



SMARTfoundations

it's all about you!

Quiet Mind Open heart ...

Well, I've been studying meditation and mindfulness for over twenty years and it never ceases to amaze me how the Quiet Mind leads to an Open Heart. The notion that doing, doing, doing is the right way to lead our life often leads us to a Busy Mind Fractured Heart.

Sometimes our Soul knocks at our door, urging us not to fritter away our lives in unexamined activity, but to step into our authentic self and get a true sense of our awareness - in other words take time for rest, contemplation and relaxation. If we give all of our attention to the needs of our material life then our inner world can get unbalanced. The loss of this harmony can be the first steps on the road of stress, anxiety or depression. From the spiritual perspective contemplation of the concealment of harmony or unrest from within or around us, is where the individual journey can lead to the Dark Night of the Soul.

Change is the blueprint of our being - as organic living organisms we cannot avoid it, yet so often we refuse to accept this wanting things are our own sweet or not so sweet way! Recently I found myself the brunt of another person's fear and pain, which triggered disharmony and upset within me. Initially I just sought to let the event go - but I also felt hurt by her aggressive behaviour - I was 'Happiness' (relief as this did serve as a final chapter in a 18mth unsupportive relationship) and 'Suffering' because I was resenting the **'arrows'** of disappointment and hurt over the situation again and again. In Buddhist teachings we know 'if this exists' then 'that exists' so of course we can be happiness and suffering at any given time. **I was 'irked' and 'irked' at myself for being 'irked!'** Therefore I was not bringing the energy of compassion, patience and kindness to my feelings over this situation, so **'full'** with disappointment and pain I had no room for the **Quiet Mind to create the Open Heart.**

I was discriminating against my **'Suffering'** self asserting **'this too shall pass'** but not giving myself the time and space to attend to my feelings and accept my vulnerability. So I was not expressing **'moment to moment non-judgemental awareness'**. I was basically suppressing or denying the true weight of my feelings placing myself in the **'demand'** situation I **'should'** let this go.

Of course we know **'demand'** and **'should'** statements are wonderful ways to trigger the SNS leaving adrenaline/cortisol gently dripping away in the background washing away the effects of any recent endorphin effects we've experienced. So the fractured heart, an over stimulated SNS was limiting my sense of health and well-being by dripping adrenaline and cortisol through my being and once again **I was reminded resentment, anger, fear and unforgiveness are poisons we feed ourselves to get even with another!**

Our thoughts are so powerful literally determining our sense of well-being. The mind body connection is so instant **'it does us'** before we get chance to realise - we are in **reacting** and not **responding** mode. and preventing the full rest/response of the PNS (the relaxation response) the **Quiet Mind** to flow to the **Open Heart**

I soon realised I needed to **'empty'** myself of the busyness of my mind to make **'room'** for the love and kindness I know is always residing in me - even when hidden beneath a myriad of hurt! So, after a few days of resistance, I thought a little exploration of my inner balance was due an audit! I did the healing heart meditation below and when I asked what it wanted to share - a very sad 'why me' voice emerged - and through the **observer role** - I could see this statement was making me a **'victim'** and therefore breaking down or deflating my sense well-being. I spent a little time reclaiming my inner power reframing 'why me' to 'what can I learn

from this' and in a space of five minutes I'd moved from **'victim'** to **'explorer'** energy. In a sense I was viewing the situation as some form of punishment you know the **'what have I done wrong to deserve this?'** instead of a form of teaching e.g. **'what can I learn from this?'** The reframe moved me from Busy Mind Fractured Heart to Quiet Mind Open Heart in minutes...

Reflection: Each day events in life will give us the opportunity to release or reclaim our power - is there a situation where you are 'holding on' that you could improve by reclaiming your power?

Practice:

- **Become aware of your body and your posture and gently focus on the breath just gently breathing in and out for three minutes or so as you turn your attention inward.**
- **Now gently scan your body and notice where those uncomfortable feelings are stored. Just become aware of any uncomfortable sensations and simply breathe into those feelings. Now simply ask 'if those feeling could communicate with you what would they say?' Accept what you hear with loving compassion.**
- **Now bring your attention back to your breath - and gently draw the breath into your heart. Simply ask how can I look at this differently to tenderly accept the situation?**
- **Now imagine a warm golden sunshine being drawn into your heart on the in breath and on the out breath let that light flood your whole being with warm, tender, secure feelings.**
- **Then let your heart become like a mini sun within your chest radiating a flood of love and kindness throughout your body with every out breath.**

Let your Loving Kindness Shine...

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