Dealings with Distractions: At-home Meditation Practice

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Published online: 10 April 2018
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I'm on a date –
me and my mind.
Wearing loose cotton
I'm lying down
on a yoga mat
my eyes closed
in the basement,
my meditation lab
cool and quiet
like a cave.

Here I'm a scientist –
curious detached
accepting –
watching my mind
free of *external* distractions.
Again and again
I throw out a lifesaver
and reel myself in
bringing my mind back
to the breath.
I am at sea
dwelling in sensations –
observing the short and choppy
rising and falling,
transient waves
of thoughts and feelings,

without riding them,
without getting caught in a rip current
or smashing surf.

My job now is training my mind
by focusing
on each in- and out-breath,
finding refuge
where right and wrong
ego, anger, and fear
in this moment dissolve,

finding refuge
in compassion,
her warm, calm water
embracing me
lifting me up.
My mind disengages
from the world outside
until breath by breath
I arrive home
safe and serene.

Twenty minutes later
my eyes open.
Slowly I rise
stepping outside my self.

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