

Leaves on a stream

Try and find a comfortable position sitting upright with both feet on the ground. Either close your eyes or rest them on a fixed point in front of you. Slowly take a gentle breath in and out. Notice how it feels as the air enters and leaves your body. Notice how it sounds. Now imagine you are standing by the bank of a gently flowing stream watching the water slowly pass. Imagine what the ground feels like beneath your feet. Notice the sound of the water as it flows and hits the river bank. Notice how it glistens as it catches the light. Now imagine there are leaves, all different shapes and sizes, flowing in the stream. Just notice them for 5 seconds.

Now try to cast your awareness to your thoughts, feelings or sensations. Each time you notice something, I want you to imagine that you are placing it on a leaf and letting it float down the stream. Try not judge what you notice as good or bad, just place it on the leaf and watch it float away. If your thoughts stop, just go back to noticing the stream. And when a thought pops up, place it on the leaf once again. Don't force it, just let your thoughts flow at a natural rate. Notice any urges to alter the task or to change the flow of the stream. Also, notice any thoughts, feelings or sensations that arise in response to this exercise and place them on the leaves as well. Now slowly bring your attention back to your breath, breathing in and out as you gradually bring your attention back to your surroundings.

