



## GRIEF BRIEF

### *Continued*

*Why, you might ask, would someone want to waste so much time on something knowing it won't last? This practice helps to cultivate one's ability to recognize not only impermanence but the creation and destruction that is a part of the natural order of life. In addition, this practice helps one detach from focusing on the end result in order to enhance connection with the here-and-now, known as non-striving.*

*Non-striving is a tenant of mindfulness that can be summed up as trying less and being more. Non-striving is a difficult notion in our high-paced, rat race society. Very often, we equate our self-worth with our level of productivity and we may not have developed our own personal identity outside of the things that we do or achieve.*

*When in the space of non-striving, we fully engage in the present moment as we embody the role of The Witness. As was discussed in our previous issue, being The Witness allows you to just be, with no motive or agenda. Now, setting goals can be a great thing, it's the part about getting there that can be problematic. Oftentimes, once we have a goal in mind, we tend to hold rigid expectations of what it takes to get there. Like Jimi Hendrix once sang, "And so castles made of sand fall in the sea eventually."*

*If we find our metaphorical sand castles melting away and contending with changes to our plan, it can feel paralyzing and demoralizing. In turn, we tend to form beliefs based on these experiences that can create a negative personal narrative. This comes from a place of acting as The Doer instead of The Witness, which also may result in heightened emotions, self-doubt, a fear of failure, and "what if" thoughts.*

*By strengthening the ability to operate from a place of relaxed alertness through mindful living, we can frame goals as intentions.*

*Setting intentions allows us the permission to get out of our own way and loosen the tight grip of the rigidity we often develop when pursuing a desired outcome.*

*So you may be saying to yourself, "Easier said than done! I'm not a monk!" Good news is, there are easy ways to engage in flow practices. By getting creative or doing things we enjoy and feel passionate about we can connect with our flow states. With childlike curiosity, openness, non-judgment, acceptance of what is, and non-striving, mindfulness can free us from the tunnel vision of how we think our lives should be and help us to see how are lives really are.*

*To quote, yet again, Jon Kabat-Zinn, "The real meditation is how you live your life."*

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*And so castles  
made of sand  
fall in the sea  
eventually.*

*-Jimi*

*Hendrix.*