



# Approaching the mind

## Mind protocol

Sit on a chair, feeling the ground under the soles of your feet. Pay attention to the support in your pelvis that the Earth is giving you. Start to observe your thoughts. Take a moment to feel everything that is coming to your mind.

Keep feeling the sole of your right foot and while you do so, repeat once to yourself, internally, every thought, every word that comes to your mind. **Do they acquire another meaning once you tell them with more intention?**

Do this for at least one minute, while not forgetting to keep, at the same time, your attention to the sole of your right foot. NOW, leave it and observe the present flow of your thoughts. Do you notice a difference?

**Did you discover something new about your usual thoughts?** Write down in your journal what happened.