



# Leaves on a Stream



The Leaves on the Stream mindfulness technique is a simple but powerful method to help you quiet your mind and release negative thoughts. This technique involves picturing your thoughts as leaves floating on a stream, allowing you to observe them and let them go. This practice can help you become more present and grounded, reducing stress and anxiety and improving your overall well-being.

## Instructions

1. Find a quiet and comfortable place where you can sit or lie down without distractions. Close your eyes and take a few deep breaths to relax your body and clear your mind.
2. Visualize a peaceful stream in your mind's eye. Imagine the water flowing gently, creating ripples and eddies as it passes.
3. Now imagine that your thoughts are like leaves on the stream. See each thought as a leaf floating down the water, one by one. Observe each leaf as it passes by without judgment or attachment.
4. As you watch each leaf, you may notice certain thoughts lingering or returning. Instead of dwelling on them, acknowledge them and let them go. Imagine them floating away on the stream, carried away by the current.
5. Continue to watch your thoughts like leaves on the stream, releasing them as they pass by. Take your time, allowing the process to unfold naturally. You may find that your mind becomes more calm and peaceful as you practice this technique.

### Tips:

- **Be patient:** This technique can take some time to master, especially if you're new to mindfulness. Don't worry if your mind wanders or if you have trouble letting go of certain thoughts. With practice, you'll get better at observing and releasing your thoughts.
- **Focus on the sensations:** As you watch the leaves on the stream, try to tune in to the physical sensations in your body. Notice how your breath feels, the sensation of your body on the ground, and any other physical sensations that arise. This can help anchor you in the present moment and deepen your mindfulness practice.

For full guided video practice, please click or scan the QR code

