

EXERCISE TO GET TO THE ESSENCE

This exercise can help you determine what's important right now amidst all your thoughts and tasks.

1

Find a place where you can relax and won't be disturbed.

2

Sit on a chair with your feet on the floor and your head up;
place your hands on your legs and, if you like, close your eyes.

3

Take time to observe your breathing, without thinking about right or wrong;
observe how the air flows in and out; if desired, invite your breath deeper into your belly,
but don't force anything.

4

Observe what you hear, feel, and smell around you; observe "what is," nothing more.

5

Scan your body from top to bottom, step by step, at your own pace; observe without judgment
what you encounter. Start at the top of your head and imagine that each thought you have is a cloud.
You watch the clouds, but you don't need to do anything with them;
let the clouds with thoughts drift by and try to also see the blue sky between the clouds.

6

Then slowly descend through your body and imagine that all the clouds with thoughts that
are important in this moment go down with you, while the less important thoughts stay behind;
you don't need to do anything, each thought cloud determines this itself.
You only observe "what is," there is no right and no wrong.

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As you descend into your body, you come to your heart, the place of your feelings.
Observe what feelings are present in your heart at this moment, without needing to do anything with them;
again, no right, no wrong. Take the time to experience the feelings, even if they are less pleasant.

8

After experiencing all these feelings, descend further through your body. Just as with the thoughts,
only the feelings that are important right now go down with you; the other feelings stay behind.
The feelings also determine themselves whether they should stay or not; you only observe what happens.

9

From your heart, you slowly arrive at your gut, the place of your intuition.
Intuition offers wisdom without our understanding where that wisdom comes from.
"Listen" to what your intuition wants to tell you; let the thoughts, images, and feelings emerge.
Take all the intuitions with you on your journey down your body.

10

Then descend further through your body, step by step, through your legs to your feet.
Now, imagine that all the thoughts from your head, feelings from your heart, and intuitions from your gut merge
in your feet into the essence of this moment: what is important now; what do you need to do?

11

Take the time to observe what insights emerge and return to the here and now when you're ready for it;
perhaps write down the insights that have emerged and start doing what's important in this moment.