

- Each time you notice one, imagine placing it on a leaf and letting it float downstream. Do this with each thought – pleasurable, painful, or neutral. Even if you have a wonderful thought, place it on a leaf and watch as it makes its way downstream. *Pause*
- If your thoughts stop, just examine the water. Eventually, your thoughts will start up again. *Pause*
- Allow the stream to flow at its own pace. You are not trying to rush the leaves along or get rid of your thoughts – Just allow them to come and go. *Pause*
- If a leaf gets stuck, let it hang around until is ready to move on. If it comes up again, watch it go by another time. *Pause*
- If you have thoughts, feelings, or sensations about this exercise, place them on a leaf with the others. *Pause*
- You may get distracted from being fully present. Your thoughts might hook you and take you in another direction. This is to be expected. If this happens, just gently bring yourself back to the stream and watch the leaves move along. *Pause*
- When you are ready, let the image of the stream melt away and allow your attention to focus again on your position and this room.
- Gently open your eyes and stretch if you want to.
- Take a couple of slow, purposeful breaths.
- Be aware of where you are in the room and the position of your body.
- If there are others with you, notice them too.

