

What is being?

**Being is what is left after you wipe away the story, the emotions, the past and the future. Being is the fresh look at the present moment. It is as if you were reborn a newborn, a pure energy all over again.**

How do you find this being? Everything I have tried feels like it's not working.

**Well that means you're close to being.**

Sure does not feel that way. I feel alone and in a desperate place.

**That is because you are letting go and making changes. What do you think being feels like?**

Well, I am asking you, but so far being to me is sitting to meditate and focusing myself into my third charka and smiling into it; a genuine smile that comes with just doing it because I'm happy to be there, not a fake smile like 'this is what I have to do to achieve a goal'. A smile that comes with ease, on its own.

**So you know this, what seems to be the problem?**

My thoughts, my emotions, my make believe stories come flooding back into the space that was my being.

**Yes that does happen. That is part of being, that is understanding that the flood of emotion or story is going to happen but also there will be a flood of being that will overcome the story/emotions. In this case your job is to show up and let it all be.**

So what should I do?

**Stop, breathe, and sit in meditation focusing yourself into your third chakra and smiling into it.**

That's real good if you have time to sit, breathe, and meditate.

**Ok; stop, breathe, and stand, drive, work, shower, cook, clean, shovel, type, and/or whatever you're doing and focus your mind in your third chakra and smile into yourself. Do it with your eyes open, eyes closed, wearing sunglasses or no glasses at all. This meditation is not to have you leave the present moment but to be in the present moment. When you are in ego you are leaving your present moment so you can go into your story.**

**Imagine you have a brand new job. This job involves a lot of thinking, activities, and safety and quality control issues.**

Yes.

**So the first few days your mind is in the present moment working on learning the new job, watching different people and seeing how they do it, trying to find your way to make a good product in a safe, efficient manner to be an effective worker. However, when you have learned the job, I ask you and**

anyone reading, how many of you are mindfully at your job? Are you at the job or are you in your stories because you do not have to be there in the present moment because the job has become mechanical in your mind?

Another good example is driving: how many times have you arrived at the end of your ride and do not remember the ride to get there?

I understand. So what do you want to say to everyone?

Everyone, try this meditation: Stop, breathe, focus your mind into your third chakra at the level of your solar plexus. It is the space between your lower front ribs, above your navel. Smile into your third chakra. That is the beginning. Start with five minutes and work up to whatever amount of time you want to feel good. At first you might need to make yourself smile by physically putting a smile on your face and projecting it down to your third chakra. Soon bringing a smile to your face and projecting it down into your third chakra will come naturally. Now, try this during the day when you're working, driving, whatever you are doing: stop, breathe, focus your mind on the third chakra, and smile. Remember to keep your eyes open when doing this driving or working or whatever you're doing. This will take you out of your story and bring you to the present moment. Good luck and god bless.