

mindfulness



Mindfulness Meditation (Thought Bubbles)

Written by Chuck Hartman | From: *The Mister Chuck Channel*
<https://youtu.be/xDyD-Ixltv4> | <https://www.chuckhartman.com>

Sit quietly and take in a deep breath through your nose and release the breath through your mouth. Make sure you are taking deep breaths from your diaphragm. Your diaphragm is a muscle that rests at the base of the chest and separates the abdomen from the chest. When you breathe from your diaphragm, your stomach should push out when you breathe in and relax when you breathe out. If your shoulders rise and fall as you breathe in and out, then you are not breathing from your diaphragm. Make sure your stomach pushes out when you breathe in and relaxes when you breathe out—this is how you know you are breathing from your diaphragm.

There are times when you might have one growing thought. The thought lingers for days, and the more you think about it, the larger it seems to get—just like when you blow air through a bubble wand to make a giant soap bubble. It is believed that the average person typically has more than 6,000 thoughts in a single day. Amazingly, we can think and have thoughts. Still, it can be unhealthy to have one thought that grows too large and leads us to worry, fear, or experience anxiety.

Sometimes these thoughts occur when you wonder what other children are whispering about, you are concerned about learning something new, or you wonder if another child likes you. These are perfectly natural thoughts, but if we let them grow too large, they can overpower our life with fear, anxiety, and worry. When you blow giant bubbles with a bubble wand, you typically blow the bubble away with your breath. Today, when you see a big thought bubble in your mind, one that can cause worry, fear, and anxiety, I want you to blow it away when you release your breath. Let us practice. Imagine a giant bubble floating near you. Now, take a deep breath in through your nose and release it through your mouth and blow that bubble away. Again, take a deep breath in through your nose and release it through your mouth, blowing the bubble away. Once more, take a deep breath in through your nose and release it through your mouth, blowing the bubble away. Continue to breathe.

You may now close your eyes if you wish. Now, take a few moments to find the thought or thoughts that have grown too big in your mind. I will pause while you find those thoughts. [pause] Have you found them? Now that you are aware of those thoughts take a deep breath in through your nose and release it through your mouth. This time when you release the breath, visualize the big thought or thoughts blowing away. Again, take a deep breath in through

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your nose and release it through your mouth, blowing the bubble away. Once more, take a deep breath in through your nose and release it through your mouth, blowing the bubble away. Continue to breathe.

You may now close your eyes if you wish. Now, take a few moments to find the thought or thoughts that have grown too big in your mind. I will pause while you find those thoughts. [pause] Have you found them? Now that you are aware of those thoughts take a deep breath in through your nose and release it through your mouth. This time when you release the breath, visualize the big thought or thoughts blowing away. Again, take a deep breath in through your nose and release it through your mouth—blowing those thoughts further away. Once more, take a deep breath in through your nose and release it through your mouth. Push tough thoughts even further away with your breath. Continue to breathe.

You may open your eyes if they were closed. Anytime you feel big thought bubbles invading your mind, remember that you can blow them away like any other bubble. Take a few minutes to take several deep breaths in, and then release the deep breaths and imagine the thoughts blowing away. Remember, you can repeat this exercise anytime.

I'll see you again soon for more mindfulness exercises.

Explanation & Focus

Today's mindfulness exercise is about capturing thoughts. The idea of this exercise is to conjure up harmful or unwanted thoughts, imagine that the thought is a bubble, and then blow that thought bubble far, far away.