

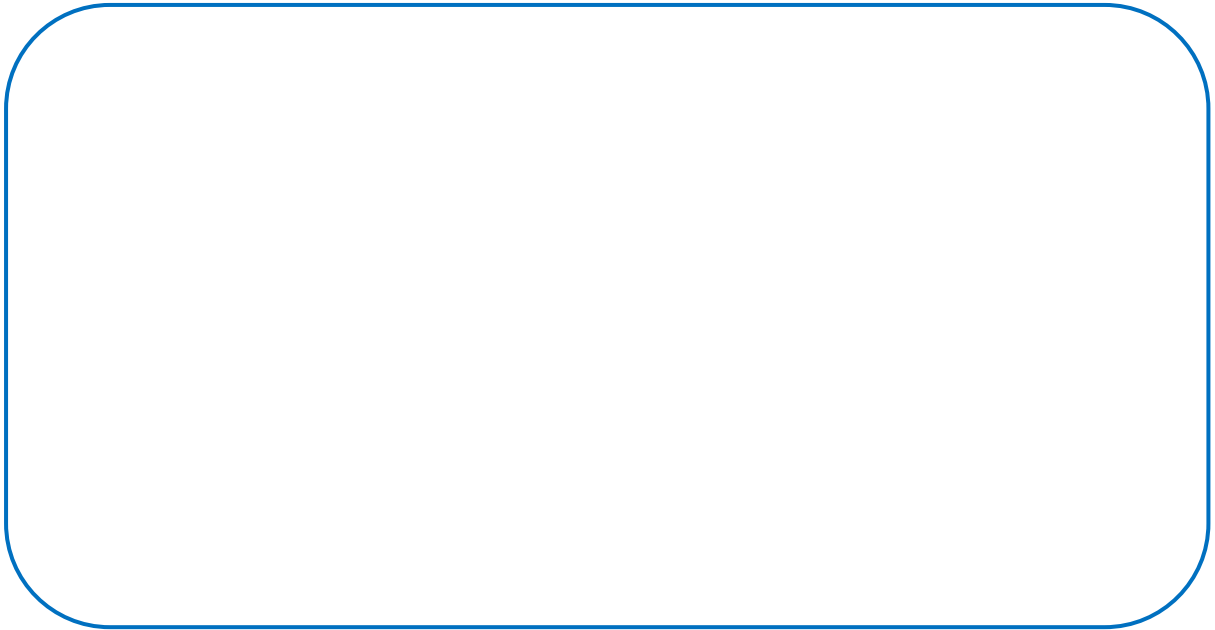
Mind like Water



If you throw a pebble into to a complete still pond, what happens?

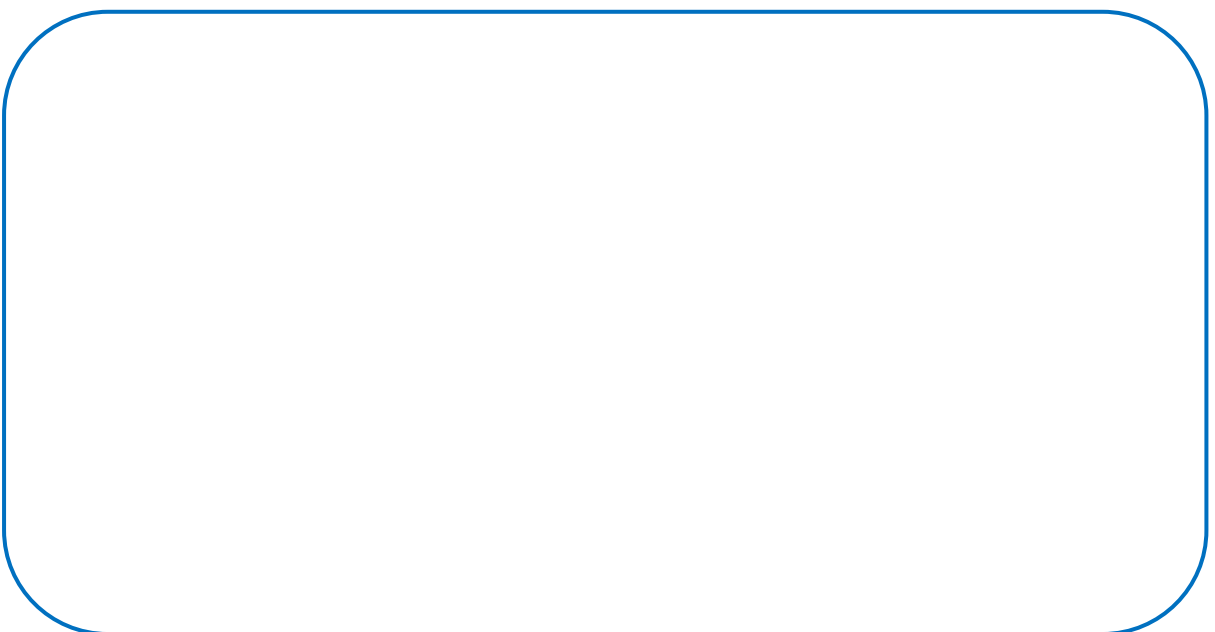
If you throw a huge rock, into the same pond, what happens?

Imagine your mind like a still pond. Emptying your mind of every thought from time to time is helpful. Draw yourself reflecting and emptying your mind. Think about what thoughts do you need to get rid of? How can you do this? (It can be an abstract drawing! 😊)



Start with a clear mind. Then you can respond to each event, situation and thought in the appropriate manner.

Each thought you have is like either a pebble, huge boulder being thrown or a rain drop. A still pond will respond to each thought that is thrown at it – with the right amount of ripples. For example, a huge rock needs processing before returning to stillness, while a small pebble just makes a few ripples in the pond. Draw a picture of a stone hitting the water and the ripple effect.



If you have repetitive negative thoughts, what would happen to the pond?

What does this feel like in your mind?

Yet eventually if you can work towards having a clear mind, you can return to the state of balance

