

Peace of Mind: To Ease the Suffering of a Busy Mind

-by Jacquie Clarke

I sought out meditation because I wanted peace of mind. My sleep was irregular because I could not stop thinking about work, or people who annoyed me, or tasks I had forgotten to do. "What if I miss the deadline?" I would ruminate late at night. "I can't believe she said that to me!" I would fester over long after the conversation had ended. "I forgot to buy milk," which would create a long mental list of many things I needed to pick up. I would replay these scenarios in my car driving home from work, daydreaming as I watched TV after supper and in bed while I tried to fall asleep.

I attended my first Mindfulness Meditation workshop with Barb Downie at The Yoga Studio North. My then boyfriend (now husband) and I had fought over money, property and power in the relationship, moments before the class was to start. I arrived late, distraught, angry, confused, but knowing it was important to stay for the daylong session.

As the meditation techniques were explained and practiced, I could feel my body and mind relax. I also could feel the emotions in my body - my chest, my stomach, my back, my legs. This was not something that I had known I could or should pay attention to.

During lying meditation, my emotions swelled up and I allowed a few tears to escape down my cheek. Not enough for others to notice, I hoped. But it was enough for me to know that I did love this man, even though he frustrated me. And I knew that meditation was going to help me figure myself out and that I would come back for more.

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