



Mindfulness Meditation

Thought Bubbles

This exercise is best practiced sitting comfortably or lying down. In this meditation, keep in mind that it is easier to recognize thinking in a quiet environment. The thinking process can be slippery like soap. Thoughts can come and go so fast that it is hard to catch them. Nonetheless, let's see if you can recognize some of the stories in your mind. When you do you'll have more choice in your story because you'll know what you're thinking and you won't get as stuck in the difficult ones!

See if you can find your breath. Gently allowing the sensations at the end of your nose.

*Breathing in,
Breathing out.*

*Breathing in,
Breathing out.*

When you lose the connection with breathing, it usually means you're thinking. When this happens, see if you can give a short one word title to the story in your mind.

Are you planning? Is it a fantasy? Is it a memory? Perhaps you are even doubting that this works. That's OK. Just name that story as "doubting" and see what happens. Now return your attention to breathing.

*Sensing breathing in,
breathing out.*

You can think in pictures and in words. Once you see a story and give it a title, see if you can imagine putting the story in a bubble. It could be a big bubble or a small bubble depending on how long the story is. Then using your breath, blow it away.

*Breathing in,
Breathing out.*



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When you lose your breath, see if you can title the story. Imagine it in a bubble. Blow it away.

*Breathing in,
Breathing out.*

Stories take shape in our minds and contain feelings that we sense in our bodies. When you know what stories you are making up, you have more choice on what happens.

Well done and remember it's just a practice!