



## Thought Control Meditations

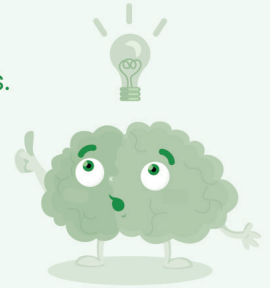
1

### Awareness of Thoughts

**Notice each thought as they come up.  
Do not try to change them or direct them.**

- Notice that good thoughts and bad thoughts come to your awareness.
- Try your best not to engage with them – thoughts can have a linear flow if you let them.

**Practice for 5-10 minutes daily for 3 days, after a preparatory practice such as Om Chanting.**



2

### Evoking thoughts

**Go to a setting where there are many things your senses can engage with.**

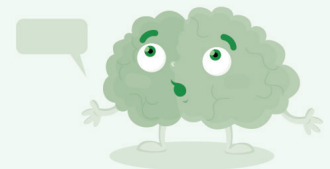
**Look at an object for about 10 seconds.**

- Notice what thoughts are evoked by sight and let associations rise freely.
- Then look elsewhere. As you move your eyes, your thought will change.

**As you move your indriyas the thoughts you have will change with them.**

- Notice that when you shift, you must abandon the thought to make room for the new sensory stimulus.
- Pay attention to that discarding of thoughts as you move.

**Practice for 5-10 minutes daily for 3 days.**



3

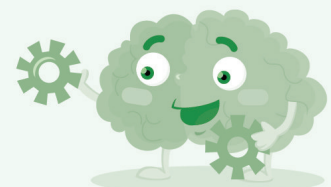
### Discarding Thoughts

**Now the practice without indriyas and focus on simply discarding thoughts.**

**Close your eyes and as a thought arises, discard it.**

- After you discard a thought, you create a space for a new one.
- Allow as many random thoughts as possible.
- Do your best not to engage with them.
- The pace of thoughts may slow down.

**Practice for 5-10 minutes daily for 3 days.**





# Dr. K's Guide to Mental Health

Practice | Thought Control | Notes

After 10 days of the previous meditations, you can do the following practices. If you "skip ahead", you will find it difficult and won't get as much out of it.

## Evoked Positive Engaging Thoughts

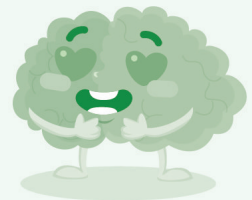
You may notice that some thoughts are more engaging, stubborn, or difficult to shift away from.

**Start by evoking a positive thought that you are attached to.**

- Examples: memory that you are proud of, a sense of identity that you feel good about, or an accomplishment.
- Now, discard it.

**Evoked another thought and discard it.**

**Practice for 10 minutes daily for 3 days.**



## Evoked Negative Engaging Thoughts

*Note: Be cautious about this if you have a mental health diagnosis and discuss with your provider before engaging in this practice.*

**After 3 days of the previous practice, you may start this practice.**

**Evoked a negative thought – a thought that you get caught up in which emotionally hurts you.**

- Examples: It can be a situation in which you were wronged, a negative way you feel about yourself, or a negative experience.
- Do not jump to something extremely negative such as trauma or body image issues if they are very powerful.
- Practice shifting and discarding it.

**Evoked another thought and discard it.**

**Practice for 5-10 minutes daily for 3 days.**

