

“Mindfulness and the Power of Contemplation”
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Pain, illness, fear and death and the repetition of stories and narratives we repeat to ourselves through and about them, make up the patterns and habits of mind that draw our attention from the moment. These habits and patterns form the roots of attachments to the content of thought. Contents of thought are limited in flexibility, adaptability, acceptance and scope. Although content orientation is vast and seems limitless, it is not the route to peace, self-kindness or compassion. Content orientation is suited to the kind of details which separate us from the moment and lend to identification with that separateness. “I alone see and experience this..I alone face this darkness...my suffering belongs to me...” This is the [mine] field.

Mindfulness Meditation cultivates awareness which observes the thoughts and feelings, the habits and patterns, the attachments to stories and narratives and navigates the [mine] field. Awareness of the habits and patterns creates new learning about them as well as the potential for freedom, by loosening the binds of attachment to content and opening the possibility of the experience of process. (Process here is insight into the workings, movements of, and shifts and changes in the patterns.) Education inherent in process awareness offers transcendence which allows one to be with each moment and then let it go and be with the next.

Being more able to be in, be aware of, and fully experience our lives moment by moment, assists us in living more fully and joyously. From the moment, we can discover and create. From the moment, we can be with the stillness and poetry of being alive.

Along our way to working with the habits and patterns of our [mine] fields, skill building in Mindfulness offers an ongoing opportunity within each obstacle for developing self-kindness, patience and compassion for self and others.

In each moment, there is a beginning. In each breath is an opening to a world of being. Dissolving patterns with gradual and soft intent offers kinder ways to approach ourselves. We open our hearts, eventually even through our emotional challenges; one breath at a time. The power of contemplation is far more than ordinary thought. In it is the potential of each human being to mindfully find their way, a birthright.