

Leaves on a Stream

This takes about 2-3 minutes.

Take a slow breath.

Soften your gaze or close your eyes.

Imagine you are sitting beside a gently flowing stream.

Leaves are floating past on the water.

As thoughts come up, place each thought on a leaf.

No need to push them away.

No need to hold on to them.

Just notice the thought...

and place it on a leaf.

Let it float by.

Another thought comes up

Place it on a leaf.

Let it move along.

If your mind pulls you in, that's okay.

Gently notice

And come back to the stream.

Back to the next leaf.

Keep going for a few moments.

Let thoughts come and go at their own pace.

Take one slow breath.

Bring your attention back to where you are.