

Wind on Water

Mindfulness Meditation is awareness of the present moment. It's about living here and now. Through mindfulness meditation, you are freed from your past thoughts and experiences, there is no worry in your future you'll just become 100% satisfied with the moment you are in now. Free from obsession of something that's out of your control and able to relax, recuperate, regenerate and relieve from the built up every day stress. There are plenty of mindfulness techniques and they are simple to use in your daily life even within 10 minutes, or even minutes.

Sometime after you're truly familiar with your own mind the timeframe is stretched, time moves slower but each second accomplishes more. Meditation is time consuming in some states and stances, but if you are already at ease and calm to begin with, the time consuming part dissipates. Think about it like your conscious has a subconscious and your subconscious has its own conscious. The line between the two are tethered, sub means its lower down, But actually once primed it can become higher in its own right. After you're familiar with the subconscious ability, it gains its own subconscious. I like to think about the subconscious grasping to the conscious and learning to trust its higher deity.

Somehow people are born in a 100% subconscious state of mind, slowly enough subconscious vessels of knowledge add up and allow the brain to consciously make decisions by seeing similarities and basing an outcome on previous mistakes and / or proper decisions. The weirdest thing about mindfulness meditation is not outgrowing yourself, like when a tree becomes top-heavy and slightest wind can knock it over or cause an uneasy sway. Our mind starts on a subconscious level, but to begin with there is no conscious. It's confusing to think that the sub comes first and yet there is no level higher for it to grasp to.

That's like a tree growing without roots, or better yet roots growing without a tree. Accept unlike trees we are social creatures, in early stages of psychological development the subconscious mind does not have a conscious level of its own but a conscious level of social beings around it for it to mimic and shape shift into until it finds a form of comfort. Mindfulness meditation can allow someone's subconscious to reach its own true potential by growing to the size of the universe rather than growing to the size of its self, which starts at an absolute zero and can reach an absolute infinity because a mind is similar to the universe, each corridor is its own black hole.

Mindfulness meditation is one of the first meditations our brain uses subconsciously to determine reality and decipher existence as a whole. Using your consciousness to gain control of your sub corridors is important because the two are from the same essence but they want to

drift apart and repel one another. Ever hear the saying opposites attracted, well in this case opposites attract and repel while forever conjoined.

Wind is said to be the original mindful element, unforeseen and always present somewhere on earth. Patiently revolving around our earth gently touching the surface of our body of waters, trees and mountain ranges, even whistling through caverns.