Brandon Valladolid

Hlth-1240

Julie Pugmire

Where You Go, There You Are

 I had the opportunity of reading this three part book. At first glance I felt excitement to dive deeper into the practice of meditation. Learning new ideas and concepts of meditation has always intrigued my inner self. I have been meditating for 6 years now and will always feel as if I am a student in the practice.

After finishing the first part of the book I have gained a better understanding of why I always take the time to slow the day down and just look at where I am at. Kabat refers to mindfulness and how it relates to so many parts of daily life. He furthers his ideas that mindfulness is not to seek something special from meditation. Rather that mindfulness is to know where one’s self is at that exact moment. He helps us understand that if we know where we are. Then we can use that as a catalyst to help us understand where we can go or are going. He then delves into the naysayers ideas of what meditation is, by talking about what it is not. People have the idea that meditation is some special way of stopping all stress and making life still for that moment or an extended period of time. Meditation is about seeing the stress and knowing why that stress has manifested itself. Understanding the reasons of why helps us use those waves and know where they are taking us. Beyond knowing why the waves are, we must know why we meditate. It is pointless to meditate if we have no vision of why we do it. We need to figure out what it means to us and how it is useful to our lives. We must know that meditation is about living and not stopping. In my own practice meditation make me feel alive, because I can take the time to see every moment for what it is and where I want to go with it. We so often go through life numb to everything around us. Like some people say “the daily grind”. Part one solidifies my belief that we are not truly living if we have “the daily grind” mindset.

 In part two Kabat talks about the act of meditate. For instance that sitting is not just taking a load off of ones body. It is bringing ourselves back to a dignified position. Our posture must be intentional and with purpose. When we have the correct posture it helps our mind and energy flow throughout the mind and body inward as well as outward. This will facilitate clarity in the practice of meditation by bringing the body into alignment with the mind. The amount of time is another thing brought up in the book. I personally like to meditate for as long as it take some time that is five minutes other times it is thirty minutes of stillness is needed. Kabat tells us that there is no time limit and a forty five minute and a five minute meditation can have the same profound effect. He suggests that if we have a busy life some is better than stressing to make a certain time limit. After speaking about posture Kabat goes into different meditations most of which I am familiar with. I have often used the mountain meditation when I like to go deeper than walking meditation. I find mountains profoundly peaceful and knowing that I can breathe the energy in when symbolizing a mountain in my posture brings myself deep into mindfulness. So much that I find myself sometimes weeping and not of sorrows but of beauty.

In the Third part of the Book Kabat is talking about the spirtiality of mindfulness. He first talks about the meditation in the old days around a camp fire. He says that fires in modern life are impractical. I am going to have to partially disagree with Kabat in the summer I often find myself making a fire in my backyard so that I can meditate. I come from a native heritage and I am used to using visual meditation from fire or even through chanting and drumming. Kabat talks a lot about how mindfulness is inter connected to the world in way we do see right off in daily life. I find that the most important thing on my daily adventures is to find the connectivity of life and mind. I find that watching the world around me without judging shows me how we are all connected. Meditation or Mindfulness helps me finish connecting things I would not have in the fully conscious day. But that I don’t have to think to see and believing in my meditation help groom my path.

 After reading this book that I rented I think I am going t buy it from the place I rented it from so I can use it as a reference guide when needed I have been searching for such a book to use in that manner and my purpose in taking this course has led me to it.