

Quiet the monkey mind

Unleash your inner voice

5-day course

~ inner peace made easy ~



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Day 5: Observing your thoughts

I hope you have kept your journal practice, your mindful breaths, done a few bodyscans and played with engaging the senses and doing things during your day with full awareness. Maybe you have noticed that even though you really mean to, you forget. Or that you embark on the practice and then find that your mind has wandered.

Don't worry, this is completely normal. This is your mind's default setting. And having been on default for so long, it will naturally gravitate to default. Don't worry and don't despair. This takes practice and commitment, and it helps to get some accountability too. And to be course-corrected when you are feeling like giving up, or doubting if this is ever going to work for you, or not sure what to look for in terms of progress. I can help you with all of that and I'll make sure you get all the information you need to help you further along.

But we are not done here yet!

Today, I am going to teach you another practice to really become aware of what the brain does, and to learn to disengage from that. It is a basic meditation practice of some 10 minutes, and of course if 10 minutes feels very long for you (and if you are not an experienced meditator it probably will) you can start with 5 minutes, or 3, and then a few minutes more every day.

But don't give up because you feel restless, or bored, or worried, or anything.

This is normal.

It WILL happen. Your mind won't like to be tamed. It wants to go back to default.

So if you're feeling discomfort, don't take this as your cue to give up. Take it as your cue that you're doing well.

Your brain is not liking it. Just like a puppy will not automatically be obedient when you start training it. Of course not. Bouncing up and down and stealing slippers and rolling in the mud is much more natural and free. But training is for its own good, for its own safety. It needs to learn how to calm down.

So does your brain.

So trust the exercise. Trust before you have proof of success. Stay at it.

And like I said before, this take practice, this takes time, this takes some patience. Accountability, course-correction, feedback when you're not sure how to proceed, what to look for in terms of success or relapse.

And I will let you know exactly how I can help you there – just watch your inbox.

I hope you have enjoyed these 5 lessons – and especially if you have been consistent with the journaling, you have probably already noticed some changes. Integrate at least one or two of those practices in your day, and over time you will start noticing a difference.

Practice Day 5:

1. Journaling

5 – 10 minutes in the morning (and evening, if you like), just emptying your mind on the paper. Write down whatever comes up. See what's going on inside you. Don't censor yourself.

2. Mindful breathing

Take 3 long and deep in- and outbreaths that you follow with your full awareness. Do this at least 3 times during the day.

3. Bodyscan

A 5-minute, guided meditation that you preferably do lying down (so maybe in the morning before you get up and in the evening before you go to sleep).

4. Mindful activity

Pick an activity that you are going to do mindfully today. Showering, having your coffee or tea, walking the stairs, putting out the garbage. Engage your senses and really try to be fully aware of every aspect of the experience. Never mind if the mind wanders; just bring it back to the moment and the experience as soon as you notice. Calmly, kindly, firmly as you would a puppy.

5. 10-minute meditation

10-minute meditation practice to help you disengage from the mind's default patterns. Find a moment in your day where you can have some quiet time for yourself.

About

I am Karin Bosveld, life & work coach, and zen, mindfulness and compassion teacher.

I support women to step out of unnecessary, fear-based drama, get over limiting beliefs and shake off the shackles that are keeping them from living their fullest, deepest, brightest, realest Truth, help them embrace and explore their spirituality and live a soulful life.

I live and work in the Netherlands but work internationally.



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