

Exercise 23A - The Time-Traveller's Log

The purpose of this exercise is to consciously notice the temporal location of our thoughts and bring our attention back to the here and now. Start by tuning into your mind and noticing your thoughts and feelings. Notice whether the thoughts are in the past, future or present. Touch the timeline to indicate where your thoughts are located. Track your thoughts on the timeline until the act of tracking your thoughts returns your attention to the present. Remember that thoughts are like waves. We can notice the waves or get swept along by the tide of our own thinking.

