

Sometimes I get overwhelmed! How can I feel more centered?

Yes – a full life doesn't have to mean an overcrowded mind! Meditation is an easy way to achieve awareness, and objective perspective.

A Zen story tells of a professor who visited a monk to seek wisdom. The professor explained who he was, going into extensive details about his education, knowledge, and accomplishments. Finally, the monk politely interrupted the professor, and asked him if he'd like some tea. The professor accepted and continued to speak. The monk set out the tea and began pouring. He filled the cup to the brim, and continued pouring until the cup overflowed, spilling onto the saucer, table, and floor! The professor jumped up saying "What are you doing?" The monk replied, "This cup, is like your mind. It doesn't have room for anything else – it's already full."

Stop, listen, and go within (take a slow breath).

Author/philosopher, Alan Watts spoke of the purpose of meditation: "We could say that meditation doesn't have a reason. It's unlike almost all other things we do except perhaps making music and dancing. When we make music we don't do it in order to reach a certain point. If that were the purpose of music then obviously the fastest players would be the best."

Practice going within creates awareness. This allows one to connect with inner peace, truth, and being-ness. Then we can make wise decisions and redirect as needed. So meditate, and learn to be present in each moment. The result is feeling more grounded and centered – and able to deal more effectively with life and its challenges when you are faced with them.

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