

## WATCH YOUR THINKING

1. I invite you now to sit up straight, and let your shoulders drop. Gently push your feet into the floor and get a sense of the ground beneath you. You can either fix your eyes on a spot or close them.
2. Now just take a moment to notice how you're sitting. (*Pause 5 seconds.*) And notice how you're breathing. (*Pause 5 seconds.*) And for the next few breaths, really observe the breath—study it—notice it flowing in and out. (*Pause 10 seconds.*) Observe it as if you're a curious scientist who has never encountered breathing before. (*Pause 10 seconds.*)
3. Now shift your attention from your breathing to your thoughts, and see if you can notice your thoughts: Where are your thoughts? Where do they seem to be located in space? (*Pause 10 seconds.*) If your thoughts are like a voice, where is that voice located? Is it in the center of your head or to one side? (*Pause 10 seconds.*)
4. Notice the form of your thoughts: Are they more like pictures, words, or sounds? (*Pause 10 seconds.*)
5. Are your thoughts moving or still? If moving, at what speed and in what direction? If still, where are they hovering?
6. What is above and below your thoughts? Are there any gaps in between them?
7. For the next few minutes, observe your thoughts coming and going as if you're a curious scientist who has never encountered anything like this before.

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8. From time to time, you'll get caught up in your thoughts, and you'll lose track of the exercise. This is normal and natural, and it will keep happening. As soon as you realize it's happened, gently acknowledge it, then start the exercise again.

You could continue this for several minutes, with periodic reminders of the last instruction—or if you only want to do a quick exercise, you could bring it to an end at this point, as suggested in the last exercise. Debrief the exercise afterward, as with *Leaves on a Stream*.