

SESSION 5

TELL A NEW MEANINGFUL STORY



Exercise 1

Breath for Stillness

As you breathe in, you say to yourself:

"Breathing in, I know that I am breathing in."

And as you breathe out, say:

"Breathing out, I know that I am breathing out."

You don't even need to recite the whole sentence; you can use just two words: "in and "out."

This technique can help keep your mind on your breath.

As you practice, your breath you become peaceful and gentle as will your mind and body. You become present, still.

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Exercise 2

Meaning

What happens through you?

Write your reply in a notebook. Whenever you finish a response, imagine being asked the same question again and again.

See if you can respond in a different way each time, writing down whatever answer feels right, and then repeat the process.

Aim for at least ten different responses, for example, if you are feeling curious see if you can fill a whole page.