

HOW TO MEDITATE WITH OBSERVATIONS



Regardless of how long you meditate, you cannot banish your thoughts. But you can observe them and bring yourself to the present moment. Meditating with observations is a powerful way to be in the present rather than thinking about the present. When you observe, you notice what is happening right now, but when you think, you consider everything happening around you.

In addition to not thinking about everything, meditating with observations helps you make better decisions about what is right for you now. It also helps you check with your sensations to know when you need rest, declutters your daily life and makes you have a higher awareness in a moment.

As you meditate with observations, you'll notice when your mind wanders, which is a sign of success because you can gently bring it back to the present. The only way you can successfully bring your wandering mind to the present is by not attaching your mind to any event. If you notice a fly, allow it to be there, or if you see someone you know, allow them to pass by; rather than getting caught up in the “should I do this?” thinking, drop the thought and observe the moment. Here's how to meditate with observations.

Settle in your whole body

Take a few minutes and rest in the awareness of your body and surroundings—every breath you take in and breathe out, and how you express yourself in the moment. Settling in helps you observe both the physical world and subtle world; you become aware of the sensations, events, and moods around you before you begin to let go.

Let go of the physical world

Once you're aware of your body, you need to let go of your thoughts, moods, and feelings. You can do this by recognizing them as secretions of the thinking mind, mental events, and occurrences. This way whether they are urgent, pleasant, unpleasant, compelling, or insightful, you'll be able to see them as eddies or bubbles rather than as the truth of things or facts you should attend to.

Take things moment by moment

Just let sensations come and go, sounds come and go, or events come and go. Not attending to some and leaving others or preferring some to others. Just meditate in the present itself, breath by breath, moment by moment as you lie there or sit there.

Observe carefully

When you observe carefully when meditating, you'll be able to see things as patterns that come and go. So, whenever your mind wanders, don't try to avoid these thoughts or cling to them, they will fade, but when you get caught up in their content, that's when you get distracted. As you meditate and observe more, you will be more connected in the present rather than in thoughts.

Practice, Not Perfection

The more you practice meditating with observation, you'll notice that these thoughts come and go. They're just thoughts. Do you notice that when you're

not meditating, you'll not be aware of your thoughts, but when you're meditating, you can be easily distracted by these thoughts? This is because meditation, at its core, is focused on observations.

So, when you do this practice for 5 minutes or so a day, you will become more observant when your mind wanders and immediately bring it to the present. Use it more and see how your day will be with less drama and how you connect to the present.

While meditating, you can reach a state where the events, situations, or experiences around you can no longer overpower you at the moment. This can only happen when you have practiced meditation with observation to the No-Mind State.