



SPIRITUAL



PHYSICAL



INTUITUAL



NATURAL



EMOTIONAL



MENTAL

CHALLENGE

RIVERBOATS

(Set a timer for a 10 minute simple in and out meditation. Read through the below and then start the meditation.)

Imagine a river or stream.

You're sitting on the bank of this river, where boats and ships are sailing past.

While the stream flows past your inner eye, name each one of these vessels. For example, one of the boats could be called "my anxiety about tomorrow." Or along comes the ship "objections to my boss, friend or even spouse," or the boat "Oh, I don't do that well." Every judgment that you pass is one of those boats.

Take the time to give each one of them a name, and then let it move on.

With every idea, with every image that comes into our head say, "No, I'm not that; I don't need that; that's not me." Again and again, tell yourself this.



For some, this is a very difficult exercise, because they're used to jumping aboard the boats immediately. As soon as we own a boat, and identify with it, it picks up energy. But what we have to practice is un-possessing, letting go. Some of the boats that are accustomed to our jumping aboard immediately think we just didn't see them the first time. That's why they head back upstream and return. Some will feel the need to torpedo the boats. But don't attack them. Don't hate them or condemn them. The point is to recognize things and to say, "That's not necessary; I don't need that." But do it very amiably.

As you see this exercise through, in a short time you'll know which images you personally cling to, which patterns of thought energize you.