

Body scan

This exercise can be done sitting or lying down. Be sure to stay as awake throughout the exercise.

Close your eyes, unless you tend to fall asleep, in which case it is better to keep them open.

To learn the exercise, the support of a CD or audio file with the spoken exercises often proves helpful.

Throughout the exercise, it is not about changing or achieving anything. It's about simply observing what is and accepting it moment to moment as it is.

Watch your breath as the abdominal wall rises and falls, all by itself, without you having to do anything. In and out and pause. Just observe.

Take the time to notice the whole body as a whole enveloped by your skin.

Direct your attention to the toes of your left foot. Observe what you can sense in the toes: Temperature, touch (if they are covered), a tingling sensation, the position of the joints, something else, or maybe nothing at all. That's okay, too, just to consciously feel nothing. For some people, the idea of directing the breath there, breathing into the toes, as it were, and out of them again, the idea of the breath coming in through the nose, a fine breath, into the lungs, further into the abdomen, into the left leg to the toes, and back again, is helpful.

Go back to your breathing with your attention for a short time. Then turn to the soles of your feet, heel, ankle. And as you consciously breathe in and out of these parts of your body as well, notice all the sensations. Register them and then immediately release them. Then continue with the exercise.

As soon as you notice that thoughts arise, return your attention to the breath and the respective body region.

Inwardly feel your way up through the left leg in this manner, from the ankle to the calf and shin, the knee, the kneecap, through the entire thigh (to the surface and inside to the loin and) to the left hip.

From there you move over to the right foot, where you wander up the leg in the same sequence.

The focus of your attention then slowly moves through the entire lower abdomen, touching the hips once again, then the buttocks (and genitals), the small of the back, the abdomen. From there it continues through the torso, the back, the rib cage (and the ribs to the breasts, to the lungs and the large blood vessels located in the rib cage), on to the shoulder blades to the collar bone and the shoulders.

From the shoulders, move to the arms, often going through both arms at the same time, from the fingertips through the fingers, the heel of the hand, the palm and the back of the hand,

through the wrist, the forearm, the elbow the upper arm and the crook of the arm back to the shoulders.

Then move on to the neck and throat, and finally wander your attention through the face and skull.

Meanwhile, keep your attention on the breath and the various sensations in the different areas of the body. Breathe consciously there and out again. (Keep consciously releasing your sensations and thoughts as well).

The mountain

Find a quiet, undisturbed place and perform the exercise while sitting.

Sit down comfortably. Now close your eyes and let the image of the most beautiful mountain you can imagine arise in your mind's eye. It can be a mountain that you already know or a mountain from your imagination. Now let this image become clearer and clearer.

Look closely at the shape of your mountain - its rock, its peak rising into the sky, and its foundation resting in the earth.

Consider its steep or gently sloping sides. Also notice how massive your mountain is - how solid - how motionless and how beautiful! Seen both from a distance and up close - a beauty that comes from its unique shape and form.

Perhaps the top is covered with snow; and its lower slopes are forested; perhaps it has a particularly lofty peak or even several peaks or a high plateau.

The mountain is deeply anchored in the earth, standing firm and secure. And even when clouds obscure it, when a storm rages around it, the mountain is always the mountain. Just sit here and breathe and become aware of the qualities of this mountain.

And you are the mountain.

You are the mountain with all its features and characteristics - with all its beauty! Sit like a mountain! Dignified and silent. Your head becomes the towering peak or the vast plateau, just as you imagined your mountain peak. Your shoulders and arms, your front are the slopes, your buttocks and legs form the solid base - rooted to the chair, cushion or ground.

Deep within your own body along the spine, experience the ascending quality of the mountain. And now, as you sit here, with each breath become a little more like this breathing mountain. Centered, present and unshakably resting in your stillness - completely what you are - beyond words and thoughts.

Become aware that the mountain is simply sitting there as the sun moves across the sky and light and shadow and color change from moment to moment. Day is followed by night and night is followed by day again! The mountain experiences constant change and yet always remains itself. It remains still while the seasons merge and the weather changes from day to day and from moment to moment.

See how the mountain embodies the stillness that outlasts all change. It just sits there and is itself.

Its magnificence and beauty are not dependent on whether or not it is seen or what the weather is like. The mountain doesn't care whether it is in the sunlight or enveloped in clouds - whether it is blazing hot or freezing cold. It just sits there and is itself.

Sometimes the fiercest storms and thunderstorms of unimaginable strength roar on it; and then spring comes - the birds sing again in the trees and flowers bloom in the mountain meadows, and huge amounts of meltwater shoot down into the valley in the mountain streams. While all of this is happening, the mountain just sits there, not really being impressed by what is happening on its surface.

Despite the constant changes in our own lives, we can embody the same unwavering stillness and a sense of being rooted - just like the mountain.

You can relive this image of the mountain from time to time - whenever you need its qualities. You can become this mountain again and again, you can sit like a mountain again and again in between. Mindful, dignified, present and deeply rooted with the earth in true stillness.

Now you say goodbye to your mountain and become yourself again. But you take a piece of it with you into your life, which you now re-enter with all your attention.

You consciously breathe in and out deeply, stretch your arms and legs and come back to the here and now.

What do I experience when bouldering?

Take 5-10 minutes of your time.

Find a comfortable and upright sitting position.

Bring your attention to the breath.

Take 3 deep breaths and then let the breath flow freely.

Consider the following questions and write down your experiences, thoughts and questions about them.

Be aware, there are no right or wrong observations!

Topic: _____

- 1) How did I experience today's theme in the group and while bouldering?

- 2) How did I experience today's theme in myself?

- 3) What do I take away from the bouldering session for my everyday life?

- 4) What else did I notice / notes for the therapists?

Self-efficacy, achievement and pride

Take 5-10 minutes.

Find a comfortable and upright sitting position.

Bring your attention to the breath.

Take 3 deep breaths and then let the breath flow freely.

Consider the following questions and write down your experiences, thoughts and questions.

Be aware, there are no right or wrong observations!

When and why are you disappointed in yourself?

What is the opposite of disappointment? How does pride feel like?

When was the last time you were proud of yourself?

What makes you proud of yourself?