



Chalkboard Exercise

This simple exercise is designed to help clear your mind and stop random thoughts bombarding your subconscious. It is a useful exercise as a pre-meditation, to help you relax or even as an aid to a restful nights sleep.

It may also be used prior to a coaching session to clear your mind and prepare you to be open and receptive.

Step 1

Sit or lie in a comfortable position with your eyes closed. Breath slowly and deeply and relax your body.

Step 2

With your eyes closed, visualise a large chalkboard (the type you would see in a classroom), the chalkboard is clean with nothing written on it. Make this visualisation strong and clear and continue to breath slowly and deeply.

Step 3

Imagine yourself holding a large piece of white chalk and drawing a perfect circle on the chalkboard. Make the circle as large as you can. Now focus on the empty white circle. Keep breathing slowly and deeply. As thoughts from the day drift into your mind, don't engage in any mind chatter around these thoughts just allow them to drift in and out of your mind whilst you remain focused on the empty white circle.

Say slowly and clearly to yourself "the circle represents my mind and it is clear"

Step 4

Imagine now holding a large piece of brightly coloured chalk. Choose a colour that feels right for you. Taking the brightly coloured chalk, picture yourself drawing a large capital letter 'A' inside the circle.

Focus on the letter 'A' for a moment. Continue breathing slowly and deeply and allow any thoughts that enter your mind to simply float away.

Step 5

Picture yourself picking up a board eraser and slowly but deliberately erasing the letter 'A' but keeping the white circle completely intact. As you erase the letter 'A' say to yourself slowly and clearly, "I am 10 times more relaxed than before". Once the letter 'A' is completely erased focus again on the empty circle and say to yourself slowly and clearly, "my mind is completely clear".

Step 6

Repeat step 5, but this time using the letter 'B' and telling yourself slowly and clearly that "I am 20 times more relaxed than before". Continue to breath slowly and deeply and allow any random thoughts to simply flow past without engaging in them. Erase the letter 'B' and focus again on the empty circle and say to yourself slowly and clearly, "My mind is completely clear".

Continue through the letters of the alphabet with capital letter 'C' and "I am thirty times more relaxed than before" etc etc.

As you work your way through the letters of the alphabet the random thoughts entering your mind will become less and less and it will become easier and easier to let them simply float away.

Continue until the random thoughts have stopped and you feel totally relaxed (usually around the letter 'H') and whilst breathing deeply and slowly focus on the empty circle and say to yourself "My mind is completely clear and I am totally relaxed".

Now open your eyes or move effortlessly into your preferred meditation or simply drift off to a peaceful night's sleep.