

Intro: So, this is about thinking mind. So it's the nature of the mind to think. However, quite often our thoughts go on and on without allowing us a moment of rest. So this meditation offers you a way to calm the mind and to let go of thoughts, particularly those repetitive thoughts that actually don't serve us and just keep us more worried and anxious.

So as you sit quietly become aware of the thoughts cursing through your mind.

Ask the part of you that thinks constantly. Whether it would be willing to show itself

How old is it?

How did it get created?

How does it serve you?

Did it come about to protect you? In some way?

What does that part believe would happen if it didn't keep you so occupied?

How do you feel towards it?

Take a couple of minutes to just be with that part and hear it out.

Now ask the part, whether it would be willing to step back and allow you to just **be**.

Notice any other parts that have concerns about not thinking.

Ask them to step back for a little while as well reassuring them that you will return your attention to them when you are finished with the present meditation

And observe what happens if those parts actually move aside for a bit.

And take a minute or so just to perceive what it's like not to be thinking.

Thank your thinking parts for their willingness to show up today. And to give you a little space.

And ask them whether they would be amenable to giving you some leeway in your everyday life and whether they would agree to letting you do this practice again.

And when you are ready, take a few breaths and come back to this group ...