

~ Meditating in Everyday Life ~

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One of my favorite practices of body-sensation meditation is when showering. Especially when the weather is a little bit hot, or I feel tired, or sometimes I am in a place where I do not feel fresh, then I take a shower. When I take a shower, the sensation of coolness or warmth going through the whole body is almost like awareness is scanning the body – not just with the mind but together with the water. But do not stay in the water for too long. Do not waste too much water. Anyway, when you take a shower, this practice is really good!

Also, when you are walking, be aware of it. As well as when you are eating or when you are in meetings. Some people say, “Oh, I cannot meditate, because I have a very tight schedule, and I have to go to meetings. I have to go to work, and I have deadlines. Then, when I come back home, sometimes I need to watch my television, and I need to answer all the emails.”

But for meditation, it is okay! There is nothing that can clash with your schedule, because you can meditate everywhere, anytime, under any circumstances. Right? Short times, many times. You can meditate in your office while you are doing your job. You can meditate while looking at your phone – and maybe, who knows, whenever you watch your phone, that could become a habit of meditating while watching your phone. That would be nice, no?

These small things are really important. Normally, we take them for granted, or we do not consider them important. Of course, sitting meditation – formal meditation – is really important. But informal meditation is also important. Informal meditation really helps to build the habit of meditation, and it really helps to transform everyday life into support for meditation.

Especially when you are facing difficult situations – a stressful or strong emotional situation. When you are having a lot of strong emotions, maybe relationship problems, whatever kind of problem, it is very difficult to meditate during these problems – but, if you try, the benefit is very strong.

I hope this will be of benefit to you.

Now, this is finished!