

MY MINDFUL EXERCISES BOOKLET

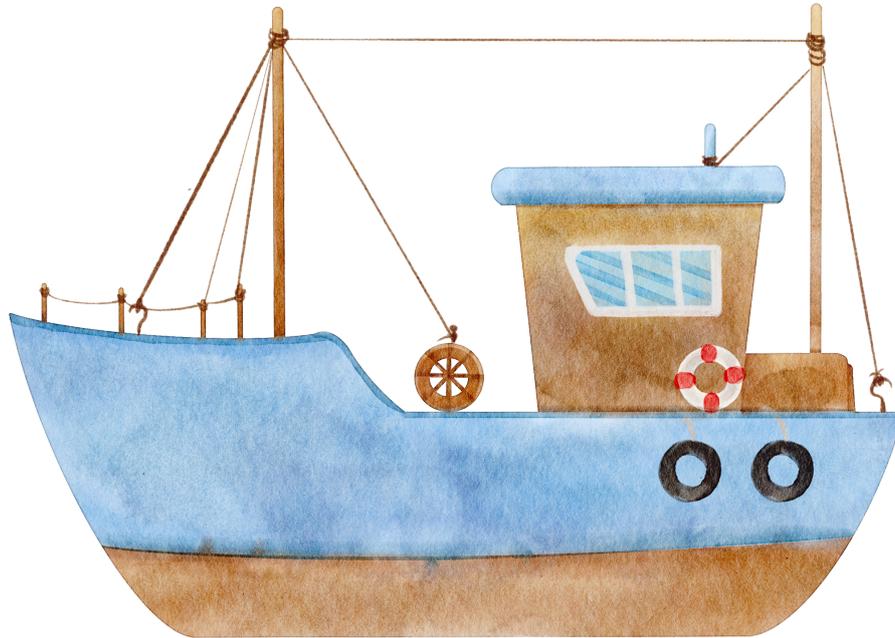




Mindful Mool Mantar Minute

Choose a very quiet place to sit. Put on a timer for 1-3 minutes. Sit absolutely still, with legs crossed, back straight, and eyes closed. Try not to make a peep! Now, repeat the Mool Mantar in your mind, at your own pace. Try to listen to Mool Mantar and not to any other thoughts or sounds.

You should feel super relaxed by the end of this exercise!



Riding the Seas

Find a quiet place to sit with eyes closed and legs crossed. You can play Mool Mantar in the background, or do deep-breathing Simran.

Pretend that Shabad-Naad (sound of the Shabad) is a ship, and you are its passenger - but you have to go inside of yourself to get on board! You don't need to see the ship, you only need to feel yourself riding on it. As you breath in, let the Shabad-Naad take you on a peaceful wave up, up, up - and then back dooown. Relax and let the peaceful rhythm continue to carry you up and down with your breath.



Sound Massage

You can play Kirtan in the background for this exercise, or just do deep-breathing Simran.

Start your Jaap or breathing, inhaling and exhaling nice and deep. Pretend that the Shabad-Naad (Shabad-Sound) is giving you a nice, relaxing, deep massage! Can you feel where it is running through your body and relaxing all your muscles?



Filling Up with Love

What does love feel like? Imagine it for a second. Now fill yourself up with that feeling. Hold it in your heart and don't let it escape. Now, pick a Jaap (this can work with a Gurbani Pangti or Naam), and when you repeat the Jaap, repeat it with that same feeling of love, over and over again. Remember that love comes from Waheguru - the same Waheguru that is inside of you filling you with this feeling!



Boom Battle

Sometimes we have to battle our mind, because our thoughts just want to take over. Who can be louder - you or your thoughts?

Sit down somewhere where others won't be disturbed. Start repeating the Jaap (this works with Gurbani or Naam), nice and relaxed, and pretend that you are a boom box with a volume control. Your goal is to increase your volume until you can no longer hear your thoughts. If you can still hear your thoughts, then you can get louder, until you can't. Once you can only hear the Shabad, you can bring your volume down and keep listening just to the Shabad. If the thoughts come back, no problem - just put up your speakers again! (Try not to scream though!!)



Breathing in Life

Lie down with your eyes closed. Breath in (this works with Jaap or just normal breathing) and feel Waheguru coming into your body. Let this Praan (breath of life) come into you and fill up your whole body - from the tips of your fingers to your little tiny toes! Imagine Waheguru's light is coming into your body. When you breath out, imagine you are breathing out all of your bad feelings and emotions.