

Hello,

Your distress has helped me focus and remember key points. I share this from compassion. Every second is a choice in how you respond to the reality that you face. My basic core advice is focus on what you can do, not on what you can't. Play to your strengths instead of being paralyzed by your weaknesses.

We have just this moment here and now, over and over. Every moment there is a choice about one's response, one's attitude, one's focus and aspiration. The choice is love or fear, compassion or self-centeredness, generosity of spirit or greed/clinging/attachment. Embracing wisdom or succumbing to ignorance.

When you are overwhelmed, rest in the distress without reacting. Just breathe and be present. Thoughts and feelings are constantly arising. If you sit with them without clinging to them or pushing them away, they naturally dissolve. Thoughts keep bubbling up. It's the natural spontaneous display of awareness, Just watch without engaging. The train keeps coming, just don't get on board.

Pema Chodron says it perfectly "Pause, touch the energy of this moment, rest in the natural state, spacelike timeless awareness. When we slow down and allow a gap, self-existing openness comes to us. It does not require a particular effort, it is available anytime".

Meditation is not a chore or something with a concrete goal or attainment you need to reach to "succeed" at it. Just relax, really rest in the moment. Focus the awareness on the breath with your whole being. You are breathing the universe in and breathing it out. Nowhere to go, nothing to do. Just be here in the present mindfully breathing. Slowly, step by step you reconnect to your true nature, your energy essence - awakened mind. It is a great ocean that you are fully connected to, it is who truly are. Relax there and be refreshed, reenergized. If you are overwhelmed, resting in your true nature will spontaneously fill you up with exactly what you need right now. Be open, be grateful and wondrous transformation will arise. No need for perfection. Do the best you can. Just being present for a few moments in the ocean of your true nature can revive you.

Sit, breathe, rest in meditation. With mindfulness, if you notice you have become distracted, gently bring yourself back to awareness of breath. Be encouraged, each time you meditate you can go a little deeper. Some days may not be so great and you may be distracted. You can still learn from these off days. The effect is cumulative. Over time, by persisting, you will go deeper and your inner life will blossom. You will be amazed by what this opens up for you.

Your deepest nature, what buddhists call heart mind or awakened mind is always at the center of your being. Patiently keep walking the path day after day. The day will come when you can transform whatever unpleasant or unwanted circumstances that arise into forward progress on your spiritual path. Then things get really amazing. Step by step you will get there. Even the partial progress along the way will improve and enrich your life in many beneficial ways. You can absolutely do this.

Aloha David