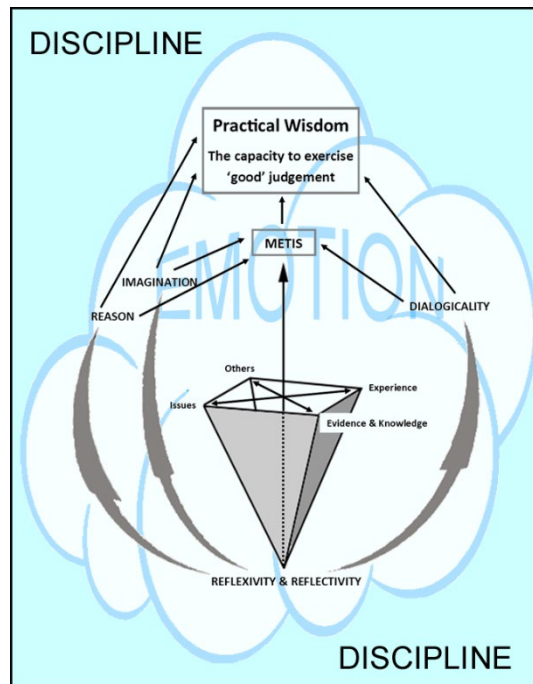


## Cognitive Conduct

*“Meditating will not make you Mindful but being Mindful might make you meditate!”*



There is much written and said about the practice of meditation and its benefits in multiple dimensions. As an attempting Theravada Buddhist I have had personal experience of its power to assist one in contending with the trials and tribulations of everyday life. I have had my own troubles – reliance on alcohol being one – and I can attest to the practical impact of Mindfulness Meditation on me, and some alcoholic acquaintances.

BUT meditation is not meant to be a practice that is there to assist ones recovery from ones reactions to circumstances – though it can be profoundly effective in that role, and is without the side effects of alcohol.

However, **the real target of meditative practice** is to help one develop the capacity to better engage with ones circumstances and thence better control ones reactions to them.

To engage with the world appropriately one must exercise cognitive discipline. To engage with the world appropriately is fundamental to good judgement. Meditation is the practice ground on which one can practise this crucial capability.

When we meditate we strive to take control of what is ‘on/in our mind’. In meditation we deliberately challenge ourselves to gain a still and uncluttered mind – we seek to quieten our mind. To be wise we must develop the right quality of attentiveness – a capability for receptive focussed concentration.

The Mindful Manager seeks a mind that can pay unwavering focussed attention, one that does not leap to label things, and has the possibility of being appropriately receptive.

What we perceive is mostly determined by how we engage with the circumstances with which we contend. The Mindful Manager strives to pay powerful attention to her/his experience WITHOUT interpretation. In mediation we practice the art of not using language, as it is through language that we interpret. We pursue a mind free of language – a mind free of thoughts.

In meditating we listen to the world – we simply let the world reveal itself to us – we practise not leaping to interpretations.

The Mindful Manager meditates to practise the level of cognitive self-discipline that one requires if one is to most effectively pursue practical wisdom.