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# Handouts: Cultivating Self – Nature of the Mind

Note: From the list below, the trainer/teacher selects one of the suggested concentration techniques which are to be used in the Step 3 of the exercise.

## **I. SOUND CONCENTRATION EXERCISES**

### **1. WATER EXERCISE**

Use the sound of water (river, sea, waterfall - CD) as the background music for the exercise. Let the students focus on the sound of water for approximately 7 minutes. (If raining outside, the sound of rain drops can be used instead of CD).

After seven minutes, start with Step 4.

## **II. VISUAL TECHNIQUES**

### **1. FLOWER EXERCISE**

Imagine a plant (brief pause); perceive the plant in your mind (brief pause) - smell it, feel it (brief pause) - touch it (brief pause). Look at its shape, colour (brief pause). Look at its flowers (brief pause). Now look at the stem.

Now look again at the entire plant.

Mentally dissolve the plant in your mind.

Continue with Step 4.