



Meditation

Mindful
Exercises

Handout Traditional
and Nontraditional Ways to
Support Healing and
Manage Pain



Nothingness

"Train Stop Utopia"

Imagine being in a
train station.



*Place yourself and all your thoughts
into one of the busy train cars.*

The people on the train represent your thoughts.
Allow the train to make stops and at each stop,
passengers exist, so do your thoughts.



*Continue sitting in the train
car until you are alone and the train comes
to it's final stop (destination).*

Here, bask in the silence - the space
between your thoughts.



Nothingness

"Stability of the Square"



Concentrate and focus
on your breathe.

Envision a square in your mind.



Use your "in" breath to trace the top of the square,
The "out" breath to trace the side of the square,
The "in" breath to trace the bottom of the square,
And the "out" breath to trace the other side of the
square, Completing the cycle.



Repeat the process
(as many times as you would like)
Relax, slowing the breath each cycle.

