

What we have learned in this chapter	Your reflections
<ul style="list-style-type: none"> <li>• Meditation is important because it is an effective way of training the mind, which will help us to develop compassion and reduce our stress levels.</li> <li>• The mind as it is now is like a wild elephant – powerful but out of control. We need to calm it down in order to harness its natural potential.</li> <li>• Learning to become more mindful will help us to switch off the automatic pilot in our mind and enable us to be more present to our activity. This will release our energy and resources and help directly with stress.</li> <li>• Meditation is a way of coming to know yourself and making friends with yourself.</li> <li>• It can be said to have three elements: mindfulness, awareness and spaciousness.</li> <li>• The point is not to block our thoughts and emotions but to see them like clouds crossing the sky – they come and go and make no lasting impression.</li> <li>• Meditation enables us to be more in tune with life as it actually is, with its continual change, the inevitability of stress and suffering, and interconnectedness.</li> <li>• Current scientific research is endorsing the experience of meditators by showing that it has positive effects on our health and wellbeing.</li> </ul>	