



Gold Leaf Training

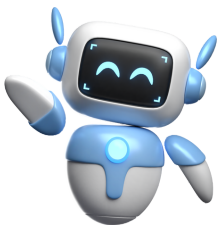


The Stillness Within: Discovering the Space Between Thoughts.

This script is a collaboration between Dante Harker and Google Gemini (AI), on behalf of Gold Leaf Training.

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info@goldleaftraining.com



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After a suitable induction and deepener...

Now that you are deeply relaxed, your body at ease and your mind open, I want you to imagine something truly remarkable. Imagine that your thoughts are like clouds drifting across the sky. Some are light and fluffy, barely noticeable, while others may be darker, heavier, and more persistent. But no matter the type of cloud, there is always a space between them—a clear, open sky that is calm, still, and infinite.

This space, the one between your thoughts, is where true peace resides. It is a place of stillness, a sanctuary untouched by the noise of the world or the chatter of the mind. And the wonderful thing is, this space is always there, waiting for you to notice it.

Take a moment now to focus on the rhythm of your breath. Notice how, at the end of each exhale, there is a brief pause before the next inhale begins. That pause is like the space between thoughts—a natural, effortless stillness.

As you continue to breathe, allow yourself to become more aware of this space. You don't need to force it or try too hard. Simply notice it, as if you were observing the gentle pause between waves on a calm shore.

The more you notice this space, the more it expands. It's as though the clouds of thought begin to drift further apart, revealing more and more of the clear sky. And in this clear sky, you find a profound sense of calm, a deep inner stillness that feels both peaceful and powerful.

This space is not empty. It is filled with potential, with clarity, with the quiet wisdom of your deeper self. It is a place where you can simply be, free from the need to do, think, or achieve.

Now, as you rest in this space, notice how it feels. Perhaps it feels light, or spacious, or soothing. Perhaps it feels like a gentle release, as though you are letting go of tension you didn't even realise you were holding.

This space is your sanctuary. It is always here for you, no matter what is happening in your life. And the more you visit this space, the easier it becomes to find it again.

In your everyday life, thoughts will come and go, just as they always do. But now, you have the ability to notice the space between them. You can pause, even for a moment, and step into that stillness.

Imagine, for example, that you are in the middle of a busy day. Perhaps you are feeling overwhelmed or distracted. In that moment, you can take a deep breath, and as you exhale, you can find the space between your thoughts.

It doesn't take long—just a few seconds. But in those few seconds, you reconnect with the calm, clear sky of your mind. You remind yourself that you are not your thoughts. You are the observer, the one who notices the thoughts and the space between them.

And as you practise this, it becomes easier and easier. Like a well-trodden path through a forest, the more you walk it, the clearer and more accessible it becomes.

You might find that certain moments in your day naturally invite this awareness. Perhaps it's when you're waiting in a queue, or when you're sipping a cup of tea, or when you're watching the sun set. These are perfect opportunities to pause, breathe, and notice the space between thoughts.

But even in more challenging moments—when you're feeling stressed, or frustrated, or uncertain—you can still find this space. In fact, it is in these moments that the space becomes even more valuable.

When you step into the space between thoughts, you step out of the cycle of reactivity. You create a pause, a moment of calm where you can choose how to respond, rather than reacting automatically.

This is the power of the space between thoughts. It gives you freedom. It gives you clarity. It gives you the ability to navigate life with greater ease and grace.

As you continue to rest in this space now, notice how it feels to simply be. There is nothing you need to do, nothing you need to fix or change. You are enough, just as you are, in this moment.

And as you rest here, you may notice that your mind becomes quieter. The thoughts that do arise seem softer, less urgent. They come and go, like ripples on a still pond, while the deeper stillness remains.

This stillness is your true nature. It is always here, beneath the surface of your thoughts and emotions. And the more you connect with it, the more it becomes a part of your everyday experience.

You might begin to notice that this stillness starts to influence other areas of your life. Perhaps you find yourself feeling calmer in situations that used to make you anxious. Perhaps you find it easier to focus, or to let go of worries that once seemed so important.

This is the gift of the space between thoughts. It is not just a place of calm; it is a source of strength, clarity, and resilience.

And the best part is, it is always available to you. No matter where you are, no matter what is happening, you can always return to this space.

So as you prepare to bring this experience with you into your everyday life, take a moment to appreciate the stillness you have found. Know that it is always here for you, like a quiet refuge in the midst of a busy world.

And as you go about your day, remember that you can find this space at any time. All it takes is a breath, a pause, a moment of awareness.

The more you practise, the easier it becomes. And the easier it becomes, the more it transforms your life.

So now, as you gently begin to return to the present moment, bring this sense of calm with you. Know that you can carry it with you, wherever you go.

And as you open your eyes, or stretch your body, or take your next breath, know that the space between thoughts is always there, waiting for you to notice it.

It is your sanctuary, your source of peace, your connection to the deeper stillness within.

And it is always, always yours.



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