

Thought hunter

Sit still with your eyes closed and count slowly from 1 to 10. If any thought comes into your mind, immediately go back to 1. Watch for even the smallest thought. This is a practice of individual sincerity.

This exercise helps us become more aware of our thoughts. It's those thoughts we are not aware of that cause heavy emotions and try to push us into actions we might not have done with more consciousness.

The first step in being able to direct the thoughts is to be aware of them. One to two minutes of this exercise is more than enough.