**Leaves on a Stream – Letting Go Exercise**

### ****Leaves on a Stream****

Sit in a comfortable position and gently close your eyes.

Progressive Relaxation induction

Visualise yourself taking a walk through the woods, you hear a babbling stream…. You go to where the sound is coming from……you can see the stream in the distance and you might like to walk towards it…….as you walk closer you can see that it is a gently flowing stream ….. perhaps find a spot where you want to settle down…. and stay for a while. Somewhere you can feel calm and relaxed…. Maybe there is something special there…. like a bench or a stone….. where you can sit ….or maybe something completely different….. but somewhere that tells you that this is the right place for you. Pause 10 seconds.

Take your time to watch the stream flow by and listen to the sounds of the gently moving water. Can you recognise the Smells, touch etc…..

You might notice that over to your left there is a fallen tree…. You can see that leaves are falling from the tree into the stream… watch as they bob along being carried by the bubbling the stream…..

They get carried past the spot where you sit…. and further away….. until you lose sight of them…… the stream carrying them away…. And there is the next leaf that floats past…... You can follow it go down the stream…. until you can’t see it anymore…. Take your time to watch the leaves as they float past you and out of sight….

For the next few minutes…. take each thought that enters your mind….. and place it on a leaf that is passing by… and watch it as it floats down the stream…..  Do this with each of your thoughts – pleasurable, painful, or neutral……  Even if you have joyous or enthusiastic thoughts….. just place them on a leaf and let them float by……

Maybe it is a word or sentence that comes to you…. Still place it on the leaf. When your thought is connected to the leaf…. you can let it go…. and watch it as it keeps floating down the stream, further and further away, until you can’t see it anymore.Pause 10 seconds.

If your thoughts momentarily stop…. Just continue to watch the stream.  Sooner or later, your thoughts will start up again.  Pause 20 seconds.

Allow the stream to flow at its own pace…... Take your time….. watch the river flow by….. listen to the sound of the steadily moving water….. Don’t try to speed things up…… or rush your thoughts along…..  You’re not trying to rush the leaves along…… or [“get rid” of your thoughts](http://wp.me/p1yEgG-j3)…..  You are just allowing them to come….. and go…. at their own pace.

If your mind says “This is dumb,” “I’m bored,” or “I’m not doing this right” place those thoughts on leaves, too, and let them pass.  Pause 20 seconds.

If a leaf gets stuck….. allow it to be…. Just let it hang around….. until it’s ready to float by….  If the same thought comes up again…..just accept that thought…..and watch it float by another time.  Pause 20 seconds.

If the same thought comes up repeatedly…… that is no problem at all…. just accept it…. and place it on another leaf…. and watch it pass by like all the other leaves.If a difficult or painful feeling arises…., simply acknowledge it…...

Perhaps you can say to yourself…. “I notice myself having a feeling of boredom/impatience/frustration……..”  Just place those thoughts on leaves to…. and allow them float along.

From time to time……, your thoughts may hook you in and distract you from being fully present in this exercise….. don’t worry…..this is normal…...  As soon as you realise that you have become sidetracked…… gently bring your attention back…. back to watching the stream gently going by….. and when your ready pick up another leaf…..

And when you’ve had enough of practicing for today…. You can nod your head and let me know……

Before you leave…., you can thank your stream for being there for you….. to carry all your leaves….. and say goodbye to the scenery….. remember that you always visit anytime you want to practice letting go of something.

Self Esteem

Awakening Script