

Clear the Clutter in Your Mind Exercise

Find a quiet corner of the room or house.
Sit on the floor with your legs crossed comfortably in front of you.
Close your eyes and concentrate on your breathing.

Listen to the air as it goes into your body and then back out.
Breathe in.
Breathe out.

As you breathe out imagine pushing the air to the spot where the tension has accumulated.
Relax your shoulders.
Relax your back.
Relax your legs.
Relax your toes.

As you breathe out push the air to each of your toes. Imagine all of the tensions going out of your body through your toes.

Relax your arms.
Relax your hands.
Relax your fingers.
Relax your head.

Tuck your chin in slightly so you can relax your neck muscles.
Imagine you are a marionette and the master has a string in the middle of your head and has just let your body go limp.

Totally relax your body. Concentrate on your breathing.
Breathe in.
Breathe out.
Feel the breath as it hits each of those relaxed muscles.

Slowly open your eyes.
Slowly breathing, begin to wiggle your fingers.
Continue the movement up your arms.

Wiggle your shoulders.
Roll your head.
Wiggle your toes and then your feet.

Continue the movement up to your legs.

Bend over as if you were bowing the floor. Stay like that as long as you need to collect your thoughts