

Meditation is not what you think

"The range of what we think and do is limited by what we fail to notice." – R.D. Laing

Meditation is not what you think.

Meditation, a path to mindfulness, is not flipping a switch and catapulting yourself to some new "place" in your mind. It is not figuring out how to make your mind blank or willing yourself into a new state of relaxation or a more peaceful state, although all of these things can happen in the process. As in so many instances of pure joy, you have to go at it indirectly, by not going directly at it at all, by not expecting anything,



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just by being. Meditation is both supremely simple, and yet, not easy.

Jon Kabat-Zinn, mindfulness guru, founder of the Mindfulness Center at the University of Massachusetts Medical



These prayer flags are representative of meditation.

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