



What Are You Thinking Meditation



Noting the content of your thoughts when you meditate on your breath will help you to discover patterns in your thinking and be more mindful of your thoughts.

Time: 10 minutes

Directions

Sit comfortably with your shoulders relaxed.

Close your eyes or lower them and focus about a meter in front of you.

Rest your hands gently on your knees.

Breathe normally through your nose, using your abdomen rather than your chest.

Check your posture and relax any part of your body that is tense.

Begin counting your breath and when you reach ten begin again.

When thoughts intervene, note the content. For instance, if you thought about money problems, silently note “worrying about money” and return to counting your breath.

Reflection

Which thoughts emerged for you?

Did you have any recurring thoughts?

Future directions

Do this for one week and notice any recurring patterns. Notice if your thoughts about something or someone change over the week.