



## Reboot and Recharge

Welcome to this Reboot and Recharge Practice. My name is Caryl and I'm a mindful educator at Mind Body Align.

Have you ever left your computer, tablet, or cell phone on for days and not shut it down? What happens? The system begins to operate more slowly. All the open apps, even the ones not being used are slowing down the system.

Humans are not much different. Our minds and bodies are very busy machines. If we want to keep them functioning at optimal levels it is important for us to close our background apps, reboot, plug in, and recharge.

In this practice we will bring awareness to the applications, or thoughts, running in the background of our minds.

If you adopt this practice, you may discover that you have thoughts running in the background that you weren't even aware of.

To begin, we tell our body we are moving into a mindfulness practice by assuming a mindful posture. I invite you to find a comfortable position. It could be lying on your back with your head supported if that feels comfortable for you, or, sitting comfortably in a chair, both feet in contact with the floor. Your spine naturally straight, with the crown of your head reaching towards the sky. Your shoulders and arms are relaxed with your hands resting in your lap or at your sides. Giving yourself permission to move or shift at any time during practice to find more comfort and ease and.

If it feels comfortable, closing your eyes, observing the natural rhythm of your breath, noticing each inhale and exhale as they naturally occur for the next few breaths.

Imagine that you are a computer, or maybe a smart phone. Almost all of your apps are open and running. It's time to close down your apps to reboot and recharge to feel like new again. In order to close our apps we need to notice them running in the background.

Take a deep inhale... now open your mouth and exhale with a sigh, allowing your body to release as you exhale. Try it again... a deep inhale, opening your mouth and exhaling with a sigh.

Opening your awareness now to your mental state, to your thoughts, to your emotions. Inviting them in, noticing that the mind is thinking.

When you recognize a thought embrace it, observe the thought without judgement or attachment, allowing the thought to naturally close.

Returning awareness to the breath, notice the next thought. Recognize it, allow it to be without judgment, notice the thought pass on its own without being attached to the thought. Allowing the thought to naturally close or move on.

Repeat this process for the next few minutes, pause this recording if you need to. Notice when you are lost in thought or when the mind wanders. Take a breath, come back to the body. Notice self-judgment as just another thought, returning to the breath at any time to bring yourself back to the practice.

### **(PAUSE TO PRACTICE)**

Bringing your awareness to the breath, take a long, deep inhale and exhale all of the breath from the body before welcoming the next inhalation.

Allow the breath to release the body from any tension as you exhale. Imagine your breathing filling up your body. Each inhalation fills the whole body with energy and life.

As we come to the close of this practice, appreciate that you have taken the time to pause to reboot yourself in this way. If you have additional time, we invite you to stay and rest for as long as feels supportive for you. When you are ready, slowly reemerge in the room by wiggling your fingers, your toes, deepening the breath. Slowly, when you're ready, opening your eyes as you are ready. Taking a moment to gently move or stretch, as needed. Bringing this awareness into the next moments of your day.

Thank you for practicing this Reboot and Recharge practice with me.