10-10-2016

During today’s meditation I realized something about myself. Whenever I would let a thought go and be concentrating solely on my breath, I would feel a tinge of anxiety creep through my brain. My brain is so used to working and thinking, that whenever I give it nothing to do besides observe, it freaks out and wants something to do. Whenever I get to this point, I am suddenly wondering how much time is left, and am very tempted to look at my phone.

It’s very interesting what your brain expects you to do when it is not used to being bored. Becoming more aware of my thoughts has allowed me to discover more about myself than ever before.