



Close your eyes,
Take a breath,
Inhale calm,
Exhale stress.

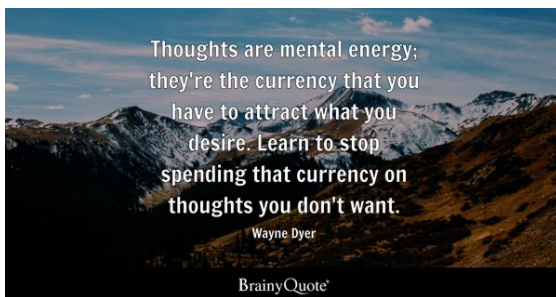
The energy of mindfulness is a real energy, and whenever energy is applied there is a change. – Thich Nhat Hanh.

Mindfulness@porthcawlu3a.org.

Jaci & Jeff
YMCA, first and third
Tuesday, 1.30 – 3.30 pm

How Mindfulness works – Emotion, Energy, the Brain and Body

Some of our thoughts have such a strong impact on us because we have either **suppressed** or **reinforced** them.... Think about it.



It is estimated that we have between thirty to sixty thousand thoughts a day, mostly repetitive; Why is it that most of them don't bother us? Why is it that just some, perhaps one or two, simply keep returning again and again and bring with them (or so it seems) such emotional discomfort?

Could it be because there is unfinished business here? Either we have been trying to push our thoughts and

feelings away and it is in that pushing away or resisting that our energy is trapped. Or we have been trying to suppress them which again is an energy trap. Or we keep holding on to them, called 'attachment' and of course, that's again another energy trap

Attention directs the flow of energy. **Where attention goes, energy follows.** So, whether your attention is on **not wanting - resistance or suppression-** to have a certain thought or feeling or **wanting - attachment -** to dwell on it, that's where your energy is held. Physically, it feels 'bad' or unpleasant in the body, such as **feelings of guilt, shame, unworthiness, insecurity, powerlessness** and so on because that energy is trapped in it instead of being given a chance to dissipate **in its own natural way.** Your attachment or resistance is holding your energy.

The best way you can release the energy that is trapped in your body is by allowing the thought and the emotions that are associated with it to fully express themselves in your body. When you do this consistently, changes take place in your brain and body that reflect the release of this trapped energy and the new thinking patterns - neural connections - are being created.

This is how your mind and body can be consistently restored to or maintained in its natural state of peace and wellbeing. And this is exactly what happens when we practice **mindfulness.** By simply allowing our attention to rest softly, peacefully and non-judgmentally on whatever thoughts, emotions or body sensations arise, we allow them to express themselves fully and dissipate naturally. You see, mere attending does not keep energy trapped but attachment, resistance or suppression does!

Now, some of our experiences (**which become mental stories**) are particularly discomforting and notoriously generate a cascade of thoughts a day and even days, months or years later. Each time the memory of the experience arises, **more thoughts gather around it** including some relating to things that did not upset you at the time of the incident, but which now draw your attention giving you ever more cause for upset!

My experience tells me that this can take a long time, often a very long time because we might have suppressed emotions for most of our lives, so you might need to repeat the process of allowing your thoughts and emotions to fully express themselves in your mind and body each time they arise before all the emotions are fully released. It is as if the **release happens in stages,** the first stage often releasing the bulk of the trapped energy and the later stages releasing what

is left, bit by bit. Sometimes it also happens that some of the strongest releases happen at the beginning!



Since **emotion is energy in motion**, when emotions are stuck, energy is stuck and that leaves us feeling less than well. *Learn to accept and recognise your feeling of unwell-ness as a simple matter of energy being trapped in your body, as emotion being prevented from its natural motion or movement.*

There is **nothing wrong** with the emotions that we experience whether it is rage or lust or guilt or sadness. They are nothing more than energy states which must be allowed to naturally dissipate. If could stop to unfairly or wrongly consider something or someone as a problem, especially a medical problem, we would be able to approach them with no more concern than we would a sneeze or a pebble in our shoe. After all, all it needs is for us to allow the energy of our emotions to **continue its natural movement** rather than stay trapped within our body. **Remember, energy is positive as well as negative. It all depends on where you place your attention.**

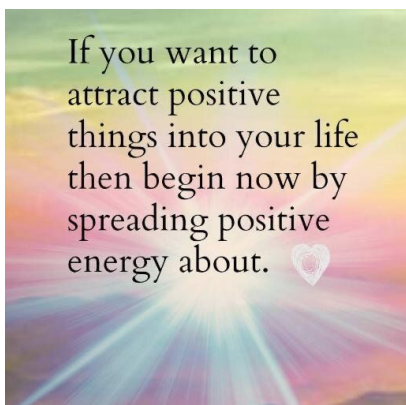
**This is an excerpt on Connections from the book.
The energy of prayer by Thich Nhat Hanh. Known as Thay.**

"The other evening when I was practicing sitting meditation, I sent my energy to Sister Dam Nguyen, a nun who was very ill, in Hanoi, Vietnam. When we practice compassion, when we meditate with our focus on compassion, then we practice love. This transmission of energy is a form of prayer. Sister Dam Nguyen enjoyed a remarkable recovery; but that is not the only point. When our heart is full of love, then we are creating more love, peace, and joy in the world.

"When we send the energy of love and compassion to another person, it doesn't matter if they know we are sending it. The important thing is that the energy is there, and the heart of love is there and is being sent out into the world. When love and compassion are present in us, and we send them outward, then that is truly prayer.

"In sending love outward, we may notice a change in our own heart. That prayer has begun to have a result inside us. When Sister Dam Nguyen was here in Plum Village, the other nuns looked after her and showed her a great deal of love. All that love and energy is still within her and within each of us. If we return to ourselves and are in touch with that energy, then we have more energy to heal the body and mind of another."

In the book, Thich Nhat Hanh introduces the reader to several meditation methods that re-envision prayer as an open, inclusive, and accessible practice that helps create healthy lives through the power of awareness and intention.



In his book above, Thay ask the question "Who is it praying and who is receiving the prayer"
My answer is 'my soul and heart energy are transmitting to the universe, and the universe replies'
What's your Q and A?
Hugs, Jaci 4th March 2025.