

## Understanding Mindfulness through Meditation

Meditation has been practised by people in various cultures and religions for thousands of years. It is perhaps since the 1980's that there is a lot more interest and research into the usefulness of meditation to help people overcome stress, pain and not so long ago in the treatment of mental disorders.

I began learning meditation in the 80's from Buddhist monks. I just followed what others do in the big hall, just sitting and be aware of the breath. It was not until early 90's that I came upon a Buddhist monk and was actually brave enough to ask him what we do in meditation. His reply was that we "observe our thoughts coming and going and then be able to bring awareness back to the breath". Through meditation one then gains awareness that thoughts come and go. I realised that my actions and speech come from the stories that I create with my thoughts. One learns to accept, let go and then respond with words that do not cause hurt or harm to the other. At a seminar a nun said that the goal of meditation is to understand the Nature of Life. It is through the understanding that we are able to reduce stress, develop better relationships and to have a joyous life.

I worked for twenty years in the IT industry with the last 10 in the role of a project leader. I can see that meditation and the understanding of the Nature of Life allow me to have a very enjoyable as well as fun time at work. Leaving my role as project manager I embarked on two years studies in Adolescence Health and Welfare and two more years in Buddhist Psychotherapy. The studies further enhanced and confirmed my belief that meditation helps people. The book that supported my knowledge is the book Full Catastrophe Living – Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. By Dr. Jon Kabat-Zinn.

I teach Mindfulness Meditation by following the 8 fold Noble Path laid down by the Buddha. The 8 Fold Noble Path consists of

8 Fold Noble Path	Grouping
Right Understanding	Wisdom
Right Thought	
Right Action	Morality
Right Speech	
Right Livelihood	
Right Effort	Meditation
Right Mindfulness	
Right Concentration	

I believe that one gains the Understanding of Mindfulness through relating to events that occurs in one's daily life and through the practice of meditation. It is through meditation that one is able to increase one's mindfulness.

I am a qualified psychotherapist in Buddhist Psychotherapy and a member of CAPAV. The workshops I hold consist of 6 mornings of three and half hours. There will be discussion followed by meditation, a break of half an hour and then discussion

followed by meditation. Classes are small with no more than 6 in the class. At the completion of the 6 workshops then one can join in the weekly Wednesday night meditation at Mingo Centre for the donation of a gold coin.

For further details about the workshops please contact Peggy Page on 0412 590 624 or email [pkpage@optusnet.com.au](mailto:pkpage@optusnet.com.au).