**Watching Thoughts Drift By Instructions**

1. Get in a comfortable position in your chair. Sit upright with your feet flat on the floor, your arms and legs uncrossed, and your hands resting in your lap, palms up or down, whichever is more comfortable. Allow your eyes to close gently [pause 10 seconds].

2. Take a few moments to get in touch with the physical sensations in your body, especially the sensations of touch or pressure where your body makes contact with the chair or floor [pause 10 seconds].

3. It is okay for your mind to wander away to thoughts, worries, images, bodily sensations, or feelings. Notice these thoughts and feelings and acknowledge their presence. Just observe passively the flow of your thoughts, one after another, without trying to figure out their meaning or their relationship to one another. As best you can, bring an attitude of allowing and gentle acceptance to your experience. There is nothing to be fixed. Simply allow your experience to be your experience, without needing it to be other than what it is [pause 15 seconds].

4. Now, imagine sitting next to a stream [pause 10 seconds]. As you gaze at the stream, you notice a number of leaves on the surface of the water. Keep looking at the leaves and watch them slowly drift downstream from left to right [pause 15 seconds].

5. Now, when thoughts come along into your mind, put each one on a leaf, and observe as each leaf comes closer to you. Then watch it slowly moving away from you, eventually drifting out of sight. Return to gazing at the stream, waiting for the next leaf to float by with a new thought [pause 10 seconds]. If one comes along, again, watch it come closer to you and then let it drift out of sight. Think whatever thoughts you think and allow them to flow freely on each leaf, one by one. Imagine your thoughts floating by like leaves down a stream [pause 15 seconds].

6. You can also allow yourself to take the perspective of the stream, Being the stream, you hold each of the leaves and notice the thought that each leaf carries as it sails by. You need not interfere with them—just let them flow and do what they do [pause 15 seconds].

8. When you are ready, let go of those thoughts and gradually widen your attention to take in the sounds around you in this room [pause 10 seconds]. Take a moment to make the intention to bring this sense of gentle allowing and self-acceptance into the present moment … and when you are ready, slowly open your eyes.