

Silencing the Mind.

The man had been losing sleep for hours each day and night. Worry and anxiety were ruling him, but he wouldn't stop. Finally, he sat himself down and decided to meditate; that's all he wanted to do. As he meditated, he remembered key components that he had neglected lately: being in the center of his head, closing down his lower chakras, and owning his own space. As he remembered to do these steps, he became calmer. He grounded and let the earth and cosmic energy mix, and then fill his body. As he calmed and filled with this new energy, he decided to let it run. He continued to sit. Thoughts came and went, and rather than allowing them to occupy him, he let them go. Slowly, his brain relaxed, and he heard the late evening sounds of frogs. He sat and became connected to his environment. He decided to stay seated for an hour and enjoy this cleansing, insightful meditation.

The next morning, he awoke and remembered that instead of doing everything himself, he could hire people to help. Later, he phoned a guy who had worked for him before, and he agreed to start that day.

The man's house sat in the middle of a forest, and since it was still early morning, he decided to make the deck more comfortable. He had meant to do this for a while, but now he had time.

Finally, the man's world of worry and anxiety faded. The work he had planned to do was being done, and he was free. He relaxed and rested, for the first time in weeks. He was so drained that he slept for an hour during the day; when he woke, he felt refreshed for the first time in weeks.

The seventy-plus hours of near-nonstop work or worrying about that work, while trying to solve the unsolvable question of how to do it all, were over. Instead of stubbornly relying on willpower and doing everything himself, he had calmed down and let his common sense take charge.

Written by Peter Skeels © 8-28-2026