



### Exercise One

*“Close your eyes and imagine yourself on a mountain. Imagine the weight, the solidarity, the earthbound characteristics of the mountain. Feel that sensation in your body and sit with that feeling. Also imagine that there is a storm going on around the mountain, with the trees and bushes being torn up and thrown around by the wind. Observe the scene but focus on the mountain and your presence, remaining solid, strong and untouched by all that is going on around you”*

### Exercise Two

*“Imagine as you breathe that cold air comes in with the in-breath and warm air is exhaled with the out-breath. Whenever the mind strays come back to an awareness of the breath, remembering that it is the bridge between your body to your mind and makes it possible to feel oneness in the moment”*

### Exercise Three

*“Adopt an erect standing or sitting posture and shut your eyes if possible. Start to acknowledge what is going on with your body and what you experience right now. **Firstly**, investigate what thoughts are going through your mind. Acknowledge these thoughts as ‘Mental events’ floating past like clouds in the sky. **Secondly**, investigate what feelings you have. Notice any uncomfortable or unpleasant feelings without trying to suppress or change them. **Thirdly**, gently explore with your mind what body sensations you have. Scan the body for any sensations of tightness or tension. Again, acknowledge them but do not try to change them. Now redirect your Attention to the physical sensations of breathing and the sensations in your lower abdomen as it gently expands and contracts with each breath. Use each breath to anchor yourself into the present. If the mind wanders into the past, into daydreams, or starts anticipating future events, acknowledge the fact uncritically and non-judgementally and then gently escort your Attention back to the breath. Finally, expand your field of awareness around the breathing so it includes a sense of the whole body – including your facial expression and posture – as if the whole body was breathing. If you become aware of discomfort or tension, imagine your breath could move into and around the part of the body where those sensations are and explore and befriend them, rather than trying to change anything”*

### Exercise Four

*“Mindfully tune your instrument of ‘self’ like an instrument, Sit comfortably and focus on your breath. As you inhale say to yourself “in” and as you exhale, say to yourself “falling away”. Note your thoughts, feelings, the sounds, tastes, smells and other physical sensations that you are experiencing in the moment, but don’t try to analyse anything – simply witness and be present. **This will tune the brain to be in a Mindful state throughout the day”***

### Exercise Five

*“Mindfully taste the fruit. Sit comfortably and have a piece of your favourite fruit in your hand. Look at it and examine the fruit as if you’ve never seen it before. Imagine it as it grows from a seed and through all the stages until it is what you are now looking at and become conscious of the shape, texture, colour, size, hardness or softness. Smell it. Anticipate eating it, but don’t. How does the fruit feel in your hand? Now place it in your mouth and become aware of your tongue and the feeling inside of your mouth. Note the sensation. Chew three times and then stop. Mentally describe to yourself the flavour. Describe the texture. Complete chewing and swallow. Then sit quietly noting your breath and being aware of what you’re feeling” <https://www.themuddpartnership.co.uk/>*