

2/9/09
Meditation

AGE 14

For me, meditation is not something I have to do, it's something I choose to do. Meditation has made me realize how much trouble I don't have to get into. Before, I would do things in retaliation without thinking. With meditation I choose to not retaliate at all. Therefore putting trouble away. I use meditation most often when skateboarding. Before when I did not land a trick, I would retaliate with a massive amount of frustration. Now I simply stop, breathe in, breathe out and breathe in, breathe out. I don't necessarily get the trick right after that, but it helps a ton.