



# Mind Clean

- 🛁 You can do the exercise in a warm bath — heat helps your muscles relax more deeply.
- 🧽 Get a soft sponge and keep it nearby — you can use it for gentle massage or to focus your attention on physical sensations.
- 🛌 You can also do the exercise while lying down — choose a comfortable position where your body is fully supported by the water.
- 🕯️ Create a cozy atmosphere: dim lighting, aromatherapy, or calming music can help you relax even more.
- 🚫 Make sure you won't be disturbed — this is your time for restoration.

## Instructions:

If the example below is not culturally appropriate, imagine pouring water over your head and that the water washes away all unwanted thoughts, tension, or anxiety.

1. Find a good place to sit — not too close to each other.
2. The next tool is called Mind Clean because, just like a house or room needs cleaning to get rid of dust and leftover rubbish, our minds need cleaning of unwanted material and tension.
3. Close your eyes. If you can't, find a spot on the floor in front of you to look at.
4. Now, imagine that you've got a sponge in your hand. Is it wet or dry?
5. If it is wet, twist it until it is as dry as possible.
6. Now lift it up and hold it to your forehead.
7. Imagine that all the tension, worry and anxiety are pouring out of your mind and into your sponge. Let it pour out for a minute or so.
8. Then lower the sponge and twist it until all unwanted tension and anxiety is gone.
9. Then lift it up to your brow again.
10. Imagine that any tension/worry/anxiety that is left in your mind is poured into the sponge.
11. If you want to, you can imagine a strong pump sucking whatever tension is left into the sponge.
12. Once more, twist the sponge until it is completely empty.
13. Feel how good it is to have gotten rid of all that unwanted stress and tension.
14. You can use this mind-cleaning as often as you need.