

## **Mindfulness & Meditation**

by

**John St. James**

One of the five learning systems offered by the Healing Warrior Society is mindfulness and meditation. Mindfulness and meditation are actually two sides of the same coin so to speak. The main difference between mindfulness and meditation is mindfulness is the act of being in the present. It focuses on bringing your full attention to bear on an object or thought.

Meditation on the other hand is a practice or discipline whose goal is to reach a heightened level of consciousness. While mindfulness is about being alert, aware, totally conscious and totally clear, meditation is about entering a state of consciousness that when done correctly can be transformational and therapeutic.

Methods of meditation include regulating one's breath, prolonged contemplation on a thought, repeating a mantra, praying, and or guided imagery to name a few.

Both mindfulness and meditation complement each other and becoming well versed in one will help you better learn the other. Both lead to helping you think more clearly which is something that many of us desire.

### **The Observer – Macro Level**

Observation is a key component of being mindful. It includes deciding in advance what you want and then developing keen self-awareness and sensory acuity to better understand your gap. Your gap is the distance between where you are and where you want to be.

### **Start with 4 Primary Considerations**

These four questions will help you better understand your current gap.

1. Who am I?
2. What do I want?
3. What is my purpose?
4. What am I grateful for?

### **The Observer- Micro Level**

You may discover some limiting beliefs once you answer these questions. If so, it can only help you if you are able to identify areas for improvement and start to work towards closing the gap. Focus on what you want by simply observing it with focus and frequency.

*“Where your vision goes so to goes your life.” John St. James*

Of course, we are referring to not only your eyes, sight, or vision, but more importantly your thinking. Concentrate your thinking on what you want and refrain from judgement if possible. Be aware of your

own thought patterns. Also, be mindful of your surroundings. Pay attention to detail. This will help you see more and experience more. It is often referred to as heightened awareness.

Most importantly slow down. This is a challenge for many of us as we live in a world that bombards us with thousands of stimuli every day. One of our biggest challenges will be quieting the mind so as to concentrate more fully. Your goal will be to silence your internal dialog and clear any cognitive dissonance. To do this, silence your smart phone and step away from your computer. Take time to distance yourself from the digital frenzy that has become the world in which we live. Spend some time in nature even if you only have time for a short walk or time outside. The truth is we all need time to recharge and revitalize.

Finally, if you are looking for the perfect place to recharge and revitalize, I invite you to our first ever Healing Warrior Retreat on September 20 – 22 at Eastover Estate in Lennox, Massachusetts to learn more about mindfulness and meditation as well the other learning systems to help you move better, feel better, and think better.