



Airports, dialysis units and mindfulness

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Mindfulness on the Rocks – Meditation Solutions for Maximum Life Impact

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Airports are both happy and sad places. They play havoc with all of our emotions. Hellos, goodbyes. Gut wrenching sadness, extraordinary joy. Conflict, impatience, judgment, anger. Airports represent pivotal transitional points that mark either the end of a journey or the beginning. They are places where hours and hours of time pass just sitting, held captive.

Airports are filled with lovers embracing, exchanging hellos and goodbyes. They are filled with families bidding farewell

to children, parents and relatives. They are filled with lonely individuals enthralled by their mobile phone conversations and with workers who sometimes struggle to smile. It is all there if you simply open your eyes and look.

Dialysis units can be like airports. We arrive and depart trying to get somewhere else. We carry excess baggage that we divest ourselves of or cling to. Dialysis units are busy places where visitors simply go through the motions. They can be places of joy or places of suffering. At times staff can appear to be grumpy and indifferent like staff at airports, overextended, removed, and tired.

Similar to airports, dialysis units necessitate prolonged sitting, dead time, and endless unpredictability. Like airports, dialysis units can be viewed as temporary interruptions along the path of life. We can navigate through them on autopilot, blindly or we can breathe and perhaps even smile along the way.

Mindfulness offers us that choice. Mindfulness is paying attention purposefully, in a particular way without judgment. Both airports and dialysis units offer us potential peak moments. Peak moments are times in your life when you are completely present with all of your senses, acutely and luminously. When you see children at airports they scan curiously, paying close attention to the details that the rest of us miss. We can choose to simply become an extension of the dialysis machine, programmed, mechanical, and just existing, or we can choose to accept what is, and, in doing so, make this stop-over a place of exploration and spaciousness.

When we try to escape our current circumstances we suffer. This “running from” makes us sick emotionally and physically. It churns in us like an undercurrent, always there, always taking our energy. When we are mindful, we feel more calm. We see more clearly. We listen and speak with true presence, and we enjoy less conflict.

The practice of mindfulness through meditation helps us to cultivate this innate opportunity to see the world differently. It offers us beginners eyes so that we can explore fully what is. We spend so much of our life on hold or in fast mode always striving to be somewhere else. We seek distraction in an effort to find happiness but continue to feel unfulfilled. Consequently, we miss what is most important - this moment.

When we are mindful we are fully awake. We are in tune with our bodies, our thoughts and our emotions, the pleasant, neutral and the unpleasant. This clarity makes us feel alive. It helps us to truly see what is.

Mindfulness allows us to feel more deeply, love more passionately, and continue more completely. These abilities distinguish us from the machines of airports and dialysis units and make us more resilient. Mindfulness frees us from captivity and the doldrums of living in auto pilot allowing us to simply be.

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