

## Description of Basic Reflective Practice “dropping a theme into a quiet mind”

- Pick a topic for reflection. Chose a phrase or a question related to the quality you are working with, which you would like to reflect on.
- For the reflection itself, allow yourself to settle into a meditative state, attending to breath and body sensations for about 5 to 10 minutes. Then consciously bring up your chosen phrase or question. "Drop" the phrase or question into the meditation, as you might drop a pebble into a still pond.
- Observe what happens in your experience. Don't think about the question or topic, simply observe how your body and mind respond. (We are looking at the "ripples" that "dropping" the question produces.)
  - Allows for an intuitive wisdom to emerge
  - Rather than actively thinking, we are allowing a spontaneous response to the theme or topic
- Thoughts might come up, images, ideas, bodily sensations, moods, emotions. Simply notice what comes up, practicing mindfulness of the “ripples”
- After a few minutes you can drop in the question or phrase again, or perhaps a follow up phrase or question.
- After you finish the reflection, write down what you observed, but don't think about it too much. Just write down what happened.
- You might want to repeat this process 3 or 4 times over several days
- After several days of reflection, take some time to read back over what you have written.