

WISE MIND ACTIVITY

(Tracy Will)

Get comfortable, in a sitting, relaxed position. Put on some relaxation music first if you would like. Then just notice your body starting from the top of your head, and slowly go down and relax every part of your body...your head, your arms, fingers, feel them loose, floppy, relaxed...go down to your stomach, legs, toes. Relax each part of your body until it feels like it is so light, it could just float away.

Now picture two globes in your mind, next to each other. One on each side. The left globe is your thinking mind. This part of your mind makes thoughtful decisions based on facts, it thinks logically. It is reasonable. It problem solves well. It knows what to do and when to do it.

The right globe is your emotional mind. It feels. It is sensitive, caring, kind, and has lots of feelings.

Both parts of your mind are important and necessary for you to survive. With just your thinking mind, you would be like a robot. With just your emotional mind, you would be, well, a drama queen.

Just sit and focus on the two globes for a while, notice them. Then I want you to visualize the two globes coming closer and closer together. Eventually, slowly, they will begin to overlap. In the middle, where they overlap, is your WISE MIND. You can see the words "Wise Mind" in the intersection of the two globes.

Now relax, and feel yourself on a diving board. You can feel yourself springing up and down, relaxed, loose, but ready to take the dive.

Now, dive smoothly and firmly into the center of the two globes, right into your Wise Mind. Feel yourself there in that place, right in the center of your Wise Mind. Notice how it feels. Learn to be comfortable here, where thinking and feeling are both appreciated and valued equally. Where both sides of the mind balance one another when something difficult happens.

