

The Meditation of Thoughts

5 STEPS



- 01** Sit comfortably, upright, in a place without distraction.
- 02** Let your thoughts come and go as they please.
- 03** Listen to your thoughts while staying distant like an observer.
- 04** Observe the pattern of thoughts as they arise and transform.
- 05** Do not focus on any single thought; let them arise and fade naturally.