

Titles

Title 1: Decluttering Your Mind To Become A Better You.

Title 2: How Meditation Can Help Bring Equanimity To Your Life And Thoughts.

Quotes

13:38 - 13:46 “We are not a victim of the habit pattern of the mind. We are the creator of the habit pattern of the mind. Even more than that, we are the builder of the house itself.”

51:54 - 52:14 “Many people think that the goal of meditation is to remove all thoughts from your mind. However, the goal of meditation is to make you realize that you are not your thoughts, not your body, not your emotions.”

Shownotes

According to Buddha’s teachings, to solve a problem, you must first be aware that there is a problem. You can only be aware when you are in a state of equanimity. This can be done with meditation and mindfulness.

Practicing meditation does not equal a calm mind, but rather an equanimous mind. Having equanimity is like having an umbrella so when the rainy days arrive, you remain unscathed. But meditation requires years and years of practice to yield true results.

The trick is to draw a clear line between equanimity and thoughtlessness. You must come out of the box of your thoughts, which are layered one over the other, and declutter your mind space as you would a messy room. Tune into your neutrality and understand the source of your subconscious emotions. They are a part of you, not who you are.

After all, meditation is about attaining a sky-like nature of mind where your mind acts like a container of beingness and awareness. It allows you to expand yourself into the vastness and frees you from defining yourself as your emotions. Only then can you find your way out of a cycle of suffering.

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Don’t hesitate to get in touch with me at info@kinoyoga.com. If you want to share what you’ve learned on your yoga journey, you could be invited to guest spot on The Yoga Inspiration Podcast.