



Mindfulness Meditation

Patterns of Thinking

Have you noticed that your thoughts can swing from one side to another in a matter of minutes? Thinking "they love me... they don't like me..."; so what is true? In this practice we will focus on noticing the patterns of thinking so that we don't have to believe everything that comes to mind.

Let's start by easing into what's arising in your inner story.

Remembering to sense you are hearing and seeing.

Direct your attention to breathing. Lightly steadying it on the movement and sensations of breathing in and out.

As thoughts grab your attention, treat them with curiosity.

If they were part of a movie, what would the theme be? Romance, thriller, tragedy, action?

Now, remember to sense your hearing and breathing.

Simply allow your attention to connect with sensing the body breathing.

When you realize you are thinking, appreciate that this is a moment of knowing.

Thinking.

What is the general story line now?

Perhaps as you notice it, gently name it: fantasy, drama, planning, judging.

Now, sense what it is like behind the story. Just like when you are watching a movie, it evokes emotions. Your stories do the same. Perhaps you can notice this.

While feeling this, perhaps you can connect to the watcher of your own movie.

Notice that your body is breathing. Seeing. Hearing. Smelling. Tasting. Touching the edges of where you are sitting.

Attention is pulled to where there is the most charge.

This is usually thoughts.



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Notice the theme of what is being thought.

Sense the vibrations behind the story by opening attention to the emotions behind the thoughts.

Here, the story of who you are changes. It grows bigger than pretty or not pretty. Perfect or not perfect. Able bodied or not. Sick or well.

Remember to sense breathing as you are seeing. Hearing. Tasting. Smelling. Touching.

Notice when your attention moves away from sensing and gets all caught up in thinking.

When this happens, just try to treat your thinking as a new sense to discover. Openly exploring your thoughts in this way, can change the way you feel about your thoughts.

With practice, you can gradually learn how to make up your own inner story in a wise and healthy way.