

Obstacle #1 - A Hyperactive Mind

Part 8.2

GUIDED MEDITATION:
Letting Thoughts Come and Go



Photo by [LIANE](#) on Unsplash



we can start with a
few deep breaths

A woman with long, dark, wavy hair is shown in profile, facing left. Her eyes are closed, and her mouth is slightly open as if she is breathing in. She is wearing a dark top and a large, ornate earring. The background is a bright, sunny beach with sand, a wooden fence, and a dune covered in dry, brown vegetation. The sky is a pale, clear blue.

Breathing in and
breathing out.

A woman with long, dark, wavy hair is shown in profile, facing left. Her eyes are closed, and her mouth is slightly open as if she is breathing in. She is wearing a dark top and a large, ornate earring. The background is a bright, sunny beach with sand, a wooden fence, and a dune covered in dry, brown vegetation. The sky is a pale, clear blue.

Breathing in and
breathing out.

Allowing the shoulders to drop.

Letting go of any tension or tightness
in the body.

Allowing
the
muscles in
your face
to soften
and relax



Setting up this good foundation for
mindfulness practice.

Just set the intention to not react to anything with craving or aversion, to not push anything away, and also not try to grasp on to anything, but just to let things come and go as they are.

Allow your attention to come on
to the feeling of the breath.

Practicing your mindful breathing.

“How do you know that
you're breathing?”

“What movements or sensations in the body tell you that the body is breathing right now?”

Seeing if you can stay with the
movement of the breath.

Mindfulness of Thoughts

When you notice yourself thinking,
we can first acknowledge it, and
then instead of bringing your
attention back to the breath, just
allow your attention to stay with the
thoughts for a moment.

we can just set the intention to practice acceptance of whatever arises in this meditation, to not react to anything with hatred, or judgment, or craving

Visualize the thoughts as if they
were clouds in the sky.



“Oh, another cloud, another thought.”



You can always bring your attention back to the breath whenever you are not sure what to do next.

Noticing when thoughts are present,
not judging yourself for being lost in
thought, practicing that equanimity,
non-reactive awareness.

Just acknowledge thinking.



“This thought will pass. This thought is temporary, impermanent.”

Bring your attention to the present
moment.

Mind was made to think, and
to wander.

it's not doing anything wrong

it's not a sign that you're doing
the meditation wrong

or that you're a bad meditator

it's just the mind doing what it does

Just the mind thinking.

“Ah, right now, it's like this.”

“If the thought is a cloud, what is
the blue sky behind it?”

“What is this awareness onto which thoughts appear and arise?”

Returning your attention to the breath
whenever you get too lost in thought.

send some gratitude to
the thinking mind

Sometimes, we get frustrated with the mind that doesn't shut off, but ultimately knowing that everything the mind does, it does because it's trying to help us.

The mind is trying to make us happy.

Just sending some appreciation,
saying, “thank you” to the mind
for doing what it does, even if
sometimes it's a little misguided.

take a deep breath

Breathing in deeply

breathing out slowly

A close-up, artistic photograph of a woman's face. Her eyes are the central focus, with a clear reflection of a landscape with a blue sky and white clouds visible in the iris. The lighting is soft and natural, highlighting the texture of her skin and the intensity of her gaze. The background is dark and out of focus, making the subject stand out.

just gently allowing
your eyes to open

Next Video

How To Deal With Distractions In the Environment