

It's just thinking!

The present moment is our greatest teacher. It's with us everywhere we go and it's something we can rely on to show us when we have reached our edge.

'Our edge' is different for many people and even for ourselves this can change.

Meeting your edge is the feeling you have when you're unable to change events in your favour. It could be bad news of any kind or unexpected change.

Books or articles about meditation can leave us with this impression of tranquil smiley faces sitting on top of relaxed bodies. Sometimes that *is* what it can be like, but sometimes 'bam' we're hit by thoughts we'd rather avoid or find ourselves in a situation where running away seems like the better option.

How do we run away? We may find addiction works, numbing the senses with booze or other substances, or head for some retail therapy!

Meditation and breath awareness can teach us that all our thoughts are just thinking. Usually this is based in the past or the future. In anger or stress, we play back scenarios based on what we *should* have done (the past) or what we would *like* to do (the Future) but this is just *memory* and *fantasy*. Our lives and the decisions we need to make exist only in this moment.

The Present moment.

When you concentrate on your breathing you effectively bring your mind back home.