

Thought Hunter

Sit still with your eyes closed, and count slowly from 1 to 10. If any thought comes into your mind, immediately go back to 1. Watch for even the smallest thought. It is a practice of sincerity between you and yourself, so even the smallest thought, even a sound, even the thought “I’m already at number 3”... you need to go back to 1.

Counting Meditation

Sit or lie on your back and count slowly in your mind from 100 to 1; counting backward requires more concentration and will help you stay more focused. Try not to think about other things and just stay with the numbers. If you lose your count, start again from 100. If you reached 1, stay in silence for a few more moments.

Silent Walk

As you start walking around the room (outside is even better), pay attention to each and every step, feel the connection between your feet and the earth, take deep breaths and smell the nature around you, feel the wind on your skin, listen to the songs of the birds or to the sound of your breath, look around and really notice all the little details of the beautiful world we live in.

Be totally present with yourselves, with each other, and with the world around you. All other thoughts can wait.