

## R # 11

### Chapter 6: Realize

### Floating Bubble Meditation

You can use this meditation when your mind is going on and on and disturbing your sleep. Sit up, imagine sitting by a river and see the water flowing. Imagine some bubbles on the surface of the water. You don't have to catch them. You observe them flow by.

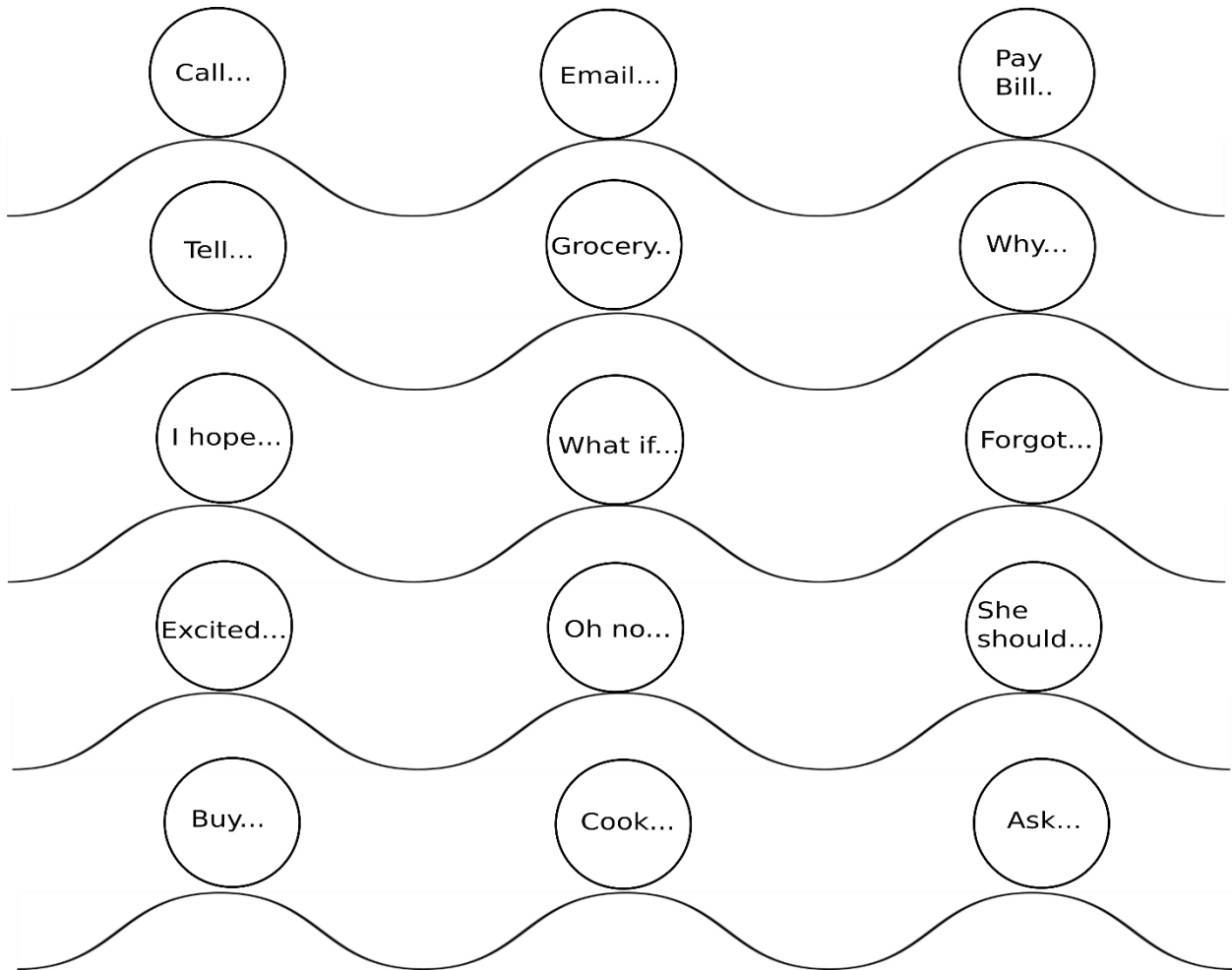
When a thought pops up in your brain, enter one word to represent that thought in a bubble like below and let it pass. You don't have to catch the thought, hold on to it or analyze it. Just enter one word in the thought bubble and let it pass. Continue to observe. Your mind will relax as it will think that you won't forget and will be able to refer to it in the morning if needed. You can do this floating bubble meditation, let the thought bubble flow. It will allow your brain to relax and fall back to sleep.

### What If?

If you don't use this or another way of letting those thought go, your mind will keep on repeating the same thoughts over and over again and keep disturbing your sleep. If you develop this or some other ritual to pacify your brain, your mind might relax and you might be able to enjoy a restful sleep. Even if you are able to do it some of the times, what do you have to lose. Try it. Attached is an example followed by an empty template. Make copies if you want. Keep it on your bed side for those days when your thoughts are disturbing you. Use it and enjoy a restful sleep.

# Floating Bubble Meditation

## Example



# Floating Bubble Meditation Template

