



Kwit
Une vie sans tabac

MEDITATION EXERCISE TO ACCEPT OUR THOUGHTS

We applaud you for starting this exercise, with this gesture you are taking an attitude of openness and kindness towards the sensations you identify.

Is important to pay active attention to what is happening at the moment.

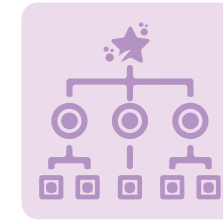
Since our mind is volatile and our head cannot stop thinking, we suggest using your breathing as a guide to stay connected to the present moment.

Start by observing your breathing as it is.

We propose you to be aware of your breathing, but do not control it. We can feel what is happening inside us with each breath and witness it as the air moves in and out of our bodies.

If at any time you think that it is "stupid" or "boring" to sit and watch you breath go in and out, **be aware that it is just a thought or a judgment that your mind creates.**

When a thought comes, say: "I observe a thought that has come into my mind".



Then just let it go and bring your attention back to breathing. **Imagine a closet and put each thought or feeling in a labeled box** (e.g., worries, thoughts from the past, thoughts about my work, thoughts about the future). Continue to observe and sort the thoughts in the different boxes.

We can not reject thoughts, nor can we stifle or suppress them. The only thing we will control is the center and direction of our attention throughout breathing.

Finally, you can meditate at any time. Remember that the only requirement is to be kind to yourself.

LET'S BE VERY PROUD OF OURSELVES