

Leaves on a Stream Script

Name	Date
<p>Script:</p> <p>Find a comfortable position, ensuring you are relaxed. You can sit or lie down, and choose whether to close your eyes or softly gaze at a fixed point in the room.</p> <p>Imagine yourself by a serene stream, where leaves gracefully float on the water's surface. Take a moment to vividly visualize this calming scene. Take a deep breath and pause for 10 seconds.</p> <p>Throughout the next few minutes, be attentive to every thought that arises in your mind. Mentally place each thought on a leaf and visualize it drifting away with the gentle current. Remember to treat all thoughts equally, whether they are positive, negative, or neutral.</p> <p>If your thoughts momentarily fade away, remain present and continue observing the stream. Eventually, new thoughts will naturally emerge. Take a deep breath and pause for 20 seconds.</p> <p>Allow the stream to flow naturally, without trying to rush or force your thoughts along. Embrace the idea that you are not seeking to eliminate or control your thoughts. Instead, simply let them come and go as they please.</p> <p>If your mind critiques the exercise, suggesting it is dull or questioning your performance, acknowledge those thoughts without judgment. Place them on leaves and watch them peacefully float away. Take a deep breath and pause for 20 seconds.</p> <p>If a thought lingers or repeatedly returns, let it stay until it's ready to naturally drift away. Observe it as it passes by multiple times, if needed. Take a deep breath and pause for 20 seconds.</p> <p>When faced with challenging or distressing emotions, acknowledge their presence without resistance. Say to yourself, "I notice myself experiencing boredom/impatience/frustration." Place those thoughts on leaves and allow them to gently glide away with the stream. Take a deep breath and pause for 20 seconds.</p> <p>Occasionally, you might find your thoughts diverting your attention from the exercise. When you become aware of this, gently redirect your focus back to the visualization of leaves on the stream. Take a deep breath and continue.</p> <p><i>Continue practicing this exercise for as long as you like, letting the stream symbolize the effortless release of your thoughts and worries. As you engage in this visualization, a sense of tranquility and mindfulness will gradually envelop you.</i></p>	
<p>Additional notes</p>	