

DISTRACTION DURING PRACTICE

Hunting thoughts



Objective

To realize how **easy** it is to get **distracted**.

01 Punto Blanco

Inhabit your white point @ home, your space of calm, and place yourself in a comfortable and stable posture.

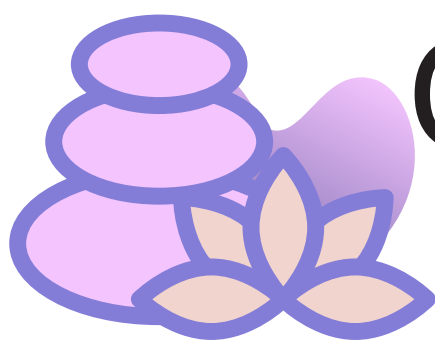


02 Choose your music

Play your favorite song and close your eyes.

03 Activate your observer

Activate your inner observer and notice each time a thought arrives. Make the arrival of each thought evident by raising your hand.



04 Consciousness

Become aware of the transience and impermanence of each thought and let them go and rest in silence.



Reflection

Thoughts are undoubtedly volatile, transient, transitory, and impermanent, and we can take control of them by letting them go.

Don't forget that you have more theory about these activities, below, you can find the source behind them, in order to dive deeper into the subject.