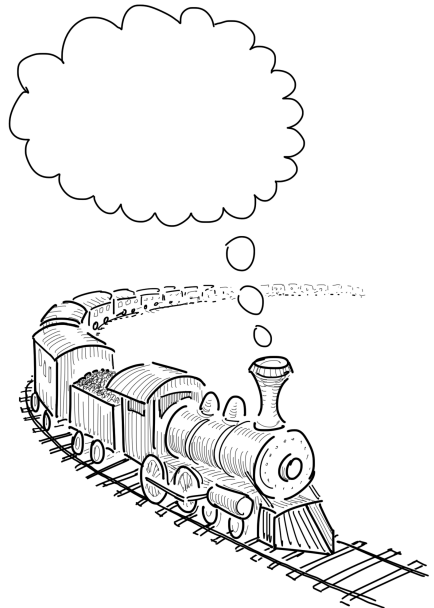


EXERCISE 5: TRAIN OF THOUGHT



PAUSE AFTER READING EACH PHRASE ALOUD

- * Sit up tall in your chair with your feet flat on the floor. If you feel comfortable, close your eyes to tune out distractions...
Take a deep breath in, letting go of any tension as you breathe out...
Slowly relax your neck...and your shoulders...
Now relax your arms...and your hands...
Let go of any tension you may be feeling in any part of your body.
- * Breathe in slowly through your nose as if you're smelling fresh bread...then exhale slowly...
Let's do this 5 more times, breathing in deeply and exhaling out fully.
- * Continue to focus on your inhales and exhales...
As you breathe, you may notice your attention drifting to thoughts that come into your head, distracting you from your breath...
Treat these thoughts like trains coming into a station... simply let them pass through, returning your attention to your breath.
- * Continue to breathe deeply, noticing the trains of thought come and go...always returning attention to your breath.
- * Now take 3 deep breaths...
When you're ready, open your eyes.



END