

Meditation Mind

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So, after 9 days of resistance and/or inertia, I finally went to the yoga studio and registered for the 30-days of meditation class. I've missed 9 days, but I thought 21 was still a significant number.

I arrived 1 minute late to the class- still dragging myself and my sprained lower back- but they hadn't started yet, and the teacher handed me a bolster and blanket and dimmed the lights. Miraculously, I was there.

I have experienced the Gong sound bath one time before, and it sounded like the soundtrack of a very horrible horror movie - deep and rumbling and ominous. This time however, it was better. I was still trying to let go of my scattered jumbled mind and just focus on the breath going in and out through my nostrils, and then it was over. Way Too Short, I said as I gathered up my stuff and the lights

came slowly back up. Somebody near me nodded, and we all walked out into the lobby together.

I was noticing that I didn't feel my back. Was I actually standing straighter? I definitely felt lighter, and more mellow. A man with his wife- they were about my age- smiled and told me he had been on the verge of breakdown from overwork and stress, and in dire need of a vacation. 'The gong is great!' He isn't taking medication either!

At home, I took a hot bath, read a few more chapters in 'The Ultimate Hitchhiker's Guide to the Galaxy' and went to bed. This morning I woke up earlier (6:20), noticed I'd slept better, did a 10 minute mediation on my CALM app, and then dialed into an OA telephone meeting at 6:45 - something I haven't done for at least a couple of months. Hey! Something's up!

Standing up, I breathed in the fresh air from my open bedroom window, and realized I'm feeling better, and looking forward to the day for once. I noticed that I am conscious of my breathing, and that it's deep and relaxed. Ahhhhhhhhh....the Meditation Mind.....