deeper level. It has the Universal Wisdom behind it and it stays with you. If a thought comes to you and you don’t know if it is an Impulse or an Intuition . . . wait on it. If after a short time it goes away, it was an Impulse.

With Intuition you kind of know that decision is the right thing to do. One needs to trust in himself that it is the right thing to do and follow through on that intuition.

Mindful Meditation is just one type of meditation. It can be performed during all your waking hours, Anytime, Anyplace.

This commentary is based on Jon Kabat-Zinn’s book, “Full Catastrophe Living” ‘The Eight Foundations to Mindfulness’ is also detailed in this book.



Eight Foundations or Attitudes of Mindfulness: [Track 2]

1. No Judging

- a.) Be a Witness: The real me is not identified with anything else. I am a witness to everything.
- b.) To eliminate judging: Don't judge. Just observe. Be aware of it, but don't judge!
- c.) You don't have to judge anything, anyone or yourself.
- d.) Do not condemn yourself and others for being judgmental.

2. Patience

- a.) You may not see results in the short span you allow. Everything worth having takes time and patience.
- b.) Be open and receptive to every moment and accept it the way it is. Don't fight/struggle with it.
- c.) Don't have preconceived expectations. Meditate in the Moment and be a Witness.

3. Beginner's Mind

- a.) See everything anew; a new prospective . . . like a child. A child has no excess baggage with him.
- b.) Time has a way of healing. Do not hold on to old hurts and bad experiences. Live in the NOW!

4. Trust

- a.) Trust and believe in yourself, Trust what you feel and think. Listen to your body.
- b.) Accept someone's advice, be open to the teaching; but ultimately trust in yourself and your feelings.

5. Non-Striving

- a.) Striving to BECOME something else (a better person, parent, employee) is not meditation.
- b.) Meditation is non-doing; you are being yourself. Meditation is BEING; not BECOMING.

6. Acceptance

- a.) If we have a hard time accepting anything, we are fighting with the present moment.
- b.) Accept people, places, things and situations the way they are, because denial and anger follows if one is not receptive and not accepting.
- c.) Take acceptance first, and then take action.
- d.) If agitated, accept the person or situation, then look around your present environment for a solution.

7. Letting Go and Non-attachments

- a.) We tend to hold on to the good and the bad experiences and replay them over and over again.
- b.) Holding on to people, things and situations just make us want to hold on to them more.
- c.) One cannot experience the full effect of mediation when he is agitated or harboring angry thoughts.

8. Commitment

- a.) Commitment means following through once you decide what meditation techniques you want to do.
- b.) Do it whether you like it or not; even when you are not up to doing it on some days!
- c.) The more you are committed, the more progress you will see.