

A Coffee Break For Your Mind

I was asked recently, 'how do I meditate?' and, 'why. What will it do for me, and how will I benefit?'

I'm not a great supporter of the word 'meditation', it puts some people off. In the frenetic world we live today, it can smack of some discipline our mind immediately complains it hasn't time for!

I prefer to think of it as a little time out, like a coffee break for the mind... a little time each day just to rest it... with no hard and fast rules for what we must, or must not do. I'm sure there will be those who practice meditation that'll balk at my description, my approach. But I'm also certain they will agree, that the benefit of even a modest amount of time spent relaxing the mind will give to each of us is enormous.

So, what I'm going to ask you to do is give yourself five minutes to sit in a chair. Now, it is entirely up to you to decide how you'll experience those five minutes sitting in your chair... Will you spend it with a mind full of worry, or a mind full of peace? With a mind thinking of all you could or should be doing, or with a mind marvelling at how the weight of your body feels pressed against the seat, a mind that constantly creates tension in the way the energy flows through your body or a mind that is relaxed and at ease?

You might like to practice this. How about five minutes sitting in a chair playing with the idea that you are the creator of your world. What would that be like? I will let you decide how you will experience it, but that is all it will take, just five minutes every day, flooding your mind with quality thoughts that serve your desires... and to completely change your life you must do this without fail.

You see, the YOU that sat down in your chair with whatever was going on in your mind, with whatever feelings you were having, whatever was happening in your relationships, how your breakfast or lunch is digesting in your system, all of it, the whole of your experience right now as you sit in your chair, as you've sat a million times to be with yourself in a thousand different chairs... you are the only one who creates your world. Perhaps right now you won't completely believe that, but stay with me for a moment.

I don't know about you, but sometimes my mind has a rush on and it's at this time I most need to do my five minutes. But I don't think of relaxing, I think only of whatever I'm allowing to stress my mind. So to jog my memory... I use sitting down in a chair as a hint or a reminder for preparing my mind for its coffee break. Think of it as, like dropping a beautifully rounded pebble into your mug, from which will reverberate the ripples, the vibrations that will surround, and ultimately become you, become your future life.

Your mind is constantly sending out these ripples of thought energy... science will prove that. So it is much nicer to surround yourself with feelings of happiness, of laughter and play. Thoughts of

your unlimitedness as they come back to you, rather than those you want to run from, hide from, that create fear and worry. It all begins with five minutes a day sitting in your chair! Five minutes acknowledging you have the ability to recreate who you are, to create anything in your life, and eradicate any problem that you currently see and feel.

You sit now in your chair waking up to who you really are. Do you know who you really are? You are the one, the only one who creates your life. Can you take the responsibility of knowing that? Of course you can. Can you accept you have been responsible for every single thing that has happened to you from the moment you were born, right up to this moment NOW? You will have to.

Your mind right now may be denying that, blaming who you've become on some circumstance beyond your control. But STOP right NOW, change your perception of who you really are.

YOU ARE THE CREATOR OF YOUR LIFE!! You always have been!

You have manifested your life right up to this moment from the persistent thoughts you have, and now sitting in this chair, in this tiny corner of this dimension of creation, how amazing is this exact moment! Because now you can begin to recreate who you are.

How about thinking this... 'You know I think I will just sit here and feel my heart beating, the breath flowing in and out of my nostrils. The sound of that bird, I'm glad I've stopped long enough to quiet my mind and listen to that, and to the rustle of the wind in the trees outside my window.'

What wonderful thoughts can I think of right now, who can I send love to without uttering a word or lifting a finger. I AM unlimited... forever, and I AM FREE.

Do you think you would like to have an experience like that for five minutes? Well, you can. Start today, start NOW!! It will change your life!

So many of us are looking for a miracle that will come along and change our lives, some sort of magic that will instantly transform us from who we have been to who we would so dearly love to become. But you can't go out and find someone to give you that, and if you do it will only be temporary. You can only become aware of how you are using your own thought energy, how you are using those ripples you send out from yourself. Once you take responsibility and control of these, then you will start to create your own miracles, your own magic. And the changes will be ongoing, permanent and forever.

Do you know that saying, 'wherever you go, you are?'

You are your own creation, you can be in that place you choose, the one you think is only a dream right now, your own heaven... Heaven is not a place, it is a state of mind. And so is hell...

How often have you created that, what has your balance been? Has it been more heavenly or more of that hellish place in your mind?

You see again I bet you are thinking you may well have been to that hellish place far more often, and that's simply what your life is... The hell that surrounds you makes you feel miserable, that is why you feel so bad most of the time, that is why you distract yourself with a glass of wine or even a whole bottle, or you switch the telly on far too often, or go out to buy things that will make you feel better. But has that ever worked for you? Perhaps for a moment, then you slip quickly back into your hell.

You created all of that, all the good and all of the bad through your persistent thoughts, those ripples of energy you send out. Do you know what? You will easily uncreate them too by changing those thoughts... You can recreate whatever you choose to become your heaven...

Remember we talked about you being responsible for your life and where you are right now, experiencing what you are experiencing? It is all in your creative self, you draw everything to yourself by the thoughts you have. Every single thing. And you know what, five minutes a day sitting in your chair, deciding which of those thoughts serve you and eradicating those that don't will transform your life. Everything in it. You can and will eventually change everything. EVERY THING!!

So why not be someone who practices being in the presence of your own heaven! And if that thought is too awesome for you in the beginning, too far beyond your comprehension, then just begin to play with it, just for five minutes a day, and I promise you will become a better thinking you pretty quickly.

Trust me. You will!!

And if you want to spend the rest of the twenty-three hours and fifty-five minutes you have each day thinking you are unloved, unlovable, feeling that everything is against you, that you are a victim of your circumstances, then go right ahead. That is your free choice. But please begin with those five minutes a day thinking of your own heaven, and I promise soon you will be very pleased you did.

For five minutes today, and every day I want you to experience yourself as your own creation, like a masterpiece that's uniquely you. Plop yourself into your chair in this totally neutral corner of creation that is yours, and have the experience of sitting blissfully at peace in the perfection of who you are at this moment... And you know what, you might even find yourself daring to have thoughts like this... 'Well, since I am the infinite creator of my life, what do I choose for all of my tomorrows?'

And if during those five minutes sitting in your chair there is a knock at the door or the telephone rings or you hear voices outside, remember you are sitting here, this is your time, all for you, just

for you. Turn your mind back to the beauty of the world you are creating for yourself, because it is the path that leads to the future you.

It is not enough to just embrace your five minutes as an idea, as a concept that you are the creator of your own life... you must do it. YOU must put it into practice and it takes just five minutes, that's all! And when you feel you can easily fulfil your five minutes, then make it ten, then fifteen and then twenty minutes. It will be like a drug being your own creator, knowing you are in total union with who you really are, free to begin creating different ripples you've never experienced before, knowing they will bounce back to you and become the world you see forming around you. There is no doubt about it. You just have to be persistent with the thoughts you choose to experience the future you.

This is you now coming off autopilot. There is no more flying blindly. It is you becoming confident that now you can take the controls and have a clean and level flight to where-ever you choose to go.

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