

Internet/E-mail Meditation

The Internet and e-mail are now a way of life and a principal means of communication in the twenty-first century. It is quite easy to be totally consumed by the Internet, chained to our chair, forgetting to get up and move around, eat or be in touch with our body. After hours of staring at our computer screen, our eyes are strained, our back may hurt, our shoulders are stiff, and our mind can become numb.

We can refresh ourselves easily by breathing with awareness. The following meditation is very helpful in preventing major mistakes or disasters that occur when we are on computer overload, like sending sensitive e-mails to unintended recipients. You can use it whenever you write an e-mail before you click “Send.”

Breathing in, I thank the power of the Internet.

Breathing out, I am fully conscious of my current e-mail actions.

