

Awareness of Thoughts Meditation

Date / Time

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None of the Above

PURPOSE/EFFECTS

By learning to watch your thoughts come and go during this practice, you can gain deeper insight into thinking altogether (such as its transience) and into specific relationships among your thoughts and your emotions, sensations, and desires. This practice can also help you take your thoughts less personally, and not automatically believe them. Additionally, this meditation can offer insight into any habitual patterns of thinking and related reactions.

METHOD

Summary

Observe your thoughts as they arise and pass away.

Long Version

- By “thoughts,” we mean self-talk and other verbal content, as well as images, memories, fantasies, and plans. Just thoughts may appear in awareness, or thoughts plus sensations, emotions, or desires.
- Sit or lie down on your back in a comfortable position.
- Become aware of the sensations of breathing.
- After a few minutes of following your breath, shift your attention to the various thoughts that are arising, persisting, and then passing away in your mind.
- Try to observe your thoughts instead of getting involved with their content or resisting them.
- Notice the content of your thoughts, any emotions accompanying them, and the strength or pull of the thought.
- Try to get curious about your thoughts. Investigate whether you think in mainly images or words, whether your thoughts are in color or black and white, and how your thoughts feel in your body.
- See if you notice any gaps or pauses between thoughts.

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