WHITE ROOM MEDITATION

Imagine that you are in a white room completely empty of furniture or any adornments. You can position yourself anywhere in the room—at the ceiling, on the floor, in one of the corners. But wherever you put yourself, visualize an open doorway on your left and a second open doorway on your right. The doors open onto darkness; you can't see anything beyond.

Imagine that your thoughts are entering from the doorway on your left, passing across your field of vision, and exiting through the doorway on your right. As your thoughts cross the room, you can attach them to a visual image (a bird flying, an animal running, a hulking mafioso, a balloon, a cloud, or anything else). Or you can simply say the word "thought" to yourself. Don't analyze or explore your thoughts. Allow each to have a brief moment in your awareness and then exit through the doorway to your right.

Some thoughts may feel urgent or compelling. Some may want to stick around longer than others. Just let each one move on out the door to make room for the next thought. As new thoughts show up, make sure you've relinquished the old ones, but don't worry if they show up again. Lots of thoughts tend to repeat themselves, and the visitors to your white room may be no exception.

Option: If thoughts, emotions and/or sensations linger, combine with **6 F's practice.**

Do this meditation for five minutes. When you're finished, take some time to reflect on the experience. Did your thoughts speed up, slow down, or continue at about the same rate? How easy or hard was it to let go of each thought and make room for new ones? Did your thoughts feel more urgent and engaging, less engaging, or about the same? Finally, did you feel calmer, more tense, or about the same?

For many people, the mere act of observing thoughts slows them down and makes them feel less urgent. Some people experience greater calmness because they are watching instead of getting fully caught up in their thinking.

Source: McKay PhD, Matthew. Thoughts and Feelings (pp. 128-129). New Harbinger Publications. Kindle Edition.