

Mind Castle

- 1 Sit mindfully, with your spine straight and body relaxed. Close your eyes and take three soft, slow, mindful breaths.
- 2 Draw a castle in your mind. What does it look like on the outside? Does it have towers or a drawbridge?



- 3 Now go inside your castle. What do you see? Wander through the rooms. Notice the shapes, smells and sounds in each room.
- 4 If you start to think of something else, take a deep breath and blow out the air. Bring your thoughts back to your castle.
- 5 Finish when you have explored every room. What did you discover?

You are building brainpower when you pay attention to all the details of your mind castle.