



# MINDFULNESS MEDITATION

## **EXERCISE**

### ***Who are You? Living Authentically***

There are times in our lives when we wonder who we really are. We may have experienced great success by all objective measures, but there is a hollowness inside, a sense that something is missing. Perhaps there is even a sense that we do not know our purpose in this life and a yearning to know and to live authentically.

It may be that we have suddenly realized that the career we have pursued and at which we have been successful is no longer our passion, or even our interest. It may also be that some of our relationships are no longer nourishing and perhaps never have been. But somehow we had not deeply considered these issues before, or if we had, we did not listen to our inner voice.

However, there comes a time when we can no longer ignore our authentic self. The voice may become more persistent or we may become unwell as a result of not living authentically. The best way to answer these deep questions and deal with these issues is to know ourselves intimately. In order to do this we need to train ourselves to listen to our bodies and our minds.

Upon rising, or any time in the day when you know you will not be interrupted for 10 – 15 minutes, take time to do Mindfulness Meditation. Start by sitting in a chair or lying on the floor in a comfortable position. Close your eyes and become aware of your body in this moment and systematically relax the whole body to the best of your ability. Start with your feet and work your way up to your head.

Become familiar with the parts of your body that feel tense or tight. Be very gentle and loving towards them. Gently release the tension without judgment or impatience. Our body holds a great deal of wisdom. Our thoughts and experiences are imprinted in the body. Releasing tension will likely reveal information that you may have ignored or suppressed. Grow to love your body.

Open up to the information as it is revealed. Listen to what your body and mind are telling you as you relax. At first you may experience glimpses of your authentic self. With more practice, the messages will be much clearer and soon, as you create a habit of listening to your wisdom, your body and mind will be in sync without struggle. This will be the beginning of knowing yourself intimately, enabling you to make the choice to live authentically.

Then for the last few minutes of the meditation, let go of your focus around systematically relaxing various part of the body and remain in that stillness, allowing the whole body to remain relaxed. If the mind wanders, which it will naturally do, very gently bring it back to the present moment, keeping the body relaxed. By coming back to the body you are training your mind to reside in the present moment.

When your time is up, open your eyes, become aware of your surroundings, and prepare to enjoy a mindful day in line with your authenticity.

During the day, practice a “Mindfulness in Action” strategy. Over the next month or two, practice keeping the body relaxed during the day. Periodically check in with your body to see if there is any tension anywhere and release that tension to the best of your ability. This will help bring you to the present moment and become aware of what your body and mind are telling you as you move through your day. ♥

*Maria Gonzalez is President and Founder of Argonauta Strategic Alliances Consulting Inc., founded in 2001. She has practiced Mindfulness Meditation for over 17 years and now teaches her own classes in Toronto, ON.*

*If you would like more information on Mindfulness Meditation, visit [www.argonautaconsulting.com](http://www.argonautaconsulting.com).*

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*Take a moment and record your thoughts*

