

## Mindfulness

**Mindfulness** is all about knowing your mind! Consciously attempting to understand your emotions and thoughts is a skill. Once the thoughts and reasons are sensed the reactions can be managed. This help you to be composed and happy since your reactions are in your control.

As a human, it may not possible to restrict the various emotions or thoughts coming to mind. Have you ever attempted to suppress your thoughts? Do you think it is possible? It may not be possible. However, the correct way to live happy life is to let them GO! As said by the Buddha, the thought shall be like writing on the water.

### **Let's attempt to understand the thought process little scientifically....**

Our brain can be considered to have two parts, **Right Brain** and **Left Brain**.

Right Brain is an emotional way of thinking, and take decision emotionally, based on the past experience. In any situation, what was the reaction in recent past will be recalled and similar reaction will be suggested. For example, when somebody shouted, previously reaction was very aggressive and I have shouted back, hence in any such situation, the same aggressive and impulsive reaction will be suggested by the right brain.

Opposite the former, later i.e., left brain is very rational and logical. In any situation, it will provide a logical, ethical, and correct reaction and not the impulsive reaction. Like in as per the same circumstances, of someone shouting at you, left brain, will try to understand why he or she is shouting and will attempt to listen and communicate in a way to resolve an issue rather than aggravating the same.

Here comes the interesting part. Hippocampus is a one of the naughty body parts, which gives input to both these brains. The information received by the various senses of the body is provided to both the parts of the brain by Hippocampus. Only trick here is, it gives information to the right brain fraction of second prior to left brain. Of course, there is a reason for the same, which will be explained in the later part of the article. However, lets attempt to understand the impact of this first.

Since the information is give to the Right brain (emotional one) first, basis the past records, it will suggest giving impulsive reaction, before left provide provides the logical reaction basis the rational thinking. Person who is not able to hold on the impulsive reaction suggested by right brain may give irrational reaction. Opposite to that, person who can hold on for some time and receives the logical and thoughtful reaction from left brain may be in absolute composed position to tackle the situation.

In crisis situation, we often lose sight of important functions like Empathy, rational and clear thinking and a better perspective.

### **Now how do we practice the same??**

In order to improve the rational thinking process, one may do meditation. Attempt to improve your listening skills. Mind your reactions. Just hold on your reaction for few seconds, till the time left brain suggest something. Consciously ask your left brain, what is the logical reaction?

Some key aspects of mindfulness are tabulated below for easy reference:

Trust	Trust your choice of being on the correct direction
Acceptance	Accept the facts around you as it is
Let it Go	Don't dwell upon the things, let it go
Patience	Don't be reactive, show some patience
Meditate	Make it a habit to do meditation
Listen	Make an attempt to listen to your body

Listen to your body, mind your reaction and leave Happy & Healthy Life!!!

**-Karishma Raut**