

Clear the Mind, Center in the Body

This method is used to clear the mind to rest, relax, focus on a task, be more available emotionally or be less ruminative.

Instructions:

1. Sit comfortably, and breathe evenly
2. Notice any part of you that is tense or painful or stiff.
3. Breathe into whatever part feels most uncomfortable to you and breathe away from it.
4. Imagine there is a container in front of you. One that can be closed tightly, but which is now open, and waiting for all the things that are pressing on your awareness at this time.
5. Now ask yourself, "How is it for me?" right at this moment?
6. Notice each thing as it comes up, whether physical, a thought, a situation, a worry, a problem, etc., See it, name it, and set it inside the container.
7. When you have no more things that are pressing on your awareness come to mind, ask if yourself if there is anything else.
8. When no more things present themselves, put the lid on the container and imagine it being placed somewhere away and secure, where you can, if desired, gain access to it later.

Are there special things you want to remember that makes this work best for you? Do you want to do it on paper? Use worry dolls? Make it your own way to really clear your mind.